Auxiliary Education for Residents Continues

written by Lindsay Morris

Chaz Wesley, Coordinator of Volunteer Services for Saint Francis Hospice, spoke to Residents, friends and family at Saint Simeon’s on the five stages of grief during an Auxiliary event on January 8th. Wesley has been called upon during recent national tragedies, including the Aurora, Colorado movie theater shooting and the Newtown, Connecticut school shooting, to offer grief support and counseling. However, Wesley expressed during his presentation that especially in cases like these tragedies, the grieving process does not even begin until 24 months after the loved one or friend has passed away. Nearly 60 Residents, Auxiliary members, visitors, and staff attended the presentation and benefited greatly from Chaz Wesley’s comforting and wise words.

Auxiliary Business Meetings
Tuesday, February 12th - 1:00 p.m.
Tuesday, April 9th - 1:00 p.m.
Tuesday, August 13th - 1:00 p.m.
Tuesday, November 12th - 1:00 p.m.

Next Auxiliary Educational Program
“Elderly Scam & Fraud”
Tuesday, March 12th

presented by LIFE Senior Services
More information to follow in the March Quill of the Hill newsletter.

Save the Date!
The annual Auxiliary Spring Luncheon will be held Tuesday, April 9 at 11:30 a.m. in the Saint Simeon’s Common Room. All Residents, friends, and family are welcomed to attend. Details to follow.
Getting to Know...

Rebecca Rogers
Certified Nurse Aide, Memory Center

“I would like to express my gratitude to an excellent Nurse Assistant. At around 9 p.m., she informed me that one of her Residents was behaving strangely. She stated that the Resident appeared clammy and confused. After checking the Resident’s blood sugar and identifying that it was low, I instructed Rebecca to begin providing the Resident with a snack. Rebecca stayed with her and informed me when the Resident was finished with her snack. I rechecked the Resident’s blood sugar and it was up significantly. I would like to personally thank Rebecca and remind her to NEVER FORGET YOUR WORTH AS A NURSING ASSISTANT!”

Crystal Johnson, Nursing Instructor, Tulsa Technology

Rebecca says, “I was born and raised in Tulsa by my parents, Jimmy and Rachel Rogers. My dad is a construction worker and my mom is a teacher. They also used to do part-time lawn work. I attended Bryant Elementary School, Lewis and Clark Middle School and graduated from East Central High School. I have one sister, Rachel, who is a paraprofessional working with children with autism in Tulsa Public Schools. It is because Saint Simeon’s is just down the street from the school where my Mom teaches, Bunche Early Childhood Development Center, that I learned about Saint Simeon’s and came to work here.”

“I have always enjoyed taking care of people – especially when I was young helping care for my grandparents. After I graduated from high school, I became a Habilitation* Training Specialist working with developmentally challenged people. Primarily these were individuals who were moved out of Hissom Memorial Hospital when it closed and moved into residential homes in the community. We had one to three Residents we assisted in each home. I did this for six years, and then I became a Certified Nurse Aide, working in several long-term Care Homes in Broken Arrow and Owasso.”

“I really enjoy working in the Memory Center. Every day is something different. I not only help with my Residents in Home 4, but also all the other Residents living there. I love that I can actually come to work and help people every day. I help them do things for themselves and when they are no longer able, then I am there to do it for them. I also really enjoy hearing all their stories!”

continued on next page
"I am engaged to Brandon Nichols and we plan to marry in May 2014. I met him when both he and my mom were working at Wal-Mart. He now works at a print shop and we have a home in North Tulsa. I have two stepsons, Jacoby in Redford, Texas, and Emory, here in Tulsa, and a stepdaughter, Tia, who lives in Baltimore, Maryland."

"We have three dogs and three cats. The dogs are pit bulls, the parents and their pup. Their names are Loco, Cookie and Geisha. Geisha is actually the name of a pit bull from one of the shows I enjoy watching on Animal Planet – Pit Boss. Another show I watch is Pit Bulls and Parolees."

"Our three cats are Mija (“Baby Girl” in Spanish), Pepper and Freeway (my mom found her at the Freeway Café). In addition to playing with our pets, I enjoy following the Oklahoma City Thunder, working out twice a week at Planet Fitness and reading all kinds of books.

