On December 3 the Trustees of the Saint Simeon’s Episcopal Home and Saint Simeon’s Foundation, supporters and Friends of the Home along with representatives from Flintco, the project contractor, and MATRIX Architects, Engineers, Planners, Inc., the project design team gathered for the formal Topping Out Ceremony for Saint Simeon’s new Assisted Living and Wellness Centers expansion project.

A “topping out” is a signal that the uppermost steel beam of the building is going into place, and that the building has reached its height. It is customary for the beam to be painted white and signed by the ironworker crew and other well-wishers before it is hoisted into position.

In addition, Saint Simeon’s Residents and Staff wrote well-wishes that were tied with ribbons to an evergreen tree that was attached before the beam ascended. This physical symbol was an appropriate way to give thanks to all who have “lifted up” Saint Simeon’s with their generosity.

The topping out tradition according to folklore dates back hundreds of years. In more recent times this custom is traced to the time when high-rise construction started in major cities. The iron worker crews were mostly Native Americans and they believed that no structure should be taller than the tallest tree; therefore a tree node to the top on the tallest steel beam. Lindsay Hurley Fick, President/CEO of Saint Simeon’s, welcomed the 75 or so guests assembled on the construction site. Robin Ballenger, Trustee of Saint Simeon’s, Foundation Board and Chairman of Flintco, spoke about the meaning and importance of a Topping Out Ceremony.

Robert Millspaugh, President of the Foundation Board recognized George and Phyllis Dotson, Capital Campaign Co-Chairs for their leadership in successfully raising the funds needed for the project.

The Dotsons thanked the Campaign Cabinet and the Trustees, family members, funding foundations, generous individuals, private companies and staff members whose generous support have made this expansion project possible.

Will Farrior, Chairman of the Home Board, noted the work of the Building Committee Chair, George Dotson, in overseeing the progress of the project for the Home.

The Rt. Rev. Dr. Edward J. Konieczny, Bishop of the Episcopal Diocese of Oklahoma and Home Board Honorary Chair, gave the blessing for the topping out. As a crane raised the beam into place, Chris Gruszeczki, Saint Simeon’s Life Enrichment Director, sang the special tree topping lyrics - “Our Building with the Tree on Top” - she wrote to the tune of “The Surrey with the Fringe on Top.”

At the conclusion of the Topping Out Ceremony guests and Residents of the Home were treated to a wonderful reception. Lively musical entertainment provided by the Charles Emerson Trio was underwritten by Robin Ballenger.

Our Building with the Tree on the Top
written by Chris Gruszeczki

Here is an excerpt from her song

(To the tune of “Surrey with the Fringe on Top”)

We have all been waiting for so long
Praying that nothing could go wrong
Waiting for a chance to see our brand new building
And this great occasion rates a song.

Our old building has grown oh so weary
Cinder blocks are lookin’ quite dreary
Now we’ve got one that will be so cheery
With a tree on top!

It looks out on a south panorama
You can almost see Alabama
Or up north where the plains of blue grama
Are a golden crop!

We’ll have a pool where the water’s warm
And you can sit where it bubbles
And feel your aching muscles sooth
And soak away your troubles!

Go little tree, we are all so proud of ya
There’s nothin’ grander or standin’ above ya
We will salute and all say that we love ya
When you land kerplop!

On our brand new building with the tree on the top!

PROCLAMATION

Whereas James Harvey served on the Saint Simeon’s Board of Trustees for seventeen years; and,

Whereas James Harvey, his mother, Edythe Harvey and his wife, Inadoll Harvey, were Residents of Saint Simeon’s; and

Whereas James Harvey served on the Board’s CQI Committee for ten years; and,

Whereas James Harvey was a donor of the Home; and,

Whereas James Harvey served on the Board’s CDI Committee for ten years; and,

Whereas James Harvey was a donor of record to Saint Simeon’s since 1977; and,

Whereas James Harvey and his wife, Inadoll, are members of the Society of Saint Simeon’s; and,

Whereas James Harvey showed his love for Saint Simeon’s by giving so generously of his time, talent and treasure;

Now, therefore, I, William E. Farrior, Chairman of Saint Simeon’s Board of Trustees, do hereby proclaim December 3, 2008 as

“James Harvey Day” at Saint Simeon’s Episcopal Home
The specific integrated components include:

- Residents diagnosed with Alzheimer’s or other forms of dementia.
- It will add an extra measure of security for our campus-wide need for enhanced security.
- We concluded that a full $22.1MM was successfully raised.

We are very grateful for the leadership of George and Phyllis Tisdale who served as Campaign Co-Chairs for this very aggressive, challenging and successful campaign. With the help of Dotson and the outstanding Campaign Cabinet, an outstanding Campaign Cabinet in a matter of 18 months the Home Board of Trustees, the Auxiliary Landscape Committee, representatives from the Board, the construction manager and the Home’s Environmental Services Department have been meeting to plan the green spaces, trees and landscaping that will compliment the new outdoor spaces.

