Western Days 2014 To Be Held Sept. 9!

Western Days: Oklahoma! Our Home is Grand! is right around the corner! The event will be held on Tuesday, September 9, 2014 starting at 6 p.m. at Central Park Hall at Expo Square. Saint Simeon’s Western Days is “The World’s Greatest Auction and Dinner,” and OKLAHOMA! Our Home is Grand! marks the 18th annual milestone of this fundraising event to benefit Saint Simeon’s Foundation.

Western Days 2014: OKLAHOMA! Our Home is Grand! hopes to build on past success featuring a marvelous Silent Auction with well over 100 items, as well as the always entertaining live auction. The evening features the traditional General Store stocked with handmade items from Saint Simeon’s Employees and Residents, a wine pull and a delicious dinner. The evening will also feature a much-coveted raffle drawing for a $2,500 Utica Square shopping spree (need not be present to win).

As preparations continue, Saint Simeon’s would like to remind everyone of the many ways to help make OKLAHOMA! Our Home is Grand! a success. You can help by:

- Serving as a sponsor, with sponsorships ranging from $50,000 to $500;
- Donating an item or service for silent or live auctions;
- Purchasing individual reservations at $75 each; and
- Attending OKLAHOMA! Our Home is Grand! on Tuesday, September 9, 2014!

If you are interested in any of the above, or if you would like to discuss other ways you can help, please contact Carolyn Blair, Executive Director of the Foundation, at (918) 794-1937 or cblair@saintsimeons.org. For full event details, please visit www.westerndaysevent.com.

Western Days 2014 will support operations of Saint Simeon’s, including helping to provide a highly trained and experienced nursing team, magnificently landscaped courtyards, a resident-driven gardening club, an on-site therapy dog and even a family of colorful peacocks.
GETTING TO KNOW:

Dara Harris

“Dara is preparing to enter a nursing program this September. She has worked at Saint Simeon’s for eight years and has made this a better place. Her dedication to the Residents is astounding! At times when I can’t find her at the nurses desk, she is either assisting the CNAs, helping families search for lost items, making snacks for Residents, doing audits for the Infection Control Committee that she is a part of, checking in laundry for missing hipsters or TED Hose Stockings, helping the HCC note orders, assisting others with use of the new Vision Electronic Medical Records System…and the list goes on and on. Dara will be greatly missed by me and numerous other coworkers who recognize her diverse and talented ways! I’m already hearing some staff members comment as to how they will sure miss her when she’s gone. She will make a fantastic nurse, and we wish her the very best in her future endeavors!”

—Gina Sides, Memory Center Manager

“I’m the baby of the family with four older brothers, and I wouldn’t trade any of them for anything! They were all really good to me and treated me like a princess as we were growing up, but they were boys, so sometimes they could be ornery.

My mom, Judith Harris, worked at The University of Tulsa as a receptionist, as a substitute teacher for sixth and seventh graders, and as a science aide at an elementary school. She passed away when I was 12 years old. At one time, my dad, Jerry Harris, owned two IGA Supermarket Stores here in Tulsa. He also has been the manager of Petty’s Fine Foods. He would occasionally deliver fruit baskets to our Residents as gifts, and he told me that this would be a good place to work someday. He is now retired but keeps busy as the landlord of several rental properties. You learn to pretty much do everything when you are a landlord, and I have learned a lot about plumbing and roofing from helping him.

As long as I can remember, Nursing is what I have wanted to do. My Mom and I took care of my grandmother, who had Alzheimer’s. Then when my mother became ill, I took care of her. After she died when I was in the seventh grade, I would stay at grandmother’s to help out.

We lived in the same house for 20 years in the Wedgewood Six addition, which is in the Union...
School District. I attended Union schools and graduated from Union High School. After graduation, I attended Tulsa Community College for a year and got my CNA training at Wings in Broken Arrow.

I didn’t have any interest in working at a long-term care facility until I came here with encouragement from my dad. It was unlike any other place I had ever seen – it was so beautiful. I went into the Memory Center and saw Residents gathered outside on the patio for an activity, and that really warmed my heart.

Something I have really enjoyed doing every year is serving on the Saint Simeon’s Martin Luther King, Jr. Parade Committee. I learn a little more each time. Did you know that Tulsa has one of the largest parades and people come from all over to participate in it? I also am a member of the Infection Control Committee and the Employee Council. I always participate on Saint Simeon’s Alzheimer’s Association Memory Walk Team.

(Is there anything Dara can’t do? Some people may not know that she was the mother of our Home Dog, Simone, for those very important first two years Simone II was growing up. Together they attended K9 Manners & More and Companion Dog School of Tulsa. Dara is one of the reasons Simone is such a wonderful dog!)

