

**August Donors**  
Bill and Sandy Bath  
Ralph and Lois Bergstad  
Kathleen Bridges  
Harry and Nancy Brookshire  
Howard and Margaret Cook  
John and Kathleen Donoghue  
Harry and Bette Farnsworth  
Donna Furr  
Lloyd and Shelly Guatney  
John Mihm  
Don Peters  
Michael and Beth Reburn  
Earl and Jane Sears  
Neal Seidle

**In appreciation of contributions to Elder Care in August 2021**  
We sincerely apologize for any unintended error or omission. Due to publication deadlines, acknowledgement of gifts may take up to 60 days in PrimeTimes Publication. If you feel there is an error, please call Angie Thompson at 918-336-8500, ext. 129.

**In-Kind**  
ConocoPhillips



**Dine in, carry out, & curbside pickup**

Notify your server, cashier, or curbside attendant that you are part of Elder Care's Benefit Night

**15% of your NET order will go to**



**Wednesday, October 20  
4:00 to 9:30 pm**

**Bartlesville Hideaway Pizza  
100 SW Frank Phillips Blvd  
Call 918-214-8777 to order**

Complete this form, and mail to Elder Care with your gift

Yes. I want to support Elder Care's mission:

*"To ensure mature adults live happy, healthy, independent lives in their own environment."*

☐ Enclosed is my gift

☐ \$200 ☐ \$100 ☐ \$50 ☐ Other \$ \_\_\_\_\_

*(Please make checks payable to Elder Care)*

First / Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

☐ Please charge my credit card

Card No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Name on Card \_\_\_\_\_

Billing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_



1223 Swan Drive Bartlesville, OK 74006  
918-336-8500  
[www.AboutElderCare.org/Give-Today](http://www.AboutElderCare.org/Give-Today)

**"The gift you give today may be the gift that impacts  
you and your family tomorrow."**

# PRIME TIMES

An Elder Care Publication

Issue 8  
Volume 27

September 2021

Helping  
mature adults  
remain happy,  
healthy, and independent  
in their own homes.

**DayBreak**  
Adult Day Health

1223 Swan Drive  
Bartlesville, OK 74006  
918-336-8500  
[www.AboutElderCare.org](http://www.AboutElderCare.org)





# Adult Day Health Services Help Aging Adults

by Christina Bishop, Director of Operations

## What is Adult Day Health? Who benefits from these services?

Adult day health centers are making their mark as a caregiver's ally, offering support for mature adults and those caring for them. Adult Day Health centers meet the physical, social, and emotional needs of older adults and those with disabilities.

Elder Care's DayBreak Adult Day Health Center is a social center with activities to enhance quality of life through programs that support essential caregiving.

### Benefits of DayBreak:

#### For the participant:

- Individualized plan for care
- Opportunity to socialize
- Be part of an active community

#### For the caregiver:

- Respite - a chance to recharge
- Caregiving support, referrals and guidance

#### DayBreak Adult Day Health offers:

- Health monitoring and medication administration
  - Although we are a social center, we work with your doctor to monitor blood pressure, weight, pulse, respirations, administer medication, and more
- Experienced, respectful and caring professional staff
- Assistance with personal care
  - Help with bathing and dressing in a dignified way
- Exercise
  - Our *Enhance Fitness* program provides strength training, cardiovascular conditioning, and flexibility
  - Keeps the body and mind in shape

- Art classes that range from painting, drawing, ceramic, sewing, bead work, and more
- Discussion groups that stimulate memories and conversation
- Safe, supportive, supervised environment
- Socialization and recreational activities that enhance quality of life in a safe and secure environment
- Nutritious lunches and snacks

### Who attends DayBreak?

- People living alone or with family who would benefit from socialization and activity
- People who need assistance with personal care
- People with memory loss or impaired judgment
- People experiencing loneliness, isolation, or depression
- People with physical conditioning or limitations or recuperating from illness

### How much does it cost?

- DayBreak is a private pay program, with additional payer sources, such as Veterans Assistance, Oklahoma Advantage waiver program, Oklahoma DHS Block grant, Long-Term Care insurance, and Area Agency on Aging Respite Vouchers. We do not limit participation based upon one's ability to pay. Please call us to discuss payment and grant options.

You now have choices for aging-in-place. Discover how YOU can benefit from DayBreak and how YOU can afford it! Call DayBreak Director, Leah Alexander, at 918-336-8500. Transportation is available in Washington and Nowata Counties. Hours of operation are Monday through Friday, 7:30 a.m. - 5:30 p.m.

