GUESS THAT RESIDENT!

Our Residents and their family members searched through old family photos to bring up some of their finest moments from the past.

See if you can figure out who these young people grew up to be!

Answers are found at the bottom of page 3.

SAINT SIMON'S FOUNDATION PRESENTS

WESTERN DAYS 2015
CELEBRATING SAINT SIMON'S
Where Caring Really Matters

SEPTEMBER 15, 2015

Our website is up! Check out www.WesternDaysEvent.com.
Buy/sell your Raffle Tickets for the $2,500 Utica Square Gift Card!

Contact Carolyn Blair at 918-794-1937 or buy your raffle tickets from www.WesternDaysEvent.com.
GETTING TO KNOW:

Angel Martin, LPN
STAFF NURSE/ASSISTED LIVING

“I would like to thank and nominate Angel Martin, who along with Patrice Tharps and Michael Childs, helped me when I was in bad trouble. I was snake a drain in the kitchen on the second floor. As I was snakeing it, the snake grabbed my glove and twisted my hand and glove up in it. I called on my radio for anybody at the second floor Nurse’s Station to come to the kitchen right away! The next thing I knew, help came. They started trying to free my hand from the snake. Patrice went after scissors to cut the glove off. Michael from Dietary came in and he also started helping. Angel was trying to cut my glove off, but she was having a hard time cutting through it. I asked Patrice to go get a box knife. She took off like a rocket. I’m so thankful these three co-workers acting so quickly.”

Denise Fack, Maintenance Worker/FS

“I am a Float Nurse working in Assisted Living, both Dotson Assisted Living and Assisted Living Plus. My days and hours vary, and I work every other weekend. I started working here in May 2009. I had been a nurse at another facility, working in Skilled Nursing. I was referred here by Tiffani Henderson, a nurse in the Health Care Center. We are both from Okmulgee and have been friends since high school. I have been here for six years because I work with great people. Coming to work isn’t so hard when you work with people who are close friends and make you feel like family.

I became a Certified Nurse Aide (CNA) when I was 17 years old and still in high school. I took CNA classes through Green Country Technology. Once I got into it, I knew nursing was what I was going to do. I just naturally like to take care of people, partly because I was the big sister in my family. Seven years later, I attended Platt College in Tulsa and became a Licensed Practical Nurse (LPN). Tiffani Henderson and Lyndsey Smith also went there.

I was born in Little Rock, Arkansas. My dad, Jerry Martin, was a supervisor on a sod farm. Now he is a supervisor at a pump Company in Okmulgee. My mom, Sandra Martin, was a stay-at-home mom. She currently is home schooling my sister, Taylor Owens, who is 12 years old. I have two brothers, Steven Martin and Ryan Martin. I started elementary school in Little Rock and then we moved to Preston,
Oklahoma (near Okmulgee), where I finished middle school. I attended Preston High School. I loved playing basketball but we only had a varsity team and they were super good. I wasn’t able to be on the team, but I was the basketball manager for both the girl and boy teams.

After my parents divorced, my mom moved to Tulsa. In the last three months of my senior year, one brother and I joined her in Tulsa, so I wasn’t able to graduate with my class. I went ahead and got my GED that same year. I have been working since I was 15 years old (Worker’s Permit). I was a waitress at the Okmulgee Country Club and later a CNA at a Nursing Home in Okmulgee. I became a Certified Medication Aide (CMA) before becoming an LPN. I worked weekend doubles while I was going to school for my LPN.

My home is in west Tulsa now. I have a son, Jacobi James, who is 1 year old and has started walking! I have to watch his every move because he is into everything. I feel like I am busier when I am at home than when I am at work. His father, Jeremy James, does Lawn Care and is great at taking care of Jacobi. Jeremy also had two other children. We have a pit bull, Juvie, who is a wonderful loving house dog. After work, we all go walking in nearby Reed Park.

When I graduated from LPN School, a friend and I traveled to the state of Washington. I also have vacationed with friends at Galveston, Texas, and visited most of the states surrounding Oklahoma. Now, for fun we go to lots of the stuff going on downtown. We really enjoy attending events at the Guthrie Green and the Food Trucks. I enjoy all music.

I hope to become a Registered Nurse (RN) and I have just been accepted into the ‘Bridge Program’ (from LPN to RN) at Oklahoma State University in Okmulgee, starting in July.

