SAINT SIMEON’S EMPLOYEE, RESIDENT TO BE HONORED BY LEADINGAGE OKLAHOMA

LeadingAge Oklahoma has announced that two individuals associated with Saint Simeon’s, Tulsa’s Senior Community, will be honored at its annual awards ceremony.

Dr. Mary Nole, Wellness Director at Saint Simeon’s, will be recognized with the Terry Clark Outstanding Leader in Aging Award. This honor is bestowed on an individual employed at a LeadingAge Oklahoma member community who positively impacts the aging services profession. Dr. Nole will be honored for her lifelong commitment to improving the physical well-being of senior adults, which include her five years as the Wellness Director at Saint Simeon’s state-of-the-art Moody Wellness Center. Dr. Nole has been a leader in ushering in a dramatic mind-shift when it comes to exercise and older adults. At Saint Simeon’s, she encourages Residents in every area of the community – including nursing care and memory care – to exercise.

Vernon Stanton, Saint Simeon’s resident, will be recognized as the LeadingAge Resident Volunteer of the Year. The Volunteer of the Year award is bestowed upon one volunteer for outstanding contributions that result in positive changes for a facility. The Wellness Center staff has come to rely on Mr. Stanton’s assistance in the Wellness Center, which enables Saint Simeon’s to serve as many residents in exercise classes as possible. Mr. Stanton escorts Residents when it’s time for their exercise class, leads them through the weight-lifting routine, encourages them throughout classes, and is able to speak to them on a peer-to-peer level, even sharing his own story of vast physical improvements after coming to Saint Simeon’s.

Dr. Nole and Mr. Stanton will be honored at the LeadingAge Oklahoma Annual Awards Program at the Oklahoma History Museum in Oklahoma City on March 10, 2015.

Resident Volunteer Vern Stanton and Wellness Center Director Mary Nole will be honored by LeadingAge Oklahoma in March.
Rocky, the peachick born July 5 in Kathy Hinkle’s office who thought Simone was his mom, is now six months old. He has had quite a life, having been rejected by the peahens at Saint Simeon’s, and going to live with me (mother to three other peacocks from Saint Simeon’s, and daughter to Pat Bartlett in Health Care). I was available because I had just broken my arm and had to cancel my summer vacation, so destiny came together for Rocky to go home with me.

I’m a divorce attorney, and Rocky grew up spending his days at my office. He joined me at the conference table by sitting on a stool like he was a participant in important mediation. While this could seem strange to many, one client said she had read that peacocks are the eye of God, and she felt Rocky was a sign that God was watching over her. Whether an eye of God, or just something that makes you stop and smile, Rocky has become bigger than just another beautiful bird.

Rocky fit into one hand and weighed less than three ounces when he left Saint Simeon’s on July 11 for his new home. I soon understood he was programmed to be with me, his mom, every minute of the day.

Rocky turns heads wherever he goes. The best restaurant for us to eat at is the Wild Fork in Utica Square. Rocky can hunt for bugs in the garden while I meets friends on the patio for lunch. He always makes lots of new friends. He loves playing with kids that chase him around bushes, and then he turns around and chases them. One evening, a woman came over and introduced herself as having co-written the movie Rocky theme song. Of course, Rocky got his picture taken with her.

Rocky has gotten to be almost 10 pounds. He is about half the size of the big peacocks. He has had a high protein diet (i.e. he is spoiled), so his colors came in faster than normal peacocks. Green and blue feathers are on his back and neck. His head
crest has his old white feathers, but a layer of blue ones right under them. In fact, the announcement that he was a ‘boy’ came sooner than it would for most peachicks. Peachicks all look the same when they are born. You can’t tell a boy from a girl because they are all yellow. Then they all turn white with some brown. The girls will turn a richer white, and the boys will turn the spectacular colors we all know. Because I’m able to pet Rocky, I found those telltale blue feathers sprouting underneath his white ones and was able to announce that he was a boy before he was 2 months old.

I still bring Rocky to Saint Simeon’s, where he sits on Pat’s lap in a geri chair. The three then make the rounds to Residents who enjoy petting his soft feathers or rubbing his pretty head (hand sanitizer is always used). Also, he gets a bath before he comes. The Residents enjoy seeing Rocky and getting to experience a peacock up close and personal.

Lots of Love equals LOTS OF COMFORT

Thanks to the Lots of Love Donors at Western Days 2014, $43,000 was raised for new beds. In January, 27 new beds were welcomed into the HealthCare Center. The beds include special functions that make it easier for our Residents to get in and out of bed, including assist rails, unique lowering features, and a locking mechanism for the footrest.

We thank our Western Days Lots of Love patrons for bringing lots of comfort to our Residents!
Dear Residents, Families, and Friends of Saint Simeon’s

I remember a children’s Sunday School song when I was in kindergarten or first grade. Perhaps some of you remember it as well. The words were, “Praise Him, praise Him, all ye little children. God is love. God is love.” Thus began my theological education. Following that time I have learned many things about God from many sources: the Bible, clergy, teachers, seminary professors, various writings and sacred texts, and various people I’ve encountered in my life. Some of the things I learned from these sources were wonderful; some, not so much so. However, that simple message from that little children’s song has served as the foundation of my understanding of God. That has led me, at times, to the knowledge of experience which has confirmed the understanding of my mind.

