Residents display their artistic side

Saint Simeon’s Residents had the opportunity to show off their artistic talents during the annual Art Show on Feb. 9. Some of the mediums featured were painting, cross-stitch, quilting, woodwork, and colored pencil. Many of the artists sat near their artwork and shared with fellow Residents and visitors about their pieces. Drinks and snacks were served. Saint Simeon’s is honored to have such talented people living under our roof.
“Christmas morning there was a power outage, but unlike times past, the lights did not blink and stay on. Most of the Healthcare Center was without power, but the staff pulled together along with staff from other units and departments to make sure the Residents were cared for and safe. During this time, the Vision Kiosks were also offline, so the CNAs were unable to chart. The dining services staff was also in a pickle, since not only did the main kitchen not have power to prepare breakfast, but the backup in Healthcare was also without power, leaving them with very few options. They came together and worked out how to make sure that all of our Residents got breakfast.

Kudos to the employees in these two departments, and others, that pulled together for our Residents. Additionally, kudos to Brenda Thompson, who, in her confident and precise manner, kept the communication and trouble-shooting going, while ensuring, along with Resident care staff, that the Residents were adequately cared for.” — Tadd Weese, Director of Facilities Management

“I typically work the night shift – 7 p.m. to 7 a.m. (except on Saturdays when I work 7 p.m. to 3 a.m.) – and oversee any issues that come up. I make sure we have sufficient staffing if nurses are on vacation or sick, and I sometimes fill in for them. I handle a lot of troubleshooting in each area of Saint Simeon’s.

I have worked at Saint Simeon’s nine years. My favorite part about working here is the Residents. They are so neat if you take the time to sit down and listen to them. It’s so fun to visit with them. Now that I work night shift, I don’t get to visit with them as much because they’re usually sleeping. However, there is one Resident in Memory Center who I’ve formed a special bond with. He is awake at night often and sometimes has trouble sleeping. I’ve found that if I give him a Werther’s Original or two, it helps him get his mind off of whatever is bothering him.

I was born at St. John Hospital in Tulsa and attended several different area schools while growing up – Dunbar Elementary, Carver Middle School, Monroe Middle School, and McClain
High School. While I was still in high school, we moved to Arkansas, and I graduated from high school in Mennifee, Ark. I then attended Petit Jean Vocational School for nursing school. During school, I trained at Conway County Hospital. After I graduated in 1977, I ended up taking a job at that hospital for two years before moving back to Tulsa in 1979.

After moving back to Tulsa, I took a job at Hillcrest. I worked there until 2008. While I was there, I worked on the extended care/skilled unit. We started a reservation system for skilled beds which several other hospitals modeled their skilled units after.

I met Sue Slama, who is now Saint Simeon’s Director of Nursing, while I was working at Hillcrest. She taught CPR, and I took her class. After she started working at Saint Simeon’s, I saw her one day while I was walking along Riverside. She told me to come out to Saint Simeon’s in hopes of recruiting me. Soon after that, I had a really bad night at the hospital, and my coworker Dale Shannon and I decided to go tour Saint Simeon’s. We noticed how nice everyone was and how beautiful the campus was. In the long run, both Dale and I were hired, and we both still work here!

When I first started at Saint Simeon’s, I asked to work every nursing position on every floor just to get a feel for what each staff member does. My position – clinical resource nurse – was created for me. It has been a breath of fresh air to have a job where I can build relationships with Residents, unlike at the hospital, where you hit the floor running as soon as you get there.

In my family, I am blessed to have a wonderful mother. My father passed away 7 years ago. I am one of 4 girls, and we have one brother. My oldest sister passed away. We call my brother Van the “brat” because he’s the only boy and the youngest. He is a postal carrier and lives in Texas. My sister Cecilia lives here in Tulsa, does coding from home, and has a daughter and two boys. My younger sister Vanessa is a postal clerk in Arkansas and has three children.

