

PRIME TIMES

Issue 9
Volume 34

AN ELDER CARE PUBLICATION | September 2025



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



Celebrating Grandparents Day

by Michael Colaw, Development Director

Each September, we pause to celebrate Grandparents Day, a special occasion to honor the love, wisdom, and stability that grandparents bring to their families. For many, being a grandparent means enjoying precious moments, offering guidance, and creating cherished memories. But for others, the role goes far beyond that. Across our community, more and more grandparents are stepping into the demanding role of raising their grandchildren.

At Elder Care, we see firsthand the devotion of these grandparents. Their love is unwavering, but the responsibility can be overwhelming, balancing daily caregiving with health needs, financial strains, and emotional challenges. That's where we come in.

Elder Care offers a wide range of caregiver resources tailored to the unique needs of grandparents raising grandkids. Through our Private Pay Care Management program, families receive expert guidance on navigating services such as healthcare, housing, and community support. Our DayBreak Adult Day Health program provides respite care, giving grandparents a chance to rest, recharge, or manage personal responsibilities while knowing their loved one is safe and engaged. For households juggling limited income, our team also connects families with assistance programs and support networks.

Equally important are the opportunities we provide for connection. Our Caregiver Support Groups offer a safe space where grandparents can share their experiences, gain encouragement, and

learn practical strategies from others who understand the journey. And through our Open Door Café, caregivers find fellowship and the reassurance that they are not alone.

This Grandparents Day, we celebrate the countless grandparents in our community who are giving their all for the next generation. At Elder Care, we are here to walk beside you, offering the tools, resources, and compassion you need to thrive in your caregiving role.

If you or someone you know is a grandparent raising grandchildren, please reach out to Elder Care at 918-336-8500 or visit AboutElderCare.org. Together, we can build a stronger, more supportive community for both you and the children you love.



Why The Flu Shot Matters

by Michael Colaw, Development Director

As September rolls in, flu season looms, and it's more important than ever to get your annual flu vaccine. A recent study by Moderna found that their experimental mRNA 1010 flu vaccine demonstrated 26.6% greater efficacy than a currently approved standard-dose vaccine in adults aged 50 and older, and notably, 27.4% greater efficacy among adults 65 and up, the age group most at risk of severe flu outcomes.

Beyond this promising innovation, the Centers for Disease Control and Prevention (CDC) reports that the 2024–2025 seasonal flu vaccine significantly reduced the risk of medically attended flu cases and flu-related hospitalizations. Among adults aged 18 and older, effectiveness ranged from approximately 36% to 55% in outpatient and inpatient settings across multiple surveillance networks. These findings confirm that even moderate vaccine effectiveness can translate into substantial illness prevention across communities.

Looking at the most recent flu season, overall adjusted vaccine effectiveness for 2024–2025 was reported at 56%, one of the strongest years in recent memory. For older adults aged 80 and above with dementia, another study has shown that flu vaccination still plays a critical role in reducing pneumonia, even though its impact on broader outcomes like hospitalization or antibiotic use may be less clear in the presence of multiple chronic conditions.



These findings underline a critical message: getting your flu shot remains one of the best defenses against seasonal influenza, for yourself and those around you. While innovations like mRNA-1010 offer exciting prospects for the future, this year's traditional vaccines still make a meaningful difference in preventing severe flu-related illness and easing the burden on healthcare systems.

Stay protected this season and encourage your loved ones to do the same.

Stronger, Calmer, and More Mobile: The Benefits of Gentle Yoga & Tai Chi

by Michael Colaw, Development Director

When it comes to staying active, small, steady movements can make a big difference, especially as we age. Gentle yoga and Tai Chi are two gentle practices that build strength and balance while easing stress on joints. Both are accessible for beginners and adaptable for different abilities, making them ideal additions to any wellness routine.

