After 12 years at Saint Simeon’s, Lindsay is retiring this spring. Over the last 12 years, Lindsay has led Saint Simeon’s remarkably. She has braved everything from ice storms to intense state and federal certification processes.

Lindsay always held the Residents and their family members top of mind throughout her tenure. She has helped hundreds of families during what can be a very raw and emotional chapter. Her compassion and honesty have been apparent throughout every conversation.

Lindsay’s respect for the talents of her colleagues, especially Saint Simeon’s front-line staff, is truly remarkable. Leading a group of 200 employees is hard work. Lindsay made it look like a joy and privilege for all 4,380 days (and nights!) she led the team. Her legacy at Saint Simeon’s is her eagerness in helping every employee offer their very best.

Lindsay’s legacy will live on through the Lindsay Hurley Fick Learning Center, an education program to help Saint Simeon’s front-line staff members achieve ongoing education and certification. All of us at Saint Simeon’s are truly grateful for Lindsay’s leadership over the past 12 years.
“On a recent afternoon, Mariela Ayala, LaDonna Madden and Brenda Willey were returning from a trip off campus when they observed a Resident in an electric cart moving very fast down the driveway. While attempting to cross a speed bump, the Resident lost control of his vehicle, crashed and fell into the road. The ladies immediately stopped to give him assistance and quickly called for a nurse to attend to him. They stayed with the Resident and kept him calm until help arrived.

Their quick action and compassion helped the Resident feel safe and secure until professional help was available. Thanks ladies for your quick thinking and kindness to a Resident in need.” — Chris Gruszczki, Administrator

“I started at Saint Simeon’s in November 2017. Before that, I was staying with my mom, taking care of her. I have been working in accounting for 20 years and spent several years working at a medical clinic in Tulsa.

I’m originally from Tahlequah. My mom still lives at the house I grew up in – which is surrounded by creeks that run into Lake Tenkiller. It’s in the woods and truly ‘out in the middle of nowhere.’

I’m very grateful to be here at Saint Simeon’s. Everyone here is so nice. My co-workers are all great. I share the recognition of this award with Mariela and LaDonna. We all happened to be in the right place at the right time. Following their lead helped me to remain calm in the situation, and we were all grateful the resident was okay.

I grew up watching OU football and continue to enjoy it. My husband and I are OU season ticket holders and enjoy traveling to Norman to watch the games. Dan and I have been married 30 years. Our daughter Sarah is an attorney in Yukon, and our son Matthew is a freshman at TCC.

Also in my free time, I enjoy gardening and working in my yard.”
“One Friday, we found that we had to turn a room very quickly for a new Resident, and this particular day, Facilities Management was very short-handed. We were doing the best we could. Due to an ongoing repair on the pool, some of our Wellness Center staff – Casey and TU intern Danielle Engles – found themselves with a little free time. When they heard about our rushed deadline, they volunteered to help paint. Ed (our painter) said that they were a tremendous help in the time they could spare. While we would have stayed as long as necessary to get this work complete, the added help made this task a little easier and less stressful. I cannot think of a better way to demonstrate teamwork than to volunteer to work not only outside your department, but doing something so completely different for the good of Saint Simeon’s. Thank you both for helping out.”

— Tadd Weese, Director of Operations

“The day I helped paint the new Resident’s room, the pool was closed due to repairs, so I didn’t have much going on. I knew they needed help painting, so I jumped in. I brought my TU student, Danielle Engles, with me to help, and we made it a competition to see who could get more done.

I have been at Saint Simeon’s since December 2017, and I love everything about this place.

Primarily, I work with Residents in the pool, and I’m also a ‘runner,’ so I go get Residents from their homes and bring them to the Wellness Center.

I have a degree in Exercise Physiology from Cameron University in Lawton and also played softball as a student there. I also have a massage therapy license. I’ve had other jobs helping people exercise. I worked in outpatient physical therapy at St. Francis and at Villages of Southern Hills.

