

PRIME TIMES

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AboutElderCare.org | (918) 336-8500
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Elder Care Brings Back An Evening With Clay

by Michael Colaw, Development Director

Dust off your boots and get ready for a night out. Elder Care's An Evening With Clay is coming up on Friday, October 23, at 7:00 PM, at The Center, and we would love to have you join us.

An Evening With Clay is one of our favorite nights of the year because it brings together friends, supporters, and community members for an evening that is all about having a good time while supporting a great cause.

And yes, there will be plenty of fun.

Whether you are the first person on the dance floor or firmly believe dancing is best left to other people, there is a place for you. Come enjoy the evening, spend time with friends and help us celebrate the work Elder Care has been doing in our community for more than four decades.

Of course, there is a bigger reason behind the fun.

Every day, Elder Care helps aging adults, adults with disabilities, caregivers, and families find the support they need to live as independently as possible. From DayBreak Adult Day Activity Center and



Foundation Therapy Specialists to Case Management, In-Home Services, Caregiver Support Groups, and other programs, Elder Care is here to help people navigate the challenges that can come with aging.

Events like An Evening With Clay help make that work possible.

When you purchase a ticket, become a sponsor, or simply help us spread the word, you are supporting an organization that served more than 3,000 people last year. More importantly, you are helping your neighbors, friends and families continue to find resources and support right here in our community.

So round up a few friends and make plans to join us Friday, October 23, at 7:00 PM, at The Center. You can dress up if you want, break out the boots if you have them, or just come as you are. We promise not to judge your dancing.

Tickets are available now at www.abouteldercare.org/anevening.

Come have a great time with us and help Elder Care continue making a difference for the people who call our community home.

Fall Is a Great Time to Get Moving

by Josh Lindblom, DPT, Director of Foundation Therapy Specialists

After this summer's heat, cooler fall temperatures are a welcome change. They also make October a great time to get outside, enjoy some fresh air and add a little more movement to your day.

From a physical therapy perspective, regular movement is one of the best ways to maintain strength, flexibility, balance, and independence as we age. You do not need an intense exercise routine to benefit. Walking around the neighborhood, working in the yard, visiting a park or simply spending more time on your feet can all help keep your body moving. The key is to start where you are.

If the summer heat kept you indoors and less active than usual, do not expect to immediately pick up where you left off. Start with shorter periods of activity and gradually increase your time and distance. Pay attention to how your body responds, wear supportive shoes and choose walking surfaces that are level and familiar.

Fall weather can be wonderful, but it also brings a few things to watch for. Leaves, uneven sidewalks and changing daylight can create fall hazards. If you are walking outdoors, take your time and be aware of your surroundings. As temperatures continue to cool, remember that muscles may need a little more time to warm up before activity.



Most importantly, movement should help you feel better, not leave you worried about getting hurt.

If pain, weakness, balance problems or a previous injury have made you hesitant to exercise, you may benefit from talking with a physical therapist before increasing your activity. The therapists at Foundation Therapy Specialists can assess your strength, mobility, balance and physical limitations and help you better understand what activities may be appropriate for you.

You may be capable of doing more than you think. Sometimes having a better understanding of your abilities is all it takes to feel more confident getting started.

So take advantage of the cooler temperatures this fall. Get outside, enjoy the change in seasons and find a way to keep moving.

To schedule an assessment with Foundation Therapy Specialists, call (918) 766-0391 or email foundation@abouteldercare.org.



What You Need To Know About Medicare Open Enrollment

by Deanna Dodson, Director of Client Services

Each fall, Medicare Open Enrollment allows beneficiaries to take a closer look at their prescription drug coverage for the coming year. Open Enrollment runs from October 15 through December 7, and even if you are happy with your current coverage, it is a good idea to review your options.

Medicare prescription drug plans can change from year to year. Premiums, deductibles, prescription drug coverage, provider networks, and other costs may be different in 2027 than they were in 2026. Your own needs may have changed as well. A new medication, a different doctor, or changes in your health can all be reasons to take another look at your coverage.

The process, however, can sometimes feel overwhelming. There are different parts of Medicare, multiple plan options, and plenty of information to sort through. That is where Elder Care's Benefits Enrollment Center can help.

While Elder Care cannot enroll you in Medicare or select a plan for you, our Benefits Enrollment Center can help you navigate the process. We can help you better understand Medicare terminology, identify questions you may want to ask, review available resources, and help you understand where to go for additional assistance.

