Saint Simeon’s Employees, Volunteers, Work to Make Residents’ Dreams Come True

Saint Simeon’s is a place where dreams come true, thanks to a fund called the Tree of Dreams. Years ago, the Saint Simeon’s Auxiliary, started a fund in order to help fulfill Residents’ dreams. The fund is available, and is operated by staff members and volunteers who are part of the Tree of Dreams Committee.

Over the years, a number of Residents have had their wishes fulfilled. Here are a few of the dreams that have come true:

★ A couple of Residents wanted to go fishing. Skiatook Marina generously donated a boat to us for the day, and Residents enjoyed a great day of fishing!

★ Hazel Richardson had a dream to go to an Oklahoma City Thunder basketball game. We were able to get tickets for her, her daughter, and Life Enrichment staff member Cheri Richardson to attend their exhibition game in Tulsa in 2013. The Thunder even sent her a fan package, which she now has framed above her bed.

★ Resident Mable Rice’s dream was to have a big party for her family and friends to celebrate her birthday and she and her husband’s anniversary. About 80 people came to a lively party held in the Common Room! A couple of Mrs. Rice’s friends who are jazz musicians came as the entertainment.

★ Anne Evans and Jean King both submitted requests to take trips to their home town of Bartlesville to visit their husbands’ gravesites. They were able to visit the cemetery and also eat lunch in Bartlesville.

★ Patty Flint said that her dream was to have lunch with Lindsay Hurley Fick, Saint Simeon’s President & CEO. Patty’s sister, Robin Ballenger, joined the ladies for a delicious lunch in the Saint Simeon’s Blue Moon Dining Room.

★ Martha Eskridge in the Memory Center went for a delicious lunch at her favorite restaurant, The Restaurant at Gilcrease.

★ Monique Jones in the Memory Center mentioned that she missed shopping at her favorite store, Stein Mart. Brenda Hoesloop, volunteer, and Juan Ferrera had a great time helping Mrs. Jones pick out a few outfits.

If you know a Resident who has a dream waiting to come true, stop by the Foundation office to visit Lindsay Morris, or contact her at lmorris@saintsimeons.org or 918-794-1945.

October 2015
“On July 26, I became dizzy and unsteady on my feet. I thought it was from not eating the day before. Pam calmly told me to sit down so she could take my blood pressure. I asked what it showed, and she said, “Why don’t you just sit here for a moment.” She also wouldn’t let me drive, and she asked for my cell phone to call my son. She got a couple of CNAs to stay with me to keep me distracted. My son was there in 10 minutes, and I was wheeled out of the MC to the car and taken to the hospital where I stayed for several days. The doctors said that if I had not gotten the help I did, when I did, it is possible that I wouldn’t have made it. Thanks to Pam and her remarkable nursing skills, I’m back. Saint Simeon’s has the top of the line employees, and I am so very thankful to be a small part of this number one team.”

— Jean Hunter, Unit Clerk/LE Assistant/MC

“When one of our beloved staff members, Jean Hunter, became ill and acted out of the norm, Pam recognized there was a problem. After taking Jean’s vitals and checking her blood sugar, Pam recognized the symptoms and called Jean’s family to come and take her to the ER. Additionally, she made sure Jean took aspirin before leaving. There is a good chance that Pam saved Jean’s life. Thank you, Pam, for your quick thinking and actions!”

— Tawnee Howley, AL Manager

“I came to work at Saint Simeon’s in 2002. Previously, I was at Hillcrest for 13 years. While working in their rehabilitation unit, I became acquainted with Sue Slama. When Sue came to Saint Simeon’s, first as the Memory Center Manager and now the Director of Nursing, she urged me to come also. I have worked in large and small hospitals, in emergency rooms, and in maternity rooms. In those settings, the medical situations are more acute, and you are exposed to a lot of different things but the patients move in and out fairly quickly. You don’t get to have the longevity and depth of involvement as you do here with the Residents and their families. As a rehab nurse, I worked with victims of strokes, Parkinson’s disease, quadriplegics, paraplegics, and persons with head injuries. In some ways, it resembles what happens with our Memory Center Residents only in reverse.”
As a charge nurse, my job is to take the best possible care of the Residents, including doing their assessments, giving them medical treatments as needed, preparing for doctor visits, working with the CNAs, CMAs, and Life Enrichment Assistants, delegating jobs, interacting with family members, and deescalating situations when it is needed. I also serve on the Infection Control Committee, Falls Prevention Team, and the Nutrition Alert Team.

I knew that I wanted to be a nurse at the age of 7. I was stricken with polio and spent a lot of time around nurses and doctors. I admired the way they handled all the children. I told everybody then that someday I would be a nurse, and sure enough, while I raised my children, I became a CNA, then an Emergency Medical Technician, then an Emergency Room Technician, then a CMA, then a LPN, and finally went back to school at Rogers State College in Claremore to become a Registered Nurse.

