Saint Simeon’s is proud to share that Founders of Doctors’ Hospital, Inc. has made a gift of nearly $23,000 toward the purchase of rehabilitative equipment for Residents with Parkinson’s disease. Their generous gift will allow Mary Nole, Ed.D., Director of Saint Simeon’s Wellness Center, and her team to add the following equipment to Saint Simeon’s Wellness program:

- Core Stix, hand held walking sticks which provide a safe and effective way to strengthen the core muscles needed for postural support and function. Specific to the senior/rehab population, these devises provide a means of practicing chair stands, squats, and balancing exercises.

- SCIFIT Passive Active Pro2 Unit, similar to a stationary bicycle which adjusts the user’s desired speed to insure the rider experiences the appropriate intensity.

- Glide Track Unweighting System, an unweighting harness used on our existing treadmill. Unweighted walking enables neurological patients to walk longer and more comfortably, allowing for gait corrections, increased speed and smoothness, longer sessions, and enhanced neurological recovery.

- WaterFit Trampoline, an aquatic trampoline that uses water as a form of natural resistance to strengthen abdominal muscles and improve balance. The WaterFit Trampoline will be used in our existing saline pool.

This equipment will be used in addition to PWR!Moves, a neuroplasticity principled program.

CONTINUED ON PAGE 6
“I have worked at Saint Simeon’s for a year and five months. Before I came here I worked at Manor Care as a cook for 15 years. I started there when I was 21 years old. Previous to working in nursing homes, I worked in daycares. I really enjoyed that but decided to choose a different route for my life. I wanted to better myself. Once I started, I figured out that this was my passion.

I was born and raised in Tulsa. I attended high school at Nathan Hale. While in school there I was in the ROTC and Heritage Club. As a member of Heritage Club we got to march in the Martin Luther King Jr. Parade. I know the employees of Saint Simeon’s also do that here, and I am looking forward to participating next year.

Saint Simeon’s is bigger than what I am used to. Manor Care was a much smaller facility; my area was like a family, we all laughed and cried together. My manager there had a big impact on my life; she was there for me through my struggles and triumphs. Once she left, it just didn’t feel the same, so I decided to try something different. I live down the street from Saint Simeon’s and always knew it was here. Once I left Manor Care, I decided to apply. I interviewed on a Tuesday, and by that Friday I was offered the position. Prior to being offered the position here, I was offered a similar position at another facility, but it just didn’t feel right. They didn’t care for their residents like Saint Simeon’s does. I’m not a job hopper, and Saint Simeon’s felt like the right place where I could stay long-term. I hope to build the same family atmosphere here that I was privileged to experience for the first 15 years of my career.

My favorite thing about working here is the effect I have on the Residents. I like that I can do something simple, like make them some eggs, and it makes their entire day. I often have Residents ask what they can do to repay me. I simply tell them to give me a smile.
Growing up, I was the middle child in my family. My family now is my husband and my daughter. I have been with my husband for 20 years, married for 13 of those years. We have an 11 year-old daughter. I also have a very special relationship with my mother-in-law. We are incredibly close. She is just like another mom for me. I feel tremendously lucky to get along so well with her.

In addition to spending time with my family, working in my yard is another valued past time. I love to be out there with my flowers. Last year my roses bloomed, and a friend came to my house saying how much she loved them; we cut her several bouquets. It really gives me piece of mind to be out there working in the garden."

“One Saturday sometime after 9 a.m., a Resident from Assisted Living Plus (ALP) arrived at the Health Care Center (HCC) kitchen asking for bacon and eggs. (The Resident had breakfast already on ALP but was still hungry.) LaTosha had already taken the food from HCC to the main kitchen and was getting ready to clean up the grill. She said, ’No problem, let me get some bacon from the main kitchen,’ and she was happily on the way to making a hot, fresh breakfast for the Resident. She did it all with a big smile and made the Resident feel welcome and happy. I have noticed in all my interactions with LaTosha over the past few weeks that she brings a positive attitude to work every day. She speaks to the Residents, jokes with them, and interacts in a friendly way with staff. All in all, she exemplifies the kind of person we want working with our Residents.