Preparations for the move to the new Assisted Living Center are already well underway. The Home’s Assisted Living Committee is working hard to make the transition to the new Center as seamless as possible. Residents have been making their apartment choices and will be assisted in moving to the new Center by Saint Simeon’s staff.

Excitement is building as the opening of the new Assisted Living & Wellness Centers nears. The opening is on schedule for July! The view of our soon-to-be Home from the new Gilcrease Extension, as well as from the L.T. Tisdale Parkway is very impressive. Upon completion of our new 72,000 sq ft expansion our Home will be able to serve 200 Residents. In addition to receiving loving, quality care from our nurses, nurse aides and support staff, Residents in all living areas of the Home will enjoy the new warm water activity pool, exercise equipment, Bistro and other new active living spaces.

Our Next Chapter: Building with Love! Our Next Chapter is Nearing Completion

- Security cameras encompassing the campus;
- Security monitors in the Security Office allowing security personnel to visually survey and inspect the campus and to monitor service deliveries and emergency traffic through our new limited access east entry;
- Computer hardware and software to provide needed communication; and,
- Extensive conduit, cabling and a wireless router to link all of the systems.

The projected cost for the integrated security system is $444,000. The existing building project budget includes $117,000 to help fund a portion of the security system, so the net cost for the expanded scope is $327,000. We are actively seeking donations to help fund this additional project.

A special Preview and Reception is planned for Wednesday, May 13, 2009 in the Hille Family Entrance and Foyer of the new Assisted Living and Wellness Centers. At that time Residents, Board members, and the Auxiliary leadership will gather to hear Tom and Meredith Brokaw. The Brokaws will be the special guest speakers at the Donor Recognition dinner which is planned for the evening of May 13th. Meredith is the niece of James Harvey, who was a member of the Saint Simeon’s Board of Trustees, a Trustee Emeritus, a generous donor to the Home, an avid supporter of Our Next Chapter: Building with Love and before his death a beloved Resident of Saint Simeon’s.

Our Next Chapter: Building with Love! has truly been a “labor of love” with the combined efforts of our dedicated Trustees, Auxiliary, Staff, Donors, Families, Volunteers and Friends striving to fulfill the mission of Saint Simeon’s to truly be a haven for those in the eventide of life.

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Our Next Chapter: Building with Love! has truly been a “labor of love” with the combined efforts of our dedicated Trustees, Auxiliary, Staff, Donors, Families, Volunteers and Friends striving to fulfill the mission of Saint Simeon’s to truly be a haven for those in the eventide of life.
Saint Simeon’s is honored to be recognized with TWO awards at this year’s OKAHSA Annual Awards Program held on March 11 in Midwest City. Each year the Oklahoma Association of Homes and Services for the Aging (OKAHSA) recognizes and honors the efforts of individuals and member communities for their dedication, innovation and commitment to the aging services profession. Saint Simeon’s housekeeper, Gabriela Jimenez, received the Unsung Hero Award in the Environmental Services category and Saint Simeon’s received the Excellence in Community Involvement Award for its efforts in disaster management education. Saint Simeon’s is a member of OKAHSA, which is the Oklahoma state association of not-for-profit organizations dedicated to establishing the highest standards of excellence for services to the aging in Oklahoma. The membership is comprised of over 100 providers of aging services, all mission-driven organizations providing services and housing for the elderly in Oklahoma.

The purpose of OKAHSA is to be supportive of each member organization’s quest for excellence. It provides education, advocacy, and a network for organizations committed to serving the needs of the elderly in Oklahoma. OKAHSA is the state affiliate of the American Association of Homes and Services for the Aging (AAHSA) whose membership totals nearly 6,000 not-for-profit providers of aging services across the nation.

Saint Simeon’s President/CEO Lindsay Fick, who played a key role in the disaster workshops, stated, “Saint Simeon’s has long known that our Board of Trustees, Volunteers and Staff have hearts totally dedicated to quality of care and quality of life for our Residents. The recognition by OKAHSA in the category of Community Involvement for Saint Simeon’s response to the December 2007 Ice Storm, and also in the Unsung Hero category for the work and heart of our outstanding housekeeper, Gabriela Jimenez, continues the legacy of Saint Simeon’s — our Home truly is built on Love.”

Saint Simeon’s Episcopal Home Board of Trustees Chairman, Will Farrior, noted, “The OKAHSA Award for Excellence in Community Involvement recognizes Saint Simeon’s benefits to the community and its Residents which was exemplified by the Home’s response to the crisis created by the December 2007 Ice Storm. Everyone at Saint Simeon’s who responded at this time of need should be proud of the recognition received and the reward for their efforts during a difficult time.” He added, “The Unsung Hero Award given to Gabriela Jimenez honors her dedication and highlights the high standard of care that is offered to the Residents by every department at the Home.”

**2009 OKAHSA Unsung Hero Award in the Environmental Services: The Nomination for Gabriela Jimenez, Saint Simeon’s Housekeeper**

“Gabriela Jimenez has been employed as a housekeeper at Saint Simeon’s for approximately two years and has become a role model for the housekeeping and laundry staff, as well as other staff employed at Saint Simeon’s. She has excellent attendance and is a mentor for all new staff. She also has become the ‘go-to’ person for her peers helping them with any problems regarding their work performance.