I grew up in Virginia at the foot of the Appalachian Mountains in a little town called Blackwater, which had a post office and one store. I attended all 12 grades in the same building, and there were 11 people in my senior class. My dad was a mail carrier, farmer, sold monuments, worked at a store, and did inspections for the federal government. My mom had been a nurse before she was married, was a housekeeper, and took care of us seven children. My mom was half-Cherokee; my grandmother was full-blood Cherokee. I went to pow wows and would get up and dance when the dancers invited the audience to join them.

When I was a little girl, I caught polio at our county fair. You never completely get over it, and I am still weak sometimes, but I know how to compensate for it. One thing I do is exercise. As part of the treatment for polio, I had to exercise a whole lot, so it is just a natural part of my life. I remember when I was finally able to quit wearing braces on my legs. I threw them over the hill behind our house, but my mom put them in the attic. So I would keep throwing them back over the hill!

I have five children of my own (Kenneth, Sean, Chenoa (means white dove), Joyce, and Terry. I also have four godchildren, 18 grandchildren, nine grand-godchildren, 12 great-grandchildren, and three great-godgrandchildren. A good friend of mine, Shirley, and I pretty much raised our kids together, and she used to tease me that if something happened, she was going to leave me her kids. When she and her husband were killed in a car accident, I honored her wish.

My family recently gave me a “surprise” 70th Birthday Party at Lake Claremore. They didn’t think I would know about it because they all communicated on Facebook and I don’t do Facebook. But I fooled them and surprised myself by actually navigating Facebook.

I know exactly what I want to do for retirement. I want to live on an island called The Isle of Palms off the coast of Myrtle Beach, South Carolina that you can get to by bridge. It’s a little, bitsy island with a little, bitsy town – one gas station and a grocery store.”
Dear Residents, Families, and Friends of Saint Simeon’s

Jesus spoke often of love and its primacy in every relationship. He instructed His followers to love God with their whole being and to love their neighbor as themselves. He then goes on to say that their “neighbor” includes those who hate them or wish harm upon them. He commanded His disciples to love each other as He had loved them.

In English, we have one word we use for all kinds of love – the English word “love.” The New Testament was written in Greek, and there are many words to define different kinds of love. The Greek word attributed to Jesus’ teaching on love is “agape,” pronounced ah-gah'-pay. It is often simply defined as “God’s love,” but that doesn’t really help us to understand it other than to signify that it is a special kind of love.

Agape is the highest and truest expression of love. It can’t really be defined in a sentence. It has to be described by how it does and does not express itself. The Apostle Paul, in his first letter to the Church in Corinth, does a very admirable job of this description. Paul writes,

Love (agape) is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends.
1st Corinthians 13:4-8 (NRSV)

There is a powerful sense of servanthood in this description of agape love. That would be very much in keeping with what Jesus taught His disciples, because He often said things like, “The greatest in the kingdom of heaven is servant of all.” Indeed, Jesus said that He Himself came not to be served, but to serve. In this great love, He and God, who He referred to as the Father, are one. The great secret that Jesus was sharing with all who listened then and with all who listen now is that this is the very nature of God. God is agape love that seeks always to serve.

So how do we respond to God, who created all things from His love? What have we to give in return for giving us life and inviting us to share life with Him? It would appear that there is only one, never-ending currency in the Kingdom of Heaven – agape love. We should love God with all that we are. We should love everyone as we love ourselves.

Blessings to you,
Fr. Bill Holly †
As I am writing this, we are awaiting the hatching of a second round of peafowl chicks this year. Never a good idea to “count your chickens before they hatch,” but we do have three of our four hens sitting, so we expect an entertaining Fall.

Dorothea Williams, like that. She donated two Elephant Ear tubers (similar to bulbs) to Saint Simeon’s. The plants came back the second year, so it looks like they like it here. Clearly, the Elephant Ears will always hold the record for biggest leaves on the property. Dorothea is standing next to the one growing in the Chapel Garden, and the second one is growing near the patio in the Gazebo Courtyard. At each location, what you see is growing from one tuber!

Plant lovers are a generous sort. When they grow something that is successful, they want others to also enjoy the experience. One of our housekeepers, Dorothea Williams, is like that. She donated two Elephant Ear tubers (similar to bulbs) to Saint Simeon’s. The plants came back the second year, so it looks like they like it here. Clearly, the Elephant Ears will always hold the record for biggest leaves on the property. Dorothea is standing next to the one growing in the Chapel Garden, and the second one is growing near the patio in the Gazebo Courtyard. At each location, what you see is growing from one tuber!

We recently had a very special box turtle die. For years, Teresa Reno and her daughter Cassie (“Turtle Whisperer”) have taken any baby turtles born in the courtyards home to grow up for a few years. They are so tiny at first that they are easily hurt or even killed by a lawnmower or weed eater or stepped on or don’t survive their first winter’s hibernation. After they are bigger, they come back home to live the rest of their lives with us.

Regina was one of our baby turtles who passed away. Cassie buried her in the Chapel Garden surrounded by all the artificial turtles/tortoises. No turtle has ever had a more beautiful “headstone.”

