Holiday Spirit Shines Brightly at Saint Simeon’s

Each Christmas, we are delighted by the presence of a campus full of Residents and their families members of all ages. This year, Saint Simeon’s held three different Christmas parties, one for each level of care. The Independent Living/Assisted Living Residents enjoyed a Christmas Tea with Santa on Friday, Dec. 5. HealthCare Center Residents and Memory Center Residents participated in a Christmas carol sing-a-long and visits with Santa in their respective areas on Dec. 6.

Many thanks to all of the family members who attended the parties and to the Saint Simeon’s Volunteers who helped make the parties possible!
“Adriane is one of the most willing and flexible Medication Aides (CMA) ever. With just a moment’s notice, she frequently assists in covering the med cart when there is a need. Adriane was at my door offering to work long shifts before I even had a chance to approach her. I know that she has also helped other departments when they have needed a CMA. Regardless of her many hours of service, she keeps going with a positive attitude and helps the CNAs when possible as well. Thanks, Adriane!”

— Gina Sides, MC Nurse Manager

“I was born and raised in Flint, Mich. My mother, Beverly Donaldson, worked at DuPont Paint until she retired. My father, Luther Lewis, retired from General Motors. I have two sisters and two brothers. My sister, Veronica Chisum, was the second person in my family to work here. I also had a cousin who worked here before her. Veronica now lives in Phoenix. My brother, Luther Lewis, Jr. lives in Georgia. My sister, Kislyn Ikewis, lives in Atlanta. My brother, Earnest Johnson, recently moved to Tulsa.

My oldest daughter, Tarika, is 24 years old. She is a mother and mother-to-be. She is also a CNA, but for now is a stay-at-home mom. My other daughter, Karimah Halbert, is 22 and is currently working as a CNA in the HCC. My son, Malik Johnson, is 19 years old. I also have a 5-year-old granddaughter, an 11-month-old grandson and another grandson on the way in three months.

I graduated from Northwestern High School in Flint. After graduating from high school, I worked three years for Genesee Packing on an assembly line and worked my way up to floor manager. But I decided that I needed to be doing something different, something more, and on top of that, several of the General Motors plants were closing. My cousin had once lived in Tulsa. When I visited her and where she worked – Saint Simeon’s – I would just sit out in the car and never went inside. That was long before I had any thoughts of someday working in the medical field, but I did remember that it was a place where CNAs worked. I left my job and Flint and moved my three children to Tulsa.

I lived in Tulsa for three years doing several different kinds of jobs. Then my sister decided to also move here. I was unemployed at the time, but she was a CNA and I remembered Saint Simeon’s
and brought her here to apply for a job. When she came out, she told me that they also had openings in Housekeeping, so I decided to also apply for a job.

When I first walked through the door, I realized that Saint Simeon’s wasn’t anything like what I thought a long-term care facility would be. The first thing I saw was the first Simone. She was also a Golden Retriever like our current Simone, and I was actually a little afraid of her since she was a big dog that I wasn’t used to. I also remember that the floors were so clean! I started working as a housekeeper in 2002, mainly in the Memory Center. I watched how well the aides worked with the Residents, and within a year, I decided that I was interested in doing that. I wanted to become a CNA if I could find a class that could accommodate my work schedule. That was possible, and I enrolled at Tulsa Technology. I continued to work in Housekeeping each day from 7:00 to 3:00 and then went to school from 5:00 to 9:00, Monday through Thursday for seven weeks.

I finished my course work and on the day I took the State Test, they gave me a print out of my score, showing I had passed. I took it right to Sue Slama, who was then the supervisor of the MC, and put in my request to transfer from Housekeeping to Nursing. I worked as a CNA for a year in the MC, and then I decided that I wanted to also become a Certified Medication Aide (CMA). Karen Stanhope (then HR Director) tapped me on the shoulder with a check from Saint Simeon’s to pay for CMA school. For a year, I was the back-up for the CMA, then the relief person, and finally, I started working full-time as a CMA.