I don’t think I can say enough about how much I love my son, Jacobi. He gave my life a whole new meaning. After I had him, I couldn’t imagine coming back to work. I wanted to be a ‘stay at home mom’ (in my dreams), but once I returned and got back to doing what I love, I learned to balance the two. I’ve always been motivated to further my career, but he gives me even more motivation because I want to show him that with hard work and determination, you can do anything you want in life. I want to be the best mom and nurse I can be!
Dear Residents, Families, and Friends of Saint Simeon’s

This is the last part of a three-part series on fear in our lives, its effects, and how we can deal with it. Go to this column in the April and May editions of The Quill to pick up the first two parts if you missed them or, just cut to the chase and read this one! To recap: one can trace any negative feeling or emotion (anger, hurt, envy, possessiveness, jealousy, hate, despair, etc.) to a fear. These negative emotions block our efforts to live happy, peaceful, and fulfilling lives. They impact our relationships negatively, and hamper our endeavors to achieve various goals we set for ourselves. If we could effectively deal with these negative feelings and the fear that underlies them, we could open up a completely new world for ourselves and make the lives of those we live and work with much better as well!

Recently, I read a very interesting and useful book by the late David R. Hawkins, M.D., Ph.D., entitled, Letting Go – The Pathway of Surrender. It was Dr. Hawkins’s last book, and it deals entirely with the subject of dispelling the power of negative feelings and fear in our lives. As a psychiatrist, he understood that the method used by most of us, suppression and repression, doesn’t work. Suppressed feelings just keep coming back and repressed feelings grow stronger and more destructive in our subconscious mind. Both will manifest themselves in our thoughts, our behaviors, and even our physical health.

Based upon his years of professional and personal practice and research, Dr. Hawkins promoted the technique of paying attention to and experiencing negative feelings, preferably as they occur, and then as their energy dissipates, simply letting go of them. Yes, you actually can “let go” of negative feelings. This is not suppression or repression. You must acknowledge and experience the feelings. You must pay attention to them. In fact, it is as if you are watching a feeling, seeing it act upon you, noting how it feels. As you do so, it does actually decrease in power or intensity. You make a conscious decision that you don’t want to hold on to this feeling and you let it go. It actually does go away, leaving you with a sense of relief and peace.

Feelings that are particularly powerful and recurring in our lives will return. Each time they come back, use the technique to let go of them. They will become less frequent until they finally disappear from your life. You will discover in this process that you have been providing the energy to these feelings all along.

Jesus taught the importance of faith in overcoming our spiritual obstacles. It is important to trust in the truth that each one of us has been given the power to face our negative feelings and the fear that is ultimately behind them. Each one of us has been given the power that releases us from their bondage and restores us to wholeness in God.

Blessings to you,
Fr. Bill Holly †
"Letters make words.
Words spill out on paper.
Paper turns brown.
Our letters go into the earth
And come up leaves."

— former Resident Charlotte Stewart From her poem, Roricso

We will no doubt have peachicks in our courtyards by the time you read this. Also, the Saint Simeon’s Butterfly Garden in memory of Marilynn Lane in the Gazebo Courtyard will have been dedicated and we will have butterflies! “If you build it, they will come…”

Milkweed is the preferred food source for monarch caterpillars and the only plant monarchs will lay their eggs on.

Milkweed used to be very prevalent. Then new chemicals (like Round-up, developed at Oklahoma State University) for farmers to control weeds in their fields and homeowners in their yards came on the market. The downside is that Round-up also kills milkweed. Many sites where milkweed used to grow naturally no longer exist because there are now houses or parking lots or other construction there.

Speaking of butterflies – in particular, monarch butterflies – you have no doubt read that their population is at an all-time low. Some estimates put it at half of what it was just a few years ago, which is a shocking decline. One of the main reasons is that there aren’t nearly as many milkweed plants around anymore. With the scarcity of milkweed and many people wanting to help increase the monarch population by planting it in their yards, we have had difficulty finding Milkweed to plant in our new Butterfly Garden. We now have Joe Pyle Milkweed growing and are seeking other varieties (over a 100 species). If you have any and can share, just let us know.

FLORA & FAUNA FRIENDS MEETING
Saturday, June 13
10:00 a.m.
Dotson Family Assisted Living Family Room

Perhaps you are questioning the wisdom of creating a Butterfly Garden in the Gazebo Courtyard, the main hang-out of our Peafowl. It turns out that many of the plants and flowers most needed by butterflies and their caterpillars naturally taste bad to birds. We hope these unusually beautiful birds and insects will happily share this space for many years to come.

