March is National Nutrition Month!

Stephanie Fink, Saint Simeon’s resident dietician, educates residents on nutritious and healthy choices. For our Quill readership, Stephanie shares the following information on mindful eating:

Do you practice mindful eating or mindless eating? Do you sit down to watch TV with a bag of chips and before you know it, you’ve eaten the whole bag? Do you take a piece of candy every time you walk past the office candy bowl - even if you are not hungry? These are examples of mindless eating.

Gain Control:
Become a Mindful Eater

1. Slow down and focus on the food in front of you. Eating slow allows time for your stomach to tell your brain it is full.

   Tips for slowing down:  Don’t eat at your desk; turn the TV off while you eat; cut your food into smaller pieces and only eat one bite at a time; and, put your fork down after each bite.

2. Learn triggers for mindless eating; emotions, social experiences and even food itself. If you just ate and want to eat again, take time and think: Am I actually hungry or am I eating because food is available or because of emotions? If you are not hungry and struggle with “saying no,” remove food that can cause mindless eating, such as the office candy bowl.

3. As you are eating, enjoy the taste, texture, and flavor of the food. By enjoying every bite, you will find that you will appreciate the food and become more satisfied with less food.

   Make a goal for yourself. Use these tips for the next three to seven days and experience a positive change in your level of satiety while eating!
Announcements

• ACTIVITY VOLUNTEERS WANTED •

Our Life Enrichment staff does a great job of planning and leading activities, but our Residents always enjoy new opportunities and new faces. If you have some time to spare and would enjoy leading activities or presenting a program, we would love to hear from you. Our Residents enjoy book reviews, slide shows, or musical performances as well as someone to play board games, bingo or just reminisce about the “good old days.” Please contact Teresa Reno at 794-1932 for more information or to schedule a visit.

Pictured (l-r): Life Enrichment staff Becky Ashwill, Chris Gruszczek and Teresa Reno are pictured at the 2010 Senior Prom. Life Enrichment provides over 400 activities for our Residents each month.

Saint Simeon’s Auxiliary
Annual Spring Luncheon
A Salute to 50 Years of Service!
And a special recognition of all past Presidents & Charter Members
Tuesday, April 19th, 11:30 a.m.
Saint Simeon’s Common Room

Please contact Judy Lawson or Ramona Stanfield, Luncheon Committee Chairs, if you would like to help!

Judy Lawson  743.8429  lawsonjudy@cox.net  •  Ramona Stanfield  746.0760

We Remember in Our Prayers Those who Departed this Life

Ruth Anderson  
Joe Glass  
Sue Smith  
Rebecca Stephens
Dear Residents, Families, and Friends of Saint Simeon's,

There is a wonderful word that comes to my mind at this time. It is a word that has been lost, or at least obscured, by common usage. That word is "discipline." When you say "discipline" to most people, they immediately think of punishment. If you are called before a Board of Discipline, it's usually not going to be a pleasant experience. You get sent to the Principal's office to be disciplined because you did something wrong. Discipline is painful or onerous. It is designed to make you rue the day you did or failed to do something you shouldn't have or should have done!

Actually, discipline is a beautiful word that has to do with being taught and being a disciple, a student. The learning involved in discipline is more focused, and has the sense of being formed. A course or program of study that trains one in a profession is a discipline. So when I went to seminary, I began a discipline designed to form me into a clergy person. So it is with the discipline of law or medicine or education or music. You understand that the discipline does not end with the completion of a degree or certification. A discipline is a life-long endeavor that involves practice and continuing education.

It is in this sense that we are to understand the term "Lenten discipline." During the Church Season of Lent, it is common to take on a discipline. This may be a course of study, reading, prayer, a change in diet, or a change in behavior. It may involve volunteer work, abstaining from something you've become too dependent on, or any number of things that you have decided you would like to embrace during Lent. To be a true discipline, it would be something that would help you in learning more about yourself, perhaps your relationship with others, and your relationship with God. What it definitely should not be is some kind of self-imposed punishment to make up for what you believe to be your failings during the past year.