Gentle Yoga uses a sturdy chair for support while guiding you through seated and standing postures, light strength work, and focused breathing. The chair reduces strain on hips, knees, and wrists, so you can move with confidence even if you're dealing with arthritis, limited mobility, or recovering from an injury. Participants often notice:

- *Better flexibility in the hips, shoulders, and back*
- *Improved core strength for safer movement and posture*
- *Less stiffness and discomfort after regular practice*
- *Calmer breathing and reduced stress thanks to mindful focus*

Because gentle yoga emphasizes slow, controlled motion, it's also a wonderful way to reconnect with your body, build confidence, and experience a sense of accomplishment, one gentle stretch at a time.

Tai Chi is a series of slow, flowing movements paired with steady breathing. Sometimes called "meditation in motion," Tai Chi enhances balance, coordination, and body awareness. Over time, this



can translate to fewer stumbles, quicker reaction times, and more stable walking. Additional benefits may include:

- *Stronger legs and ankles for everyday activities*
- *Improved focus and mental clarity*
- *Reduced stress and better sleep*
- *A pleasant, social way to stay active without high impact*

Together, gentle yoga and Tai Chi create a powerful combination: yoga helps you loosen and strengthen the body, while Tai Chi refines balance, rhythm, and calm. Both practices are welcoming to beginners, and just a couple of sessions a week can yield meaningful results.

Ready to try? Elder Care offers a friendly, encouraging environment where you can move at your own pace and feel supported by peers and instructors.

Elder Care offers Gentle Yoga every Monday and Wednesday at 10:00 am and Tai Chi every Thursday at 9:00 am, and classes are just \$5 per person. Call (918) 336-8500 or visit www.abouteldercare.org/resources/life-movements/ for more information.

CAREGIVER SUPPORT GROUP

**SEPTEMBER 9
10:00 AM**

Exploring Hospice Care
with Erienne Martin of
Good Shepherd Hospice



**SEPTEMBER 16
10:00 AM**

Exploring Advanced Directives
with Rev. Linda Lewis of
Jane Phillips Medical Center

**SEPTEMBER 23
10:00 AM**

Managing Your Care Receiver's
Health Log



**SEPTEMBER 30
10:00 AM**

Time to Relax!
An open discussion

Elder Care

October 25
7:00 PM

Hillcrest
Country
Club

Clay Self

Presents

Tickets on sale now at www.abouteldercare.org/anevening

CARE MANAGEMENT

PERSONALIZED SUPPORT

Our Private Duty Care Management Team connects aging adults with the care, services and resources the need.

- Coordinate meals, transportation, and household tasks
- Connect you to medical supplies and equipment
- Arrange doctor visits and health services
- Offer guidance and support to ease daily challenges

Schedule a one-one-one consultation today!
(918) 336-8500

www.abouteldercare.org
care@abouteldercare.org

Claudia Dilbeck Named Director of Community Relations and Outreach

by Michael Colaw, Development Director

Elder Care is pleased to announce the addition of Claudia Dilbeck as its new Community Relations and Outreach Director. Claudia brings with her decades of nursing and healthcare experience, along with a strong record of community involvement.

An Alva native, Claudia began her career in nursing after attending Northwestern Oklahoma State University and earning her LPN license from the Oklahoma Board of Nursing. Since moving to Bartlesville in 1997, she has held a variety of roles in healthcare, including primary care and surgical nursing, public health with the Oklahoma State Department of Health, and leadership positions in quality control, risk management, and business development with Federally Qualified Health Centers, Shanadoa Home Health, and Cohesive HealthCare.

Throughout her career, Claudia has demonstrated a passion for serving seniors and connecting individuals with the resources they need to thrive. She has worked extensively in outreach and advocacy, building relationships across Washington, Nowata, Osage, and Rogers counties and beyond. Her background in both clinical care and community engagement uniquely positions her to share Elder Care's story, expand outreach, and strengthen partnerships that support aging adults and caregivers in our region.

