Western Days Wrap-Up

+ William S. Smith Therapy Center
  Parkinson’s Foundation
  Lindsay Hurley Fick Education Center
Happy 2019! It has been an exciting nine months since I started at Saint Simeon’s last May. I continue to pinch myself over how fortunate I am to get to join such a wonderful community. My career in senior living started 22 years ago, and I have had the opportunity to be involved with numerous communities over the years. The spirit of Saint Simeon’s is unlike anything I have experienced before. The community’s rich history, dedication and commitment to people in the Tulsa area are unparalleled.

Like many organizations, Saint Simeon’s underwent a number of changes last year. The past CEO, Lindsay Hurley Fick, retired in May after 12 years of service. Her legacy of steadfast leadership left a positive mark on the staff, Residents and family members. The generous donations made by many of you allowed us the opportunity to dedicate our new Education Center in her honor this past December. The Lindsay Hurley Fick Education Center will provide Saint Simeon’s with a designated area to deliver a variety of training courses, public education seminars and support groups.

We have made changes to the care services we provide as well. In July, we started offering Skilled Nursing services in our Memory Care unit. This addition allows us to meet the needs of people with dementia who require specialized rehabilitation to recover from surgery or a major illness. Saint Simeon’s in one of four communities in Oklahoma that has licensure to provide this level of service. This change, along with others, increased our overall census above 90%.

Our new tagline, “Minutes from Downtown, Miles from Ordinary” really says it all. We strive daily to provide an exceptional experience for the Residents and their family members. Our focus on customized care continues to set us apart from the rest. There are many new programs planned for this upcoming year to expand our Resident offerings. We appreciate your generosity that allows us the opportunity to deliver exceptional senior living.

Tammy Schafer, Saint Simeon’s President and CEO
ON THE COVER

Nearly 600 of our closest friends gathered at Western Days 2018: Wear Your Boots to Celebrate Our Roots on Sept. 11, 2018.

Featured on the cover (from left to right): Melissa and Mac Stallcup, Phyllis and Steve Anderson, Barbara Turner, Nancy and Tom Mason, John Turner, Lisa and Tom Schooley, and Debbie and Bishop Ed Konieczny.
Thank you to the nearly 600 guests who exceeded our fundraising goal and raised $459,517 in support of Saint Simeon’s. Western Days 2018: Wear Your Boots to Celebrate Our Roots was held Tuesday, September 11, 2018 at the Cox Business Center in Tulsa.

Lisa and Tom Schooley served as Event Chairs. They drew upon the Garth Brooks tune, a Santa Fe-inspired menu and look, and cowboy boots, of course, to create this memorable evening. Barbara and John Turner served as Patron Chairs. Melissa and Mac Stallcup served as Auction Chairs.

We celebrated the leadership and service of Phyllis and Steve Anderson as Honorary Chairs. The Andersons are dedicated friends and supporters of Western Days. Steve has served on the Saint Simeon’s Board of Trustees for 10 years. After earning a law degree from The University of Tulsa, Phyllis founded an elder law practice in Tulsa. Together, their insight and leadership of Saint Simeon’s has been invaluable.

The Pioneer Spirit Award was presented to Saint Simeon’s Resident Tom Mason. Tom left an impression on Tulsa during
his 45-year law career. First introduced to Saint Simeon’s in 1965 through a client, Tom has been a Resident since January 2016 in the Dotson Family Assisted Living Center. Tom has been instrumental in establishing the Parkinson’s Care Program at Saint Simeon’s. Willing to share his thoughts and offer guidance as to how best serve individuals with Parkinson’s and related movement disorders, Tom has shaped a program which will help Residents for years to come.

Western Days 2018: Wear Your Boots to Celebrate Our Roots featured an attractive silent auction, the highly anticipated general store, and an animated live auction. The evening featured live music from Shelby Eicher and his band as well as the Western Mule Raffle and the Utica Square Raffle.

The 22nd annual Western Days is in the record books along with our thanks to the many donors and friends who generously supported this Saint Simeon’s fundraiser.
Saint Simeon's experienced plenty of change in 2018, and one of those changes was the expansion of its Skilled Nursing program. Tammy Schafer, President and CEO, has been instrumental in helping Saint Simeon's grow this important area of care.

The demand for Skilled Nursing Care in Tulsa remains strong, with hospitals and local physicians demanding positive care and therapy results from the senior community where they refer. “Saint Simeon’s is able to meet these requirements through outstanding personalized care and effective therapy services that help residents meet their goals to either go back home or stay in a senior care community,” Tammy says.

Before 2018, Saint Simeon’s offered Skilled Nursing in the Health Care Center. Now, Skilled Nursing is also available in the Memory Center. “The need for Skilled Memory Care services is great,” Tammy says. “Saint Simeon's is one of four communities in the state of Oklahoma that has the licensure to provide this service.”