Saint Simeon’s Education Director (“also known as, “Simone’s Mom”), Kathy Hinkle, will be a recipient of a 2015 Paragon Award, due to her over 40 years of volunteer service with the League of Women Voters of Metropolitan Tulsa. The Paragon Awards celebrate Leadership Tulsa members who are exemplary leaders to local non-profit organizations and the Tulsa community. Out of all the nominations received, three winners (Kathy being one of them) are identified and will receive a beautiful, engraved trophy at the Legends and Legacies event on Oct. 27 at the Greenwood Cultural Center. Their nominating agency (in Kathy’s case, League of Women Voters) will also receive a $3,000 check.

Aside from Kathy’s amazing work with League of Women Voters and Saint Simeon’s, she was also recently accepted into the Tulsa Master Gardeners program! Congratulations, Kathy!
1. Eat oatmeal every morning. It helps keep your arteries clear. If you add some blueberries, it’s good for the brain. It helps you remember where you put your keys or what you came to do when you entered the room.

2. Don’t sit too long, or you will rust and won’t be able to get up.

3. Find something to laugh at every day. If nothing else, laugh at yourself. Old people are funny.

4. Keep a sense of humor. No one likes to be around an old grouch.

5. Embrace the technological world — computers, email, cell phones, digital cameras, CDs, iPods, etc. The worst you can do is push the wrong button. I’ve become very adept at this. Don’t fret if your new challenge is obsolete by the time you master it. Think of this as another experience.

6. Line dance. It is good for coordination and it exercises the brain. You don’t have to have a partner. Old men are scarce.

7. Don’t dwell on the past. Life goes on.

8. Throw away your old, outdated clothes. Something new will lift up your spirits. You could use some up-lifts here and there.

9. Walk three or four times a week. It is great to commune with nature and helps you realize how fortunate you are to be an American living in this great country.

10. Travel. It’s a big world out there with lots to see. When you return, home will look better. Travel keeps you from getting into a rut in your own little world.

11. Include the opposite sex in your life if possible. They add a little spice to conversations.

12. If things look really bad, remember, “It is always darkest before the dawn,” and, “This too shall pass.”

13. Get a good night’s sleep. This is when the body repairs itself. Night creams, lotions, and all kinds of elixirs might help. If all else fails, try tape.

14. Make fruits, nuts, and dark chocolate a part of your daily diet. The sun will shine brighter and the sky will be bluer. Gaining weight will be insignificant and life will go on.

Did you know? The Quill welcomes submissions from Residents! If you would like to submit an essay, poem, or short story, please contact Lindsay Morris in the Foundation Office at 918-794-1945.
HAPPY BIRTHDAY

October

10/6  Gene Barton
10/8  Martha Myers
10/8  Jean Paul
10/10 Bernice Vaverka
10/14 Roger Alkire
10/29 Mary Craig

Welcome to our Family!

Gene Barton
Billie Cooper
Betty Cottier
Anna Lou Harris
Patricia Meyer
Bobbye Potter
Thomas Sisson

WE REMEMBER IN OUR PRAYERS

Mary Kunnemann
William Mangan

ALZHEIMER’S ASSOCIATION

CAREGIVER SUPPORT GROUP

THURSDAY, OCT. 22
6:00-7:30 P.M.
SAINT SIMEON’S SMITH CONFERENCE ROOM
— SPEAKER —
MARGARET LOVE, MSW

This group meets monthly on the 4th Thursday. Complimentary dinner will be provided.

Please RSVP by Oct. 19 to Lindsay Morris at lmorris@saintsimeons.org or 918-794-1945.

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.

Day of Remembrance

November 5, 2015 | 1:30 pm | The Common Room
Please join us for a celebration of the lives of these Residents who have passed away since November 2014

Lewis W. Taggart
Robert Hagen
Etta Mae Holt
Dorothy C. McDonald
Mary Nelson
Emalene Clanton
Anne Barry
Stella Hanesworth

Loretta Dewey
Erma Carter
Joyce Bizjack
Kathleen Martinovich
Barbara Helm
Nadine Summers
Leta Ellen Black
Thomas Buckley

Charles D. Cruce
Monique Jones
Jerome Lyons
William Myers
Betty Ammann
Lloyd Christensen
Helen Kathrine Robison
Ruth Carter

Barbara Kelly
Pinkie Johnson
Ralph McNally
Nell Davis
Tony Walters
Charles Howard
Bobbye Rex Blockmore
Sophie Gorski

Loretta Jones
JW Childs
Paula Lowery
John Heisler
Charles Duffy
Laverne Suit
Mary Kunnemann
Lucille Musgrove
William Mangan

October 2015
MARK YOUR CALENDARS FOR
SAINT SIMEON’S THIRD ANNUAL

Harvest Moon Festival

SUNDAY, OCTOBER 25 | 2 – 4 P.M.
SAINT SIMEON’S ECKEL PARK

Live entertainment, balloon animals, the pumpkin patch, face painting, crafts, and a costume contest.
—Generously made possible by The Wirick Family—

WESTERN DAYS 2015
CELEBRATING SAINT SIMEON’S
Where Caring Really Matters

ON SEPTEMBER 15
WAS A HUGE SUCCESS!

We’ll have photos and results from the event in the November issue of the Quill!