AMBIANCE

LotsofCaring

HOW BISHOPS’ PLAZA HAS MADE A DIFFERENCE IN RESIDENTS’ LIVES PAGES 4-5

DONOR REPORT PAGES 9-11

Saint Simeon’s is a mission of the Episcopal Diocese of Oklahoma

www.saintsimeons.org | 918-425-3583
Dear Friends,

Did you know in 2014 the United States pet industry had an estimated value of $58 billion? When I drive home along Riverside Drive it seems as if our whole neighborhood has Fido out for a walk or game of catch. We love our dogs.

For 15 wonderful years, I helped the $58 billion dollar industry prosper. When I moved to Tulsa from Fort Worth, I followed my Dad’s good advice, “when you start a new chapter in life, get a dog.” A stray black lab mix had been milling around the Y for a couple of days, and after a few “search for a home” shuffles, she landed with me.

Addie became my constant companion. Trips to Dog Dish and Sloppy Dog Wash became part of our weekend ritual. While my now husband, Jack, and I had our first date over Thai food, sans dogs, our second date included both of our dogs, Addie and Seamus, his Irish setter mix. We could (but I used some self-restraint) have had a double wedding. A little over a year later, Addie and Seamus were the first to greet us when we came home from the hospital with our newborn daughter.

The first week of December, we had to say goodbye to Addie. Our vet said she was the oldest lab he had ever put down, and he estimated she was 17. I am still amazed at how kind my colleagues, family and friends were over her passing, hugs, notes, flowers, even a Christmas ornament from my sister. It was a bittersweet time.

That’s the thing about being part of a billion dollar industry – any billion dollar industry. It seems so large and vast when in this instance; only my dog has my heart.

What is so impressive about Saint Simeon’s is that for 55 years, new paths have been travelled in the multi-billion dollar senior care industry. When my colleagues attend conferences, they become rapidly aware of how unique Saint Simeon’s is in the market. Leadership at Saint Simeon’s is constantly examining trends in the market, ways to best serve Residents. All the while, Residents are visiting at Carla’s Corner, Simone is popping in to an apartment for a “hello,” a capable nurse is offering a care plan, swim classes are underway, and a family member is visiting over a puzzle.

We recognize, at the end of the day, we are part of a billion dollar industry where the love and care is important to an individual. The large, vast, ever increasing industry marches on, while really, only our Residents have our hearts.

Carolyn Blair, Executive Director
Saint Simeon’s Foundation

*American Pet Products Association
A Message from our President & CEO

The theme of this edition of Ambiance is caring. This is such an appropriate theme, as caring is the very essence of Saint Simeon’s.

I have the privilege each day to see firsthand caring in action; it is evident in so many ways. The dining assistant that knows each and every preference of those she serves, the hair dresser that comes in on his day off to make sure his client looks wonderful for a special family event, our own Simone making her daily rounds to greet each person and receive the hugs and pats that warm everyone’s heart – especially Simone’s! And the list goes on.

In fact, Saint Simeon’s has a special recognition program specific to acts of caring. The program ‘Kris’ Caring Champions’ is an endowed program made possible through the kindness and generosity of the late Kris Nichols’s family. Each month the program recognizes employees for their extraordinary acts of caring. It is by far my favorite meeting of the month.

In early March there was a special recognition of another kind. This time it was a Resident, Mr. Vern Stanton. Mr. Stanton was named the Resident Volunteer of the Year by the state’s non-profit long-term care industry group, LeadingAge Oklahoma. A special awards dinner held in Oklahoma City recognized Mr. Stanton’s work in Saint Simeon’s Wellness Center assisting Residents in their exercise programs by leading classes, encouraging participation, and helping Residents that need assistance to and from the Center to make sure they continue their wellness routines. Mr. Stanton tells the story that his initial entrance to Saint Simeon’s was due to a serious health condition. He credits the care and restorative therapy he received as the reason for his wonderful recovery, and he wants everyone to have that same opportunity. Mr. Stanton is a wonderful example of a caring and giving heart and so deserving of the award he received.

Caring, as demonstrated in so many ways by staff, Residents, Trustees, friends, and donors, is the heart of Saint Simeon’s. I am thankful to be a part of Saint Simeon’s. There is simply no better place to be.