Gabriela is always the one to volunteer to work extra as needed and there is nothing that she will not do for the Residents. When asked why she is willing to go above and beyond, she will tell you that she loves the people that she cares for.

Gabriela knows all of the Residents in her area and is able to fulfill their needs even before they ask. To illustrate this, last year, a Resident without family members was becoming depressed and more and more recluse. He would not do any of the physical therapy exercises and refused to walk in the hallway. Gabriela took it upon herself to go to the store and purchase a new workout suit for him. When she gave it to him, she told him he needed to start walking to show everyone his new clothes. This was just the motivation he needed to begin to come out of his room more often and it improved his mood.

When Gabriela came to work for Saint Simeon’s, she had a very limited ability to communicate with the Residents due to her lack of English. She has shown that actions speak louder than a thousand words when taking care of Residents.”

Saint Simeon’s Episcopal Home believes the safety of the Residents is its highest priority and knows all other long term care facilities have that same goal and deal with similar challenges. Saint Simeon’s reached out to the wider community through Tulsa Partners, a public/private organization dedicated to making Tulsa a disaster resistant as possible. This brought together the key players in Emergency Management with representatives of long term care facilities across the state to learn, share and, above all, communicate so that when, not if, a disaster comes, the lives of the residents who depend on us will be protected.

Every facility is required to have a written Emergency Action Plan. It is important that plans be “tested” so that everyone involved understands how they actually can work together before they need to. This has been accomplished through conducting Annual Disaster Management Workshops for long term care facilities beginning in 2005. Each year attendance has grown from the first workshop held in Tulsa to this past year when the workshop went state-wide, meeting both in Tulsa and in Oklahoma City. One of the key things learned at these workshops is that evacuation may not be the answer in a disaster – may not even be a possibility. President/CEO Lindsay Hurley Fick presented a “Case Study” at both 2008 workshops, sharing how Saint Simeon’s successfully coped with the subsequent power outage of the 2007 Ice Storm.

Each year Saint Simeon’s has helped underwrite the cost of the workshops and Kathy Hinke, Saint Simeon’s Safety Committee Chair, has chaired the Planning Committee. The Committee consists of representatives from Tulsa Partners, Area Agency on Aging, City of Tulsa, Oklahoma State University, Emergency Management, Tulsa County/Health Department, and OKAHSA.

“Plans are nothing; planning is everything.”

—Dwight D. Eisenhower

Saint Simeon’s received praise from Mike McCood, Director of the Tulsa Area Emergency Management Agency, and Kelly Deal, Director of the Metropolitan Medical Response System, stating, “During the massive ice storm that struck Tulsa in December 2007 and caused the largest power outage in state history, Saint Simeon’s was one of the few long term care facilities that was truly ready to respond. They did this with good solid internal and community planning. They also improvised and adjusted their response based on the situations they met with. Admirably, they went on to share their experience at the April 2008 Disaster Management for Long Term Care Facilities Workshop hosted by Tulsa Partners, Inc.”

Tim Lovell, Executive Director, and Ann Patton, Founding Director, of Tulsa Partners, Inc. noted, “It is significant that these workshops were recommended by Saint Simeon’s before Hurricane Katrina highlighted the need for such training on the national stage and before a state requirement that long term care facilities develop their plans with local emergency managers. It is also significant that Saint Simeon’s followed through on the training by developing their own plans and becoming the first long term care facility in the Oklahoma Medical Emergency Response Center (MERC), linking them to our community’s emergency response network.”

**OKAHSA encourages those seeking care for the aging to “Experience the Not-for-Profit Difference.”**

Not-for-profit providers are different. We are not driven by next quarter’s profits, variations in the markets, short-term objectives, or shareholders. We have a different perspective. We are driven by mission. That means we take a long view toward:

- Our consumers;
- Our capacity to serve; and
- Our communities; Our reputation as caregivers.

Saint Simeon’s is a member of OKAHSA, which is the Oklahoma state association of not-for-profit organizations dedicated to establishing the highest standards of excellence for services to the aging in Oklahoma.
$500,000 Western Days 2009 Proceeds Goal Designated for Memory Center Remodeling

Supporters of the 13th annual Western Days 2009 – The Driller’s Bash will help fund a remodeling and update of the Home’s Memory Center. The Memory Center, which opened on October 1, 1994 is celebrating 15 years of service – over 275,000 Resident night stays – for persons with Alzheimer’s or other forms of dementia. Another way to think about it is that since 1994, the Residents of the Memory Center have received 6.6 million hours of care in their home that is staffed and operated 24/7. These nights and hours represent time that families of Residents have peace of mind knowing their loved ones are safe, secure, well-nourished and socially engaged.

Active living in the 35,000 sq ft Memory Center for 15 years means that this home is due for a significant remodeling… beyond the normal new paint and wallpaper. Some of the planned improvements include a new heating and air delivery system, new windows, remodeled kitchens, retile the bathing rooms and updated furniture.