Prime Times  
published monthly by  
**ELDER CARE**  
Excellence in senior care  
since 1983

Tel. 918-336-8500  
info@AboutElderCare.org  
www.AboutElderCare.org

#### Program Management

Cordell Rumsey  
*Executive Director*  
Christina Bishop  
*Operations Director*  
Angie Thompson  
*Development Director*  
Leah Alexander  
*Adult Day Health Director*  
Kearl Coke  
*Brighter Living Services Director*  
Frank Danel  
*Facility Manager*  
Deanna Dodson  
*Case Manager Supervisor*  
Josh Lindblom, PT, DPT  
*Physical Therapy Director*  
Jerry Brad Jarrell, MD  
*W.R. Bohon Senior Health Clinic*  
Tracy Stuckey, APRN, MSN  
*Bohon Clinic Director*

**Board Members**  
Steve Smith, *President*  
John Ford, *Vice President*  
Debbie Mueggenborg, *Treasurer*  
Stephen Colaw  
Glenda Garrison  
Steve Grogan  
Jerry Maddux  
Dr. John Manley  
Richard Mitchell  
Wayne Walthall  
Mark Wilburn  
Craig Yocham  
Kathy Zervas  
Virginia Sawyer, *Ex-Officio*

Programs and services are  
partially funded by



# United Way Supports DayBreak

by Angie Thompson, Development Director

As mature adults face a changing world in their later years, choices in caring for loved ones at home is important for families.

DayBreak Adult Day Health is one of the programs that receives United Way support. Through this added funding, Elder Care can offer scholarships and grants to seniors to attend DayBreak.

United Way contributions assist seniors, like Ruth Tatro, allowing them to participate in DayBreak when they might not have the financial means to do so.

Linda King, Ruth’s daughter, told us when her mother first came to DayBreak, she had mobility issues. “After a few weeks of participating in the exercise program, mom became more mobile, trading her transport chair for a walker instead. Mom is communicating more. She is more like her old self. She enjoys socializing, especially eating lunch with other participants, and calls it 'school' because she learns something new every day. We loved Brighter Living. But DayBreak has been so good for her. I wish we had been doing DayBreak all along.”

DayBreak offers activities for participants that fit their interests, including bingo, art classes, and so much more. It is also a safe place to make new friends with similarities.

According to Christina Bishop, Elder Care’s Director of Operations, “DayBreak participants benefit from funds awarded by the United Way Agency. Last year, we provided DayBreak services to 187 participants and their families through 11,389 hours of service. Our partnership with the United Way made this possible. The United Way has stood hand-in-hand with us to ensure that we can offer programs that truly make a difference in the lives of the people we serve. Without their support, we would not have the means to serve as many seniors and their families as we do. The support of The United Way goes far beyond funding. They truly are our partner!”

“The Bartlesville Regional United Way is proud to partner with an outstanding organization such as ElderCare,” said Lisa Cary, BRUW president, and CEO. “ElderCare provides a tremendous service to those in our community who need it, and we couldn’t be happier that we are able to assist them.”

Daybreak offers transportation to Nowata and Washington County residents. Elder Care encourages families to call to learn more about the program and scholarships. Call Leah Alexander, DayBreak Director, or Sue Lee, Resource Coordinator, at 918-336-8500 and begin your DayBreak experience.



# Petermann receives top award!



The Brain Injury Recovery Foundation awarded Abigail Petermann, Elder Care Speech Pathologist, the 2021 Medical Professional Award during their annual event on Saturday, August 14. The Tulsa-based non-profit supports those who have suffered brain or spinal cord injuries by providing programs that aid in their recovery. Medical professionals who work with brain injury patients and show exemplary care, going above and beyond for their patients, can be nominated to receive this prestigious award.

"I am so honored. Being a speech-language pathologist is a rewarding experience; I am passionate about seeing meaningful change in my patients' lives because of our work together. The work they do in their recovery is monumental, and I am so grateful I get to be a part of that!"

To learn more about speech therapy at Elder Care, contact our therapy clinic at 918-766-0391.



HOME CARE & COMPANION SERVICE

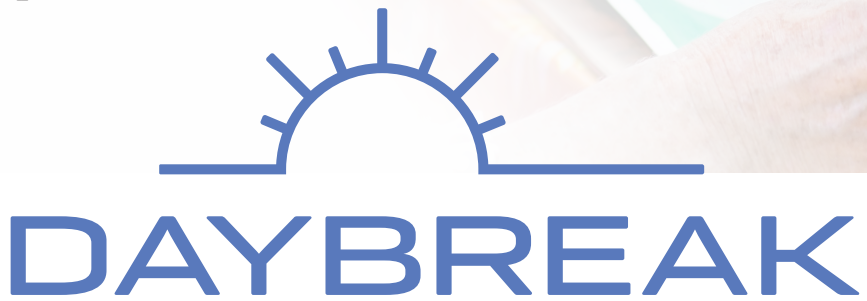
Up to 24 hour care in your home. • Transportation • Meal planning and prep • Light housekeeping  
Companion services • Medication reminders • House management • and more



1223 Swan Drive • Bartlesville • 918-336-8500 • [www.AboutElderCare.org](http://www.AboutElderCare.org)  
Serving Nowata, Washington, and Osage Counties

- Exercise for mind and body
- Socialization
- Therapeutic activities
- Health monitoring
- Medication administration
- Nutritious lunches and snacks
- Grants and Scholarships available

Monday - Friday, 7:30 a.m. - 5:30 p.m.  
Transportation available



ADULT DAY HEALTH & ACTIVITY CENTER

Call DayBreak Adult Day Health at Elder Care • 918-336-8500



## Why Get a Flu Shot?

by Tracy Stuckey, APRN, MSN, Bohon Senior Health Clinic

The flu (Influenza) is a contagious respiratory illness caused by a virus. This highly contagious infection causes symptoms similar to the common cold, only more severe. Flu spreads through air droplets that are carried when someone coughs, sneezes, or talks. The flu can come on suddenly with early symptoms of fatigue, body aches, chills, fever, sore throat, and cough.