For the last four years, I have lived in a garage apartment in North Tulsa. I attend LifeChurch.tv. I have a Golden Retriever. I like to be outside – doing yard work, gardening, four wheeling, and camping. It is more fun to go to the lake now because my Golden loves to fetch in the water – she is a Retriever, after all. I love to travel and have had a few weekend retreats here lately, but for the next few years, I’ll be too busy. I’ve been to many states and both coasts. I have many precious memories from vacationing with my family. One of my favorite places is Destin, Florida.

What I enjoy the most about my job are the people – the Residents as well as the employees I work with. Every Resident is unique. There are different kinds of dementia, and it affects people differently, so our approaches must be different for them. I have made many friends here and treasure each one of their strengths and qualities that make it worth coming to work, knowing our Residents will be well cared for.

I am so thankful for all of the opportunities that have been offered to me here at Saint Simeon’s. I have taken full advantage of them, starting as a CNA, taking on the Unit Clerk position, and becoming a CMA. I could not have had a better group of CNAs to learn skills from than here in the Memory Center. I have grown in team building skills, relationship building with families, Electronic Medical Records, and many other areas due to having great leaders on our Administration team. I have learned many things over the years and feel as though my skills in working with residents affected by dementia will be a huge benefit as I continue my education. All of my employees and employers here at Saint Simeon’s have been nothing but supportive of my dreams for the future. They have given me tasks to build my skills and help me get better all the time. I have been accepted in the OSU Institute of Technology Nursing Program in Okmulgee. I’m going to wait until my clinicals are complete to decide what kind of nursing I’ll do. I just might end up back in geriatrics..."
Dear Residents, Families and Friends of Saint Simeon’s,

As I write this, we have just recently been dealing with the death of Robin Williams. By the time you read this, it will be old news, way over-analyzed, and details far beyond our “right to know” will have been disseminated. I could turn this into a diatribe about our so called “right to know,” but that would be a bit self-serving. No, I want to write about depression. My perspective is that of a person of faith, informed by medical and therapeutic professions, but certainly not as a member of either one.

Depression is unfortunately way too common in our society. I’m not referring to the occasional “feeling down” or “got the blues.” I’m talking about clinical, serious, depression that is a severe illness resulting from, as best we know, imbalances in body chemistry. Most of us have either had personal experience with depression or have close family members or friends who have or do suffer from it. It robs one of vitality, focus, and enjoyment of anything. It places one in a painful prison from which it seems, there is no escape.

Our bodies are the most amazing machines. They are so finely tuned that the slightest offset of any of the myriad of chemical reactions that comprise our normal daily living will result in that machine simply not working well – or at all! Medical research has discovered so many things about our bodies, and great strides have been made in treatments for depression. It’s a difficult road. While our bodies are amazing machines, each one is different. Not all of us react in the same way to the same medication. When our finely tuned bodies get out of tune, the treatments have to be finely tuned as well.

As a person of faith, I know the importance of hope. Hope brings an attitude of expectation, which in itself is transforming. In the midst of the experience of depression, it is important to hold on to hope. You hope for release from suffering. You hope for new insight into your physical and spiritual life bringing increased awareness and knowledge. Hope also is reason for action, and in this case informs you that help is needed! Hope says, “There is a reason to seek help! Things can get better! Hold on!” The resources for help are bountiful and much information about that is available from your local mental health association.

I also encourage prayer, and specifically, I encourage one suffering from depression to pray for the gift of faith. Why faith? St. Paul defines faith as the “assurance of things hoped for.” A person suffering from depression, holding on to hope, could certainly use a healthy dose of that “blessed assurance.” May we all discover the blessed assurance of just how loved and valued we truly are!

Blessings to you,
Fr. Bill Holly †
Rocky, the Television Personality Peachick, was the guest of honor at our August Friends of Flora and Fauna Meeting. He is growing up so fast and what an appetite! We have never tried to tame one of our peacocks or peahens. They are not afraid of people. In fact, they will go to people because they are hoping that they might get something to eat. It is okay to feed them — peafowl eat EVERYTHING. Seed, fruit, vegetables, meat, insects, grass, some flowers (sob), human food, fish food, dog food, etc. You get the picture. But we don’t try to touch our peafowl.

Barbara Bartlett (daughter of Patricia Bartlett) is raising Rocky and will be bringing him back each week for a visit. Since Rocky thought Simone was his mother when he hatched and the people here were his family, he may grow up tame enough for us to touch or hold even as an adult.

We lost long-time Resident Ruth Matlock this past month. Her daughter, Mary Newman, has been one of the most active volunteers here for many years. She and her mom would spend hours at the Secret Garden — which Mary essentially created and then tended all that time. You can see it from Jackson Parlor on Casey Hall in the Dotson Assisted Living Center. Mary has bird feeders there that attract quite a variety of birds. Her son, Nathan, prepared a binder for us with pictures and information on the birds seen in that garden. Speaking of birds, Mary has also been a volunteer with WING-IT (Wildlife In Need Group — In Tulsa). This organization is part of the Tulsa Audubon Society, and its volunteers rehabilitate orphaned, sick, injured or otherwise displaced wildlife with the goal of releasing them back into the wild. If you might be interested in helping, contact them at www.wingintulsa.org.