Thanks, LaTosha, for joining Saint Simeon’s in providing the best care (and breakfast) we can for our Residents.”

— Chris Gruszczek, Administrator
Dear Residents, Families, and Friends of Saint Simeon’s

In the last issue of the Quill, I wrote of the importance of stillness to our spiritual life. It is in stillness that we come to know God, and it is in stillness that we come to truly know ourselves. The most important part that needs to be still is the mind. It is so loud! It fills us with all kinds of images and stories and drama to get caught up in. It is always commenting on everything. It labels, judges, tells us what we like and don’t like. It never allows anyone or anything to simply be; it must categorize and assign a value. It is quick to tell you what you did wrong and what the other person thinks about you. The mind seems to be relentless in its activity. Yet, somehow we all know that we need a break from this mental noise. How do you do that? How can you quiet your mind?

Well, one way we do that is through sleep. When we are asleep, the thinking mind is quieted. Of course, it picks right back up the moment you wake up. Sometimes, the mind won’t let you get to sleep! Pretty much everyone has had that experience. It’s very frustrating! Also, sleeping your life away doesn’t seem too practical. Perhaps the most common way to bring quietness to the mind is through meditation.

What is meditation? Is it zoning out into Neverland? Is it a sleep-like state? Is it getting lost in another world? No. It’s really quite the opposite of those things. In fact, meditation is practicing being very present, very awake, and very aware. It is actually something you have experienced often, for brief moments. When you become completely attentive, your mind actually stops, and you enjoy immediate respite.

Try this little exercise: check and see if you are still breathing. In the second that you just paid attention to your breath, there was no mind activity. There was only you, being aware of your breathing. Here’s another fun one: Stop! Wait to see what your next thought will be... Did you find yourself waiting a few seconds for a thought to appear? It probably came when you diverted your attention away from waiting for the thought. When you are not completely present and aware, your mind takes control and you give it that control. You can discover that there is a you that is NOT your mind. That is becoming spiritually aware.

“But,” you may say, “aren’t you supposed to sit on the floor in certain positions with your eyes closed to meditate?” There are many methods for meditating. Most positions are intended to keep you from falling asleep. You can meditate anytime, anywhere. Your eyes do not have to be closed. You don’t have to chant in a different language. You can actually practice meditation as you walk from your car to the grocery store. Remember, you are practicing active awareness in the present moment. You will find initially that you won’t be able to maintain this for long – perhaps only a few seconds at a time. That’s why it’s called “practice.” This practice will definitely yield wonderful results, bring a new depth to your life, and give you peace from your noisy mind.

Blessings to you,
Fr. Bill Holly †
Last month I wrote about our Bald Cypress trees, and I was wrong, wrong, wrong. I said that they would all be “bald” by the time you read the October “Quill,” and they weren’t! Maybe most trees (including these) drop their leaves by the end of October... I’m going to pay better attention this year.

And then there was one.

One peachick, that is. Only one survived what has been a dreadful summer for our peafowl family. In the past we have successfully raised numerous chicks until they were old enough to leave for new homes. Our hope now is that this little “guy” (we won’t know the sex for a few months when the male feathers would appear) will be able to grow up and have a long life at Saint Simeon’s. The average life span of a peacock in nature is about 20 years. In captivity they can live up to 40 or 50 years!

The peafowl roost in trees in the courtyards every night. Even during the winter. They don’t seem to be fazed by cold temperatures or ice. Snow is another story. Because of their size and weight, they sink into the snow. If the snow is deep enough they won’t try to walk on it. That doesn’t happen very often in Tulsa, but we all remember the winter a few years ago when we literally had feet of snow pile up. We ended up shoveling paths just so they could get to food and water.

