SIMONE TURNS 8!

Everyone’s favorite Chief Executive Cuddler, Simone, turned 8 on April 1! We celebrated her birthday with a big party on April 4. The party was made complete by a doggy cake Teresa Reno and Resident members of the Culinary Club prepared and filled with peanut butter, carrots, and more. There was also a cake for humans!

Simone’s “mom,” Kathy Hinkle, shared the story of how Simone came to Saint Simeon’s nearly 8 years ago. Here are a few fun facts about Simone you may not know:

- Simone’s full name is Sombra’s Simone II of St. Simeon’s.
- She came from a breeder in Green Bay, Wisconsin. Criteria for finding the right puppy was substantial temperament, health, the desire to want to be with people, the amount of socialization the breeder would be doing with the puppy, and of course, she had to be beautiful.
- Simone is a graduate of puppy kindergarten! She attended K9Manners and More in Broken Arrow. She learned the basics of coming when called, sit, stay, down and how to walk on a leash. After the advanced obedience classes, she earned the Canine Good Citizenship Certificate just three weeks after her 1st birthday.

Become a Friend of Simone’s on facebook.

facebook.com/simone.saintsimeons
“The silent comfort my mother received by a kind touch, making sure she was comfortable through offering her something to eat, drink, a blanket, a pillow, etc. during this process, is and was priceless. We cannot say enough about how Commica Morris and Rebecca Silvious played an amazing role in this process and for that we will never forget and will always hold each one of them kindly in our thoughts and memories. Our deepest appreciation for their care and services for Daniel W. Smith and our family. Thank you!”
— The Smith Family, Family of Resident

I started at Saint Simeon’s in March 2014. Since I’ve come to Saint Simeon’s, I’ve noticed that everyone is very hands-on. Everyone participates in everything that’s going on. The love the Residents, the facility, and my coworkers – we have good teamwork.

I’m originally from Muskegon, Michigan. I was born and raised there and graduated from Muskegon High School. When I was in the 12th grade, my school offered vocational classes. I was able to become trained as a CNA through that program. I have been a CNA ever since.

When I was 30, I left Michigan. I wanted to try something different, so I moved to Virginia. I was there for about 6 months before moving to Gaithersburg, Maryland, where I lived for 5 years. I loved Maryland. It is so clean and multi-cultural. I had the chance to see how people from many different cultures – Chinese, Filipino, African, etc. – lived. When I lived there, I didn’t drive – I took the subway and bus everywhere.

I came to Tulsa in 2009 with my brother Stanley Ervin (who also works at Saint Simeon’s in the kitchen and is employed by Morrison Community Living). My parents had already moved here to be closer to my father’s sister. My father’s family has lived in Sapulpa for a long time, and we used to visit when we were kids, but I didn’t like Oklahoma back then. That was probably because we had to ride a long time in the car to get here! Now, I try to go home to visit my family in Michigan about once a year.

I have three kids – Shanique (25), Mytatia (23), and Bobby (21). Shanique is finishing nursing school in Florida, Mytatia works
downtown at the Holiday Inn, and Bobby is still finding his way, like most young men in their early 20s. He lives in Tulsa and talks of owning a lawn service.

I was married in 2015 to Ronald Williams. There have been some complications with my name change, but I will soon be Conmica Williams! He works at Tulsa Beef as a meat cutter and has a 22-year old daughter named Rolanda.

The story of how Ronald and I met is a funny one. I went to Save-a-Lot here in Tulsa to find a specialty meat they have at a Save-a-Lot store in Michigan. He was working behind the meat counter there, and he got my phone number and told me he would call me back when he found out if they could get that meat for me. When he did call me back, he asked if he could use my number in the future for other purposes! He did, and here we are today!

Both my mom and dad have been very positive role models for me. My mom, Robin Ervin, also had a career in nursing. I gained a lot of my personality traits from her – being a people person, humility, meekness, helpfulness, and being orderly. I wouldn't be this person without her.

I dream of having an adult group home for independent adults who may be in the early stages of dementia. I would want it to be in North Tulsa, since this is where I live.