In her role at Elder Care, Claudia will focus on community education, relationship building, and promoting the many programs and services Elder Care offers, from DayBreak Adult Day Health to

Foundation Therapy Specialists, Case Management, In-Home Services, and more. Her goal is to ensure families and caregivers across northeast Oklahoma know about and can access the resources Elder Care provides.

“Claudia’s healthcare expertise and heart for people make her an incredible asset to Elder Care,” said Christina Bishop, Executive Director of Elder Care. “She brings not only knowledge, but also deep community connections and a true passion for helping families. We are excited for her to help us broaden awareness of Elder Care and continue building strong partnerships in the region.”

Claudia and her husband, Thad, have been proud members of the Bartlesville community for more than 15 years. They are the parents of three children, two daughters-in-law, and recently welcomed their first granddaughter, Magnolia Lu.



Prime Times

Published monthly by
Elder Care

Program Management

Christina Bishop
Executive Director

Michael Colaw
Development Director

Frank Danel
Facility Manager

Claudia Dilbeck
Community Outreach Director

Deanna Dodson
Case Management Director

Jennifer Ennis
Administrative Director

Josh Lindblom, PT, DPT
Director of Therapy

Shelia Tucker
DayBreak Director

Board Members

Mark Wilburn
President

John Gorman
Vice President

John Ford
Treasurer

Kelli Blair

Stephen Colaw

Dale Copeland

Bob Fraser

Susan Krall

Richard Mitchell

Debbie Mueggenborg, CPA

Virginia Sawyer

Steve Smith

Karen V. Waddell

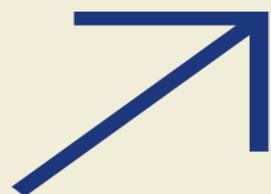
Wayne Walthall

Kathy Zervas

Programs and services are
partially funded by



Bartlesville Regional
United Way



September 2025

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1 Labor Day Elder Care Closed	2 Caregiver Support Group 10:00 am	3 Gentle Yoga 10:00 am LOUD Crowd 11:15 am PWR! Moves 12:00 pm	4 Tai Chi 9:00 am Open Door Café 10:00 am	5	6
7	8 Gentle Yoga 10:00 am PWR! Moves 12:00 pm	9 Caregiver Support Group 10:00 am	10 Gentle Yoga 10:00 am LOUD Crowd 11:15 am PWR! Moves 12:00 pm	11 Tai Chi 9:00 am Open Door Café 10:00 am	12	13
14	15 Gentle Yoga 10:00 am PWR! Moves 12:00 pm	16 Caregiver Support Group 10:00 am	17 Gentle Yoga 10:00 am LOUD Crowd 11:15 am PWR! Moves 12:00 pm	18 Tai Chi 9:00 am Open Door Café 10:00 am	19	20
Jerry Poppenhouse Photography Display and Auction Daily from 9:00 am - 5:00 pm						
21	22 Gentle Yoga 10:00 am PWR! Moves 12:00 pm	23 Caregiver Support Group 10:00 am	24 Gentle Yoga 10:00 am LOUD Crowd 11:15 am PWR! Moves 12:00 pm Alzheimer's Association: Know The 10 Warning Signs 2:00 pm	25 Tai Chi 9:00 am Open Door Café 10:00 am Basics in Quilting - Pumpkin Patchwork 1:00 pm	26	27
28	29 PWR! Moves 12:00 pm	30 Caregiver Support Group 10:00 am				

This Month's Donors

In appreciation of contributions to Elder Care in August 2025

Lenard Ames Jr.
Ralph and Lois Bergstad
ConocoPhillips
Lynn and Terrance Potts
Dennis and Debbie Mueggenborg
Larry and Linda Shoemaker
Susan and Gregory Krall
Larry and Elizabeth Thrash
Eddie R. and Lavon Tolbert
Dee Ann and David Willman



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 \$35 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

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

*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.*

Give online at:
AboutElderCare.org/giving/donate-today/