You'll know when you have taken on a good discipline. It has a way of incorporating itself into your life. Instead of being glad Lent is over so you can have ice cream again, you discover that your discipline has led you to new understandings about your life, and new possibilities for you to engage in an ongoing way.

This Lenten season, may you discover a discipline that brings you new joy and appreciation for the gift that you are, and the gift that God is to you.

Blessings to you,

Fr. Bill Holly

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**MARDI GRAS PARADE**
**Thursday, March 3rd**
**10:00 a.m.**

*Participants Needed!*

**Mardi Gras Parties**
*Health Care Center*
Monday, March 7th, 3:30 p.m.
Common Room

*Memory Center*
Tuesday, March 8th at 1:30 p.m.

*Dotson Family Assisted Living*
Tuesday, March 8th, 3 p.m.
Common Room

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**Spring Vegetable Pasta Primavera with Lemon-Garlic Sauce**
6 servings

*Spring vegetables with pasta in a light lemon-garlic sauce.*

<table>
<thead>
<tr>
<th>Energy (kcal)</th>
<th>Protein (g)</th>
<th>Carbohydrate (g)</th>
<th>Total Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Dietary Fiber (g)</th>
<th>Saturates (g)</th>
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<tr>
<td>348.7</td>
<td>13.5</td>
<td>48.6</td>
<td>10</td>
<td>3.8</td>
<td>185.9</td>
<td>6+</td>
<td>1.6</td>
</tr>
</tbody>
</table>

- Penne, Barilla Plus: 3 cup
- Shallots, Chopped: 1/2 cup
- Minced Garlic Cloves, Fresh: 2 tbsp
- Olive Canola Oil Blend: 2 tbsp
- All Purpose Flour: 1/3 cup
- Chablis Wine: 1/2 cup
- Low Sodium Vegetable Broth: 3 cup
- Fresh Lemon Juice: 1/4 cup
- Green Peas, Frozen: 1 cup
- Diced Carrots, Frozen: 1 cup
- Yellow Squash, Fresh, Julienne: 2 tbsp
- Edamame Succotash: 1/4 cup
- Fresh Zucchini Squash, Julienne: 2 tbsp
- Parmesan Cheese, Shredded: 6 tbsp
- Olive Oil: 1/2 tsp

Cook pasta in boiling water until al dente; drain, rinse and set aside. In a sauce pan, heat olive oil; add shallots and garlic, saute until shallots are translucent. Add the flour and stir; cook 1-2 minutes, stir constantly to prevent burning. Add vegetable stock and wine; whisk until the mixture thickens slightly. Reduce heat to low and simmer 3-5 minutes. Stir in lemon juice and freshly chopped parsley. Keep warm. In a separate pan, heat olive oil and cook vegetables until carrots are tender, 3-5 minutes. Add cooked pasta and reserved sauce. Stir until combined and hot. Stir in parmesan cheese and serve.
The wildlife at Saint Simeon’s lost their best friend with the passing of long-time resident, Ruth Anderson. Ruth and her husband, Gene (who died last year), lived in Cottage 4 and their back-yard was a well-known “watering hole” for all the creatures around here. The deer would venture out of the woods up to their fence and nibble on the deer food provided for them. The turkeys, peacocks, squirrels, possums, and raccoons all dropped by. While the rest of us provide bird feeding stations with various kinds of bird feeders and bird seed for woodpeckers to finches to doves to cardinals, Ruth was providing food for the raptors (raptors being birds of prey, namely hawks and owls!) Both regularly visited her feeding station which she stocked with meat left over from her own meals.

When it came time for Ruth to “graduate” as she so often referred to dying, she came inside to spend her last few days in our Comfort Care Room. One morning the peafowl in the Gazebo Courtyard suddenly ran around like they were in a roadrunner cartoon. I stepped outside to see what the disturbance was and the largest hawk I have ever seen flew into the courtyard and landed on the lowest limb of a tree. I walked toward the tree to “intimidate” him into leaving since we don’t want hawks to think that our peafowl are on the menu. Always before, when I have done this, the hawk would immediately fly away, but not this one. He didn’t move while I walked almost under his tree and then something caused me to turn around and go back inside.