Lindsay Hurley Fick
President/CEO, Saint Simeon’s

On the Cover
Saint Simeon’s Residents Kay Herring, Jim Dempster enjoying the newly remodeled Bishops’ Plaza. Mrs. Herring is featured on page 6, and Mr. Dempster is featured on page 7 as the Western Days 2015 Pioneer Spirit Award Recipient.
While it's not a new area of care for Saint Simeon's, the Bishops’ Plaza in the Health Care Center is certainly a new, beautiful space. Opened in the summer of 2014, Bishops’ Plaza offers 5,300 square feet of completely renovated communal living and dining areas within Saint Simeon's Health Care Center. This nearly $1,800,000 fundraising effort was led by George Dotson, former President of the Saint Simeon’s Foundation Board of Trustees.

Serving Saint Simeon’s most physically vulnerable Residents, this new space provides a sunny, spacious place for Residents and their families to dine, share coffee, and visit with friends. We sincerely thank Saint Simeon’s Health Care Center staff, MATRIX Architects and Flintco for their professionalism and tireless effort to make this project perfect for Saint Simeon’s.

"Bishops’ Plaza is a dream come true for Residents and for me."

— Lindsay Hurley Fick

Mealtimes are such an integral part of life, and seeing Residents more engaged over breakfast, lunch, and dinner is gratifying,” says Lindsay Hurley Fick, Saint Simeon’s President and CEO.

Bishops’ Plaza offers new design elements, amenity improvements, with an optimized floor space to best serve Residents. We are grateful to The Episcopal Diocese of Oklahoma and to Debbie and The Rt. Rev. Dr. Edward Koniecny for the generous gift that has made possible Bishops’ Plaza.

(clockwise from top left) George Dotson, Janie Helmerich, Jerry Dickman, Ray Tutius, Bishop Ed Koniecny, Donna Pitman, Judge Tom Brett, Ron Fick, Lindsay Hurley Fick, Phyllis Dotson, Peggy Helmerich, *not pictured, Phyllis and Steve Anderson, and Debbie Koniecny
Bishops’ Plaza was made possible thanks to The Episcopal Diocese of Oklahoma, through the leadership of Debbie and The Rt. Rev. Dr. Edward Konieczny.

Café Chapman is an open concept kitchen offering made-to-order meals and tasty bites in a home-like environment. Made possible by The H.A. and Mary K. Chapman Charitable Trust, represented by Trustees Donna Pitman and Trustee J. Jerry Dickman, Café Chapman is a hub of activity and warmth.

Longtime Trustees and friends of Saint Simeon’s, Phyllis and George Dotson created the Dotson Family Room. The vibrant area offers a fireplace and serves as a dining room.

The J.E. and L.E. Mabee Foundation made possible the Mabee Dining Room. Framed by views of Reflections Courtyard, recently renovated in memory of Barbara Kelham by her family, and the Gazebo Courtyard, with renovations made possible by donors to Western Days 2013, the Mabee Dining Room is comfortable and spacious.

Named for Peggy Helmerich’s late mother, the hospitable Minnie Lee Varnadore Living Room is generously made possible by The Helmerich Foundation.

The Anderson Reception generously made possible by Phyllis and Steve Anderson, Saint Simeon’s Trustee, is welcoming and warm.

The Fick Spa Room is a restful, relaxing retreat for Saint Simeon’s Residents. Made possible by Ron and Lindsay Fick, Saint Simeon’s own President and CEO, the Fick Spa Room is tailored for specific health care needs faced by many Residents.

Saint Simeon’s Health Care Center is designed for persons who need total nursing care in a loving environment. Licensed by the State of Oklahoma, the Center is managed by a Registered Nurse and staffed 24 hours a day by a Registered Nurse and/or Licensed Practical Nurse and Certified Nurse Assistants. Private and semi-private accommodations are available.

In early 2014, Saint Simeon’s proudly introduced Skilled Nursing to its Health Care Center. Skilled Nursing is covered by Medicare Part A for individuals in need of sub-acute care short-term stays. If one of our Residents has a hospital stay that requires Skilled Nursing for up to 100 days, Saint Simeon’s is able to accommodate the Resident through a temporary stay in our Skilled area. It is our desire to be able to care for our Residents no matter what health needs should arise. As well, Saint Simeon’s offers skilled nursing for individuals outside Saint Simeon’s.
RESIDENT SPOTLIGHT: Kay Herring

A native Texan, Mrs. Herring started out life as Mary Kathleen Squires. The youngest by far of three children, she spent many of her childhood days in the grocery store her mother owned in Littlefield, Texas. Sadly, Kay’s father died of cancer when she was in first grade, so she was raised most of her life by a single mother.

