Saint Simeon’s Named Senior Nonprofit of the Year

Saint Simeon’s has been named Senior Nonprofit of the Year by the Oklahoma Center for Nonprofits. As winner of the Senior Category of the Oklahoma Nonprofit Excellence (ONE) Awards, Saint Simeon’s has received a grant from the H. A. and Mary K. Chapman Charitable Trust.

“Saint Simeon’s is honored to be awarded Nonprofit of the Year in the Senior category,” said Lindsay Hurley Fick, President and CEO of Saint Simeon’s. “We are thankful to be recognized for fulfilling Saint Simeon’s mission, offering superior care and service to the seniors we are privileged to serve.”

Saint Simeon’s was one of 24 nonprofit finalists at the ONE Awards dinner at Tulsa’s Southern Hills Country Club on April 20th, 2013. Out of approximately 19,000 nonprofits statewide, only 24 were named finalists. Finalists were divided into eight categories – seniors, arts and humanities, community, education, health services, self-sufficiency, sports and recreation, and youth development.

This year marked the 6th annual ONE Awards and the 2nd time Saint Simeon’s has been nominated in the Senior category. Thanks to you, Residents, staff, friends, and family for making Saint Simeon’s a place worthy of this remarkable honor.
“I am a Certified Nurse Aide (CNA) and Certified Medication Aide (CMA) working in the Health Care Center. I was working full-time, but I currently work PRN [a Latin phrase, “pro re nata” that roughly translates to “as needed”] because I was going to school and needed the flexibility of working part-time without a set schedule. I recently finished my Administrative Medical Assistant Training at Wright Career College. I’m now planning on going to Tulsa Technology to become a Licensed Practical Nurse and with two more semesters, I will earn my Health Care Administration Training.

I earned my CNA training from Tulsa Tech while I was still in high school, and after that, I started working here in 2004. I then left and worked at a bus plant building school buses for two and a half years. I returned to the health field after having my youngest son, who was in an intensive care unit for a month. That experience deeply touched my heart and gave me a deeper passion for the healthcare field. I decided that I wanted to make a difference in people’s lives. For eight hours a day, I would have the power to influence someone’s life in such a meaningful way. The healthcare field is more than just a job to me. It is a true passion, and my heart yearns to help others.

When I first started here, Saint Simeon’s Director of Nursing was Carla Stokesberry. She pretty much made me the CNA that I am. If I ever slacked off, she made sure that I got motivated to get back to doing the kind of work I was capable of. Yvonne Simmons was the Manager back...
then, and her deep warmth for others inspired me to develop that trait also. When I decided to come back to the healthcare field, I made up my mind that I wouldn’t return unless I was able to work at Saint Simeon’s. I felt as if I owed it to Carla to come back.

I was born in and grew up in Tulsa. I lived in Aurora, Colorado when I was 13 years old for almost two years. I went to Walt Whitman Elementary School. For most of my middle and high school years, I was homeschooled, but I decided that I wanted to graduate from a high school, so I attended McLain High School my senior year. I graduated top of my class in 2004.

My mom, Lula Fields, worked for many years at Hillcrest Hospital, where she was the Housekeeping Supervisor. I have two sisters and one brother. One sister, Demetria Griffin, works here in Laundry. Another sister, Ashley, who joined the Army and has recently finished her training at Ft. Sill. She just returned home briefly and is waiting to be shipped out to wherever she will be based. My brother, Demeshion, lives in Colorado, where my mom is now residing.

I have four boys. My two oldest are Javion, who is seven, and Broncen, who is six. They both go to the Tulsa Lighthouse Charter School in Turley, which just opened this year. Then there is Damija, who is four and Martez, who is two. They are both in daycare. As a family, some of our favorite things to do are to play Wii (a video game), watch movies and enjoy nice days at the park.

I am a Jehovah Witness. I enjoy writing poetry and reading the Bible. For many years, I used to drive by the entrance to Saint Simeon’s and didn’t know what was there. But one day, something told me to go on inside and apply for a job, and I am so glad that I did. There isn’t any other place like it and there is nowhere else that I would even want to work.”

**Saint Simeon’s is now Skype-able!**

Would you love to have a face-to-face conversation with your family or friends who live in another state, or even another country? Saint Simeon’s now has Skype, a video computer program that allows you to have free video conversations with people around the world!

Residents may Skype at one of the library computers, which has a camera mounted on it. Or, if Residents prefer to Skype from the privacy of their apartment, they may check out the laptop in the Post Office. Becky Ashwill at the Assisted Living Center entrance desk is knowledgeable on how to operate Skype and happy to help Residents.

