

# Quill of the Hill

Volume 45

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August 2010

## Dotson Family Assisted Living Center First Anniversary Bistro Bash

*Join us for cocktails and music by "Elvis" as we celebrate one year in our beautiful Assisted Living building. It is 50's dress-up day, so pull those old favorite outfits from the closet and come join the fun!*



August 18, 2010  
The Deisenroth Bistro  
3:30 p.m.



## Residents' Pre-Western Days Party Thursday, September 2, 2010



10:00 a.m. Round-Up in the Common Room—Fun, Food, Games, & Prizes  
Noon Meal—A special western-style meal with all the fixin's

2:30 p.m. Western Days Gala in the Common Room  
Special Entertainment by Janet Rutland

All Residents, Families & Friends are invited

Our thanks to Robin Ballenger for generously underwriting this event  
& Elaine Hanner, Event Chair

## ***Western Days 2010 – “Golden Anniversary Gusher!” Update***

The Auction website will be online on August 1 with all the Live & Silent Auction items. On August 1 you can go to [www.saintsimeons.org](http://www.saintsimeons.org) for the link.



We thank Jane and Lowell Faulkenberry who are supporting Western Days by hosting a special party on August 10 – each guest attending is donating bottles of wine for the “Wine Pull” at Western Days. The “Wine Pull” is very popular and a lot of fun. On the evening of Western Days guests may purchase tickets for \$20 which entitles them to “pull” a bottle of wine (without seeing the label!) The surprise is that the wine may have a value of \$15 to \$150. No limit on the number of tickets that can be purchased.

Now through September 14<sup>th</sup> purchase your Raffle Tickets in the Foundation Office for the \$2,500 Utica Square Shopping Spree. (*Contact Julie at 794-1977.*)

**JOIN US for Western Days 2010  
Tuesday, September 14, 2010  
Central Park Hall at EXPO Square**

*If you are able to help in any way or have questions, please contact Julie Ward, Donor Relations Coordinator for the Saint Simeon’s Foundation, at (918) 794-1977 or [jward@saintsimeons.org](mailto:jward@saintsimeons.org) or Stephen Mason at (918) 794-1937 or [smason@saintsimeons.org](mailto:smason@saintsimeons.org).*

## ***From Morrison Senior Dining—Ashwin Shrinivas, Director***

### **Bistro Dinner – August 26<sup>th</sup>**

All reservations MUST be made with Ashwin at 794-1927.

*Reservations available on first come first serve basis.*



The Dining Services team, in a continuing effort to provide a larger variety to our Residents, will begin offering a larger ‘Always Available’ menu. This will give everyone a greater choice in their daily menu selections. We will expand to include daily available items such as Grilled Chicken Sandwich, Club Sandwich, Chicken Tenders and Fries, Sautéed Fish, in addition to our regular menu items and our Daily Specials. Please ask your dining room servers to have anything on the menu specially made for you.

## News From the Auxiliary

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

### **Change of Meeting Date for September!**

Since the regularly scheduled date for the Auxiliary is the same day as Western Days, the Next Auxiliary Meeting will be  
Tuesday, September 21, 1:00 p.m.

Smith Conference Center

All Residents, Family Members & Friends of Saint Simeon's are welcome to join the Auxiliary.  
Come to the meeting and learn about our programs & activities!

### **A Reminder About Our Guest Dining Policy**



We love to have our Resident family members and friends join them for meals, and we are always pleased to have guests dining with us. In order to be sure we have plenty of food on hand for our Residents, Staff and Guests, we need your cooperation with our Guest Dining Policy. If you plan to join a loved for a meal, we request a reservation 24 hours in advance.

You may make arrangements by phone at the Dotson Family Assisted Living Front Desk at 794-1903. Meal tickets can be picked up at the desk upon arrival and can be paid for in cash, by check or charged to the Resident's room.

We understand that sometimes emergencies, such as a Resident illness, may preclude making an advance reservation, but apart from these types of situations, reservations are requested.

*Thank you for your cooperation!*



### ***Eckel Park***

*Residents were asked to submit ideas for naming our new park area. The winning entry was from Ruth Fishburn—"Eckel Park," appropriately named for Saint Simeon's Founder The Rev. Dr. E.H. Eckel.*



## Getting to Know: Teresa Reno



Teresa is the Activities Coordinator in Life Enrichment, but began her career at Saint Simeon's as a Psych Tech in the Memory Center after answering an ad in the paper in 1997. Her job consists of facilitating activities in Assisted Living, calendar planning, charting, assisting HC & MC with activities when needed, 1:1's with residents, taking Residents on outings and planning, setting up and hosting special events. "I love spending time with Residents, learning from them and receiving lots of love. People often say it takes a special person to do our job, but I think it is a special job we are all honored to have."