In my free time, I love to shop and cook. I especially love baking, and German Chocolate Cake is my favorite. I like to find out when my coworkers’ birthdays are and make them their favorite kind of cake. I’ve also found that our President and CEO, Lindsay Hurley Fick, loves my peanut butter cookies. Other popular cakes I’ve made are Pound Cake and a Key Lime Cake that is Trisha Yearwood’s recipe.”
Dear Residents, Families, and Friends of Saint Simeon’s

The first Sunday in Lent each year has a story, from Matthew, Mark, or Luke, depending on the year, of Jesus’ temptation in the wilderness. Matthew and Luke go into some detail about the content of that temptation, while Mark simply acknowledges that temptation took place. All are agreed that Jesus spent a significant amount of time alone, fasting and praying, and that this took place immediately after his baptism by John in the River Jordan.

There are many ways of understanding why Jesus goes to the wilderness alone to fast and pray. Some see this as a vision quest. Others understand Jesus’ temptation as an internal struggle to discover just what kind of Messiah he was to be. I think there is an important description of the journey of the soul toward completeness in God, to be found in the temptation story as related by Matthew and Luke.

Jesus faces three temptations: to relieve his hunger by turning stone to bread, to gain all earthly power by worshipping the tempter, and to prove that he truly is the Son of God by jumping off a tower so that God will take extraordinary action to save him. Actually, these are not three different temptations. They are the same temptation in different forms. Each one of them reduces simply to putting the desires of the Ego self over God. In each case, Jesus recognizes the real issue, and refuses to succumb. He understands that the proper place of the human psychological function we call “Ego” is to serve, not to be served. Jesus came to understand clearly that the service of God is perfect freedom. Conversely, being in the service of the Ego is a ghastly slavery. It is armed with this knowledge that Jesus leaves the wilderness and begins his public ministry of preaching release to the captives, restoration of sight to the blind, and freedom to the oppressed.

Each one of us has this same journey to travel. We must encounter many temptations in our life. Take heart in the knowledge that all temptations will boil down to the same single temptation – to serve one’s self over and above God. Learn how to recognize this temptation for what it truly is – an invitation to become a slave to a master who will never be satisfied. Learn how to resist this temptation. Practice makes perfect, and believe me, you get many opportunities to practice on your road to perfection! Also take heart in the knowledge that in every step of our soul’s journey, God’s hand is ever present to guide us and assist us along The Way.

Blessings to you,
Fr. Bill Holly †
Sheila Parr, wife of resident Royse Parr, has been intrigued by our peafowl and decided to do a little research that she is sharing with us. Sheila says, “I had no idea that these birds were so fascinating. Believe me, I have lots more material. I was surprised to learn that ours didn’t have names. They each deserve to have a beautiful name!”

I bet we all agree with Sheila, so let’s make that happen. We currently have two peacocks, two peahens, and one youngster who is now as big as its mom and looking more like a male (green/blue feathers coming in on its back) every day. If you have ideas for names for one or more or even all of our peafowl, submit them to Kathy Hinkle/Flora and Fauna Office by March 15th! E-Mail, mail, call, or come by in person, just get your suggestions to us.

Kbhinkle@SaintSimeons.org  
(918)794-1946  
Saint Simeon’s  
3701 Martin Luther King Jr., Blvd.  
Tulsa, OK 74106

From Sheila Parr:

“It’s no wonder that Saint Simeon’s peacocks seem to strut when they walk. They truly look regal with their crown of feathers and royal blue plumage. A gift from former residents, Art and Doris Rubin, our peacock family (or ‘bevy’) is a marvel of creation. According to The British Journal of Animal Behavior, when males fan their ornamental tails during mating season, the feathers quiver, emitting a low frequency sound sometimes audible to human ears. They can change the sound by shaking different parts of their feathers.