Flu symptoms typically last up to a week and linger in others for up to 14 days.

Flu vaccine prevents millions of illnesses and flu-related doctor's visits each year. The flu vaccine causes your body to produce antibodies to several different strains of the influenza virus. The seasonal flu vaccine is changed every year to keep up with the circulating strains of the virus that research suggests will be most common in the upcoming flu season. You need to get a new vaccine every year to stay safe.

Everyone can benefit from the flu vaccine, but it's crucial for people in certain groups. The population at increased risk for the flu are those with weakened immune systems, adults 65 years and older, pregnant women, persons with chronic illness (diabetes, asthma, heart disease, HIV, Cancer, etc.), and young children.

A high-dose version of the flu shot has been available for a decade, but it's approved only for people ages 65 and older. As people age, their immune system response tends to wane. The high-dose vaccine contains four times the amount of antigen as a regular flu shot. A clinical trial of more than 30,000 participants showed that adults 65 years



and older who received the high dose vaccine had 24% fewer influenza illnesses than standard dose patients.

There are some healthy habits to help with the prevention of the flu. The most important one is to get vaccinated. Then, to significantly lower your risks of getting the flu, follow a few healthy prevention tips.

- Make sure you are washing your hands and practicing good hygiene. Regularly wash your hands. Hand washing is a simple yet excellent preventative against the flu.
- Avoid close contact with people who are sick. If you are sick, stay home.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Clean and disinfect frequently touched surfaces at home or work. This will dramatically reduce the risk of spreading germs.
- Keep your countertops and other surfaces around the home clean. Stay on top of regularly wiping the doorknobs, keyboards, phones, and handles around the house.
- Take care of yourself! Keep your immune system strong with vitamins, nutritional food, exercise, and staying hydrated. Be sure to get plenty of sleep at night.
- Make sure to educate yourself on the differences between cold symptoms and flu symptoms.

If you or a loved one are uncertain of receiving the influenza vaccination, are developing flu symptoms, or have been exposed to the flu, call your primary care physician.

## Fluzone vs Fluad

by Larry McGregor, LPN, CM, Infection Preventist

The immune system of an older person doesn't respond to the flu vaccine in the same way as with a younger person. While influenza can affect people of all ages, infections among the elderly are more likely to cause more severe complications, such as pneumonia, which may require hospitalizations. While it's a common perception that the flu is a mild illness, it causes a significant number of deaths worldwide. Recent studies have shown the regular flu vaccines don't appear to be as effective in the elderly at protecting against the flu or its complications.

Most experts recommend one of two flu vaccines for those 65 or older - Fluzone High Dose or Fluad - but neither can guarantee total coverage against the flu.

So what's the difference between the two? The Fluzone High Dose Quadrivalent is a high-dose version of the typical flu shot. Fluad is just the regular flu vaccine with a few additional ingredients to boost its effectiveness.

When comparing vaccines, keep in mind that the Fluzone vaccine, often referred to as The High Dose, is not typically offered in our community. And that the Fluad vaccine is not the same as The High Dose vaccine.

The Fluzone High Dose Quadrivalent contains four times the amount of flu antigen than the standard dose. Fluzone shows a significant reduction in flu rates amongst those 65 and older than those receiving a regular flu shot.

Studies show that The High Dose vaccine better stimulates the immune system of the elderly by making protective antibodies. In some cases, the Fluzone vaccine protects from pneumonia.

Observational data suggests that those who received the Fluad vaccine were less likely to be hospitalized when developing flu symptoms than those who received the regular flu vaccine. However, neither vaccination offers lower hospitalization rates than the Fluzone vaccination.

When you call your local pharmacy or health department, you should specifically ask which vaccine they have for 65 or older and not just ask if they have The High Dose. That is an important distinction.

Neither vaccine is 100% guaranteed. But the vaccine can reduce your risk of getting the flu and the Fluad and the Fluzone mentioned are the only two exclusively offered for those 65 and older. It's important that when deciding which vaccine to get, you discuss your options and risks with your doctor.

### Differences between Fluzone and Fluad



*Fluzone High-Dose contains four times the antigen that's in a standard dose, effectively make it a stronger version of the regular flu shot.*



*Fluad pairs the regular vaccine with an immune stimulate, to cause the immune system to have a higher response to the vaccine.*

The *New England Journal of Medicine* claims the Fluzone High-Dose is about 24% more effective than the standard shot in preventing the flu. Consult your doctor to learn which is best for you.





### DayBreak

DayBreak offers social interaction and fun.

- Therapeutic art and music.
- Engaging Activities.
- Fitness classes and nutritious meals.
- Open Monday - Friday, 7:30am - 5:30pm.

Call 918-336-8500 to schedule a tour of DayBreak