We had a scheduling committee that I was a member of. I made the suggestion that if an employee called-in on the weekend then they had to work two weekends in a row. They thought it was a good idea so announced the new requirement. I was actually the first person to have to call-in and have it apply to me!

I like interacting with the Residents, providing for them, finding ways to please them and put a smile on their faces. I enjoy passing meds because I like to stay busy, and with this job, there is always something that needs to be done. Also, I like to keep moving. I like the challenge of coming up with different ideas to encourage Residents to take their medications.

I now live in the same three-bedroom house where I raised my kids. When they were no longer at home, I downsized to an apartment. But after 10 years, I decided that I wanted to have my own yard and space. When I saw the house was empty, I moved back and am now buying it.

I like to watch movies, read, shop, and go dancing. I enjoy tear jerkers, true stories, crime stories and history. One of my favorite authors is Ann Rule. My favorite place to shop is Ross.

I don’t have a real church home at this time, but when I can attend, I go to Greater Grace. As far as music goes, I like Rhythm and Blues, but I love gospel music. In high school, I was very good in every sport I played—basketball, soccer, track, cross country, and volleyball. I still have lots of energy and enjoy being active. At home I have exercise machines I use and I used to walk every day for two hours. I would walk four miles from Greenwood to Sperry to 36th Street North.

Someday I would like to be happily married, not have to worry about finances, maybe not even have to work and be able to travel. Two things are at the top of my list: to see the Pacific Ocean and to go to Las Vegas!
Dear Residents, Families, and Friends of Saint Simeon’s

It’s been a while since I’ve written about prayer. It’s always a topic of interest to me, and to many of you as well. Prayer is often defined simply as communication with God. Usually, we talk, either aloud or in our minds, and we hope God is getting the message. I happen to believe God always gets the message – it’s we who have a problem in the communication department. We want communication to be delivered by God in a specific way and preferably, the way we sent it. We’re also pretty sure of what the content of the message from God should be: whatever it is we want! Perhaps the best way of overcoming some of our prayer problems is to expand our understanding of the way in which prayer (communication with God) is happening.

I remember clearly two things my mother often said to me: “Talk is cheap,” and “Actions speak louder than words.” We’ll just go ahead and skip the reason why my mother felt the need to share this wisdom with me so often that it is branded into my brain. These two sayings are a good lead-in to one greatly overlooked form of prayer: actions. Our actions are, indeed, a powerful form of communication with God.

I am privileged to see this active prayer every day here at Saint Simeon’s. Every time an aide provides care to a resident, or a dining assistant helps someone get the important nourishment and hydration they need, or a nurse responds to someone in pain, or a Life Enrichment staff member engages someone in an activity, who is withdrawn, prayers are rising to God in abundance. Every time one member of our staff lends a hand to another, or those responsible for providing meals check and re-check food serving and storage temperatures, or a trash can is emptied, or a bathroom is cleaned, prayers are being shouted from the rooftops!

This is not just true at Saint Simeon’s. This is true for everyone, everywhere. Whenever you or anyone helps someone or shows even the slightest kindness to another at work, at home, in your neighborhood, on the highway – an angelic chorus of prayer reverberates in Heaven! Our actions speak louder than our words. We are always praying, by thought, word, and especially deed. It is important for us to start recognizing our actions as prayers, as communication with God. It is important for us to be aware of what message we are sending to God. It is also important to become aware of the fact that God also “speaks” this action form of communication. Pay attention to the world around you, and you may discover many answers to prayer you have been missing.

