

Quill of the Hill

Volume 45

Issue 4

April 2010

*Please Join
Saint Simeon's Auxiliary
for the
Annual Spring Luncheon*

Celebrating Saint Simeon's 50th Anniversary



*The Gold Standard for the Golden Years
1960-2010*

Tuesday, April 20, 2010

11:30 a.m. to 1:30 p.m.

Saint Simeon's Common Room

Invitations & Membership Forms are in the mail!

RSVP by April 15

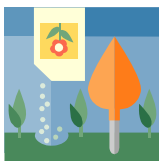
Valet Parking

*For questions or information,
please contact Karen Garren at 794.1945 or kgarren@saintsimeons.org*

News From the Auxiliary

The purpose of the Saint Simeon's Auxiliary is to enrich and enhance the lives of the Residents of Saint Simeons.

News from the Landscape Committee



Members of the Landscape Committee took a Sunday out of their busy schedule and transplanted several of the plants from the "demolition area" into

existing garden beds throughout the property. Kathy Hinkle organized with the help from Tom Freeman, Mary Dotson, Mary Newman, George Harrington and Mary Lou Havener. A GREAT BIG THANK YOU goes to the group. As the warm weather approaches, work will continue to remove weeds and debris from shrubs and groundcover in the beds. Pots will be cleaned out to ready them for new plant material. We will plant for Spring on April 16 & 17.

Just a reminder for your home gardens - it is time to start adding fresh mulch for weed control and water retention. Fertilize Bermuda and Zoysia Grass and mow to a height of 1" and fertilize Fescue grass and mow to a height of 2". Check your Azaleas, Roses, and Euonymus for aphids and lacebug infestations and treat if necessary. Trim your Liriope and Roses and Ornamental Grasses if you have not done so.

As always, if you can volunteer some hours to the Landscape Committee, it would be truly appreciated and rewarding. For information please call:

Mary Lou Havener at 606-3789
George Harrington at 606-2649

Calling all Gardeners! for Spring Planting Days



Join us on
April 16th and 17th
9:00 a.m. — ?

Meet in the Gazebo Courtyard
Questions?

Call Mary Lou Havener at 606-3789



Library Committee

If you have suggestions for books to be added to the Residents' Library, please contact Judy Lawson at 743-8429 or Marie Millar 428-1281.



Save the Date For

The Education Committee's Guest Speaker

Gail O'Connor, RN

*Injury Prevention for Trauma Services
St. John Medical Center*

Tuesday, May 11, 2010

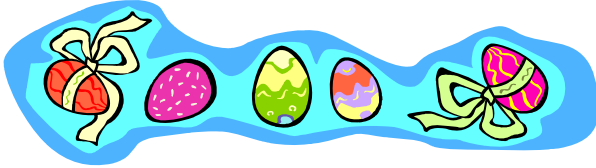
1:00 p.m.

Saint Simeon's Common Room

***Easter Dinner
at Saint Simeon's***

***Family Members who plan to join
Residents for Easter Dinner on
April 4th should make reservations
with Becky Ashwill at 794-1903.***

***Dinner is served
from 11:30 a.m. to 1:00 p.m.
Guest meals are \$12/person.***



***Happy
Easter!***

**Welcome to Those Who
Have Joined Our Family!**



*Elizabeth Bird
Vernon Foster
Kathryn Grant
Mildred Kline
Corinne Sharp
Savella Sutton*



**OUR APRIL
BIRTHDAYS!!**

4/7	<i>Dr. Reece Boone</i>
4/8	<i>Rebecca Stephens</i>
4/8	<i>Savella Sutton</i>
4/10	<i>Beverly Green</i>
4/12	<i>Frances LaZar</i>
4/18	<i>Robert Kingsley</i>
4/21	<i>Lyle Barnes</i>
4/21	<i>JoAnna Newman</i>
4/23	<i>Douglas Perry</i>
4/24	<i>Malcolm Deisenroth</i>
4/25	<i>Marilynn Baker</i>
4/25	<i>Ruth Johnson</i>
4/26	<i>Velma Austin</i>
4/30	<i>William Lamoreaux</i>

**We Remember in Our
Prayers Those Who Have
Departed this Life**



<i>John Alexander</i>	<i>Norma Graff</i>
<i>Maldi Coleman</i>	<i>Mary Nell Lindsey</i>
<i>Rodney Cumber</i>	<i>Margaret Murray</i>
<i>Marie Fritz</i>	<i>Jayanthi (Dr. J) Raj</i>

***Memory Center Family
Support Group***



Thursday, April 15 at 2:30 p.m.
Administrative Conference Room

Getting to Know: Darcia Alexandre

Darcia is a Charge Nurse working in the Assisted Living Center.