Leading the way as the Event Chairs for Western Days 2009 are John and Lucy Barker who have been long-time supporters of the Home and active volunteers for Western Days. Most recently, John and Lucy were members of the Our Next Chapter: Building with Love Capital Campaign Cabinet. Their efforts in this successful campaign helped raise more than $22.1MM for the construction of our new Assisted Living and Wellness Centers.

John has served as a Board Trustee for over twenty years. He served as a Home Trustee from 1988 to 2002. In 2001, he was a founding Trustee for Saint Simeon’s Foundation and served as the first President of the Foundation. John is in his ninth year of service on the Foundation Board. Lucy’s father, John Smith, was a Resident of Saint Simeon’s in the late 1980s and Lucy has served as a volunteer and ambassador for many years.

John states, “Our devotion to the mission of Saint Simeon’s is born out of our desire to provide our Residents the highest level of care possible. Being able to work with so many generous Western Days volunteers is a treat for Lucy and me. We have set the high goal - $500,000 – and it is going to take a sacrificial gift from each person involved. But, we are looking forward to this opportunity and our hope is that we are successful for the sake of our Residents.”

Lucy notes, “We are also very excited for this opportunity to recognize Eileen and James Hewgley as the Honorary Chairs of Western Days. Together they have been supporters and ambassadors for the Home since 1967. Eileen is a member of the Saint Simeon’s Auxiliary. Jim was a Home Board member in the late ’70s, served as President of the Home Board during his four year term and served as emcee for the dedication of the Memory Center in 1994. Jim has been an incredible ambassador over the years helping families become members of the Saint Simeon’s family. It is very fitting that their service will be highlighted as we join together to help the Home update and remodel the Memory Center so that Residents will experience what Residents expect from our Home.”

The sponsorship opportunities are:

- “King Wildcatter” Underwriting Sponsor - $50,000 (3 tables of 10 with recognition in all media, program front cover and recognition from stage)
- “Wildcatter” Underwriting Sponsor - $25,000 (3 tables of 10 with recognition in all media, program front cover and recognition from stage)
- “Oil Baron” Presenting Sponsor - $15,000 (2 tables of 10 with recognition in all media, program front cover and recognition from stage)
- “Tool Pusher” Sponsor - $10,000 (2 tables of 10 with program recognition and in our Ambiance and Quill newsletters)
- “Driller” Sponsor - $5,000 (1 table of 10 with program recognition and in our Ambiance and Quill newsletters)
- “Derrickman” Sponsor - $2,500 (1 table of 10 with program recognition and in our Ambiance and Quill newsletters)
- “Roughneck” Sponsor - $1,000 (4 reservations with program recognition and in our Ambiance and Quill newsletters)

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**continued on next page**
We are very pleased to announce that Saint Simeon’s has been selected as a finalist for the 2009 Oklahoma Nonprofit Excellence (ONE) Award, as one of the three top organizations in the state of Oklahoma in the category Seniors. The award notice to us stated, “The ONE Awards Selection Committee recognizes Saint Simeon’s as one of the three best among all similar nonprofits across the state.” The two other finalists in the Seniors category are LIFE Senior Services and Sunbeam Family Services, Inc.

Lindsay Hick, President/CEO stated, “Saint Simeon’s is honored to be nominated for the ONE Award in the category of Seniors, and grateful to be recognized for our commitment to superior quality of care and quality of life for the Residents.”

Sponsored by the Oklahoma Center for Nonprofits (the Center), the ONE Award event was held on April 25, 2009, at the Renaissance Hotel in Tulsa and honored Oklahoma nonprofits statewide for their excellence and inspiration to other nonprofits who strive for the same outstanding performance. The Oklahoma Nonprofit Excellence Awards further a statewide awareness about the roles nonprofits play in contributing to the quality of life and Oklahoma’s economic development. The Center provides educational opportunities for nonprofit managers, board members and fundraisers throughout Oklahoma. Honorees do not apply for the awards, but are nominated and selected by the ONE Awards Selection Committee. Saint Simeon’s was notified by the Center in the Fall of 2008 that we had been nominated by a member of the Selection Commission and at their request submitted our application in early November.

Saint Simeon’s Board of Trustees Chairman, Will Farrior, stated, “Saint Simeon’s Board of Trustees is proud of the nomination for the ONE Award for excellence for nonprofits and of the recognition of the Home’s efforts to promote increased quality of life for senior citizens in Tulsa and the surrounding communities. Congratulations to our outstanding administration and staff for this nomination and being named a finalist for the ONE Award.”

Awards were presented to a winner and two additional finalists in each of the following nine categories: Arts & Humanities, Community, Community Health Services, Education, Health Services, Self-Sufficiency, Seniors, Sports & Recreation, and Youth Development. The winners in each of the nine categories received $7,500 and two finalists in each of the nine categories received $5,000. One of the nine category winners was selected as the overall winner and received $10,000 for their organization. A total of $108,000 was given to outstanding ONE Award winners and finalists.