Admired as pets for thousands of years, peacocks are mentioned in the King James Bible (1st Kings 10:22, 2nd Chronicles 9:21 and Job 39:13). Christians adopted the symbol of the peacock to represent immortality because there was an ancient legend that the flesh of the peacock did not decay. Peacocks are also associated with the resurrection of Christ, because they shed their old tail feathers every year and grow newer, brighter ones. If a peacock is portrayed drinking from a vase in a painting, it symbolizes a Christian drinking the waters of eternal life. In addition, the ‘multitude of eyes’ upon its stunningly beautiful fan tail suggested for some the all seeing eye of God.

Members of the pheasant family, the males are called peacocks, the females are peahens, and the babies are peachicks. White for females, colors for males, and the boys get their tail feathers at age three. Now over six months old, check out our peachick’s feathers. Looks like a boy!

The brilliant, iridescent tail feathers with their eye-like spots are actually ‘microscopic crystal-like structures that reflect different wave lengths of light.’ Sometimes six feet in length, they become a magnificent fan for their courtship display.

On a recent windy day, one of our peacocks was trying to strut with his tail feathers arched into a magnificent fan. He looked more comical and tipsy than regal!”
Saint Simeon’s Residents had a fun outing on Jan. 25 to Gardner’s Bookstore and Señor Fajitas Mexican Restaurant! They all enjoyed trying on sombreros during lunch!

The Memory Center courtyard is now home to new patio furniture, thanks to a gift from an anonymous donor.
HAPPY BIRTHDAY
— MARCH —

Welcome to our Family!

Adora Smithen
Albert Davis
Betsy Warner
Jean Brander
Karla George
Louis French
Martha David
Mary Mitchell
Richard Hiskett

Jacqueline MacLaughlin 3/2
Vera Trotier 3/2
Jean Brander 3/3
Karen Miller 3/7
Marci Brush 3/7
Marian Jones 3/12
Dorothy Engeldinger 3/13
Jack Long 3/18
Marilyn McCullough 3/19
Mary Ruffin 3/19
Joyce Minchew 3/21
Suzanne Long 3/23
Anne Evans 3/26
Hazel Jackson 3/26
Minna Lo Squires 3/27
Jack Duffield 3/28
Katherine Amend 3/31

alzheimer’s association

CAREGIVER SUPPORT GROUP
THURSDAY, MARCH 23
6:00-7:30 P.M.
SAINT SIMEON’S SMITH CONFERENCE ROOM

Complimentary dinner will be provided.
Please RSVP by March 17 to
Brenda Hoesloop at 918-855-1502
or bhaesloop14@att.net.

WE REMEMBER IN OUR PRAYERS

Daniel Smith
Elizabeth Turnbull
Allene Foster
Don Sweeney
Fannie Brown

If you would like to join your Resident
for the Easter meal, please contact
Attrell at 918-794-1903 by APRIL 3.

Happy Easter!

Flat Simone Contest!

In the January issue of The Quill, we included a
“Flat Simone.” We hope by now you are taking
Flat Simone with you everywhere you travel!
Between now and June 30, 2017, take a picture
of yourself (or of friends or family) with Flat
Simone use the hashtag #simonesaintsimeons on
Facebook, Instagram, or Twitter. The
most creative entry will win a $250
gift card for Southwest Airlines!

If you didn’t receive a Flat Simone or need
a new one, please contact Lindsay Morris at
lmorris@saintsimeons.org or 918-794-1945.

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.
Guest Cottage Now Available at Saint Simeon’s

Saint Simeon’s is proud to now offer one of our cottages as a guest suite to visitors of Residents for the cost of $65/night for 1 guest. Each additional guest is $10/night. One meal ticket per guest per day is included in the cost.

**Cottage 5 (Guest cottage) features:**
- 1 bedroom, 1 bath
- 2 twin beds
- Queen sleeper sofa in living room
- Microwave, oven, range, refrigerator, breakfast nook, flat screen TV with cable

To reserve the cottage, please call 918-794-1903.