Saint Simeon’s is currently averaging about 20 Skilled Residents each month, and the goal is to reach 25 per month.

With that, the dedication to quality care is paramount. Saint Simeon’s is constantly looking for ways to customize its services to ensure the experience is better than anywhere else, Tammy says. “The dedication of the Saint Simeon’s staff sets us apart from our competition. Our true advantage is our people.”

Internist Joe Moore, M.D. Saint Simeon's Skilled Services Physician, says that Saint Simeon’s has a unique environment not found at other communities. The beautiful surroundings, matched with the growing Skilled program and an expanded therapy space, equipment, and a pool, are key in maximizing the potential for all those who reside and visit the property.

“There is great potential here, and I looking forward to seeing what the future holds! Thank you to all who have played a part in the growth and development of Saint Simeon’s,” Dr. Moore says.

Phyllis Dotson, Saint Simeon’s Foundation Trustee, experienced a
total knee replacement last fall. After surgery, Phyllis spent time in Saint Simeon’s Skilled Nursing Unit and shares, “After surgery, my early recovery was in Saint Simeon’s Skilled Nursing. Rehabilitation followed, and I enjoyed working with outstanding occupational, physical, and speech therapists. Not only was the Skilled Nursing care superior, but upon release, I was thrilled to return three times weekly as an outpatient to the same team of occupational and physical therapists. The Saint Simeon’s warm saline pool is soothing and beneficial and helps greatly with mobility and pain management.” Phyllis shared further that she was pleased with the care Dr. Moore offers for Skilled Nursing residents. “He provided superior care and was a tremendous resource for me and my family in bridging the gap between surgery and returning home,” Phyllis says.

WILLIAM S. SMITH THERAPY CENTER

One of the most important facets to Skilled Nursing is physical therapy. With that in mind, Saint Simeon’s recently renovated the William S. Smith Conference Room into the William S. Smith Therapy Center. Located in the heart of Saint Simeon’s campus overlooking the courtyards, the new therapy center opened on Dec. 3, 2018.

“The new Therapy Center offers the Residents more variation in their rehabilitation plan,” Tammy says. “The residents are exposed to a variety of equipment and technology that Saint Simeon’s was unable to provide previously.”

As Saint Simeon’s Skilled census has increased, so has its therapy program. Prohab Therapy Specialists, the provider for Saint Simeon’s, has tripled its staffing at Saint Simeon’s over the last year. Prohab, offers physical, occupational, and speech therapy.

Sean O’Halloran, Chief Operating Officer for Prohab, says the new, larger environment is home to new equipment and allows more space for the residents and staff to work.

One of the new pieces of equipment is called Jintronix, and Saint Simeon’s is the only community in the state of Oklahoma to offer it. It’s a virtual reality system that tests range of motion, balance, and upper and lower body strength.

“Jintronix allows us to manage their resistance and strength over a long period of time. It also allows us to store that info, and we can compare it to age-appropriate patients nationwide,” Sean says.

Other new equipment includes arm and leg bikes, balance machines, and a set of parallel bars.

Tammy says the variety of equipment adds to the residents’ overall rehabilitation plan and also increases the motivation level of the residents. “They can come to an area where others are working and see how they are doing. The comradery is beneficial to the overall wellness plan.”

Saint Simeon’s is extremely grateful to William S. Smith for making the new therapy center possible. Will has been a tremendous supporter of Saint Simeon’s. In 2006, he made possible the William S. Smith Conference Center. This nearly 700 square foot space in the heart of Saint Simeon’s has been well loved and well used since it opened in 2006. In 2018, Tammy Schafer and Trustees for Saint Simeon’s Home approached Will to see how he would feel about transforming the space to best serve the needs of individuals needing speech, physical, and occupational therapy.

Will served as a Trustee for Saint Simeon’s from 2001 – 2017. He served as a Trustee for Saint Simeon’s Foundation from 2001 – 2018. He has served as chair of Western Days. Will has been among the most stalwart of supporters in times of progress at Saint Simeon’s.
On December 6, 2018, Trustees, supporters, and donors gathered to dedicate the Lindsay Hurley Fick Education Center. This 2,600 square foot center can accommodate online learning, a classroom setting, group discussions, and hands-on practical training for housekeeping skills, nursing skills, as well as continuing education for all members of the Saint Simeon's team. It is a unique center for any senior community, and it is meaningful to dedicate it to Lindsay, a person who wholeheartedly led Saint Simeon's for more than 12 years as President and CEO.