After attending junior high in Austin, Texas, and graduating from Lubbock High School, Kay attended Texas Tech University for two years, studying business education. However, after meeting her husband, Lowell, she said she decided to pursue a “PhT Degree”: Putting Hubby Through. Her husband received a degree in education and went on to become a math teacher, basketball coach, and eventually an elementary principal. She and Lowell were married for 39 years before he passed away in 1996 of lung cancer.

Kay and Lowell had two children: a son, Layne, and a daughter, Michelle. Kay was a capable, working mom, working for 32 years mainly as a postmaster near Lubbock, Texas. She said her career highlight was when she was named Postmaster of the Year for her entire region.

After her husband’s death, Kay came to live in Tulsa, where her son and his wife Cathy were living. At that time, their children, Chase and Chelsi, were 9 and 11 years old, so she enjoyed getting to help raise them. Kay purchased a patio home in the gated Honey Creek neighborhood at E. 81st & S. Memorial and enjoyed living there for 10 years.

During that time, Kay experienced what she calls her “15 Minutes of Fame.” While attending the Tulsa Women’s Expo, she was approached by a talent agent, Linda Layman. Linda was able to help Kay land gigs in a Wal-Mart commercial with Garth Brooks and as an extra in a movie, to name a few. “At age 68, I experienced a fun time in life,” she said. And luckily for Saint Simeon’s, Kay’s modeling and acting talents are being put to good use now. She appears in many of our marketing photos and is the star of one of the Saint Simeon’s TV commercials.

In 2003, she felt compelled to go back to Texas for a year to help care for her sister in Dallas who was ailing. Then, Kay moved to an independent living community in Canyon, Texas, to be close to her daughter and her husband, Kirk and Michelle Collier. At that time, their children, Payton and Allie, were young, so she also had the chance to help rear that set of grandchildren.

“The grandkids are the very center of my world,” she said. “They’re the lights of my life.” She is very proud of all four of her grandchildren. Chase served four tours in Iraq and Afghanistan as an Army Ranger and is now working on his college degree. Chelsi is an OSU graduate, was part of the Chi Omega sorority, works as a CPA, and is married to John Moss. Allie is an OSU freshman and is also a Chi Omega. Payton is 14 years old and a star basketball player.

Due to health issues, Kay and her family decided to look for an assisted living community in Tulsa for her to move to in 2013. We are so lucky that they chose Saint Simeon’s! “Being here is beyond anything I could ever wish for,” Kay said. “It’s been such a blessing, and it’s only 10 minutes away from my son’s downtown office!”
SAINT SIMEON’S GEARS UP FOR WESTERN DAYS 2015
CELEBRATING SAINT SIMEON’S
Where Caring Really Matters

Dust off your boots and spurs — Western Days 2015: Celebrating Saint Simeon’s, Where Caring Really Matters will be held on Tuesday, Sept. 15, 2015 at Central Park Hall at Expo Square. Saint Simeon’s Western Days 2015 will mark the 19th annual milestone of this fundraising event to benefit Saint Simeon’s Foundation by supporting operations of Saint Simeon’s Episcopal Home.

June Patton and David Hogan, Event Chairs, selected the fitting theme for this year’s Western Days: Celebrating Saint Simeon’s, Where Caring Really Matters. Donna and Will Farror, President of the Saint Simeon’s Foundation Board of Trustees, will serve as Patron Chairs. The event chairs, along with about 70 committee members, attended the dynamic Western Days Kickoff Party at the The Restaurant at Gilcrease Museum on Monday, March 2.

Karen and Rick Garren have been selected as Honorary Chairs and will be celebrated for their long-time volunteerism and support of Saint Simeon’s. David Hogan introduced Karen and Rick, saying, “Saint Simeon’s could not ask for better friends. Almost since the beginning of the Western Days fundraising effort, Karen and Rick have been a vibrant part of its success.”

“Our family has been connected to Saint Simeon’s since its founding in 1960,” said Karen Garren. “Rick’s mother was a charter member of Saint Simeon’s Auxiliary. In 1998, Rick’s father entered the Memory Center. Since then, both of our mothers have become Residents – in Skilled Nursing and Assisted Living. Without a doubt, the wonderful care given by the amazing staff at Saint Simeon’s has made all the difference for our family.”

This year, the Pioneer Spirit

WITHOUT A DOUBT,
THE WONDERFUL CARE GIVEN
BY THE AMAZING STAFF AT
SAINT SIMEON’S HAS MADE
ALL THE DIFFERENCE
FOR OUR FAMILY.

