

Quill of the Hill

A monthly publication for and about the Residents, Families & Friends of Saint Simeon's

Volume 48

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February 2011

State of Saint Simeon's & 2010 Service Awards



On January 6th, Lindsay Fick, President/CEO, presented the State of Saint Simeon's Address and recognized 2010 service award honorees. Fick stated, "Saint Simeon's is blessed with many wonderful, long-tenured employees that truly exhibit the heart of Saint Simeon's. Each day they live

their lives at Saint Simeon's to continue the legacy of loving care and service. I am enormously grateful to each one."

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Saint Simeon's 2010 Service Award Honorees

Each year Saint Simeon's presents a special gift to employees with 5-year increments in service

5 YEARS



(l-r) Crystal Johnson, Father Bill Holly, Ailyn Perez De Beatty, Lindsay Hurley Fick, Mary Miller, Brenda Hendricks. Not pictured: Patrice Tharps, Lyndsey Smith

10 YEARS



(l-r) Lequita Colbert, Lindsay Hurley Fick. Not pictured: Stephen Mason.

15 YEARS



(l-r) Stephanie Colbert, Lindsay Hurley Fick, Akilah Rezzaq. Not pictured: Mary Cox.

25 YEARS



Betty Minton
(retired 12/31/2010)

Go paperless & receive the Quill in **COLOR!**
Email kearickson@saintsimeons.org

Getting to Know: Zach Moushon

Zach Moushon was recognized as one of our outstanding employees this past year. This is what was said about him.

A resident in the Memory Center started to choke on some food. A Nurse was called and Zach immediately began the Heimlich Maneuver, resulting in the food popping out of the resident's mouth. The resident looked at him, wanting to say thank you, but this resident is unable to speak. She didn't need to speak, her eyes said it all. Thank you, Zach, for saving her life. You're a real hero.

Zach is a Certified Nurse Aide (CNA) in the Memory Center working in Home 5. "My most important job is to make sure that all the residents are safe. I redirect them if necessary, keep their minds occupied, provide them personal care (like giving them baths, shaving them, taking care of their fingernails and providing daily oral care), and help them get dressed so they are ready for the activities of the day."



"I was born in Tulsa but grew up in Skiatook. My Dad, Bruce, is a Computer Numerical Control (CNC) Machinist. I have two brothers, Josh and Dakota. I'm more of a 'hands-on' person, so I left high school before graduating. I experimented with different types of work before I discovered healthcare. I worked for Wal-Mart, did pest control, landscaping and hardscaping, laid pipe, welded and worked with concrete."

One thing I learned is that some things you just can't do in the rain; and if you're not working, you can't get paid! I wanted a steady paycheck. One of my brothers is an Anesthesiologist at Saint John's Hospital and he recommended that I think about a career in Health Care. The best way to get started is to become a Certified Nurse Assistant (CNA), so I got my GED and then got my CNA certification at Tulsa Tech."

"As part of our training at Tulsa Tech, we interned at Saint John's Hospital and Saint Simeon's. I never knew this place was here before. I knew right away that this was where I wanted to work, and I've been here since June."

"I have learned so much about Alzheimer's since I've come to work here. One of the biggest challenges is helping residents who are reluctant to take showers. I've found the best approach is to tell them that I have the heater going already and the room is really nice and warm for them, and that I've got nice warm clothes with long-sleeves for them to put on when we are finished. I know using the right words will reassure someone, and it is so important to approach residents in a nice calm manner and never surprise them."

"My wife, Loni, and I live in Sperry and our home is out in a farmer's field surrounded by forest. Loni is a dental assistant. Unfortunately, the office she was working for had to cut back, so now she is looking for another job. We also have two outdoor cats named Kitten and Butters."

"I'm not sure what the future holds for me. I know that health care is the place I want to be but I'd like to get more involved with what goes on inside the body, and perhaps someday become a surgical tech like my brother."

"One thing I know for sure is that I love music. I like to play anything that I can get my hands on – including the piano, guitar, drums, and I also enjoy singing. I can't read music, but I can learn things by ear. When I get home from work, whether I'm happy or sad, I can 'figure it out' and make music, and I always feel better."

Our Employees thank YOU!



As members of the Saint Simeon's team, we thank you for your generous donations to our Employee Christmas Fund! You helped make our Christmas special!

HELP US RECOGNIZE OUR EMPLOYEES - THE BEST OF THE BEST!



Saint Simeon's is recognized for our loving, well trained and long-tenured staff. As a Resident, family member, friend, volunteer or visitor, you are encouraged to help recognize any employee who is making that special effort to enrich the lives of our Residents by nominating them to be the next "Kris's Caring Champion".

The employee you nominate is eligible for a \$25 gift card and special recognition. And, as a member of "Kris's Caring Champions Circle", the employee is eligible to be selected as "Kris's Caring Champion" for the month nominated. The employee selected each month receives an additional \$100, a preferred parking space, their picture and bio in the *Quill* and employee newsletters and more!