The Selection Commissioners were chaired by Jerry Dickman of the Chapman Foundations of Tulsa. Other commissioners include Michael Cowley, Astimore, The Samuel Roberts Noble Foundation; Nance Diamond, Shawnee; Frederick Drummond, Pawhuska; Ken Ferguson, National Bank of Commerce, Altus; R. H. Hartough, Tulsa, The Oller Foundation; Phil Lakin, Tulsa Community Foundation; Frank Merrick, Oklahoma City, The Merrick Foundation; Polly Nichols, Oklahoma City; Stanton L. Young, Oklahoma City, Stanton L. Young Companies; and Rev. George Young, Oklahoma City.

Congratulations to Lindsay Hick, the Home Leadership Team, the Home and Foundation Boards of Trustees, the Auxiliary and every single Saint Simeon’s employee. This is recognition well-deserved by all!
The heart of Saint Simeon’s is to strive for excellence in care at all times and to illustrate a commitment to the Residents by going above and beyond to assist them with their individual and unique needs. In an effort to continue to meet this goal, a new section in the nursing department has been formed called Clinical Services and is under the leadership of our Director of Nursing, Sue Slama. Three new positions have been created for our Clinical Services Department which includes two Clinical Support Nurses and one Clinical Resource Coordinator.

The Clinical Support Nurses perform a variety of services all designed to assist the nursing staff. Their duties include providing support, primarily during the night shift, and for the other nurses. This includes being available for handling the medical needs of Residents in Assisted Living, and providing emergency intervention to those Residents living independently in the cottages. They assist the charge nurses in the Memory Center and in the Health Care Center by making hourly rounds focusing on the adjustment issues of new Residents, addressing needs of those Residents that are ill, interviewing with any staffing issue, and supporting the charge nurse in all other matters.

They also present the inservice programs which are coordinat- ed by Kathy Hinkle, Education Director, to the night shift nursing staff. In order to meet state requirements, all nursing staff mem- bers must complete at least two hours of inservice each month. The Clinical Support Nurses will also be available to fill in for nurses who are on vacation or sick leave which means eliminating the need for hiring agency nurses, as well as having someone familiar with the Residents which enhances continuity of care.

The Clinical Support Nurses are Brenda Thompson, LPN, and Dale Shannon LPN. Brenda is new to Saint Simeon’s and comes to us with almost 30 years of nursing experience. Before accepting this new position, Dale was the evening Memory Center Charge Nurse. She notes, “I enjoy the opportunity to help on all of the units and to know all of the Residents at the Home.” These two nurses coordinate their shift times in order to ensure that one of them is here most late evenings and nights. Brenda also serves on the Home’s Safety Committee. She states, “I am very glad to be here at Saint Simeon’s and to be able to assist the Home.”

Crystal Johnson, LPN, who was formerly a nurse in the Health Care Center, is the Clinical Resource Coordinator. Her educa- tional background includes a Bachelor degree in Public Health which she earned from Eastern Illinois University, a minor in Psychology and her LPN training. Crystal states, “I am very excited about this position and enjoy the challenge of developing special programs that improve the nursing department which will ultimately benefit all of our Residents and their Home.”

Among the duties of the Clinical Resource Coordinator are reinstating the Certified Nurse Aide Clinical Ladder at Saint Simeon’s. This is a special program designed to offer further edu- cation opportunities to our CNAs. The Resource Coordinator conducts the classes which enable the CNAs to complete three levels of accomplishment. When they complete an instructional level it will be noted on their name badges. The program also encourages mentoring of new CNAs and improves staff retention.

Conducting the Annual Competency Fair, which was institut- ed in 2007, is the responsibility of the Clinical Resource Coordinator. The Competency Fair is an avenue developed to ascertain that the skill level of staff from all departments is main- tained on an ongoing basis. Other duties include chart audits and organizing committees for special events involving the nursing staff, such as the Martin Luther King Day Parade, the Alzheimer’s Association Memory Walk and CNA Appreciation Week.

VALENTINE GRAMS

Congratulations to Crystal Johnson, Clinical Resources Coordinator, on her superb idea to raise money for the Fall Preventions Committee! Crystal created “Valentine Grams” for employees to purchase and send to fellow employees. The project was a phenomenal success - surpassing even Crystal’s expectations! Each personal Valentine Gram message was attached to a small bag of candy and delivered to the recipient. It was great fun for everyone - sending and receiving Valentine wishes - and a lot of work for Crystal and her helpers, especially Stephanie Colbert and Artell Redricks. Even some Residents assisted by stuffing candy bags. Over 500 Valentine Grams were sent! Thank you to everyone involved for being the “Valentine Heart” of Saint Simeon’s!