— Karen Garren

Award will be presented to Saint Simeon’s Resident Jim Dempster. Jim demonstrates a true caring spirit, having started a support group for men whose wives were experiencing memory loss while he was helping to care for his late wife, Maxine. He loved being able to live close to Maxine for six years in Saint Simeon’s Independent Living while she was cared for in the Memory Center. Jim exemplifies the spirit of volunteerism, serving on the

Mary Dotson, Nancy and Hank Harbaugh, and Phyllis and George Dotson enjoying the Kickoff Party.

Saint Simeon’s Library Committee, and also having served a number of years as aGilcrease Museum’s volunteer program.

Western Days 2015 hopes to build on past success featuring a marvelous Silent Auction, as well as the always entertaining Live Auction. The evening features the traditional General Store stocked with handcrafted items from Saint Simeon’s Residents and volunteers, and of course, a delicious dinner. The evening will also include a much-coveted raffle drawing for a $2,500 Ulica Square shopping spree.

“At Saint Simeon’s, operation costs mean a beautiful campus in a park-like setting, individual attention to Residents in addition to fulfilling their healthcare needs, a highly-trained and experienced nursing team, and extras including an on-site therapy dog. Resident programs such as the gardening club, the wellness center and therapy pool, and even the birds and peacocks,” said Will Farror during the Kickoff Party. “Saint Simeon’s is special, thanks to our donors and friends.”

For more information about Western Days 2015, visit www.westendays2015.com. See our Facebook invitation, or call Kayci Hebard at 918-794-1977.
CALLING ALL CRAFTERS!

Yeehaw, cowpokes! It’s time to gear up for Western Days 2015: Celebrating Saint Simeon’s, Where Caring Really Matters! This year, we want to have the best General Store ever, and we need your help!

Do you have crafted items you’d be interested in donating to the General Store? Whether you’re a painter, a fruit canner, a knitter, a baker, or something else – we will gladly accept your crafted goods as a donation to our store.

To donate crafted items to the General Store, contact Carolyn Blair at cblair@saintsimeons.org or 918-794-1977.

LOTS OF LOVE = COMFORT

Many thanks to the generous donations of the Lots of Love patrons attending Western Days 2014. Saint Simeon’s Foundation raised $43,000 to go towards new beds in the HealthCare Center. In January, 27 new beds were welcomed into the HealthCare Center. The beds include special functions that make it easier for our Residents to get in and out of bed, including assist rails, unique lowering features, and a locking mechanism for the footrest.

We thank our Western Days Lots of Love patrons for bringing lots of comfort to our Residents!

Thank you for giving to the Employee Christmas Fund!

Thanks to the Employee Christmas Fund Donors, $73,295.50 was raised to go towards Christmas bonuses for Saint Simeon’s front-line employees.

Thank you to the Saint Simeon’s Volunteers, who helped make our Christmas parties a glowing success!

Volunteers Brenda Hoesloop and Kim Tahoe-Smith with Santa at the Assisted Living Christmas Tea.
“Friends of Saint Simeon’s”
GENEROUS DONATIONS RECEIVED

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In memory of Dorothy McDonald  
WIRCK Resources, LLC  
In memory of Mr. and Mrs. Harry L. Wirck, Jr.  
WIP Energy  

* Deceased
Saint Simeon’s
TULSA’S SENIOR COMMUNITY
3701 Martin Luther King, Jr. Blvd.
Tulsa, OK 74106-6450

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Send change of address information to: Saint Simeon’s, 3701 Martin Luther King, Jr. Blvd., Tulsa, OK 74100 or email klhebard@saintsimeons.org

SAINT SIMEON’S FOUNDATION PRESENTS

WESTERN DAYS 2015
Celebrating Saint Simeon’s
Where Caring Really Matters

TUESDAY, SEPTEMBER 15, 2015 • 6:00-9:00 P.M.
TULSA’S EXPO SQUARE, CENTRAL PARK HALL
Event Chair: June Patton and David Hogan
Honorary Chairs: Karen and Rick Garren
Patron Chairs: Donna and Will Farrar
Pioneer Spirit Award Recipient: Jim Denzinger

With live music, world famous auctions, western style dinner, general store, and lots of sparkle. Western Days benefits the Residents of Saint Simeon’s. Tulsa’s Senior Community, Saint Simeon’s provides an environment of dignity, individuality, and the highest attainable level of independence.

For more information and sponsorship opportunities, contact Carolyn Blair, Executive Director of the Saint Simeon’s Foundation at (918) 794-1937 or cblair@saintsimeons.org.

The Saint Simeon’s Foundation enhances, through philanthropy and stewardship, the physical, social, and spiritual well-being of the Residents of Saint Simeon’s and their families.

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