My family enjoys going to Spring Creek, which is about an hour and a half from here. It is a wonderful place to camp or just swim – the water is so clear. Someday I want to visit the beaches of California or Florida. In the future, I plan to go back to school so I can better myself and my family."

**Author’s Note:** *What is Habilitation?* According to the American Speech-Hearing-Language Association, habilitation refers to services that help a person learn, keep, or improve skills and functional abilities that they may not be developing normally. Still not clear? Contrast that with services that help a person improve skills that have been lost after a stroke, head injury, illness, or other cause. The latter is rehabilitation – regaining lost skills or functioning. Habilitation refers to services for those who may not have ever developed the skill, such as a child who is not talking as expected for his or her age. Adults can also benefit from habilitative services, particularly those with intellectual disabilities or disorders such as cerebral palsy, who may benefit from services at different points in their life to address functional abilities.

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**NEEDED: VHS Videos**

The Life Enrichment Department is requesting donations of videos. They particularly need VHS cassettes that are G or PG rated. If you have any videos that you’d like to donate, please leave them at the Front Desk of the Dotson Family Assisted Living Center. *We thank you!*
Have you ever stopped to take note of the number of violent images, stories, news items, video games, movies, and television shows that are present in our daily lives? It is quite astonishing, once one really begins to count them all. I read the newspaper every day. I watch the nightly news. At lunch, I often scan the headlines on my computer. In the name of “keeping up” with local, national, and international news, I am constantly being immersed in violence. What happens when you add to that any one of a number of police dramas on television? Then, of course, we have the offerings at the local movie theater. The theater promises that I can see a remake of Texas Chainsaw Massacre in 3D. I have not even scratched the surface of the violent offerings available to me.

I am aware of my reaction to reading a violent newspaper item: I get angry. Nothing raises my already too high blood pressure more quickly than a story about cruelty or injustice. What’s interesting is that it doesn’t matter whether the story is a news item or fiction; my reaction is the same. The image in my head is the same. My body doesn’t know the difference between real and imagined. It reacts in the same way. Of course I know that I am responsible for my reactions to these things. Yet, it doesn’t help me to be so immersed in these images, physical or mental, of violence.

No – this is not going to be a call for more censorship, or a ban on anything. That does not solve the problem. I have to solve this problem by consciously choosing what I’m going to fill my head with. I am reminded of St. Paul’s words:

“Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.” (Philippians 4:8-9)

It is my desire to reduce the amount violent images and stories I’m exposed to. I take responsibility for what I put in my head. I can question whether it is something I really need to read or see. Will this show, movie, newspaper item, etc. be toxic to me? Then just leave it alone. Does it meet the criteria of being honorable, just, pure commendable, excellent, worthy of praise, etc.? Then I’ll have a double helping of that, thank you.

May God’s Peace and Blessing be with you,
Fr. Bill+
We lost the long-time chair of the Landscape Committee, JoAnna Newman, in late November. Her deep love and knowledge about plants will be forever missed.

JoAnna Newman was one of the most generous people I’ve ever known – generous with her heart, her time, and her treasure.

Some of you might have seen her room, so you know it was almost a shrine to the University of Oklahoma Marching Band, from her door to her bed to the bird feeders and bird houses outside her window. Several of us were able to go with JoAnna to Norman a few years ago when she was honored by having the new Band Practice Room named for her. On Game Days, Simone still wears the OU bandana JoAnna gave her.

The other thing you couldn’t miss were her many plants. She had enough plants to fill a greenhouse. Actually, her room was a greenhouse!

Somewhere she is smiling for the Weeping Yaupon the Auxiliary planted just outside her window in honor of her term as president, which is loaded with red berries this winter. This is just as she had planned – that it provide beauty for people and food for the birds.

Before she became so ill, JoAnna used to make almost daily excursions of the entire campus. She knew every flower that was about to bloom, every peachick that had just hatched, every bush that wasn’t looking so well or branch that needed tending to. She was a Mother to them all.

JoAnna was a wonderful volunteer for Saint Simeon’s over the years, served as Chair of the Resident Council and held various offices in the Auxiliary. But one of her greatest joys had always been gardening, and she continued that here.

