

PRIME TIMES

Issue 9
Volume 31

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AboutElderCare.org | (918) 336-8500
1223 Swan Drive, Bartlesville, OK 74006



Thrive at home! Services that enhance your quality of life!

Why should you get a flu shot?

By Tracy Stuckey, APRN, MS, Bohon Health Clinic Director



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 is spread through air droplets 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, and the symptoms typically last up to a week and linger in others for up to 14 days.

Typically, the seasonal flu vaccine is changed yearly to keep up with the three virus strains that research suggests will be most common in the upcoming flu season. With that in mind, it would be best to get a new vaccine yearly to stay safe.

Everyone can benefit from the flu vaccine, but it's especially helpful 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 illnesses (diabetes, asthma, heart disease, HIV, Cancer, etc.), and young children.

A high-dose version of the flu shot has been available for at least a decade, but it's approved only for people ages 65 and older. As people age, their

immune system response tends to wane, meaning the high-dose vaccine provides added protection and appears to be about 24% more effective than the standard vaccine in preventing the flu.

How can you prevent getting the flu?

- ✓ First, and most importantly, get vaccinated. The flu vaccine is the best chance of preventing the flu.
- ✓ Make sure you wash your hands often and practice good hygiene.
- ✓ Avoid sharing cutlery, cups, plates, towels, and tissues with others, as this dramatically decreases the spread of germs.
- ✓ Keep your counter tops 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, and plenty of hydration - water! Be sure to get plenty of rest and plenty of sleep at night.
- ✓ Educate yourself on the differences between cold symptoms and flu symptoms.

If you think you or someone close to you are beginning to develop flu symptoms or have been exposed to the flu, don't hesitate to call your doctor.

Walk-in flu shot clinic planned for October

By Christina Bishop, Director of Operations



Elder Care’s annual walk-in flu shot clinic will be held Saturdays in October at Elder Care, 1223 Swan Drive, from 9:00am – 12:00pm and 1:00pm – 4:00pm, offering both the regular dose vaccine and the Fluzone high-dose vaccine.

According to Christina Bishop, Director of Operations at Elder Care, the

regular dose flu vaccine will be the quadrivalent flu vaccine designed to protect against four flu viruses: two influenza A viruses and two influenza B viruses.

“The Fluzone High-Dose is explicitly designed for people aged 65 and older and contains four times the amount of antigen (the part of the vaccine that prompts the body to make antibodies) in regular flu shots. The additional antigen creates a stronger immune response (more antibodies) in the person getting the vaccine.”

Additional guidelines found on the CDC website outline the CDC’s June 30, 2022, announcement that CDC Director Rochelle P. Walensky adopted the Decision memo approving the ACIP vote for a preferential recommendation for the use of a higher dose (including high dose and recombinant) or adjuvanted flu vaccines over standard-dose unadjuvanted flu vaccines for adults 65 years and older.

“Because immunity may decrease more quickly in older people, it is especially important that this

group is not vaccinated too early (in July or August). September and October are generally good times to be vaccinated for people 65 years and older.”

A flu shot participant at Elder Care’s shot clinic, qualified under Part B Medicare, must present their Medicare or Medicare replacement card (United Healthcare, Community Care, Humana, etc.). Elder Care files a claim on the participant’s behalf, and no payment will be due for Medicare-qualified participants at the time of vaccination. No other insurance will be filed.

To pre-register, please call 918-336-8500. For information about the clinic, contact Carol Davis at 918-336-8500, ext. 115.

2022 flu shot clinic times

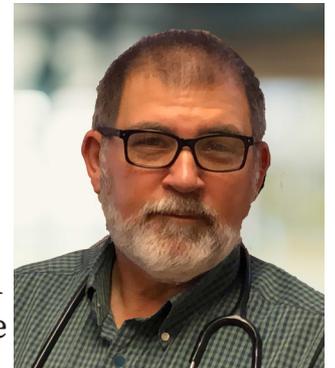
Saturdays in October

9:00am – noon & 1:00pm – 4:00pm

WHERE? ELDER CARE – 1223 Swan Drive

The nursing staff is ready!

Larry McGregor, LPN, CM, has coordinated the annual flu shot clinic for the past 13 years. “I became a nurse to help my community. Working at Elder Care, I help hundreds of seniors stay healthy and independent and the flu shot clinic is just one of the ways I can help keep them safe.”



Larry and the Elder Care nursing team are ready to administer flu vaccinations this year. Come see us!

Adult day health services helps aging adults

By Leah Alexander, DayBreak Director

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 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
- Therapeutic art classes
- Discussion groups that stimulate memories and conversation
- 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 limitations or recuperating from illness

How much does it cost?

DayBreak participation is not limited based upon one's ability to pay. The cost is based on individual circumstances. DayBreak accepts private pay, Medicaid ADvantage Waiver members, and aid from the Veteran's Administration for qualifying Veterans and their families. Grants from individuals, foundations, and organizations (like the Bartlesville Regional United Way), make it possible to offer low to no cost access. Please call us to discuss available financial options.

DayBreak is located at 1223 Swan Drive, Bartlesville, OK and operates Monday through Friday, from 7:30 am - 5:30 pm. Transportation is available in the Bartlesville area. Call DayBreak at 918-336-8500.

COSTS ARE RISING ACROSS ALL CARE SETTINGS*

*Adult Day Health is the MOST Economical
Choice for remaining at home:*

- » Adult day health care services are the lowest long term care support services based on a 5-year compound annual growth rate.*
- » The Tulsa median cost of care ranges from **\$83,647** for a private room in a nursing home to **\$18,200** for adult day health care services (based on 5 days per week per year).*



Funding from the Bartlesville Regional United Way provides grants and scholarships for DayBreak participants.