Our Benefits Enrollment Center can also help individuals explore other programs that may make healthcare and everyday expenses more manageable. Depending on eligibility, there may

be programs available to help with Medicare costs, prescription medications, food, and other needs. Understanding what assistance is available can be an important part of making the most of your benefits.

Most importantly, do not wait until the final days of Open Enrollment to start asking questions. Giving yourself time to review your current coverage and understand your options can make the process much less stressful.

You do not have to navigate Medicare Open Enrollment alone. Elder Care is here to help you better understand the process and connect you with the resources you need to make informed decisions.

For more information about Medicare Open Enrollment or assistance through Elder Care's Benefits Enrollment Center, call (918) 336-8500 or email Deanna Dodson at ddodson@abouteldercare.org.



36 Cool Rooms and a Community That Cares

by Michael Colaw, Development Director

This summer brought record-setting heat to Oklahoma, with temperatures that were more than uncomfortable. For some of our neighbors, especially older adults and individuals with health concerns, the extreme heat was dangerous and, in some cases, potentially life-threatening.

That is why Elder Care's Cool Room Project was so important.

The idea behind this annual project is simple: help individuals without adequate air conditioning create at least one cool, safe room in their home where they could find relief from the summer heat. Thanks to the incredible generosity of our community, that simple idea made a very real difference.

This summer, Elder Care provided 36 window air-conditioning units to people who needed them.

That means 36 homes had a cool room that did not have one before. It means people who were facing dangerously hot conditions had somewhere safe to escape the heat. Most importantly, it means our community came together to protect some of our most vulnerable neighbors.

The Cool Room Project literally saved lives this summer, and we could not have done it without you.

When we shared the need, our community responded. Individuals, businesses and supporters stepped forward with donations that allowed us to purchase and distribute air conditioners throughout the summer. Every contribution,

regardless of size, became part of something much bigger.

At Elder Care, helping people remain safe and independent in their own homes is at the heart of what we do. The Cool Room Project is just one example. Throughout the year, our programs provide services, resources and support to aging adults, adults with disabilities and the families who care for them.

To everyone who supported the Cool Room Project, thank you. Thirty-six air conditioners may be the number we can count, but the real impact is found in the people behind that number.

If you would like to help Elder Care continue making a difference throughout the year, we invite you to support our work with a donation. Your generosity helps us be there when our neighbors need us most.

To learn more about giving to Elder Care, contact Michael Colaw at mcolaw@abouteldercare.org or call (918) 336-8500.



Staying Connected As We Age

by Claudia Dilbeck, Director of Outreach & Community Relations

Staying connected to other people is important at every stage of life, and that does not change as we get older. In fact, maintaining friendships, meeting new people and having reasons to get out of the house can become even more important as our routines change.

Retirement, the loss of a spouse or friends, changes in mobility, or family members moving away can all make our social circles smaller. Sometimes it happens so gradually that we do not even notice it. A week with fewer activities turns into a month, and before long, staying home becomes the routine.

Social connection is about much more than having something to do. Spending time with others gives us opportunities to laugh, learn, share experiences and feel like we are part of a community. It also gives us something to look forward to.

And staying connected does not have to mean filling every day with activities. It might be attending an exercise class once or twice a week, learning something new, joining friends for an activity, or simply getting out of the house and spending time around other people.

That is exactly why Elder Care created the EC Active Center.

The EC Active Center offers opportunities for adults to stay active, engaged and connected through a growing variety of classes and activities. Whether you are interested in movement and fitness, trying something new, or simply meeting a few new people, the goal is to provide a welcoming place where you can participate at your own pace.

It is also affordable. Membership in the EC Active Center is just \$10 per month. Not sure whether it is for you? You can try a class or two for \$5 per class before deciding if you would like to become a member.

You do not have to be the most outgoing person in the room, and you certainly do not have to sign up for everything. Sometimes staying connected starts with simply showing up.

If you are looking for a reason to get out, get moving and meet some new people, we would love to have you join us.

For more information about the EC Active Center or upcoming classes and activities, call Elder Care at (918) 336-8500 or email Claudia Dilbeck at cdilbeck@abouteldercare.org.



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THE CENTER

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TO PURCHASE TICKETS & TABLES

EVERY DOLLAR RAISED SUPPORTS ELDER CARE
PROGRAMS THAT HELP AGING ADULTS AND THEIR
CAREGIVERS LIVE HAPPY, HEALTHY, INDEPENDENT,
AND ACTIVE LIVES.

This Month's Donors

In appreciation of contributions to Elder Care in September 2026

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