Each year Saint Simeon’s is pleased to honor its employees with Longevity Awards. Employees are recognized with a special memento gift at 5-year increments of service. Those honored for 2008 were:

- 30 years
  Linda Daniels (Health Care Center)

- 20 years
  Sonya Anderson (health Care Center)
  Karen Stanhope (Administration)

- 15 years
  Denise Fack (Maintenance)

- 10 years
  Honey Mettzen (Assisted Living)
  Josie Latham (Assisted Living)

- 5 years
  Juan Ferrera (Life Enrichment)

Saint Simeon’s is very blessed with more than 30 employees who have over ten years of service to the Home. We appreciate all of our employees whose dedication and loving care benefit the Residents everyday.
Auxiliary Education Committee Offers Programs for Seniors

One of the standing committees of the Auxiliary is the Education Committee. Last year the members of the Education Committee conducted a survey of Auxiliary members to determine areas of interest for programs and topics relating to the issues important to seniors. Based on the results the committee has chosen a variety of speakers whose expertise will provide relevant and valuable information for Auxiliary members, Residents, family members, friends of the Home and the community.

The Auxiliary was very excited to have Dr. Dala R. Jarolim, MD, FACP, as the guest speaker for March. The University of Oklahoma – College of Medicine serves as the Home’s Medical Director and in January Dr. Jarolim began fulfilling the leadership role. Saint Simeon’s and the geriatric department of OU share a long association of providing the highest quality health care to seniors. This program was an opportunity for Auxiliary members, family members and friends to get acquainted with Dr. Jarolim.

Dala R. Jarolim is a proud Oklahoman, having been born and educated in the Sooner state and is a long time professor of medicine at the University of Oklahoma. She came to Tulsa in 1974, is board certified in internal medicine and medical oncology, and is retired as Chief of Staff of the Muskogee VA Medical Center where she implemented strong quality and customer service changes in that system serving eastern Oklahoma. She has received academic and teaching awards through her career and has trained many of the internists practicing in the greater Tulsa area.

Dr. Jarolim practiced oncology for twenty years, had a taste of inpatient medicine since 1978. She is interested in providing compassionate quality care to elders at Saint Simeon’s where the body, mind, and spirit of each resident can be nurtured.

“Are You Ready?” was presented by volunteers from the American Red Cross. This was a program conducted by seniors for seniors giving practical information about being prepared for emergencies. Although Saint Simeon’s has developed emergency plans for dealing with disasters, such as the 2007 ice storm (see OKAHSA Awards on page 3), this program gave Auxiliary members many ideas of ways to prepare their own homes for a disaster. Suggestions ranged from a backpack filled with necessities to check lists of important papers to have available in an emergency.

When recent articles in the media noted studies concerning the importance of pain management – especially in long term care facilities the Education Committee turned to Saint Simeon’s own Director of Nursing, Sue Slama, RN, MS; and to Jamie Webb, RN, Saint Francis Hospice Palliative Care Specialist; for the October program, “The Fifth Vital Sign - Pain.” Pain is now included when health care professionals check the other four vital signs - temperature, blood pressure, pulse, and respiration. The speakers provided valuable information about acute care, palliative care, and methods of administration, pain recognition, screening and assessment.

In January, the guest speaker was Jackie Lenzy, Education Coordinator with the Alzheimer’s Association, who gave a wonderful presentation. Her topic was “Communication: Best Ways to Interact with a Person with Dementia,” which proved to be very informative and offered practical solutions to the everyday issues caregivers face in communicating with a loved one with Alzheimer’s. This was a special program made available to Saint Simeon’s for being a Visionary Sponsor of the Alzheimer’s Association Spring Conference.

The Auxiliary Education Committee looks forward to bringing more programs and speakers of interest to Residents, family members and friends of the Home. If you have ideas or suggestions for topics please contact Kathy Hinkle, Saint Simeon’s Education Director and Chair of the Auxiliary Education Committee at 794-1946 or khinkle@saintsimeons.org.

JOIN THE AUXILIARY

All Residents, family members and friends of the Home are welcome to join Saint Simeon’s Auxiliary. The activities and events sponsored by the Auxiliary to enrich and enhance the lives of the Residents are made possible through the time, talent and financial support of its members. For information about the Auxiliary and a membership form, visit Saint Simeon’s website, www.saintsimeons.org, and click on “Volunteer Support.”

This year, after the parties, Auxiliary members visited each Resident and hand delivered a Christmas card. Enclosed with the card was a photo of the Resident taken at the Christmas party with Santa and Mrs. Claus. Pictured (standing l to r) are Auxiliary officers: Judy Leeninan, Secretary; Bud Martin, Past-President; George Harrington, President; with Resident Juliana Neuman, Vice-President.

Each year the Auxiliary hosts the Resident Christmas Parties. These traditional events are a very special part of the Auxiliary’s effort to enrich and enhance the lives of the Residents of Saint Simeon’s. Every year Santa (Bud Wood) and Mrs. Claus (Julie Wood, D-Wing CNA) make a special trip from the North Pole to visit Saint Simeon’s.
Dr. Ben Henneke
Three Books in Three Years

It is not often that the author of a new book is 90 years "young." At Saint Simeon’s we have just such an author - long-time Resident, Dr. Ben Henneke, always a prolific writer and already a published author, has had three books published since his nineteenth birthday!