The St. Paul wrote of this in the thirteenth chapter of his first letter to the Church in Corinth. He begins his ode to love with these words:

“If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing.” 1 Corinthians 13:1-2

Paul went on to describe, quite beautifully, the attributes of love, finally ending with this impassioned proclamation: “And now faith, hope, and love abide, these three; and the greatest of these is love.” I understand this last verse to mean— when all is complete, only Love (capitalized to denote God’s Love) will be left.

Love is the only thing that truly exists, because God is true existence, and God is Love. We, as children of God, also have only one real thing that endures, and that is Love. Nothing we work for or attain in this life has any lasting value. Love is our only true possession and the only thing we really have to share with one another.

Jesus taught that the only appropriate response to anyone is Love. Love your neighbor, Love yourself, and Love your enemies. Jesus’ command to his disciples and to all of us was to Love one another as he Loves us. This is the Kingdom of God, the pearl of great price, the treasure discovered in the field for which one would gladly give up all else to attain: living in God’s Love with all. May you know God’s Love in your life, experience God’s Love for you, and share that Love with everyone you encounter.

Blessings to you,
Fr. Bill Holly †
GETTING TO KNOW:
Shequanta Brisker
CERTIFIED NURSE AIDE/MEMORY CENTER

“We would like Shequanta to be recognized because of the excellent care she shows for our mother and for all of the other Residents. She shows unconditional love and care. She demonstrates an Agape love. Shequanta has a natural ability to anticipate the needs of people she cares for, and gives them what they need, often before they ask for it. She understands Paula, when few others can. She provides food and snacks for those who are hungry. She will sit and talk to those that are scared or have anxiety to calm them down. She is a gentle and kind spirit who always has a smile on her face.”

— Paula Lowery’s Family

“I am a Certified Nurse Aide (CNA) working 7-3 in Home 5 in the Memory Center. I really enjoy assisting Residents with things they may not be able to do all by themselves anymore and providing them with experiences that make them happy. I want them to feel that life goes on and is still worth living. They likely cannot remember what it was that we did that brought a smile or a laugh, but how it made them feel inside stays with them for a long time.

My senior year, in addition to my high school classes, I also took classes at Tulsa Technology Center and became a CNA. My nursing instructor was Crystal Johnson Stewart, who used to work at Saint Simeon’s. The class came here for our clinicals, and I knew immediately that this is where I wanted to start my career. As soon as I graduated from high school in 2008, I started working here, first as a CNA on the 3-11 shift in the Health Care Center for one year, and then the rest of the time in the Memory Center.

I was born and grew up in Tulsa, attending Hawthorne Elementary School, Gilcrease Middle School, and graduated from Will Rogers High School. I am the oldest of four brothers and two sisters.

I am happily married to my high school sweetheart, Curtis Brisker, who used to work in the Dietary Department here. He is now a truck driver. We have three sons, Nakiry, 6

“Shequanta Brisker” ... continued on page 7
Thank you for giving to the Employee Christmas Fund!

Sincerely,
Saint Simeon's Staff

Thanks to the Employee Christmas Fund Donors, $73,295.50 was raised to go towards Christmas bonuses for Saint Simeon's front-line employees.
“Shequanta Brisker”… continued from page 5

years old, Curtis, 3, and Tyrann, 1. They are all wonderful, but they are boys and keep me plenty busy with their sports and games when I’m home. You might call me a ‘Soccer Mom’ because I believe in being hands-on.

We have a dog named Pac Man who is real big but as sweet as can be. Our other pets are three Oscar fish. We got one when each child was born. That means our first Oscar is six years old now, and he has become huge! He is in a 60 gallon tank by himself (except for an algae eater) because he would eat the other fish. No fish flakes for Oscars – they eat live minnows.

I love Gospel and Rhythm and Blues music. I’m a big New England Patriots fan. For now, I’m pretty much a ‘Cartoon Gal’ since that is what the kids enjoy. I’ve had the opportunity to travel to California and to Las Vegas. The place that I most want to visit someday is Hawaii with its beautiful beaches, ocean and sky.

From the time I was itty bitty, I always wanted to help people, so I knew that I wanted to be a nurse. I am glad that I found Saint Simeon’s and am looking forward to becoming a Registered Nurse someday!”
Resolve to Be Well in 2015

Wellness Center staff member Kelsey Cox encourages Resident Frances Duren to sign up for Wellness classes.

Resident Volunteer Vern Stanton helps Resident John Conway sign up for Wellness classes.

Dr. Mary Nole, Wellness Center Director, works with Resident Geraldine Sanders on a recumbent bike.

Wellness Center staff members threw a Resolution Party on January 2 to encourage Residents and staff members to sign up for Wellness Center classes this year. With a number of water and land classes held throughout the week, everyone on Saint Simeon’s campus has the opportunity to get fit!