I am originally from Bixby and graduated from Bixby High School. My mom still lives in Tulsa. My dad passed away from cancer a few years ago. I now live in Verdigris and have 5 acres where I have two dogs – one lab and a lab/malamute mix – they’re about 70 pounds each. I also have chicken and emus.

In my free time, I love traveling and hiking in Arkansas and Turkey Mountain here in Tulsa. I also take care of an elderly lady at her house three evenings a week and on the weekends. I call her ‘Granny,’ and she calls me her buddy. We do a lot together – she even went with me recently to test-drive potential new cars. We work on adult coloring books together, and of course, I make her exercise.

In the near future, when I do get a new car, I’m also going to start being an Uber driver in my spare time.

I love working with older people and really enjoy my job at Saint Simeon’s!”
Dear Residents, Families, and Friends of Saint Simeon’s

Many of you will remember from the Gospel of John, the story of Thomas, the disciple of Jesus. Thomas wasn’t with the other disciples when Jesus appeared to them after the resurrection. Thomas refused to believe that they had seen the risen Lord, and proclaimed that he would not believe unless he saw Jesus with his own eyes and touched him with his own hands. A week later, he is in a room with the others and Jesus appears suddenly in their midst. When Jesus invites Thomas to personally examine the wounds of crucifixion, Thomas exclaims, “My Lord and my God!”

Unfortunately, because of this story, history has conferred upon the Apostle Thomas the epithet “Doubting Thomas.” This is not exactly fair since the other disciples also needed to see and believe. It has left us with the sense that you don’t have faith if you doubt. After all, no one wants to be a “Doubting Thomas.”

We all have had doubts about our beliefs at various times in our lives, and we probably should not be so quick to disparage Thomas. In fact, I think we should proclaim Thomas as the Patron Saint of everybody! Doubt is not a bad thing in regards to belief and faith. It is actually a good thing!

What? How can doubt be a good thing? Doesn’t doubt weaken faith? Can’t doubt cause you to abandon all you believe and leave you in despair? Shouldn’t you do all you can to cast doubt out of your mind and heart?

Think of this possibility: Doubt is to your faith as exercise is to your body. Most of us are brought to our faith by others. One’s family took one to a place of worship or a community of faith. Someone told another about their beliefs and their faith. We all were led or influenced by someone else. Once belief has been established, doubt provides the opportunity, through a bit of struggle, to come to own your beliefs for yourself. Belief that is real and true emerges as faith – that in which you have trust and assurance. We actually need to struggle with our beliefs so that the chaff can be blown away and the wheat can grow. Doubt brings the struggle which will yield healthy, spiritual growth.

Yep, Thomas is looking more the hero and less the goat!

Blessings to you,
Fr. Bill Holly †
Surrounded by many of her closest friends, Simone celebrated her 9th birthday in April with the annual party in the Common Room.

As is traditional, Simone’s cake was prepared by Residents for her in the weekly Culinary Class under Life Enrichment Director Teresa Reno’s guidance. Normally Simone is reluctant to take that first bite of cake because it is not something she is familiar with.

Odd, since that doesn’t seem to stop her from eating all sorts of things that can’t be mentioned which she shouldn’t eat...

Maybe a cake was just too high-brow for her. Not anymore! Simone ate all the icing and was deep into the body of the cake when we finally felt we had to call a halt. For the first time in her life, that evening, she could not eat a bite of supper – just went to sleep early after a very special day and a full stomach.

How old is Simone in human years you ask? There are various charts on the Internet to calculate this taking into account the breed and weight of the dog.

As closely as I could determine, Simone is now 65 years old and catching up rapidly with the rest of us. If the publishers ever decide to put a dog on the cover of AARP magazine, she is ready!

Simone had some recent excitement. After all these years, she finally “caught” a squirrel! He was in the Gazebo Courtyard and had suffered a leg injury of some kind so couldn’t climb a tree. When she ran toward him, he slipped behind the tree thinking she wouldn’t find him, but instead, Simone just assumed that he had gone up the tree and was as shocked as the squirrel when they went nose-to-nose. Please note the tiny scar on Simone’s nose where the squirrel bit or scratched her. Does that make Simone a “wounded warrior”?