In my free time, I love to garden. I also love my dogs, Tonya and Jazz, and enjoy taking them on walks. I love all kinds of music, but my favorite kinds are R&B and jazz.
Dear Residents, Families, and Friends of Saint Simeon’s

As I drove to Saint Simeon's this morning, there was a glorious sight to behold. It reminded me of an article I wrote for Chaplain’s Chat four years ago. I looked it up, and it said everything I felt this morning, four years later! I reprint it here for you and hope you enjoy!

When I lived in Austin, Texas, I loved the spring because it meant a trip to the hill country to see fields of blue bonnets and Indian paintbrushes. There were fields of one, then the other, then a mixture of both. It is a marvelous sight to behold!

Here in Tulsa, I have a favorite spring sight: along the Tisdale parkway, around mid-April, one can see the beautiful red clover in bloom in the center meridians and on the hills. The ground becomes green, and then – a carpet of scarlet! Sometimes it coincides with Palm Sunday, and it is as if the world is ablaze in deep red, recounting the triumphal entry of Jesus into Jerusalem and his subsequent passion.

As I write this, the earth has again produced this majestic robe. I remember the words of Jesus, how he said, “Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these” (Matthew 6:28-29). How true those words are! I have never seen anyone arrayed more beautifully than this grass, which, Jesus reminds us, is alive today and tomorrow is thrown into the oven.

Jesus was teaching us that we are of more value than the grass of the field and the birds of the air for which God beautifully provides care. Therefore, we should set our minds and hearts on the things of God where true beauty is to be found and our real needs are met, rather than filling those minds and hearts with endless anxiety.

So, did I really get all that from red clover? Yes, yes I did. May you have many opportunities to come upon a beautiful vista that takes away your anxious breath and fills you with the wonder of God.

Blessings to you,
Fr. Bill Holly †
I hope that everyone who is reading this has visited an ocean or sea, and if you did, I know that you never forgot it. Want to know the difference between the two? Here is the best description I found from Googling it. “Oceans are vast bodies of water that cover roughly 70% of the earth. Seas are smaller and partially enclosed by land. The five oceans of the earth are in reality one large interconnected water body. In contrast, there are over 50 smaller seas scattered around the world.”

Because of the diversity of organisms living on and around reefs, they are sometimes called the “rainforests of the sea”. With our two saltwater reef aquariums, we have a little glimpse of that fascinating ecosystem to enjoy here at Saint Simeon’s.

What are you seeing when you look in our aquariums? Well, first of all, everything you see is alive. We have “Nemo” (Clownfish) in each tank and are working on getting “Dora” (Blue Tang). If you have no idea who Dora and Nemo are, just ask a young person. Some of the invertebrates (plant-like, growing on the rocks) may be so beautiful that you think they are fake, but they are not. And they are not even plants! They are animals, just like the fish, but a different classification (invertebrates) since they don’t have an internal skeleton. In the ocean, this would also include things like jellyfish and octopus. Don’t expect to ever see one of these here! In short order, we would no longer have any fish…

Both aquariums are in Dotson Assisted Living Center, one on each floor. Take time to enjoy them. And if you see Resident Vern Stanton, thank him for feeding them three times/week!

**FISH LISTED FIRST, FOLLOWED BY INVERTEBRATES.**

**UPSTAIRS AQUARIUM**
- Filefish, Pajama Cardinals, Sailfin Tang,
- Yellow Tang, Coral Beauty, Scooter Blenny,
- Engineer Goby, Tiger Goby, Damsel
- Green Mushrooms, Xenia,
- Green Colt, Frogspawn

**DOWNSTAIRS AQUARIUM**
- Banner Cardinals, Sailfin Tang,
- Scooter Blenny, Engineer Goby, Damsels,
- Yellow Tang, Fox Face, Percula Clown
- Xenia, Frogspawn, Green Colt, Star Polyps
- Colt Coral, Leather Coral
Oklahoma has an estimated 15,000 people with Parkinson’s disease, but only one community that provides care specifically for those individuals. Saint Simeon’s Senior Community has been a forerunner in senior care in the Tulsa area. It was one of the first senior communities in Tulsa when it opened in 1960, and it opened the first memory center in the area in 1994.

It is a natural fit, then, that Saint Simeon’s is now proud to offer Parkinson’s care.