Each fall, she donated hundreds of daffodil bulbs, many of which were planted in Eckel Park. These naturalized beds will become more beautiful each spring. Each summer she had hundreds of Jumbo Rainbow Caladium bulbs delivered and helped plant them in pots at every entrance and courtyard. We enjoyed them all summer long!

In her memory, Saint Simeon’s is going to continue her traditions of daffodils and caladiums. What a beautiful legacy. JoAnna Newman truly was someone who made a difference.
The existing Auxiliary Committees, Friends of the Animals and Landscape Enrichment, have combined to form the new Flora and Fauna Friends Committee!

Flora: Latin, Roman Goddess of Flowers (Plants)
Fauna: Latin, Ancient Italian Rural Goddess (Animals)

Next Meeting
Saturday, February 9th
Smith Conference Room
10:15 a.m. (Social Time), 10:30 - 11:30 a.m. (Business)
Father Bob Evans and Kathy Hinkle, Co-Chairs

Mission Statement
The purpose of the Flora and Fauna Friends Committee is three fold:

First, to enhance the lives of Residents by increasing opportunities to interact with nature;

Second, to promote programs that will enrich the knowledge of Residents in the natural world; and

Third, to take the responsibility for feeding the wildlife on the campus.

This Auxiliary committee, within its budget, works independently and in cooperation with Saint Simeon’s Board of Trustees and Facility Management personnel on projects that affect the overall lives of our Residents.

Alzheimer’s Association Caregiver Essential Series
“Unsung Heroes: The Love of the Family Caregiver”
Thursday, February 28
10 a.m. - Noon
6 p.m. - 8 p.m.
Saint Simeon’s Common Room
**February Birthdays**

2/3  Janice Yeatman  
2/4  Theola Standridge  
2/9  Sister Maria Felicitas  
2/10 Evelyn Wegener  
2/12 Fr. Bob Evans  
2/15 Jeanette Chucker  
2/16 Jane Glenn  
2/18 Hannah Bass  
2/18 Mildred Kroblin  
2/20 Pinkie Johnson  
2/23 Eleanor Gillock  
2/26 Irene Cannon  
2/26 Patricia Romero  
2/28 Ruth Gray

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**Welcome**

John Cagle, Jr.

Our new family member

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**February Resident Council Meetings**

Learn about upcoming events and share your thoughts! All Residents and family members are always welcome.

**Health Care Center**
Thurs, 2/28, 10:30 a.m., Garden View Dining

**Cottages & 1st Floor Dotson Assisted Living**
Tues, 2/26, 10:30 a.m., Deisenroth Bistro

**2nd Floor Dotson Assisted Living**
Tues, 2/26, 1:15 p.m., Skyline Dining Room

**Memory Center**
Thurs, 2/28, 3 p.m., Home 6

**D-Hall Assisted Living**
Tues, 2/26, 1:15 p.m., Common Room

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**We Remember in Our Prayers**

Jane Brennan  
Donald Hayden  
Lu Hedges  
Doris Jones  
Logan Posey  
Gloria Scott  
Richard Trimble  
Thomas Trower

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**Would you like to receive the Quill by e-newsletter?**

Send an email to kimberly.earickson@gmail.com

Receiving the Quill by email is faster, and reduces postage costs to Saint Simeon's!
If you don’t have email, we will gladly continue to mail the Quill to you.

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**Those Who Have Graduated from this Life**
FEELING THE FLU?

We can wait to see you...

We have received an official Health Alert from the Oklahoma State Health Dept. cautioning us that the occurrences of influenza and acute gastroenteritis outbreaks in long-term care facilities have sharply increased over the past two weeks. We must remain diligent in our infection control procedures. Should you or any member of your household exhibit flu-like symptoms, we ask that you refrain from visiting Saint Simeon’s for the well-being of our Residents.

Men’s Social Club

Games, conversation and camaraderie on the third Thursday of each month.

For more information, contact:
Tadd Weese (tweese@saintsimeons.org)
Father Holly (bholly@saintsimeons.org)
David DuBois (ddubois@saintsimeons.org)

NEXT MEETING:
Thursday, 2/21 - 3 p.m. in the Bistro