“I have known that I wanted to be a nurse since I was 14 years old. My Father was diagnosed with cirrhosis of the liver. I knew that I wanted to help him and take care of him and I told him so. Even though he died before I could do what I wanted to do for him, I never forget that commitment I made and became a nurse so I could help others.”



“I came to work here last September. My friend, Heather Feathers, who works in the Health Care Center told me that Saint Simeon’s was a place that would fit me. She was right because I really like working here. I have never been in a place where I have felt so appreciated by my superiors and my co-workers. When we truly care about and show compassion to each other, it gets passed on in the love and compassion we provide the Residents.”

“Before coming here I was a chemotherapy nurse working with oncology patients and also a Medical/Surgery Nurse so that gave me a wide range of experiences. After having my daughter, I wanted to slow down and be more of a mother, wife and friend to my family and that path in my life has brought me here.”

“I was born in New Smyrna Beach, Florida, which is on the outskirts of Daytona Beach. It was a small town and everyone knew all the children and helped them. The foundation for us was our Pentecostal Church. My mother worked for General Electric and my father worked for the city. I have one brother, two sisters and six nieces and nephews, who all live back in New Smyrna.”

“I moved to Georgia and worked as a Certified Nurse Aide, then Nurse, then Charge Nurse. I got my training to be a Licensed Practical Nurse at Augusta Tech. I was always active in my church and later moved to Houston to help establish another church. It was there that I met my future husband since we were both in the ministry. He became an evangelist and we moved to Tulsa in 2003 to assist in establishing another church under Power House Ministry.”

“I have three sons and one daughter. My oldest sons, Arthur and Deranta, both live in Florida. I have a son, James, Jr., who is nine-years old, goes to Kendall Whittier School, and loves basketball. My daughter, Davine Blessin, is three-years old and right now is in love with Chucky Cheese Restaurants. My husband, James is a Dialysis Technician and works for DaVita Dialysis Center. Friday night is usually Family Night and often consists of our going to a movie and eating out, most of the time you know it is Chucky Cheese!”

“We are very active in our church, Power House Temple of Faith and Deliverance Apostolic Church in Broken Arrow, and travel on missions with our pastor to other states to minister to others.”

“My life has been a journey with ups and downs. I bless God for all my ups, but mostly for my downs. I thank him for the strength and wisdom to juggle my days with the standards he has given me. Saint Simeon’s foundation is built on love, compassion, and caring for the whole person and I’m happy to be a part of it.”

Even before our founder, Dr. Eckel, chose this site for his home, this has been a special place for birds. Knowing the joy that watching birds provides our Residents; we encourage individual feeders outside Residents' windows and have community bird feeding stations (pole with a variety of feeders) at several locations. We also have two large aviaries in the Memory Center and the Ice Cream Parlor, which are home to various finches and doves that provide us with baby birds from time to time.

At the Parlor in the “elbow” on Casey Hall is our newest location for bird watching. Since there are no nearby trees, we weren't sure if birds would “find” this location, but they have. **Mary Newman (daughter of Ruth Matlock)** keeps the feeders filled and reports that the birds are enjoying their newest snack bar. We primarily use black sunflower seed in the regular feeders (mixed bird seed results in a lot of waste since the birds are seeking the sunflower seed anyway) and the tiny thistle (nyjer) seed in the goldfinch feeders (the feeders with the tiny holes). Only the correct size seed can go in the correct feeder! A platform feeder is also there for the larger birds that sometimes prefer to land for a meal versus sitting on a perch. Drop by and enjoy watching the birds.

As part of our Spring planting we are including some sunflowers – nature's natural bird feeder – and other plants to attract hummingbirds and butterflies. Peacocks have been living here now for several generations (theirs, not ours) and we anticipate having chicks again this year and will be looking for homes for them. **Art Rubin** gave us our first peacocks and **Bud Martin** takes care of their feeders. Most (but not all) of us miss the flock of Eastern Wild Turkeys who graced the grounds for a little over a year. When breeding season came they either left for deeper woods or fell victim, as they nested, to one of our bobcats, coyotes, or raccoons. The peacocks don't share that fate since they nest inside the courtyards.

