ANNUAL ICE CREAM SOCIAL

FAMILIES + GREAT WEATHER = SUCCESSFUL ICE CREAM SOCIAL!

For the first time in five years, the Saint Simeon's Ice Cream Social was able to be held outdoors! It had to be moved inside the last few years due to rainy conditions.

We had a fun Ice Cream Social on May 25, complete with music from the band Something Steel, lots of friends and family visitors, and of course, tasty ice cream!

Thanks to all the family and friends who attended, making it so special!
Saint Simeon’s recently adopted electronic pharmacy capabilities, which means staff no longer have to fax prescriptions. Sam Maloney was instrumental in the implementation.

“Overall, we have been pleased with the conversion to the pharmacy E-RX connection. Everything seems to be working and has caused few concerns on our part. I want to compliment Sam on all the support she has given us. It would have been much more difficult without her. We think it will continue to get easier as we move forward.” — Jim Spoon, Pharmacist, Quality Care

“I want to echo Jim’s support for Sam. She has been the driving force in this huge undertaking. The process has been relatively smooth, all things considered. She has helped educate and reeducate staff as needed. She has shown patience in her undertakings and has made this transition possible. Sam, I can’t thank you enough for the dedication you have displayed to ensure this was a smooth transition.” — Sue Slama, Director of Nursing

“I coordinate the HealthCare Center and Memory Center schedules, payroll, Vision (our electronic medical records), and will eventually be over the paper medical records. I came to Saint Simeon’s in August of 2008. I started as a nurse aide, then went to med aide classes and eventually become the unit clerk in HealthCare. I accepted the position as the nursing administrative coordinator in April this year and really enjoy it.

I’m from the Grand Lake area and graduated from Ketchum High School. My parents moved to Grand Lake from southern California when I was 6. I grew up doing lake stuff. It was neat growing up in the small town. I still keep in touch with a lot of the same people I grew up with and I graduated with the same people I went to grade school with.

I have an amazing 1-year-old son named Owen. He’s an easy, happy baby, and he looks just like me. We just had his first birthday party. My parents still have their place at the lake, Paradise Cove Marine Resort, and we take him there a lot to go swimming. Sometimes my mom and
GETTING TO KNOW

dad will pick him up from school and take him out there for the weekends.

I’m engaged to his dad, Owen, and we will probably be getting married this summer. We met 3 years ago on Match.com. He was everything I ever needed in my life from day one, just like special ordering the perfect guy for me. I typed in my “must have” in a Significant Other and POOF, there he was, my perfect match.

In my free time, I love going to the lake and hanging out with family. Owen’s family is from Jacksonville, Florida, and they come visit us and go to the lake sometimes.

We’ve traveled with baby Owen quite a bit. I have a brother in Houston and a brother and sister in California, and my sister has kids. We had a family reunion in March this year, so we took Owen. He also went to California in October with my mom; he’s a great little traveler!

One of the things I like the most about working at Saint Simeon’s is the familiar faces. Those who have worked here a long time become your family. There have been so many people who have worked here a long time.”

ADMINISTRATOR BECOMES A DEMENTIA CARE SPECIALIST

Saint Simeon’s Administrator, Chris Gruszczki, recently went through a training in St. Louis to become a Dementia Capable Caregiver and a Dementia Capable Trainer. The training, put on by CPI Dementia Care Specialists, looks at dementia in regards to an individual’s ability to function.

The program evaluates a person’s BATF – best ability to function. One part of the course discusses the theory of retrogenesis – that people with Alzheimer’s tend to lose their functions in the same order they gained them as children. “They are still an adult, but they can’t necessarily function the way they used to,” Gruszczki said.

The end result of the program is to develop more person-centered care. “It means that the Resident is the most important component of the care team,” Gruszczki said.

Gruszczki plans to provide the 8-hour training to all of Saint Simeon’s staff over time. She will also be offering an abbreviated version of the training to Saint Simeon’s family members. Stay tuned for more details!
Dear Residents, Families, and Friends of Saint Simeon’s

Music has always been influential in my life. Songs from various periods bring back memories, emotions, thoughts, and people. The right song, popping up on the radio or movie soundtrack, can transport you back in time and leave you there to linger.

As we celebrate the 241st birthday of our nation, I am reminded of the various patriotic themed songs that I heard from my childhood. Of course, they are the same ones most people would list: The National Anthem, My Country ‘Tis of Thee, America the Beautiful, She’s a Grand Old Flag, I’m a Yankee-doodle Dandy. Best recording of one of these standards: Ray Charles’ version of America the Beautiful – hands down!

