



What to Expect During Your Skilled Nursing Stay



Thank you for choosing Saint Simeon's for your rehabilitative and post-acute care needs. As your transitional care partner, we are committed to providing exceptional skilled service and comprehensive rehabilitative care throughout your short-term stay. Our skilled clinical and therapy teams will work with you to develop a personalized care plan that helps you reach your recovery goals.

Skilled Nursing Admission Checklist



Discharging from the hospital to a Skilled Nursing and Rehab facility can feel like a bit of a whirlwind. Between discharge instructions from the hospital and admissions information and paperwork, you may feel overwhelmed with information. Use this checklist to help ease the process and give you peace of mind.



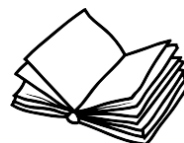
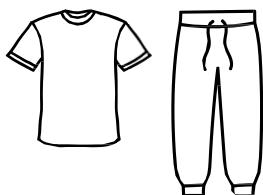
Information and Documents Needed for Admission

- Medicare Card
- Proof of Medical Insurance (Primary and/or Secondary)
- Power of Attorney Documentation
- Oklahoma Do Not Resuscitate Consent Form (DNR), if applicable

Suggested Clothing and Personal Items



- Comfortable clothing for 5 to 7 days
- Hearing aids, eyeglasses, and eyeglass case
- Personal effects
- Reading Materials
- A pair of non-skid supportive shoes for therapy
- We provide standard toiletries, but if you have personal favorites you are welcome to bring them
- A jacket or sweater if you tend to be cold-natured



Laundry and Labelling



Laundry services are provided FREE OF CHARGE. There is a drop off box in the Medical Resort. At the drop off box you will find bags and a form to write down the name of your loved one, their room number, and the date. Place the form in the bag with the clothing, seal the bag, and drop it in the box. Once the clothing is labeled it will be delivered to your loved one's room.

Note: Even if you choose to do your own laundry please follow the labelling procedure. In the case of an accident, soiled laundry will be handled promptly.

Checklist



Paperwork

- ☐ Medicare Card
- ☐ Power of Attorney Paperwork, if applicable
- ☐ Secondary or Managed Medicare Insurance Card
- ☐ DNR Form, if applicable

Clothing

- ☐ Sweater or Jacket
- ☐ Gym Shorts or Loose Pants
- ☐ Clothing that is easy to take on and off
- ☐ Toiletries
- ☐ Non-Skid Shoes

Assistive Devices

- ☐ Hearing Aids
- ☐ Eyeglasses
- ☐ Eyeglass Case

Other

- ☐ Reading Materials
- ☐ Personal Effects

What Items Should Be Left at Home?



- Prescription or over-the-counter medications
- Jewelry and other valuables
- Money or credit cards
- Rugs or mats
- Extension cords
- Glass or breakable items
- Combustible items such as aerosol cans
- Electric blankets or heating pads
- Any item with a hazardous warning label or disclaimer
- Tobacco products—Saint Simeon's is a tobacco-free campus

DID YOU KNOW?

Saint Simeon's is a Certified Wildlife Refuge? During your stay, be sure and check out our beautiful peacocks! You may also see deer, fox, ring-necked pigeons, turtles, and more!

Meet Your Clinical Team



Our goal is to help you return to your life as active and whole as possible. Our professional caregivers and therapists meet regularly to discuss your recovery plan and goals. Please reach out to them with questions or concerns at any time during your stay with us.

- Administrator—*Stephanie Sullins, BSHA, AAB, LNHA
 - 918-794-1940
- Director of Nursing—*Tiffani Henderson, RN, BSN
 - 918-794-1912
- Therapy Team
 - 918-794-1948
- Assistant Director of Nursing, Medical Resort—
*Tosha Williams, MSN, BSN, RN
 - 918-922-8629
- Assistant Director of Nursing, Memory Center—
*Angel Martin, LPN
 - 918-794-1944
- Director of Social Services/Discharge Planning—
*Twyla Johnson
 - 918-794-1943



Important Info



Mealtimes

Breakfast	8:00 to 9:30 a.m.
Lunch	12:00 to 1:00 p.m.
Dinner	5:00 to 6:00 p.m.

The goal of transitional therapy is for you to get strong enough to return to your active life at home. Part of your therapy is enjoying three meals a day in our dining room.

If you require assistance to get to the dining room, our aides are here to help you.

Don't see something you like on the daily menu?
Please request a copy of our "Always Available Menu."



WIFI Information

Saint Simeon's Guest
Password=welcomefriends!

Other Useful Info



- Prior to admission, our Admissions Team will contact you or your designated representative to discuss your insurance benefits and familiarize you with the admissions paperwork.
- Admissions paperwork will be completed electronically via email.
- Visits from family and friends are welcomed and encouraged. There are no set visiting hours, but you'll need plenty of rest to facilitate healthy recovery, so we ask that visitors be respectful of resting patients, especially during nighttime hours.
- Once signed physician's orders are received, all your medications will be ordered from our pharmacy, Boomer Solutions of Tulsa, and are typically delivered with 12 hours. Meanwhile, emergency medications will be available if necessary.

Other Useful Info (cont.)



- Within the first few days of your stay, several members of our team will meet with you to discuss your recovery goals, personal preferences, and to review important information. This team may include our Administrator, Director of Admissions, Nurse Managers, Director of Therapy Services, Director of Social Services, and Case Manager.
- Saint Simeon's provides ongoing engaging activities throughout the day, so be sure to check the activity calendar often. Our Life Enrichment Team can also help you find great activities to participate in.
- Love it here? Reach out to our Admission's team to learn about all our residential options: Catered Living, Assisted Living, Long-Term Care, or Memory Care (both long-term and assisted living).

Admissions—918-794-1900

Salon Services



Saint Simeon's is pleased to offer onsite salon services provided by independent, licensed cosmetologists. Payment by credit card, check, or cash must be made at the time of service. Please contact the Dotson Desk Concierge for details and to schedule at 918-794-1903.

Services Offered: *

Shampoo & Style—\$35.00

Shampoo Only—\$17.00

Haircut Only—\$35.00

Haircut & Shave—\$50.00

Manicure—\$25

Pedicure—\$45

*For a complete list of services, contact the Dotson Desk Concierge.





Saint Simeon's

SIXTY FIVE YEARS

TV Channel Guide

2 COMMUNITYCHANNEL

3 EPG

4 NBC-KJRH

5 PBS-KOED

6 CBS-KOTV

7 FOX-KOKI

8 ABC-KTUL

9 ACCUWEATHER

10 CNN

11 MSNBC

12 FOXNEWS

13 FX

14 NATIONALGEOGRAPHIC

15 TBS

16 TNT

17 USA

18 SYFY

19 A&E

20 AMC

21 TCM

22 HALLMARK

23 HISTORY

24 DISCOVERY

25 FOODNETWORK

26 HGTV

27 BRAVO

28 TLC

29 LIFETIME

30 ANIMALPLANET

31 FREEFORM

32 TVLAND

33 CMT

34 ESPN

35 ESPN2

36 ESPNU

37 BIGTEN

38 FOXSPORTS1

39 VELOCITY

40 ION

41 PURSUITCHANNEL

42 INSPIRATIONNETWORK

43 HOUSECHANNEL