In the future, Saint Simeon’s might become a Monarch Way Station. That is a stopping place for monarchs to rest and lay their eggs as they migrate back to Mexico where they breed. Even flying thousands of feet above the ground, as they pass over this hill, they will look down, see our colorful garden, and fly in for a visit!
Parts of Saint Simeon’s
You Never Knew Existed

Saint Simeon’s beautiful campus spans 25 developed acres. Our lush landscaping and beautiful building includes gardens, courtyards, an Ice Cream Parlor, Wellness Center, and of course, apartments that are home to wonderful Residents. With so much space to wander, it’s likely there are parts of Saint Simeon’s you’ve never explored. Here are just 3 of the lesser known spots at Saint Simeon’s:

Blue Moon Dining Room
If you’re an Assisted Living Resident, perhaps you’ve noticed that just outside of the main downstairs dining hall is a closed door. What does that closed door lead to, you might ask? A private dining room lovingly called the Blue Moon that comfortably seats up to eight people. The name “Blue Moon” pays homage to the former open air Blue Moon nightclub, which was at 36th st. North & Cincinnati (the property was just south of Saint Simeon’s in the 1960’s). Residents can book the dining room for special meals and meetings.

Memory Center Basketball Court
In the Memory Center courtyard is a spot where Residents can shoot hoops! A few years ago, there were a few Residents who really liked to shoot baskets, including one Resident who was visually impaired, Mac McKee.

Secret Garden
There are so many gardens all over Saint Simeon’s campus, but this one is truly secret. Nestled outside, halfway down Casey Hall outside Dotson Family Assisted Living Center, is the Secret Garden. The garden was really the brainchild of Mary Newman, daughter of former Resident Ruth Matlock. “When Mom moved over to the Dotson Center, I started planting perennials in the Secret Garden,” Mary said. “There were already crepe myrtles, nandinas, and a few other plants there but no flowers. I wanted to make a bird-friendly oasis and also have butterfly-friendly flowers. Mom had a neighbor across from her who used to sit for long periods of time fascinated by the birds. My son, Nate, put the bird book together that is in the parlor that overlooks the Secret Garden that tells about all of the birds that have been seen in the garden. Resident Bob Snow has also been very involved in maintenance of the Secret Garden. The bird bath out there belongs to Bob,” Mary said.
HAPPY BIRTHDAY

June

6/1  Lois Gatchell
6/4  Robert Axtell
6/5  Albert McCall
6/6  Juanita Hamby
6/6  Rumi Framjee
6/11 John Conway, Jr.
6/14 Grace Hartzell
6/17 Paula Lowery
6/20 Jane Wirick
6/20 Loretta Jones
6/22 Doris Nickell
6/26 Louise Treadway
6/28 Ethel Grigg

Welcome to our Family!

Edward Cizek
Joseph Cole
Eloyse Smith
Elizabeth Sposato

WE REMEMBER IN OUR PRAYERS

Ruth Carter
Nell Davis
Pinkie Johnson
Barbara Kelly
Ralph McNally

PARKING NOTICE

TO: Resident Families and Resident Representatives
FROM: Lindsay Hurley Fick, President/CEO

Visiting loved ones at Saint Simeon’s is an important part of life for both you and your Saint Simeon’s Resident. We are always thankful for visitors.

We are experiencing a significant issue however with people parking in the circle drive (Oxley Circle) directly outside the Dotson Assisted Living Center.

For safety reasons, parking is strictly prohibited in the circle drive; that area is exclusively for pick up and drop off. Should we experience an emergency that area must be clear for EMSA and emergency personnel.

The parking spaces in the parking lot have spaces designated for handicapped for those who need closer parking.

Thank you for your attention to this matter and your adherence to Saint Simeon’s safety requirements.

If you have a question, please feel free to contact me at 918-794-1901.

DID YOU KNOW?

Saint Simeon’s guests may join Residents for a meal for $5/ticket.

The Assisted Living front desk sells meal tickets. Guests should bring their tickets to the dining room. The server will ask for the ticket before presenting a plate.

Family Swim

The Wellness Center will host Family Swim on the following Saturdays from 9 A.M.- NOON throughout the summer:

JUNE 27 | JULY 25 | AUGUST 29

Residents and their families are welcome to come enjoy our warm water therapy pool!

CONGRATULATIONS ARE IN ORDER!

Congratulations to Christina Entin, who was recently promoted to Regional Executive Chef. She has been a proven leader not only here at Saint Simeon’s, but also in the Morrison Community. She will continue to be here at Saint Simeon’s but will also serve as a mentor and trainer to Morrison chefs in the region.
A Centenarian on Campus!

Saint Simeon’s Resident Virginia Lutman celebrated her 100th birthday on April 10 with friends, family, and fellow Residents. We’re honored to have a centenarian in our community!

Saint Simeon’s employees Kayci Hebard, Thea Lawson, and Carolyn Blair, and Resident Volunteer Vern Stanton had a great time at the Saint Simeon’s table at the Tulsa Country Club Spring Fling Event. Special thanks to co-sponsor: Marshall Brewing Company.