Writing with a Quill Pen

In 2005, at 91 years young Dr. Henneke’s collection of essays Writing with a Quill Pen was published by Saint Simeon’s Foundation. In 1995, Dr. Henneke began sharing his short essays in the Quill of the Hill, the monthly newsletter printed for the Residents, families and friends of Saint Simeon’s, where he has been a Resident since 1986. Writing with a Quill Pen is a compilation of over ninety of those essays that appeared in the newsletters. In selecting the title Dr. Henneke noted, “Most of my writings - like a quill pen - are of the past. Like a quill pen it runs in fits and starts, sputters when stuck in the paper, and breaks off at the unlikeliest time. Like a quill pen they are treasured by a few to whom I am eternally grateful.”

A Ravenna Mosaic

At 93 Dr. Henneke’s book A Ravenna Mosaic, a series of story poems which “calls upon storytelling poetry to illuminate the mysteries surrounding elaborate Italian artwork produced during the zenith of the Roman Empire,” was published by the University of Tulsa. Henneke, the TU President Emeritus, was inspired to author the book after taking a generation of students to Italy during the late 1960s and early 1970s, but did not begin the process of writing his epic until he turned 90.

“As I began working on the pieces that became this book, I was never consciously aware that I was writing poetry,” Henneke said. “It was a fun experience, and I was enjoying the sounds of the words working together as they told the story I wanted to share.”

Dr. Henneke has been associated with TU for more than 75 years in a variety of capacities ranging from student to president. As a TU student, Henneke was involved in campus activities, including writing for the student newspaper and acting in university theatre productions. During this time he wrote the “Hurricane Fight Song,” which is still heard at TU athletic events today! Henneke joined the TU faculty as Assistant Professor of Speech and Director of Theatre. He became the Academic Vice President and was named TU President in 1958. After serving as president, he returned to the classroom as a tenured professor of humanities. He was named President Emeritus in 1982.

A Ravenna Mosaic is available through the University of Tulsa.

Typescript

By late 2008 - at age 94 - Dr. Henneke had compiled over ninety-five essays ready to be published as a sequel to Writing with a Quill Pen. A small portion of proceeds from Western Days 2008 provided the underwriting for the publication of Dr. Henneke’s second set of essays. He explains the title, “It has been titled Typescript because air-lines have collected all the pen knives and there is nothing with which to sharpen a Quill Pen nib. Rather than learning to write I have been busy learning to type.” We treasure the result.

Karen Garren, Saint Simeon’s Marketing & Communications Coordinator, notes, “As ‘editor’ of the Quill of the Hill, it has been my privilege to work with my former professor each month producing the newsletter. Certainly, as a TU student in the late 1960s, I never imagined myself working on a publication with the university’s president and professor I so admired in class! For me, our friendship has been a serendipitous joy and treasured part of my work at the Home Built on Love.”

A Message from the Foundation Board

Saint Simeon’s has never paid Dr. Ben Henneke for his writings for the front page essays in the Quill of the Hill newsletter or for the books of his essays, Writing with a Quill Pen and Typescript. They are his gifts. As a tribute to the caring staff of the Home, Dr. Henneke requested that the sales proceeds be designated for Saint Simeon’s Employee Education Fund, which benefits employees who are seeking training and education to enhance their careers at the Home. We are thankful for the generous friends of Saint Simeon’s who donated their generosity to the Employee Education Fund. The Trustees of Saint Simeon’s Episcopal Home and the Saint Simeon’s Foundation are deeply grateful to Dr. Henneke for his 22 years of residency at Saint Simeon’s. As a cherished member of the Saint Simeon’s family, he has provided invaluable service as the author of essays for the Quill of the Hill newsletter, as a friend to fellow Residents, as a counselor for countless numbers of employees, as an advisor to the Home’s leadership, and as an ambassador for our Home on the hill.

How this Money is Spent

The prospect that these Quill fantasies would produce money for a useful cause came at the same time as the prospect of money and the identification of a useful cause.

None of us think our mite is the banker’s might. But the pen- nies we would have received as an author become power as scholar- ships for young people getting started at Saint Simeon’s.

It is exciting to see Paula prompting Tiffani as they study for an upcoming exam. With the anonymity of individual deeds and donations, you can join me in believing that we – you with your copy of Typescript, and the royalty payments to me as author – clasp hands around Paula and Tiffani, while also patting them on the back.

Thank you for helping me make this opportunity available to those at Saint Simeon’s who can use it.

Sincerely,

Ben G. Henneke
The Quill of the Hill, November 2008

If you would like to purchase Dr. Henneke’s newest book, Typescript, for your own reading pleasure or as a gift, please call Brenda Reda at (918) 794-1977, email bread@saintsimons.org, or you may use this order form.

TYPESCRIPT ORDER FORM

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Saint Simeon’s Episcopal Home in Tulsa was delighted to have high school students from Mission Camp of the Diocese of Oklahoma spend a day at the Home. The campers assisted with a number of “spring cleaning” projects and window washing. One young man, Philip Newcomer, even entertained the Residents with his magic show.