Nomination forms are located at each reception desk and nurse station. You may also email your nomination to Bonnie Gorrell, Director of Human Resources, at bgorrell@saintsimeons.org. Please include the employee's name, the date, your name and a brief description of the special act of kindness or service.

We appreciate Jerry and Kris Nichols for their special endowed gift that is underwriting our "Kris's Caring Champion" employee recognition program.

A Tribute to Simone

Of all the animals at Saint Simeon's, none was more beloved than Simone, our Golden Retriever who died recently on December 27th. For many of us she was the last thread connecting us to Carla Stokesberry, our Director of Nursing for many years. Simone lived with Carla, coming to work with her each day and making rounds. Partnering with Carla made Simone the second hardest working employee in the building!

When Carla retired, Simone came to live with me. Not long after that, we noticed that she had a slight cough. An examination revealed that she had been born with a leaking heart valve. For some odd reason, dogs can't have an operation like people can to fix or replace a valve. All of her life her heart wouldn't empty completely so it got larger and weaker. Simone immediately began heart medication, which kept her heart muscle as strong as possible for as long as it could, and actually gave her many more years of quality life than we might have expected.

Some might say it wasn't just the heart medication that gave her such a long life. No dog could have known more love from the many residents, employees and visitors who crossed her path each day for over 13 ½ years. Her Memory Book has beautiful tributes to her, and it is still available if you haven't had the chance to add something.

I had never given any thought to what happens to dogs after they die, but the thoughts shared by so many who have also lost a pet give me pause. What if a beloved animal that has lived long enough to experience the rigors and loss of old age might one day know the joy of running and playing again? Will Rogers said, "If dogs don't go to Heaven, then I want to go where they go."

Like many of you, I've had many dogs in my life, but only two that I felt a spiritual connection with. My first Golden Retriever, Lad, born in 1974, and now, Simone. I enjoyed many long walks and hikes in the woods with both these dogs and it is pleasant to imagine that someday we three might go exploring again with both dogs running ahead...but stopping occasionally to look back and make sure that I'm still coming along.

Special sentiments. Patty Flint remembering when Simone had a "sleep-over" in her room one night - something that Simone had never done before. Patty shared, "Simone never cried."



SAINT SIMEON'S



All Residents,
Family & Friends
are welcome to join
the Auxiliary.

Next Auxiliary Meeting
Tuesday, February 8th
1:00 p.m.
Smith Conference Center

**Come to the meeting
and learn about our
programs & activities!**

Or Claude, one of our Major Group (men with special challenges) workers who was devoted to Simone. He said, "I miss her so much, she was like a sister to me."

We would be remiss to not thank some of the many folks who should be acknowledged. Steve Alter, who donated Simone as a puppy. Simone never forgot him, and even years later at Western Days when Steve appeared, Simone went crazy with joy. Drs. Juen, Miller and Prisinizano at Chimney Hill Veterinary Hospital cared for Simone her entire life, and refused any payment. Dr. B. graciously

came to my home when it was time for Simone to go to sleep for the last time, and Dr. Miller attended her Memorial Service.

Bark Avenue Grooming Service groomed Simone every month (starting her custom of always wearing a bandana), and only recently after the owner retired started accepting any payment. Marilyn King, Publisher of *TulsaPets* magazine, who put Simone on the cover of her very first edition. She also featured a beautiful article about Simone I and Simone II, in the recent January issue, "Coming Full Circle, The Simones", which came out just days after Simone's death. It included beautiful photos of the "changing of the guard" of the young and old Simone. Marilyn also attended the service.

*Ah, Simone,
Your eyes remembered the past.
Your feet moved forward slowly.
Your tail wagged celebrating the present.
It's easy to love
when that's all you wanted to do.
Moist eyes wept
as you joined that company
of all creatures large and small
that have gone down
this trail before.*

*- Tom Freeman,
Resident & Friend*



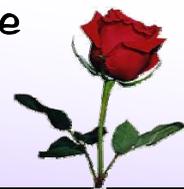
Marie Miller, who has been sewing colorful and seasonal bandanas for years for Simone and no dog had a better "wardrobe". Chris Gruszczeni, who was a special friend of Simone and sang at her service. She also made the arrangements for her cremation with Companions Forever (complete with wildflower seeds mixed with the ashes), burying them at the foot of chainsaw artist Clayton Coss's sculpture of the Simones. When he came to examine the tree before it was cut down, Simone "posed" for him just as you see her now in the carving with her head lifted and mouth open tasting the breeze. The Adair Family were responsible for our having that sculpture. And finally, I'd like to share this beautiful poem that Tom Freeman wrote in Simone's Memory Book (inset).



We Remember in Our Prayers Those who Departed this Life

*Ruth Anderson
Juanita Jones*

*Dr. James Murphree
Tillie Schneider*



The Chaplain's Chat by Fr. Bill Holly

Dear Residents, Families, and Friends of Saint Simeon's,

In his first letter to the Church in Corinth, the Apostle Paul writes,

“All things are lawful’, but not all things are beneficial. ‘All things are lawful’, but not all things build up. Do not seek your own advantage, but that of others.”