It is not too late to see your first ever Pumpkin on a Stick plant. It is in the raised bed in the Gazebo Courtyard and you can’t miss it. Truly, if the sign weren’t there with the name already on it, that is the name you would come up with. Our dear peafowl feasted on the leaves all summer but left the fruit alone. Go figure. These are Barbie Doll size pumpkins. You have to see them to believe it.

The day after Ruth Matlock died, Teresa Reno happened to walk by the secret garden, and there was a majestic hawk perched there. That reminded some of us of another Resident, Ruth Anderson. She was such a bird lover that she even fed hawks and owls on a large boulder behind her cottage. The day she died, a hawk came and perched outside her window. Maybe birds can sometimes sense these things.
Thanks to the generous donations of Saint Simeon’s patrons, Residents are now enjoying transportation to outings on the exquisite new Saint Simeon’s 14 to 18-passenger bus. The bus includes a state-of-the-art wheelchair lift and plenty of seating room for Residents and staff. The new bus has already been used on outings to a Tulsa Drillers baseball game, Philbrook Museum of Art, the Oklahoma Jazz Hall of Fame, and more.

More than $77,000 was raised for the new bus during The Moveable Feast event held in the wine cellar of Polo Grill on Feb. 9. During the event, Saint Simeon’s was honored to have Debbie and Bishop Ed Konieczny offer the creation of the menu based on their own recipes. The couple also helped prepare the meal, along with chefs from Polo Grill. A different chef introduced each new course, along with wine pairings. The exquisite menu featured nine courses paired with selected wines by Robert Merrifield.

All funds raised from the event were used toward the bus. “I’m so proud to be associated with Saint Simeon’s, which operates a first-class retirement community with dignity and respect for all,” said Trustee Marilyn Morris. “When I donate money to Saint Simeon’s for various needs, I know the money will be used exactly as it was intended to be used. You can be certain that this organization operates with the highest level of integrity with the residents and their families, the staff, and all guests who find themselves on the campus of Saint Simeon’s.”
2 Bedroom Cottage Available!

Saint Simeon’s has a newly renovated, two bedroom, independent living cottage available!

- Remodeled kitchen with granite countertop and new appliances
- Stylish living room with fireplace
- Two bedroom, two bath
- Spacious, wooded back yard with deck
- Covered carport

Call 918-794-1900 with any inquiries about the cottage.

Welcome to our Family!

Helen Belden
Nancy Lewis

WE REMEMBER IN OUR PRAYERS

Earlene Baldwin
Nancy Cunningham
Jimmie Gizzi
Ruth Matlock

HAPPY BIRTHDAY

September

9 / 5  Joyce Bizjack
9 / 6  Helen Belden
9 / 8  Martha Tisdale
9 / 10 Bobbie East
9 / 14 Vernon Stanton
9 / 15 Izzy Levine
9 / 18 Patsy Meyners
9 / 20 Mary Kunnemann
9 / 22 Ruth Myers
9 / 23 Robert Snow
9 / 23 Martha Eskridge
9 / 29 Thelma Singleton
9 / 30 Sophie Gorski

DO YOU HAVE A CHILD ARTIST IN YOUR FAMILY?
Saint Simeon’s is planning a display of children’s art in one of our hallways! Please bring framed art to Donna Mayotte at the Administration front desk. Call Donna at 918-794-1925 with any questions.

Harvest Moon Festival
SUNDAY, OCTOBER 26 – 2:00 TO 4:00 P.M.

A party for the entire family, featuring horse-drawn rides, pumpkin painting, balloon animals, face painting, live music, light refreshments, and more.
Saying Goodbye

Alzheimer’s disease … it affects so many of our Residents and their families, and it breaks my big doggy heart. That’s why I joined a team from Saint Simeon’s on Saturday, Aug. 23 at the Tulsa Walk to End Alzheimer’s! About 50 of us walked around the ORU campus in an effort to raise funds and awareness, in hopes that someday, we can “say goodbye” to this devastating disease. Do you like the spiffy cape that Executive Assistant Donna Mayotte made for me to wear the day of the Walk?

On a separate note, one of my good friends, Ruth Matlock, recently went on to her eternal home. When she was close to death, her family asked that I be brought to her room for a goodbye, since Mrs. Matlock and I were good pals. When I went to her room, I immediately put my front paws up on the bed and licked Mrs. Matlock’s face, and she opened her eyes (she had been non-responsive up until then).

The family also asked for me to attend Mrs. Matlock’s funeral (here at Saint Simeon’s in St. Anna’s Chapel), so of course I did. I wandered up to the family pews and sat by several of them. I hope they took solace in petting me. I will sure miss Mrs. Matlock, as I do each dear Resident that departs from this life to their eternal home.

Simone