Veterans and their families may also qualify for funding from the Veterans Administration.

Call Elder Care to learn about funding options.

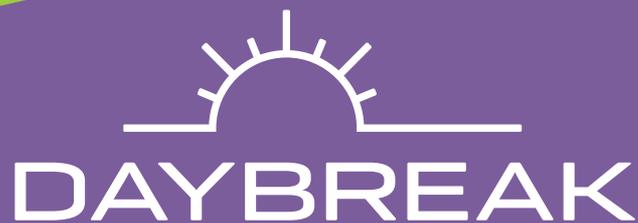
YOU HAVE CHOICES.

NURSING HOMES ARE NOT YOUR ONLY OPTION.

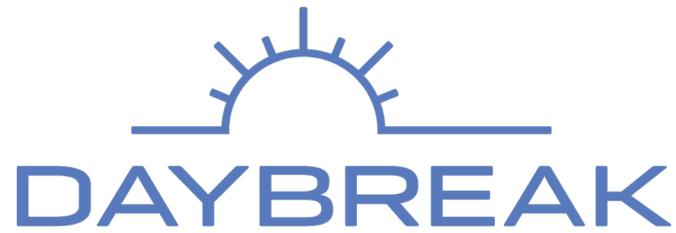
Visit AboutElderCare.org or call (918) 336-8500 for more information.

<i>Tulsa Market Median Costs</i>	Year	Month	Daily
Adult Day Health Care	\$18,200	\$1,517	\$70
Assisted Living	\$46,260	\$3,855	\$127
Homemaker Services	\$57,200	\$4,767	\$157
Home Health Aide	\$57,200	\$4,767	\$157
Private Nursing Home	\$83,647	\$6,971	\$229

**Genworth.com/aging-and-you/finances/cost-of-care*



ADULT DAY HEALTH & ACTIVITY CENTER



DAYBREAK

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FREE
5-DAY
TRIAL

THE BEST WAY TO SPEND YOUR DAY.



DAYBREAK

ADULT DAY HEALTH & ACTIVITY CENTER

CARING FOR A SPOUSE OR PARENT?

Here's how DayBreak can help:



- » Therapeutic activities
- » Socialization
- » Enhance® Fitness
- » Quality snacks and lunches
- » Individualized care
- » Open daily 7:30am – 5:30pm
- » Transportation in the Bartlesville area
- » Affordable options for everyone

Visit AboutElderCare.org or call (918) 336-8500 for more information.

Board member highlights

By Angie Thompson, Development Director

Fifteen board members volunteer their time and talent to ensure Elder Care manages its resources effectively and efficiently. While they operate behind the scenes, they are eager to show their support for our cause and mission.



Elder Care celebrates one of its most highly educated board members, Richard Mitchell. With a well-rounded understanding of the oil industry, human resources, legal aid, and care for senior citizens, he brings a level of professionalism to Elder Care that every organization strives to achieve.

When Richard and Natasha moved to Bartlesville 30 years ago, he brought a Juris Doctorate from Southern University Law Center and experience with legal matters. Richard worked for ConocoPhillips for twenty-seven years in its Human Resources and Supply Chain departments and, after retiring, began serving on the Board for Legal Aid and Elder Care.

“Elder Care understands and cares for seniors like no other organization within the community,” he said, “I have much compassion for senior citizens because, over time, they have paid their dues to society in one way or another.”

“Compassion and caring are the two most impactful qualities about Elder Care. We are our brother’s keeper, and giving on any level helps the Mission of Elder Care to serve senior citizens within the community.” Elder Care is fortunate to have such a compassionate scholar on the board!

Virginia Sawyer is an officer with BancFirst for the Tulsa Market. She has been with BancFirst for ten years, holding multi-faceted positions over her 44-year banking career.

Her leadership on the Elder Care Board of Directors spans more than 15 years, serving as the development committee chair and as the event chair for Elder Care’s annual fundraising event, The Good, The Bad, & The Barbecue, one of the most widely attended fundraising events in Bartlesville.

“Elder Care has a special place in my heart. They provide valuable services for the elderly, offering the security of knowing there is someone who cares and can help.”



Prime Times

Published monthly by
Elder Care

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Operations Director

Angie Thompson
Development Director

Leah Alexander
DayBreak Director

Kearl Coke
Brighter Living Director

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Programs and services are
partially funded by



Upcoming Events

WALK-IN FLU SHOT CLINIC

Saturdays in October

9:00am - noon & 1:00pm - 4:00pm

Elder Care | 1223 Swan Drive

Pre register by calling (918) 336-8500

SENIORS CONNECT

Digital Assets in Estate Planning Seminar

Featuring, Brandy Robles

Arvest Wealth Management trust officer

Wednesday, October 5 | 3:00pm - 4:00pm

Elder Care | 1223 Swan Drive | (918) 336-8500

RSVP by October 1 to Elder Care



This Month's Donors

In appreciation of contributions to Elder Care in AUGUST 2022

William & Sandy Bath

Garry Beougher

Ralph & Lois Bergstad

Jerry & Wylene Brown

George & Bobbie Johnson

Jerry Poppenhouse

Robert Rigney

Frances Salih

John & Kay Simon

IN KIND

Tony Clapper

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We sincerely apologize for any unintended error or omission. Due to publication deadlines, acknowledgment of gifts may take up to 60 days in Prime Times Publication. If you feel there is an error, please call Angie Thompson at (918) 336-8500, ext. 129.