The Rt. Rev. Dr. Edward J. Konieczny, Bishop, The Episcopal Diocese of Oklahoma, offered the dedication with remarks following from David Hogan, immediate past president of the Saint Simeon's Foundation Board of Trustees, and Tammy Schafer, President and CEO of Saint Simeon's. Lindsay and Ron Fick were on hand for this special day in the life of Saint Simeon's.

During Lindsay’s tenure as President and CEO, the care levels for Saint Simeon’s Residents became increasingly demanding. She recognized the need to provide continued education for Saint Simeon’s staff. This dedicated training space recognizes Lindsay’s hope for her former colleagues – continued education and opportunities for growth and advancement. The new setting offers a comfortable setting for learning new skills to then offer the best care for our Residents.

Saint Simeon’s is building on Lindsay’s idea and incorporating groups throughout Tulsa into programming offered here. The Alzheimer’s Association Caregiver Series will be offered on campus, and the Parkinson Foundation will offer programming related to how to care for individuals living with Parkinson's disease. Not only will these programs bring people to our beautiful campus, but they will also offer a glimpse into life at Saint Simeon’s: A generous and gracious life – qualities very much like the Education’s Center’s namesake, Lindsay Fick. The Lindsay Hurley Fick Education Center will for years to come exemplify Saint Simeon’s best endeavors toward superior senior care.
One of the very best places to celebrate Christmas is Saint Simeon’s. This year, I had a friend, who, along with their family, went to New York City to see the annual Rockefeller Tree Lighting. I found myself thinking they were missing out, because between the tree decorating and caroling, Saint Simeon’s has the Big Apple beat in spades.

Part of what makes Christmas special here is the outpouring of love and generosity from Residents, family, and friends who honor the effort of Saint Simeon’s front-line staff members. This year, the Foundation received 201 gifts totaling $79,002.13, which was equally distributed among deserving hourly staff members. It is fun to hear how creatively my colleagues celebrated with their family and friends.

Western Days 2018: Wear Your Boots to Celebrate Our Roots was wildly successful thanks to the leadership of Lisa and Tom Schooley, Barbara and John Turner, and Melissa and Mac Stallcup. This volunteer leadership brought together friends from near and far to celebrate the 22nd annual Western Days. It was especially meaningful to celebrate Phyllis and Steve Anderson (one of my favorite Texans!) and Tom Mason, a Tulsan through and through.

I would be remiss if I did not take this opportunity to thank Lisa Gray. Lisa kept Western Days, as well as numerous other Foundation projects on track while I was out of the office on maternity leave. She is among the most gracious, kindhearted colleagues I have ever known. It is a delight working with her.

The names listed on this and the following pages represent a generous spirit, and we are grateful for each person. Each has lifted spirits, brightened an afternoon, and sent an encouragement for which we cannot be more thankful to have received.

Carolyn Blair, Executive Director
Saint Simeon’s Foundation

Jezreel Dagum, Security, is going to spend his money on Christmas gifts for his nephew, nieces, mom and dad.

Lisa Gray, Foundation, is going to donate part of her money to Oklahomans for Equality, take her husband to dinner at Outback (his favorite!), and buy a new faucet for their kitchen sink.

Commica Morris, Healthcare Center, will be spending her money on her joy, her beautiful baby granddaughter, on her first Christmas.

Shelah Frometa, Assisted Living, is going to use her money spending quality time with her family, especially her mom, over the holidays.
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INTerview with Hilary Clark, New Foundation Trustee, Foundation Fundraising Committee

WHAT DO YOU HOPE TO CONTRIBUTE AS A TRUSTEE FOR SAINT SIMEON’S FOUNDATION?
As a Trustee for Saint Simeon’s Foundation, my wish is to prove myself worthy of the position by being an advocate for the residents, one of whom is my own husband. I feel that gives me a vested interest in helping make Saint Simeon’s into the bellwether of Memory Care and Assisted Living communities in our region. I see the growing number of Assisted Living communities in Tulsa and the surrounding areas, which speaks to the increasing need, but which also creates competition. I feel that Saint Simeon’s already has much to offer when compared to other communities, but as with everything, there is always an opportunity to make it even better. I want to be a participant in making that happen.

HOW IS SAINT SIMEON’S ANSWERING QUALITY OF LIFE NEEDS THAT MAY NOT BE ANSWERED AT OTHER SENIOR COMMUNITIES?
I believe that one of the strong suits of Saint Simeon’s is that it is not corporate owned. My experience with other senior communities is personal, but having been exposed to “franchised” communities and then finding a privately owned and operated home for a family member, I found a vast difference. The personal touch was amazingly different and so very comforting. Saint Simeon’s has that same quality, and that goes a long way when placing a loved one. When I had to make the heartbreaking decision to place my husband, I was treated with such compassion, support, and kindness I was convinced I had found the right place for him. I still feel that way and want to help ensure that tradition continues.