Becky suggested that the best way for a Resident to plan a Skype session with a family member would be to schedule something in advance. Then the Resident can be ready for the Skype “phone call” at the schedule time.
Dear Residents, Families, and Friends of Saint Simeon’s,

Every year about this time, I like to pass along parts of a report I give twice yearly to the joint meeting of the Boards of Saint Simeon’s Episcopal Home and Foundation. Here are some highlights of the Chaplaincy program and activities from the First Sunday in Advent, Dec. 2, 2012 through Wednesday, April 17, 2013:

- **Worship Services:**
  
  Holy Communion is celebrated on:
  
  **SUNDAY**
  - 10:00 a.m. in the Chapel
  - 1:30 p.m. in the Memory Center
  
  **WEDNESDAY**
  - 10:00 a.m. in the Chapel
  - 10:30 a.m. in the Memory Center

  Morning Prayer is offered Tuesday 9:30 a.m. in the HealthCare Center

  Memorial Services are also held as needed, as are special services, such as Good Friday.

  Some interesting figures: for the period as stated above, we have had 99 services with a total of 2,356 in attendance. During this period, we have averaged 118 in attendance each week. Every Christmas and Easter, the Episcopal churches and institutions of the Tulsa Region place an ad in the religion section of *The Tulsa World* on the prior Saturday, noting service times. The services of the Chapel of Saint Anna at Saint Simeon’s Episcopal Home are always listed!

- **Music in the Chapel:** Last time I reported that we said “goodbye” to Jeanette Maxfield, our Chapel organist who moved to Indiana to be closer to her daughter. However, I’m pleased to report that Jaime Carini has been serving as organist since early December. We are blessed to have her talents. Also, we have enjoyed the wonderful sounds of the Tulsa Silver Top Brass, a brass sextet who have played during the Christmas and Easter seasons in the Chapel of Saint Anna.

- **Bible Study:** There are three offerings each week: Tuesday – 2:00 p.m. in the Common Room and 3:30 p.m. in the Skyview dining room and Thursday at 10:30 a.m. in the Memory Center. There are usually 6 – 12 attending in the Common Room, 5-10 in the Skyview dining room, and the Memory Center group usually ranges from 15 – 20.

- **Pastoral Care and Counseling:** Pastoral care and counseling is provided as needed and desired. I visit Residents and staff in the hospital, and of course, am available day or night for all emergencies. It is my practice to attend the

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The Flora and Fauna Friends Committee trip to Bustani Plant Farm on April 26 was a delight. We experienced a little rain (but we need all the rain we can get!) as we traveled to Stillwater, but it was just misty while we were there. Steve Owens, owner and host for many years of OETA’s “Oklahoma Gardening,” toured us around. He collects unusual plants from around the world and offers them for sale if they prove worthy and durable in our climate. Ten of us were able to go, including our bus driver, Juan Ferrera, and we picked up plant orders for three people who could not make the trip.

We brought back several interesting plants to grow at Saint Simeon’s this year. Two that are hard to miss include a Giant Coneflower, which is described as a “Black-eyed Susan on Steroids” and may reach five feet with large sombrero-like flowers. Also, a Giant Pineapple Lily from South Africa which can reach four feet with leaves up to ten inches wide and green flowers. They were out of Bed of Nails plants this year, a plant that has become a tradition here at Saint Simeon’s. If you’ve seen it, you know how it got its name. But Steve gave us a “baby one” and we will nurse it along until it is big enough to transplant. Last year, the Donkey Ears plant we got from Bustani produced babies. Many thanks to CNA Denise Fack, who potted one and kept it through the winter, we will be moving it outside shortly. Our Rattlesnake Plant (another Bustani) not only survived the winter, but several babies came up this year. One of the best things about gardening is sharing plants!

Many thanks to Auxiliary member Tommy Williams, who recently “saved” the Clayton Coss carving of two bears climbing a tree in the Chapel Garden. It had blown over during high winds and the bear on top was destroyed. Tommy cut off the top of the tree, painted the sculpture with wood preservative and firmly mounted it for display again (with the surviving bear). This is actually the second time Tommy has restored this sculpture. Years ago, it blew over, and Tommy fastened pieces of it back together. Thanks from all of us at Saint Simeon’s for being the “Sculpture Saver,” Tommy!
At Saint Simeon’s, the staff is focused on ensuring the safety and health of our Residents. Although they can’t prevent every potential fall, they are doing their due diligence to make sure Residents are as safe as possible.

