OKLAHOMA Human Services

# JUSTIN BROWN

Director
Oklahoma Department of Human Services

Secretary
Human Services & Early Childhood Initiatives

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# KEEP A Journal

## CAREGIVER TIPS

OKCares

# Supporting the Caregiver in the Workplace

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Sunbeam
FAMILY SERVICES

405 -609-6551

Seniorservices@sunbeamfamilyservices.org

SARAH RAHHAL, LCSW
CEO, SUNBEAM FAMILY SERVICES

# CELEBRAT
# OKLAHOMA
# CAREGIVERS

OKCares

# Understanding your rights and knowing what's available in the workplace.

Apela STRATEGIC SOLUTIONS

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TENA JOLLEY | HR Consultant | 580-320-7721

# CAREGIVER TIPS

## KEEP & MAKE

# Dr. Appointments

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# AARP® Oklahoma

Mashell Sourjohn
msourjohn@aarp.org | 405.757.8600

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## SHOW YOUR EMPLOYEES THAT YOU CARE LIKE THEY DO.

A staggering 73% of your employees are likely taking care of a loved one and they need your support. AARP has free tip sheets, toolkits, care guides and other resources to help you put policies in place while educating your decision-makers and HR staff on how you can help employees help their loved ones.

They include:
- Tip guides for helping family caregivers
- COVID-19 resources for employers
- Resources for those with loved ones in nursing homes
- Legal tips for family caregivers
- Financial tips during COVID-19

Download the toolkits, guides and more at aarp.org/employercaregiving

AARP.ORG/CAREGIVING

# CAREGIVER TIP

GIVE YOURSELF

## Permission

## TREAT YOURSEL

OKCares

# SYNERGY® HomeCare

## OUR FAMILY CARING FOR YOURS

### HOW WE CAN HELP

- House Keeping
- Bathing/Grooming
- Mobility Assistance
- Meal Preperation
- Transportation for errands or Doctor appointments
- Medication Reminder

## CHOSEN FOR HOME CARE EXCELLENCE

### CARE FOR EVERYONE

At SYNERGY HomeCARE, our caregivers are incredible individuals with an unmatched ability to care for everyone. Call or visit our website to find out more.

## CELEBRATING CAREGIVERS

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Need Care?
Call: Jeff Aynes
405 - 254 - 3046
synergyhomecareok.com

CAREGIVER TIP
GIVE YOURSELF
Permission
TREAT YOURSELF!
OKCares

MORTON

# CORE VALUES:
INTEGRITY
EXCELLENCE
RESPECT

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## Our Mission

To provide quality-focused, cost-effective, and family-based health services with dignity and respect to all people without regard to finances, culture or lifestyle and to provide information and support to promote participation in health care decisions.

# In the Neighborhood Since 1921

## Which Location Is Right For Your Family and You

**Morton Comprehensive Health Services**
**Main Clinic**
1334 North Lansing Avenue
Tulsa, OK 74106
(918) 587-2171

**Morton Nowata Family Health Center**
207 South Locust Street
Tulsa, OK 74106
(918) 587-2171

**Morton East Tulsa Family Health Center**
11511 East 21st. Street
Tulsa, OK 74129
(918) 295-6185

**Morton Midtown Homeless Clinic**
102 North Denver Avenue, Suite B
Tulsa, OK 74103
(918) 295-6942

**Morton West Tulsa Family Health Center**
6116 West 11th Street
Tulsa, OK 74127
(918) 295-9375

**Morton at Family and Children's Services**
Integrated Health Center
2325 South Harvard Avenue
(918) 712-4301

# CAREGIVER TIP

## RELAX

# Take a hot bath

YOU DESERVE IT!

OKCares

# JAMMIN' JEFF ENTERTAINMENT

CELEBRATING CAREGIVERS 2020

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- WEDDING
- BIRTHDAY
- SPECIAL EVENT
- CONFERENCE
- ANNIVERSARY

NEED A DJ?
CALL JEFF
405 -204 -6961

# to do list

- REDUCES STRESS
- PLAN TIME FOR YOU

OKCares

OHAI

OKLAHOMA HEALTHY AGING INITIATIVE

## TRAINING

- Family Caregiver Training
- Alzheimer's/Dementia Caregiver Training
- Simulation Kits

ouhsc.edu/ohai

405-271-2290

SILVER Sponsor

OkDCN Oklahoma Dementia Care Network

- Promote a statewide network of organizations and people dedicated to improve care for people living with dementia (PLWD) and their caregivers.
- Train primary care providers to assess and address the needs of older adults with dementia.
- Transform primary care and long -term care settings to be dementia friendlyDeliver community -based education and training to improve dementia -related health outcomes.

ouhsc.edu/ohai

405-271-2290

# CAREGIVER TIP

## WATCH A

# Funny Movie

Just Laugh!