This is the fifth year for Mission Camp which is designed for high school students in grades 9-12 and is staffed by college students and adults from the Diocese. Evie Garren, Director, stated, “I can’t say enough about the week! Our youth in the Diocese are the most inspiring people to be around. The group who worked at Saint Simeon’s was enriched by meeting the Residents and seeing the Home which is a mission of the Diocese.”

Each year Mission Camp reaches out to many citizens in the community. Projects have included nursing home and hospital ministry, Vacation Bible School events, and work with the Allie’s House organization. There are hands-on-jobs such as building wheel chair ramps, building decks, St. Crispin’s projects and painting. In addition, there are projects such as “mini home make-overs,” church clean-up, and raking many, many bags of leaves.

This year the spring break program of Mission Camp focused on Diocesan based projects. The campers worked with parishes around the Diocese, as well as Saint Simeon’s and St. Crispin’s Summer Camp.

Saint Simeon’s Episcopal Residents celebrated “Fat Tuesday” in style! This festive celebration has become an annual tradition at the Home that is enjoyed by Residents and family members, as well as the entire staff.

The day’s events are coordinated by Saint Simeon’s talented Life Enrichment Department led by Director, Chris Gruszeczki. The festivities began in the morning with a Mardi Gras Parade. The parade featured handmade theme floats and costumes designed and worn by Saint Simeon’s staff members. Creativity abounded as each department unveiled its float and costumes for the theme chosen by the staff in that department. This year’s entries ranged from a troupe of minstrels to the crew of Gilligan’s Island. The parade traveled throughout the halls of the entire Home - beginning in the Memory Center and ending in the Common Room. Candy, beaded necklaces and other treats were “generously” thrown or handed to everyone along the parade route!

After lunch all Residents were invited to attend the Mardi Gras Ball. Saint Simeon’s Common Room was transformed into “Bourbon Street.” Residents and guests enjoyed refreshments and danced to the music of Dare Devil Duke and his Dixieland Band. The highlight of the ball was the crowning of the Mardi Gras King and Queen. In keeping with tradition, the King and Queen are the man and woman Residents who find the “baby” hidden in their piece of king cake. This year’s King and Queen were Jack and Angie Halchak.

As we say, “Let the good times roll!”

**Saint Simeon’s Celebrates “Fat Tuesday”**

**Mission Camp Comes to Saint Simeon’s**

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**The Mission Camp Group:**

- Back row: Philip Newcomer, St. Luke’s - Ada; Carson McLaintry, Crossings - Moore; & Tim Hall, St. Patrick’s - Broken Arrow
- 2nd row: Libby Fosmire, St. Matthew’s - Enid; Chelsea Morgan, St. Anselm’s - Norman; Heather Morgan, Trinity - Tulsa; Lizze Ruthford, Trinity - Tulsa; & Abby Langley, St. Dunstan’s - Tulsa
- Front row: Emily Bibens, Trinity - Tulsa; & Katie Martin, St. Patrick’s - Broken Arrow

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Donors

Thank you to all who choose to contribute to Saint Simon’s. Your generous donations are so important in our efforts to provide outstanding care and services for the Residents of the Home.

Please call Stephen Mason at (918) 425-3583, ext. 237 if you have any questions or if a donation has not been properly noted.

We want to recognize each of our wonderful friends and supporters.

Donations Received from April 1, 2008 through February 28, 2009

Thank you to all donors who have contributed to the “Friends of Saint Simon’s” Annual Fund Campaign to date. Your generous support will help us reach our $115,000 goal.

Unrestricted Fund

William & Eleanor Bagley in memory of Nancy Oliver
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Spring 2009

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Spring 2009
Saint Simeon’s Episcopal Home
3701 North Cincinnati | Tulsa, Oklahoma 74106

CHANGE SERVICE REQUESTED

Saint Simeon’s Website Has a New Look

Saint Simeon’s website - www.saintsimeons.org - has a brand new look. The latest information about our Home is just a click away. Sign up to receive the latest issue of the Quill of the Hill newsletter by email.

- Special announcements can be found right on our Homepage. Watch our video online or send us an email.
- About Our Home tells about our Mission and Values, our Heritage, our Boards and our Staff.
- Prospective Residents gives Admission information for all areas of the Home: Cottage Living, Assisted Living, Health Care Center and Memory Center.
- Current Residents and Family provides updates on the activities at our Home and includes: Calendars, The Quill of the Hill newsletter, Ambiance newsletter, Links and Resources. There is a special section for emailing a Resident.
- Donor Support tells about Saint Simeon’s Foundation, provides updates on the new Assisted Living & Wellness Centers expansion project, and offers online donation opportunities. This is the section for keeping up with the latest news about Western Days.
- Volunteer Support provides information about the events and activities of Saint Simeon’s Auxiliary including an Auxiliary Membership Form. Volunteer opportunities are listed along with the Volunteer Application Form.
- Applications and Forms provides a link to all of the Home’s forms: Admission Application Form, Foundation Donor Form, Auxiliary Membership Form, and Volunteer Application Form. This section also includes employment information and the employment forms.