With endorsements from the Parkinson Foundation of Oklahoma and the American Parkinson Disease Association – Oklahoma Chapter, Saint Simeon’s has officially unveiled its Parkinson’s care.

Saint Simeon’s nursing staff and therapy team have received Parkinson’s education and training on the disease process, including symptom management and medication regimens, as well as the benefits of therapeutic exercise and its positive effect in potentially slowing down the effects of Parkinson’s. Members of Saint Simeon’s staff have undergone training in PWR! Moves, a Parkinson’s-specific skill training program to maintain or restore skills that may have deteriorated.

Through a generous donation from the Founders of Doctors’ Hospital, Saint Simeon’s added equipment in their Wellness Center specifically for individuals with Parkinson’s. The equipment includes:

- **Core Stix**, band held walking sticks which provide a safe and effective way to strengthen the core muscles need 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 and improve balance. The WaterFit Trampoline is used in Saint Simeon’s warm water, saline pool.

Saint Simeon’s will be holding an Open House for anyone interested in finding out more about its Parkinson’s Care on Friday, May 5 from 3:30-5:30 at Saint Simeon’s Smith Conference Room. RSVP with Lindsay Morris at lmorris@saintsimeons.org or 918-794-1945.

Additionally, Saint Simeon’s is committed to helping caregivers of those with Parkinson’s disease. The community is partnering with the Parkinson Foundation of Oklahoma to host its annual Caregiver Luncheon on August 25 and also plans to soon incorporate a regular caregiver support group.
Welcome to our Family!

Joyce Clark
Pia Petculescu

WE REMEMBER IN OUR PRAYERS

Dale Sherwin
Gerda Moore
Gladys Scott
Joyce Minchew
Marci Brush
Polly Pommier (a.k.a. Sr. Maria Felecitas)
Robert Axtell

HAPPY BIRTHDAY

— MAY —

Pat Perrin 5/3
Rick Hiskett 5/3
Edythe Schroeder 5/5
Bernice Robak 5/6
Pia Petculescu 5/7
Virginia Riley 5/12
Leonard Luehring 5/14
Dolores Dukes 5/24
Donnelle Home 5/24
Emma Herndon 5/24

alzheimer’s association

CAREGIVER SUPPORT GROUP

THURSDAY, MAY 25
6:00-7:30 P.M.

SAINT SIMEON’S SMITH CONFERENCE ROOM

We will be compiling a cookbook that will be available for sale at WESTERN DAYS 2017. We welcome submissions from all Saint Simeon’s Residents, families, staff, friends, and volunteers. Recipes must be typed and need to be submitted by June 30, 2017 to Chef Noah at noahmiller@iammorrison.com.

Complimentary dinner will be provided.
Please RSVP by May 19 to Brenda Haesloop at 918-855-1502 or bhaesloop14@att.net.

MASSES MAKE GREAT GIFTS FOR MOTHER’S DAY!

Gift certificates available!
Contact Pam Martin, Saint Simeon’s Massage Therapist, at 918-378-4208.
$1/minute. No minimum.

JOIN YOUR RESIDENT FOR THE

Mother’s Day Meal

RESERVATIONS ARE DUE ON MAY 1
FOR THE MAY 14 MEAL.
PLEASE RSVP WITH ATTRELL AT 918-794-1903.

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.
Resident Enjoys a Lucky St. Patrick’s Day

Marcelle Richards had her Tree of Dreams request to attend a dog show fulfilled on Friday, March 17 – St. Patrick’s Day! She attended the Tulsa Dog Training Club’s agility trial at Tulsa Fairgrounds. Administration Executive Assistant Donna Mayotte and her dog, River, were participants in the show.

Mrs. Richardson was able to meet and pet between 35 and 40 dogs in just a mere 4 hours. She had visits with Chinese Crested dogs, German Shepherds, a Bullmastiff, Rat Terriers, Poodles, Labrador Retrievers, Australian Shepherds, Terriers and many Border Collies, including Donna’s dog, River.

Donna said Mrs. Richardson was her personal “lucky charm” that day. “River and I qualified in every run while she watched. After all, it was ‘lucky’ St. Patrick’s Day!”