WHAT OR WHO IS YOUR FAVORITE PART OF THE SAINT SIMEON’S COMMUNITY?
Gracious! That is difficult to pinpoint. I would say that I never feel that I am entering an institution. It starts with the personnel at the front gate who always greet you with a smile and a wave. Then, there are the beautiful grounds as you approach, which offer many areas for Residents and their families to enjoy. And the beautiful peacocks! And, perhaps because I’m visiting every day, the staff members – from the custodians to the nurses and aides – are always so friendly and approachable.

IS THERE ANY ADVICE YOU WOULD SHARE WITH SOMEONE WHO HAS A SPOUSE WHO MAY BE WELL SERVED BY MOVING TO A SENIOR COMMUNITY?
Absolutely. First, do your due diligence in researching and visiting the communities you are considering. Talk to people who have loved ones in those communities if possible. Notice when visiting them how the staff seems to interact with the Residents. How clean do the premises appear? How willing is the staff to show you around and explain how things work? How do you feel your questions and concerns were addressed? Was there any follow-up after your initial visit? I would also advocate working with a care manager initially, if at all possible, to help navigate through the decision-making process during a very stressful time. I realize that may not be feasible for everyone, but I found it invaluable.
Interview with Ted Haynes, New Trustee for Saint Simeon’s Foundation, Foundation Finance Committee

WHAT DO YOU HOPE TO CONTRIBUTE AS A TRUSTEE FOR SAINT SIMEON’S FOUNDATION?

After spending the last 35 years in the health insurance industry, I hope to assist Saint Simeon’s Foundation in the growth of health care services for the residential community.

YOU HAVE A BROAD KNOWLEDGE OF THE HEALTHCARE INDUSTRY AFTER A LONG-TIME CAREER LEADING BLUE CROSS BLUE SHIELD BOTH IN TEXAS AND OKLAHOMA. HOW IS THE MAKE-UP OF SENIOR LIVING (SKILLED/LONG-TERM CARE/ASSISTED LIVING) SHIFTING?

With roughly 10,000 baby boomers turning 65 each day, and with breakthroughs in treatment of diseases extending life expectancy, senior health care is becoming more and more important. These factors will necessitate providers of senior care to grow and enhance available services and treatment modalities while taking advantage of funding sources.

WHAT DO YOU MOST LOOK FORWARD TO IN RETIREMENT?

I worked for 42 years without a break other than periodic vacations and aspired to retire at 65 from the place I wanted to retire from, providing a service beneficial to people. That aspirational goal was fulfilled when I retired from Blue Cross Blue Shield of Oklahoma at the end of 2018. Now, I look forward to spending time with my wife, Shiela, our three children and five grandchildren, traveling, and volunteering in Tulsa.

Parkinson Foundation Eastern OK Chapter Moves to Saint Simeon’s

Saint Simeon’s became one of the first senior communities in the nation to offer specialized care for individuals with Parkinson’s disease in 2017. That care has included special training on Parkinson’s disease for the nursing staff, as well as a Parkinson’s-specific exercise program led by Dr. Mary Nole, Saint Simeon’s Parkinson’s Specialist.

In the process, Saint Simeon’s has established a close relationship with the Parkinson Foundation of Oklahoma, whose goal is to improve the quality of life for Parkinson’s patients and families across Oklahoma.

Saint Simeon’s is delighted the Parkinson Foundation’s Eastern Oklahoma Chapter, led by Richard McCutchen, has moved its offices to Saint Simeon’s. This partnership will benefit both Saint Simeon’s and the Parkinson’s Foundation of Oklahoma. The Foundation will have access to Saint Simeon’s new Lindsay Hurley Fick Education Center for support groups and community education programs, and Richard and volunteers will office out of the cottage on the south side of campus.

“Saint Simeon’s wants to continue to broaden the audience we serve and develop our reputation as a leading expert in the field of Parkinson’s Care,” says Tammy Schafer, Saint Simeon’s President and CEO.

The Wellness Center is key to the Parkinson’s program, since it’s essential that people with Parkinson’s stay active. Dr. Mary Nole is now exercising one-on-one with 13 people with Parkinson’s. The goal is to expand the in-house Parkinson’s program to at least 20 participants, Tammy says.

Saint Simeon’s hopes to continue to expand the use of the Wellness Center even beyond the Parkinson’s program and its current use.

“Saint Simeon’s will open a membership program to seniors outside of Saint Simeon’s to use our Wellness Center and our numerous programs,” Tammy says. “These programs will range from customized workout plans, yoga classes, wellness seminars, and water aerobics.”
The Saint Simeon's Foundation enhances, through philanthropy and stewardship, the physical, social, and spiritual well-being of the Residents of Saint Simeon's and their families.

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