Each Thursday morning, a group of C.N.A.s, C.M.A.s, and nurses meet, representing all three units of the campus. This Falls Task Force meets to discuss incidents that have occurred in the past week, and interventions that may keep such falls from happening again. Following the meeting, this information is taken to each respective unit’s manager for review and implementation, as appropriate. All known factors that may have been contributed to a Resident fall are reviewed – environmental and medical alike (i.e. footwear, clothing, exercise to strengthen muscle tone, assisting with ambulation and transfers, moving furniture, timed voids, proper assistive devices, car transferring, etc.). Discussion often leads to the staff who knows the Resident’s routine best and can decipher the most likely reason for the fall, when the Resident is unable to personally tell staff.

It is evident that this group knows the Residents well and generally have creative and effective interventions. One member has even designed a wheelchair foot pedal holder that will be trialed for effectiveness in the near future. The goal is to determine the root cause analysis as to why the fall occurred, and then implement the best solution possible to keep it from happening again.

Although it is known that all falls cannot be prevented, the Falls Task Force is trying to reduce the number of falls, reduce repeat falls by the same Resident, and reduce falls with injury. Amy Williamson and Doris Wells are heading up a positive approach to prevent falls by instigating 1:1 training from the Falls Task Force. They are going to make the learning more fun and interesting by doing trivia during the training. Once the training is complete, a trivia quiz will be given, which will count toward more educational hours.

Other games are being discussed that will promote staff being proactive vs. reactive regarding falls. Staff members who are “caught in the act” of preventing a fall will not only be acknowledged, but will also receive in-service credit for demonstrating the education received. The intent is to bring a heightened awareness of how to prevent falls.

Members of the Falls Task Force include Pam Gourd, Lyndsey Smith, Doris Wells, Stephanie Coulbert, Angela Stevenson, Amy Williamson, Cynthia Dixon, Darlene Lawson, Heather Hartner, Tanisha Carson and Gina Sides. These individuals are always open to suggestions for improving fall reduction.
Would you like to receive the Quill by e-newsletter?

Send an email to lmorris@saintsimeons.org

The Quill is in color when you receive it by email, and it helps reduce postage costs to Saint Simeon’s!

June Resident Council Meetings

COTTAGES & 1ST FLOOR DOTSON
ASSISTED LIVING
Tuesday, 6/25, 10:30 – Deisenroth Bistro

2ND FLOOR DOTSON
ASSISTED LIVING
Tuesday, 6/25, 10:30 – Upstairs Dining Room

D-HALL ASSISTED LIVING
Tuesday, 6/25, 1:15 – Common Room

MEMORY CENTER
Thursday, 6/27, 3:00 – Home 6

HEALTH CARE CENTER
Thursday, 6/27, 10:30 – Garden View Dining

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deads of Residents day or night, when it is possible for me to be there. Special prayers are offered at the time of death for the departed and for any family members who may be present. I also continue to participate in a clergy peer supervision group at the Center for Counseling and Education facilitated by The Rev. Dr. Clyde Glandon.

• Other Duties As Assigned: That catch all phrase which appears in every job description! Here are a few of mine: photograph and make name badges for all employees; photograph all new residents for various medical charts; AV guy – I’m called upon to make sure we have sound for certain meetings, and to make sure things are ready for presentations involving computers; I also oversee the work done on our IT network, phone systems, and computers.

God’s Blessings to you,
Fr. Bill Holly †
Saint Simeon’s Welcomes Book Smart Tulsa and Acclaimed Author Jennie Fields

On Friday, June 7 from 7 to 8 p.m., Saint Simeon’s will welcome Book Smart Tulsa, hosting acclaimed author Jennie Fields discussing her new book, *The Age of Desire*.

The book brings to life of beloved writer Edith Wharton (*The Age of Innocence, The House of Mirth*), whose own story was as complex and nuanced as that of any of the heroines she created. Set mostly in Paris, the story recaptures an era of literary salons, chauffeured motorcars and veiled meetings in secret cafés, the devastating Paris Flood of 1910, and the dark beginnings of World War I.

Jennie Fields received an MFA in creative writing from the University of Iowa Writers’ Workshop and is the author of three other novels, *Lily Beach, Crossing Brooklyn Ferry and The Middle Ages*. An Illinois native, she spent many years as an advertising creative director in New York and currently lives with her husband in Nashville, Tennessee.

To learn more about the author and the book, visit JennieFields.com.

The event will be held in the Common Room. Refreshments will be served. The event is open to all Residents, family and friends of Saint Simeon’s, as well as Book Smart Tulsa. If you plan on attending, please RSVP with Lindsay Morris in the Foundation Office at 918-794-1945 or lmorris@saintsimeons.org.