OKCares

# CAREGIVER Magazine

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**LaShanya Nash**

**Owner / Publisher**

L.Nash@BetterWithAgeOK.com

www.CaregiverOklahoma.com

**405-532-6057**

# CAREGIVER TIP

## GO WINDOW

# Shopping

- WALK AND RELAX
- SPEND TIME WITH YOUR FRIENDS

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Amanda Dirmeyer
405-233-3531
www.dailylivingcenters.org

# DAILY LIVING CENTERS OF OKLAHOMA

SILVER Sponsor

Daily Living Centers are affordable, non-residential facilities that support the health, nutritional and social needs of seniors and adults with disabilities. We provide an alternative to assisted living centers and nursing homes in a professionally staffed, group setting. DLC has four centers with locations in Bethany, Edmond, Northeast Oklahoma City and South Oklahoma City.

# RESOURCES FOR FAMILY CAREGIVERS

OKCares

www.OKCares.org

@OKCares4You

@OKCares4You

CAREGIVER TIP
FRESH AIR
Take a Walk
Hike a little!

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Well Preserved

SINCE 1989

ADVISORY GROUP

WE CAN HELP YOU!

- MEDICARE
- FINANCIAL INVESTMENTS & MORE
- LONG TERM CARE PLANNING

CONTACT US:

EUNICE KHOURY
PHONE: 405-484-5790
WWW.WELLPRESERVEDADVISORY.COM

# CAREGIVER TIP

## TAKE FREQUENT

# Breaks

Take 60 Seconds of
Deep Breaths
throughout your day!

OKCares

# WIN $100

We want to hear from you!

- Caring for an older family member or adult with a disability in the community?
- Overseeing care of a loved one in a Nursing home or group home?

Take a Survey to Win!

Call: Kim Cassie 918-640-3121
kmcassie@ou.edu

Survey Link:
https://tinyurl.com/okcaregivers

# 2020

## OK Virtual Caregiver Conference

# WELCOME!

## Celebrating Caregivers

OKCares

# Jeremy Brooks Insurance

SILVER Sponsor

Navigating the world of insurance and Medicare can be a bit confusing to say the least. Don’t go it alone. Let Jeremy, a licensed, experienced agent, chat with you about your options and clear up some of the confusion.

- Medicare Supplements
- Medicare Advantage
- Prescription Drug Plans
- Life Insurance
- New Row Title

Call us :

Jeremy Brooks

www.JeremyBrooks.com

405-850-8324

# CAREGIVER TIP

GIVE YOURSELF

## Permission

## TREAT YOURSEL

OKCares

alzheimer's association®

800.272.3900 | alz.org®

SILVER Sponsor

## FREE Programs and Services

- Information and Referral: 24/7 Helpline at 800.272.3900
- Care Consultations: Disease education one-on-one and resource finding*
- Education Programs*
- Support Groups*

*All programs are currently virtual. Join a support group, education program or meet with our staff via webinar or by phone.

To schedule an appointment with our staff please contact the helpline at 800.272.3900.To find an education program or support group call or visit: alz.org/crf.

# CAREGIVER TIP

## FEELING OVERWHELMED?

# Ask for Help

We are here to help!
www.OKCares.org

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The 28 Year Oklahoma Senior Journal is the Original & Longest Running Magazine for the 50-Plus & Their Family

**Robin R. Gunn Publisher Editor**
**On Air Host**
**(405) 816-7889**
**rgunn@okseniorjournal.com**

OKLAHOMA SENIOR Journal™
MAKING A BETTER LIFE FOR THE 50+
MAGAZINE • RADIO • EVENTS • APP

# CELEBRAT
# OKLAHOMA
# CAREGIVERS

OKCares

# Take confidence and independence with you

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## The Homelife Care Medical Alert System gives seniors and their families peace of mind.

- Automatic Fall Detection Pendant that calls for help right away
- 24/7 Emergency Assistance from professionals
- Free Family App, with real-time alerts to loved ones
- Freedom to do the things you love because a medical alert device is always with you.

COX Homelife Care℠

SERVICE STARTING AT
$1.50 PER DAY
INCLUDES FREE PROFESSIONAL PHONE INSTALLATION ASSISTANCE

Call **844-347-2214**
or visit
**cox.com/homelifecare**

# KEEP A Journal

## CAREGIVER TIPS

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M.R.S.HEALTH
Musculoskeletal
Risk Solutions
www.mrs.health
954-889-1901
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# CAREGIVER TIP

## RELAX

# Take a hot bath

YOU DESERVE IT!

OKCares

LOCAL RESOURCCES - HEALTH & WELLENSS

OFH BOOMERS & SENIORS RESOURCES
Oklahoma Family Health

2020

# Senior Guide & Resources

www.OklahomaFamilyHealth.com

405-561-1951

jparker@oklahomafamilyhealth.com

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Sponsor

Call us! We are happy to help with your resource needs!

# CAREGIVER TIP

## TAKE FREQUENT

# Breaks

60 Seconds of
Deep Breaths throughout
your day!

OKCares

# Who We Serve

**Families that have a child with special needs:**
**Birth to age 21**

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- Help families raising a child with special needs and professionals with resource navigation.
- Work with Community Coalitions to address gaps in services.
- Provide Respite Vouchers to Family Caregivers

## Statewide

405-271-2710
sooner-success@ouhsc.edu
https://soonersuccess.ouhsc.edu/

RECOGNIZE

ASSIST

INCLUDE

SUPPORT

ENGAGE

National Family Caregivers Month

Administration for Community Living

OKCares