However, as I write this, a song I haven’t thought of in years has crept out of its slumber in my unconscious mind, into the light of my attention. I’m glad it did! It was a song made famous by Frank Sinatra. My version, the one I heard as a child, was on an album my mother played. The artist was an R & B singer named Ray Hamilton; the album – You’ll Never Walk Alone. The song that has taken center stage in my heart and on this page is The House I Live In, lyrics by Abel Meeropol (under the pen name Lewis Allen), and the music by Earl Robinson.

I present the lyrics here for you.

Blessings to you,
Fr. Bill Holly †
FLOWERS ARE NATURE’S MEDICINE

The abundant variety of plants and flowers at Saint Simeon’s are more than decorative and ornamental. They are more than beautiful and fragrant. They are therapeutic!

Research at Rutgers University, “True Power of Flowers,” showed that flowers have a positive, long-term impact on emotional health, happiness, and sense of well-being. The study explains that people have been cultivating flowers for more than 5,000 years. And now flower therapy is even being used in cattle breeding! Apparently, “it can greatly improve an animal’s well-being by reducing stress and even improving physical condition.”

So, for a dose of nature’s medicine, take a few moments to really observe and appreciate the plants and flowers at Saint Simeon’s.

They are most obvious in the well-tended landscaping. The first flowers of spring are always the happiest color – yellow. Forsythia and daffodils (and dandelions) bring the promise of sunshine. Next, the pansies, dormant through winter, are a riot of color. Even many of the trees bloom in the spring.

And now, until fall, myriad seasonal flowers surround the buildings and courtyards. Currently, the raised beds in the gazebo courtyard are a happy mixture of color and texture – giant cone flowers and lavender sage and orange day lilies. With the hanging baskets of petunias, you can be surrounded by color from the ground up. And huge pots of flowers are always visible near the entrances and along the pathways.

In the event of inclement weather, Residents can get their “flower fix” by simply talking a tour of the hallways and looking at the beautiful wreaths that many Residents have used to decorate their doors.

Florist Toni Garner of Toni’s Flowers and Gifts agrees with the Rutgers study. “In addition to their natural way to improve anxiety and depression, flowers can make intimate connections with family and friends and evoke memories of happy occasions such as birthdays, anniversaries, and weddings,” Toni said. “And color is important. Yellow flowers are symbols of the sun and warmth and happiness. Red flowers, especially roses, are most identified with love.”

Thanks to Saint Simeon’s for being intentional about linking flowers and life satisfaction and well-being. And thank you to the groundskeepers and attendants who make this year-long therapy a reality.
And the Turtles are Off!
Saint Simeon’s held its third annual Turtle Race in May. You’ve likely noticed that there are many turtles roaming our courtyards. The morning of the race, Cassie Reno, daughter of Activities Coordinator Teresa Reno, rounded up all the turtles she could find—22! Each Resident who attended the party was assigned a turtle to root for. The turtles raced toward grapes and other turtle-friendly foods…of course, at the speed of light!

Happy Independence Day
Home of the Brave

4th of July
Patriotic Sing-a-Long with Susan Swatek
July 4 | 10:00 A.M.
Skyline Dining Room
Welcome to our Family!

Alan Anderson
Dr. William Moore
Eleanor Deffenbaugh
George Carver
Jean Saylor
Mabel Wride
Rosanne Edwards
Wendy Metz

WE REMEMBER IN OUR PRAYERS

Alpha Clapp
Donelle Horne
Georgia Vandervoort
James Dempster
Joi Salisbury
Joseph Cole
Martha Tisdale
Richard Petricek

alzheimer's association

CAREGIVER SUPPORT GROUP

THURSDAY, JULY 27
6:30-7:30 P.M.

SAINT SIMEON'S SMITH CONFERENCE ROOM

Complimentary dinner will be provided.

Please RSVP by July 21 to Brenda Haesloop at 918-855-1502 or bhaesloop14@att.net.

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.

Join the Saint Simeon's Walk to End Alzheimer's Team!

The Tulsa Walk to End Alzheimer's will be Saturday, Sept. 23 at The University of Tulsa. We'd love to have you join our team! Visit alz.org/walk and search for the Saint Simeon's team to join us!
Take Me Out to the Ball Game!

Our Residents have been to four Tulsa Drillers baseball games this year! The most recent game was a Drillers’ victory on June 12! Go Drillers!