When the weather outside is no longer inviting, we still have the birds in our aviaries for endless entertainment. Living Design will come sometime soon to tend to them for us. They trim their nails (notice how long they get since they are not naturally getting worn down), clean and replenish their environment (limbs, nests, etc.) and take any chicks born here back to their flock in South Dakota. It is important to remove the chicks so we can again enjoy watching the parents fly around creating their nests and possibly laying some eggs.

Here are the birds we currently have. In the Ice Cream Parlor Aviary are pairs of Zebra, Gouldian, and Ribbon Throat Finches, an Orange Weaver, a Green Singer and a pair of Diamond Doves who have raised one chick who is now as big as his parents. In the Memory Center Aviary are pairs of Bronze Wing Mannikin, Star, and Zebra Finches, a Green Weaver and a Fire Finch. The Zebra Finches have a couple of chicks. Baby birds grow up so fast and get to be the size of their parents. All birds put in the aviary have color bands on both legs so we know exactly which bird it is. If you see a bird with no band, then it is a chick that was hatched here!
which integrates the latest research. PWR!Moves was developed by Becky Farley, PhD, MS, PT, Parkinson Wellness Recovery, Tucson, AZ. Saint Simeon’s provided this remarkable training for Mary Nole, James Davis, Wellness Assistant, and Sue Slama, Director of Nursing, to become PWR!Moves certified.

Sessions with trained staff and use of the requested equipment will allow Residents with Parkinson’s disease to achieve greater function. Our intention is to offer 2-3 weekly sessions. After experiencing the sessions, individuals learn how to self-correct their slow and small movements for better movement, posture and balance in everyday life. While the program is designed for individuals with Parkinson’s disease, all Residents will benefit from the use of the equipment and programming.

Founders of Doctors’ Hospital, Inc. has supported Saint Simeon’s for 25 years. In 2015, they generously made possible an in-house bladder scanner. Founders of Doctors’ Hospital is a Tulsa based foundation which was founded in 1960 and opened as the first doctor-managed hospital west of the Mississippi to be built with private funds in 1966.

Doctors’ Hospital was sold in 1983, and with the proceeds of the sale, Founders of Doctors’ Hospital, Inc., a non-profit corporation was established. The purpose of Founders of Doctors’ Hospital, Inc. is to continue the public works these now retired family physicians believed in through their new charitable corporation. Founders of Doctors’ Hospital, Inc. supports the Department of Family Medicine at the University of Oklahoma - Tulsa’s School of Community Medicine and medical, educational and civic organizations within a 75-mile radius of Tulsa.
WE REMEMBER IN OUR PRAYERS
Kathleen Beard
Elizabeth Clawson
Harold Strickland
Fran Warnock

ALZHEIMER’S ASSOCIATION
CAREGIVER SUPPORT GROUP
THURSDAY, NOVEMBER 17
6:00-7:30 P.M.
SAINT SIMEON’S SMITH CONFERENCE ROOM
Complimentary dinner will be provided.
Please RSVP by November 14 to Brenda Haesloop at 918-855-1502 or bhaesloop14@att.net.

“How to Avoid Scams and Fraud”
Jim Robison, UMB Bank
Thursday, Nov. 17 at 10 a.m. | Smith Conference Room
A presentation for Residents, friends and family of Saint Simeon’s

If you no longer wish to receive the Quill by mail or if you wish to switch to a color, e-newsletter subscription, please contact Lindsay Morris at lmorris@saintsimeons.org or 918-794-1945.
Congratulations TO CARON LAWHORN

Caron Lawhorn, Trustee, Saint Simeon’s Foundation, has been selected as a Distinguished Alumna at her alma mater, The University of Tulsa. Caron is the daughter of Barbara and Doyle Allen, Residents, Saint Simeon’s. Caron received her award at Homecoming for The University of Tulsa.

Caron graduated from The University of Tulsa with a degree in accounting. She is a member of the executive management team of ONE Gas. She and her husband, Shawn, have two sons.