We are always looking for volunteers to help us take care of wild birds (feeders), courtyard birds (peacocks and perhaps pigeons again), and birds in the aviaries. If that is something a Resident, family member, or employee is interested in – please let us know!!!

Now for a little Bird Quiz. None other than our own **George Dotson** was sharing this information from a Trivia Quiz at the Golden Anniversary Kick off Luncheon. These are all birds special to Saint Simeon's. Name a “group” of the following birds:



1. Crows,
2. Peacocks,
3. Hawks,
4. Turkeys
5. Larks,
6. Owls

(See page 7 for answers)



The Chaplain's Chat *by Fr. Bill Holly*

Dear Residents, Families, and Friends of Saint Simeon's,

In 1973, Maureen McGovern released the single, "The Morning After," which moviegoers first heard in "The Poseidon Adventure." The song describes well the theme of the movie about struggling through tumultuous times until the new day dawns. The first stanza is as follows:

There's got to be a morning after

If we can hold on through the night

We have a chance to find the sunshine

Let's keep on looking for the light – *Al Kasha and Joel Hirschhorn*

Messages of hope in the midst of adversity are of tremendous value to us. There are times when such adversity tempts one to just give up, even before we know how things will really turn out. It is hope that keeps us looking for that new morning after the storm. After all, that morning will, indeed, come. It is – just a matter of time.

The Easter message takes us light years ahead of that. Easter proclaims with great fanfare that the Morning After has already arrived. The sunshine, the light that we seek, is already with us in the midst of what we perceive as the dark storm; that in fact, the dark storm has no power over us at all! This was the message proclaimed by Peter who, before Easter, was cowering in the aftermath of denying any association with Jesus. Yet, after Easter, truly became the "rock" that Jesus had previously called him to be. This was the message of John, James, Matthew, Paul, and all the Apostles and other disciples of Jesus. The same forces that had crucified Jesus were still present – they were just not important in light of Christ's resurrection.

Tumultuous events, dark storms, times that try our souls, these are with us always. At the very least, we have the hope that if we hold on, we'll see the morning after. Those dark times in our lives simply can't last. They come and go.

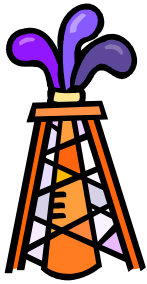
Even greater however, is the realization that is available to all us – that the Morning After has already arrived, and in that light, there is no darkness at all.

Blessings to you,
Fr. Bill Holly+



National Volunteer Week—April 18-24

**Volunteers are one of our most valuable resources.
Thank you for all you do for the Residents!**



Save the Date!
Western Days 2010 – “Golden Anniversary Gusher”
September 14 Central Park Hall EXPO Square

Honorary Chairs: Episcopal Diocese of OK, The Rt. Rev. Dr. Edward J. Konieczny,
 & Episcopal Church Women of OK, Jan Riddle, ECW Presiding President
 Patron Chairs: Margaret & Ross Swimmer
 Event Chair: Will Smith Event Chairs-Elect: Peggy & Tom Schroedter



Watch for details about this exciting event!

OKASHA Award



Phyllis & George Dotson received the Trustee of the Year Award for 2009 at the Annual OKAHSA Awards Program on March 11. Together they served as Co-Chairs for the successful “*Our Next Chapter: Building with Love!*” Capital Campaign which raised \$23.2MM for the construction of the new Assisted Living & Wellness Centers. George was selected by the Board of Trustees to serve as Chair of the Building Committee. Phyllis led committees for furnishings, donor recognition plaques and landscaping. The Dotsons have been fervent ambassadors for Saint Simeon’s for over 25 years.

The Final Phase of Our Next Chapter

How bittersweet to watch the A, B and C Wings of the old assisted living come down. There will soon be a new green space that will expand our wooded, park-like setting for Residents to enjoy. We can only imagine what great plans are in store for that space in the future!



Mission Camp Volunteers



Many thanks to the Episcopal Diocese Mission Camp Volunteers who spent a day at Saint Simeon’s detailing the Home’s vehicles, cleaning debris from the back service road area, and washing windows. We are thankful that they spent Spring Break helping others!

(From page 5)

ANSWERS:

1. Murder
2. Pride
3. Cast
4. Rafter
5. Exaltation
6. Parliament