Blessings to you,
Fr. Bill Holly †
Turtle or Tortoise? Many people use these two words interchangeably. Is there a difference? Yes. It mainly depends on where the animal lives. In general, a tortoise lives on land and a turtle lives in water. But some turtles can also live on land. It also depends on where the person using the word lives. Not all countries use them the same way. In our Gazebo and Reflections Courtyards, we have many Box Turtles – sometimes also referred to as Box Tortoises. How did they get there? Over the years different people would come across a turtle crossing the road. They stopped, got out, and “rescued” it, bringing it on to Saint Simeon’s. We have enough turtles now that they find each other and, just like our peacocks, hatch babies every Spring in the Courtyards.

The baby turtles (hatchlings) are so small, that they often don’t make it past the first year. They get run over by lawnmowers, eaten by something, accidentally stepped on, or don’t survive the winter. In fact, we rarely see them at all. But if we do find any, Teresa Reno and her daughter, Cassie, take them home to raise for a few years until they grow bigger. Only then do they bring them back to finish their lives here. Some of you were able to attend our first ever Turtle Welcome Home Party this past summer.

Two Box Turtles born this past summer are now in an aquarium in the window of the Education Office so we can all watch them grow up. The one with a decorative shell (Tootie) is an Ornate Box Turtle. The one with the plain brown shell (Filbert) is a Three Toed Box Turtle.

Resident Marjorie Dew shared an article on turtles from a recent publication of the University of Michigan Department of Ecology and Evolutionary Biology. Growing up, turtles were one of her favorite pets. She went on to get a degree in Zoology from Michigan and worked in the field of Microanatomy.

Our Donkey Ears plant may be blooming by the time you read this. Each year, we brought it inside for the winter. Only this winter a central stalk had appeared and now it has buds. Sometime in the next week or so, it is going to flower for the first time! And the last time. Alas, it dies after it flowers. Almost all the babies (plantlets) growing on its leaves have been potted up and found new homes so the plant will live on through its prodigy. Be sure and come by and see what the flowers will look like on this unusual plant.
Simone’s Sentiments

Saint Simeon’s Makes Donations for Dogs of the Homeless

Hello, friends, and Happy New Year! During the month of December, you may have noticed boxes filled with dog food and other supplies (like the one I’m pictured next to) in our lobbies at Saint Simeon’s. This initiative was started by Donna Mayotte, Executive Administrative Assistant, and me (Simone!). We learned that the Tulsa Animal Welfare Shelter was seeking dog supplies to be given to the canines of the homeless. Often times, homeless people will sacrifice their own well-being in order to feed their dogs.

Saint Simeon’s was able to collect literally hundreds of dollars’ worth of dog food, bowls, leashes, collars, blankets, and even clothing! Among these donations were huge, 50-pound bags of dog food! Our hope is that these donations will help keep Tulsa’s homeless and their precious canines well taken care of during 2015!

Thanks to all of the Residents, families and employees who brought donations! This supply drive was so successful that we plan to make it an annual tradition!

Executive Administrative Assistant, and me (Simone!).

Saint Simeon’s Art Show

We are planning a Resident Art Show on THURSDAY, JANUARY 29, 2015 from 1:30 P.M. to 4:00 P.M.

We would love to have any art work the resident produced at any time in their life and in any medium (woodwork, needlework, stained glass, paint, pencil, etc.). Please contact Teresa Reno in Life Enrichment if you have any pieces you would be letting us borrow for the day at 918-794-1932.
Senior Safety and Scam Prevention

*With special guest speaker Lori Fullbright*

**Thursday, January 15 | 10:00 a.m. | Saint Simeon’s Common Room**

Crime can happen to anyone, both outside and inside your own home. Fortunately, there are simple measures that you can take to minimize your risk of becoming a victim.

Join us to hear from Lori Fullbright, Anchor & Crime Reporter on the News on 6, as she shares about the latest crime trends and what precautions you can take. Complimentary refreshments provided. **RSVP by January 12: (918) 794-1945**
Our Residents had a wonderful time during two holiday outings (in order to accommodate as many Residents as possible) to the Philbrook Museum. They enjoyed a delicious meal at La Villa Restaurant and toured the Festival of Trees.