One reason was that we currently have no young peafowl he might be able to fly off with. But there was something else. It just felt like he deserved the respect to not be disturbed. I wasn’t back at my computer for more than a few minutes when the announcement came that Ruth had died. Only then did I realize that the branch on which this hawk was sitting was right outside the Comfort Care Room. There is no window in that room for Ruth or anyone else to have looked out and seen him. But Ruth was long past needing her eyes opened and a window to see. She was already “seeing” with her soul and must have enjoyed that final good-bye from one of God’s majestic creatures.

~ VOLUNTEERS NEEDED ~

Next Meeting
Friday, March 11th at 10:00 a.m.
Smith Conference Center

To be a volunteer, please contact
Fr. Bob & Anne Evans, Committee Chairs
918.938.7322

Kathy Hinkle, Director of Education
918.794.1946 / khinkle@saintsimeons.org
Dala R. Jarolim MD FACP 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. She practiced Oncology for twenty years, had a taste of managed care as Medical Director of the University-owned Medicaid HMO, and is currently serving as Secretary of the St. John Internal Medicine Department where she has practiced 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. Dr. Jarolim is active in her church and family and plans to teach her grandchildren to water ski as soon as they can swim.

John Carment M.D. graduated Summa Cum Laude from Oklahoma State University with a Bachelor’s Degree in Chemical Engineering in 1998. He subsequently was awarded a Doctor of Medicine degree with Distinction from the University of Oklahoma College of Medicine in 2002. Notable awards during medical school include the Donald W. Reynolds Sophomore Excellence Award in Geriatrics and the G. Rainey Williams Scholar Award for his class. He then completed his residency in Internal Medicine at the University of Arizona in Tucson and served as a chief resident for an additional year.

Dr. Carment completed a fellowship in Geriatric Medicine at the University of Texas Southwestern Medical Center in 2007. He joined the faculty at the University of Oklahoma College of Medicine—Tulsa as Assistant Professor of Geriatrics thereafter. He is board certified in Internal Medicine and Geriatric Medicine and is on staff at Saint John Medical Center in Tulsa. He has served as an Associate Program Director for the Internal Medicine residency since 2008. He also makes monthly appearances as the “Geriatrician-On-Call” for CBS-affiliate KOTV News in Tulsa.

As a clinical educator, he devotes his time towards educating future doctors as well as providing care for elders in a broad spectrum of clinical settings. He is currently collaborating in a research project investigating the role of structured exercise, Tai Chi and Yoga to improve balance in elders.
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Blessings to you,
Fr. Bill Holly
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 March:

**Health Care Center**
Thursday, March 24th, 11:00 a.m.
Garden View Dining Room

**Memory Center**
Thursday, March 31st, 2:30 p.m.
Home 6

**Dotson Family Assisted Living Center**
Tuesday, March 22nd, 10:30 a.m.
Deisenroth Bistro

**D-Hall Assisted Living**
Tuesday, March 22nd, 1:30 p.m.
Common Room

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**March Birthdays**

3/6 Frieda Schuman
3/9 Anne Barry
3/17 Patricia Stanfield
3/17 Antoinette Walters
3/21 Cathy Rubio
3/22 Billy Joe Hamilton
3/22 Joseph O’Connell
3/24 Reva Butcher
3/24 John Griffin
3/24 Carla Lund
3/26 Anne Evans
3/26 Bonnie Krupnick
3/30 Jerry Ledbetter

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The Deisenroth Bistro
Fine Dining Evening
for this month is
Thursday, March 31st, 2011
For reservations, please call the Dietary Office at 794-1927 (or 425-3583 x227)
Therapeutic & Geriatric
Pam Martin, C.M.T.
Member of the International Massage Association since 1996

To set appointment, please
call 378-4208 or 371-7938

Massage Therapy

Looking for the perfect gift for a Resident?

Massage Therapist Pam Martin will provide comfort and relaxation at our Wellness Center.

Call Pam for an appointment at either (918) 378-4208 or (918) 371-7938. Or, for a gift certificate, call Chris at 794-1904 and we will set the appointment for you.