The squirrel was taken to the wonderful folks at Forrest Trails Veterinary Hospital at 101st/Sheridan (299-8448). Forrest Trails accepts injured wild animals at no charge – donations accepted. The doctor determines if the animal can recover to be released back into the wild, and if that is the case, does what is needed and then Wing It (Wildlife in need Group in Tulsa) volunteers take over and nurse it back to health. They even try to release it as close as possible to its original home. Thank you, Forrest Trails and Wing It for all you do!

Why do smaller dogs live so much longer than bigger dogs???
WHAT TASKS AT SAINT SIMON’S DOES YOUR DEPARTMENT HANDLE?

We help Residents achieve their wellness goals. We teach classes and work one-on-one with Residents in the gym and pool. We work with all levels of abilities to reach each person’s goals, whether it be to maintain their current fitness level, or to be able to walk with a walker. We offer a variety of classes and open gym/pool times to work with as many schedules as possible.

HOW DOES YOUR STAFF GO ABOVE AND BEYOND TO HELP RESIDENTS?

We are lucky to get to know Residents on a personal level. We have a few Residents that we know enjoy going outside when the weather is nice, so we take the outside paths on their way to or from the gym. We also have a Resident who does not like to come down to the gym, so in order to keep her active, we bring exercise to her.

HOW DOES YOUR DEPARTMENT HELP SAINT SIMON’S FULFILL ITS MISSION OF HELPING RESIDENTS LIVE THE HIGHEST LEVEL OF INDEPENDENCE AND DIGNITY POSSIBLE?

We fulfill this mission by helping maintain or improve Residents’ strength and mobility. We encourage all Residents – no matter their fitness level – to participate in the Wellness Center so they can keep active and moving to stay as independent as possible.

Members of the Wellness Center staff with dedicated Wellness Resident volunteer Vern Stanton went all out for Mardi Gras this year.

Residents and staff displayed their art work at the annual Art Show on March 22 in The Bistro. Everything from photography to paintings to needlework, hand-crafted pens, and woodcarvings was on display.
WE REMEMBER IN OUR PRAYERS

Arlene Oliphant
William Sheehan
Anne Kirst
Billie Cooper
Mitzi Bowman
Joan Carpenter
Joyce Jackson
Barbara Allen
David Cordell
Mae Copeland
Jean King
Marjorie Olson
Royce Parr
Betsy Warner

alzheimer's association

CAREGIVER SUPPORT GROUP

THURSDAY, MAY 24
6:00-7:30 PM.

SAINT SIMEON’S SMITH CONFERENCE ROOM

Free and open to families of Saint Simeon’s and members of the community who have loved ones with dementia.
Complimentary dinner is served

Please RSVP by May 21:
918-794-1977

alzheimer’s association

Seminar on Grief
TUESDAY, MAY 15
11 a.m. – 1 p.m.

Saint Simeon’s Common Room
Complimentary lunch will be served.

PLEASE RSVP BY MAY 10
918-794-1977

Welcome to our Family!

Rozella Bozarth
Edna Birmingham
Jaan Venable
Rodney Bones
Dorothy Kasel
James Sullivan
Venis Treiber
Marilou Burnett
David Scharf
Dr. Pia Petculesscu
Bernice Robak
Edythe Schroeder
Pat Merrin
Richard Hiskett
Emma Herndon
Dolores Dukes
Rosanne Edwards
John Harold
Conway Jr.
Tom Clark
Judy Price
Mattie Treadway
Willard O’Daniel
Glen McGuire
Doris Nickell
Michael Cox
Lillian Wirick
Lois Gatchell
Edwin Olson

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 Lisa Gray at lgray@saintsimeons.org or 918-794-1977.
Saint Simeon’s Episcopal Home
3701 Martin Luther King, Jr. Blvd.
Tulsa, OK 74106-6450

Saint Simeon’s is a mission of the
Episcopal Diocese of Oklahoma

CHANGE SERVICE REQUESTED

Easter Parade

We brought back an old tradition this year. Residents and staff donned their most colorful Spring hats and paraded around campus for a fun Easter parade!