1 Corinthians 10:23-24 (NRSV)

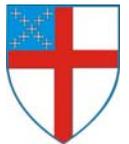
Paul writes these words to the Corinthians to help this struggling church understand that while, in Christ, we are no longer bound by the Law of Moses, nonetheless some discretion and discipline should prevail. Just because I am free to do something, does not mean I should do it. The law of love should provide us with direction for our actions. It seems to me that this guidance from Saint Paul is still very useful to us, whether we are referring to being free in Christ, or enjoying the freedoms provided by the law of the land. In particular, I am considering our First Amendment protected right of free speech.

With the exception of libel and slander, it seems that “all things are lawful” when it comes to our freedom of expression. It is also quite clear that not all ways we express ourselves are beneficial. We seem to live in a time when less and less discretion and discipline prevail in the words we use, the signs we make, or the symbols we display. Far from building up, our free speech seems to have tearing down as its main objective. We are almost always seeking our own advantage over and above others.

The spiritual violence we do to others when we fail to let the law of love guide our tongues and our actions is not nearly as destructive and the violence we do to our own souls. We harm ourselves because by each angry or hate-filled expression, we weaken our connection to our spiritual Source, which is Love, itself and Life, itself. We literally, spiritually starve ourselves. However, when our expressions are guided by love, we seek the advantage of others and they are built up, and our own connection to our spiritual Source is strengthened. Thus, our souls are fed by Love and Life.

Practice becoming more aware of your own expressions that tear down rather than build up. Then, practice being guided by the law of love in what you say and do. You know what they say, “Practice makes Perfect.”

God's Blessings to you,
Fr. Bill+



Dear Visiting Pets,
Saint Simeon's loves animals and welcomes animal visitors!

- We do request that you follow a few simple rules to help everyone stay healthy and safe.
- You must be vaccinated for rabies (if applicable, please wear your tags), clean and free of any skin infections, and on a leash under the physical control of your owner at all times.
 - You cannot be allowed in food preparation areas (including the Ice Cream Parlor during service hours), and you cannot stay in a Resident room unattended.

Please keep these rules in mind when you visit, and please do visit often!



February BIRTHDAYS

- 2/5 Ray Adler
 - 2/9 Polly Pommier (Sister Maria)
 - 2/10 Evelyn Wegener
 - 2/11 Laurie Griffin
 - 2/11 Thomas Trower
 - 2/12 Robert Evans
 - 2/15 Jeanette Chucker
 - 2/18 Hannah Bass
 - 2/19 Angelina Halchak
 - 2/22 Blanchie Purgason
 - 2/23 Eleanor Gillock
 - 2/25 Joseph Glass
 - 2/29 Ed Decker
 - 2/29 Stanley Markwardt
-

WELCOME

Mark Kachigian	Janet MacLeod
Robert Krafft	Peggy Null
Shirley Lumpkin	Gladys Scott

to those who have joined our family!

Resident Council Meetings

Each living area has its own Resident Council. Monthly meetings are an opportunity for Residents to find out about upcoming events, ask questions, or express concerns about any aspect of their care and life at Saint Simeon's. Those concerns are then relayed to the appropriate department for attention.

Family members are welcome to attend, and are especially encouraged to do so on behalf of their loved ones.

Resident Council Meetings for February:

Health Care Center

Wednesday., Feb. 23rd, 11:00 a.m.
Garden View Dining Room

Memory Center

Thursday, Feb. 24th, 2:30 p.m.
Home 6

Dotson Family Assisted Living Center

Tuesday, Feb. 22nd, 10:30 a.m.
Deisenroth Bistro

D-Hall Assisted Living

Tuesday, Feb. 22nd, 1:30 p.m.
Common Room

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SAINT SIMEON'S

Saint Simeon's Episcopal Home
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Tulsa, OK 74106-1599

CHANGE SERVICE REQUESTED

Wednesday with Lindsay

Do you or someone you know have questions related to aging? Maybe you or others you know have concerns related to the:

- array of services available in Tulsa;
- types of living accommodations and the differences between them;
- signs of early on-set and early stage Alzheimer's and other forms of dementia;
- indicators that living alone may not be safe or good for our health;
- persons or organizations to turn to when advice is needed; or,
- role diet and exercise play in helping us feel better physically and mentally.

Or, you may have other questions about aging and the aging process.

Let us host you and your guests at our new **"Wednesday with Lindsay"** luncheon program with your meal prepared by Chef Robert. Lindsay Hurley Fick, President and CEO, and a member of the Home's leadership team will be honored to make a brief presentation on an aging topic of your choice and answer any questions you or your guests may have.

So, bring family and friends from your neighborhood, church, civic club, business or other service organizations to Saint Simeon's for you personalized, no-cost aging luncheon "seminar."

To make reservations for you and your guests, please call Kimberly Earickson, Marketing and Communications Coordinator, at (918) 794-1945. Kimberly will help you schedule your Wednesday with Lindsay date. Reservations by the Friday prior to the Wednesday date are appreciated.