Teresa was born in Great Bend, KS, the middle child of a large Catholic family. The family moved often due to the nature of her father's job – retail management. He would go where he was needed – moving through Oklahoma, Texas, Iowa, Louisiana and Arkansas. "Arkansas was where I graduated from high school, met my husband and had our daughters. My husband and I attended the same high school but never knew each other until we went to college and I was dating his best friend (the best man at our wedding)." Teresa received her BA in psychology after the age of 30 and has worked as a preschool teacher, research assistant, sales representative, guest services rep and bookkeeper for a hotel and an apartment manager.

Her husband Robert has been an EMT with EMSA for quite a few years and just finished his paramedic training and will take the national test next month. Teresa and Robert have two daughters: Traci & Cassie, but also have two "extra" children. Traci, 27, works downtown for Samson Exploration and Investment as a scan tech in the legal department and is preparing to move to England in a few months to marry her fiancé, Arran. Cassie, 21, is an artist like her mom and has Asperger's Syndrome, a developmental disability, considered to be a high-functioning form of autism. Her biggest challenge is social interaction, having problems making eye contact, voice modulation and sensory overstimulation. Cassie is a familiar face at Saint Simeon's as she worked for about a year for Morrison's and has volunteered for some events, helping with the aviary and on outings. The two extra children are Beca, 27, and Steven, 20, a brother and sister who have been best friends to our children since the family moved to the Tulsa area 15 years ago. They lost their parents shortly before meeting our family and have since become very much a part of our family. Beca, many people would recognize as she has helped out at many special events and on outings. She works for Samson with Traci. Steven is currently a student at Carl Albert State College in Poteau.

The family lives in a condo within walking distance of Woodward Park, Swan Lake and Cherry Street, a favorite haunt. They share their house with two cats and a python. They are active members of All Souls Unitarian Church and Teresa volunteers on the weekends at Oklahoma's Equality Center, which is a community center serving lesbian, gay, bisexual and transgender

*Continued on page 5*

Saint Simeon's first Vegetable Garden has been an amazing success. I never understood what was meant when someone said how rewarding it was to grow vegetables. My goodness they grow like beanstalks! Our garden was a partnership between Saint Simeon's and Morrison's Fine Dining Services, as you can see from the photo. Lindsay and Ashwin make a much more distinguished couple than the American Gothic Painting.



Ashwin Shrinivas, Director of Morrison's Senior Dining Services, had the original idea of having a garden. Morrison's is periodically having fresh Produce Sales (not from our garden – yet!), which are a big hit with the residents and employees. They are donating the profit from these sales toward the garden. This allowed us to pay for all the plants and seeds, fertilizer, tomato towers, and soaker hoses for this year's garden and set up a fund toward building raised beds for next year. We want residents to be able to be directly involved and this will make the garden more accessible.

Arn McJilton, Director of Facility Management, was our Farm Foreman. He selected the location, laid out the garden, and had the bed prepared (wonderful Saint Simeon's compost) for planting. He also supplied a list of what was needed, ongoing instruction on making maximum use of our space, and "gentle hints" when things were ready to harvest. Folks have been amazed at how quickly everything grew and we're not finished. We hope to also plant a fall garden.

Our peafowl are not the only birds raising families this year – though 16 baby peacocks is a record for us. A mother killdeer and her brood of little ones were also seen on the property. Both the peacocks and the killdeer chicks hatch ready to run. They can't fly for a while but they are much closer to independence than most other birds.

The killdeer is famous for its "broken wing" display if you look like you are getting too close to the chicks and yes, our mother killdeer has done this. She will appear to be struggling with a "broken wing" as you approach. Barely able to walk, let alone fly. If approached, she will almost let you reach out and pick her up but, somehow will manage to stay one step ahead of you. When the killdeer feels that you are far enough away to not be a threat to her chicks, she suddenly flies away, calling a loud "KILL-DEE" that almost sounds like a jeer...

## **Getting to Know...***(cont'd from page 4)*

persons. Her hobbies include: painting, especially people; reading ("I just finished a series of memoirs by Wade Rouse who writes in the style of Erma Bombeck); yoga and kayaking. She's a Gleek (what Glee fans are called) and loves to see lots of movies. Teresa had originally planned to pursue an education in medicine, but fell in love with this job and cannot see ever going anywhere else.

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

Dear Families and Friends of Saint Simeon's,

Recently, I was reading a passage from the book of Amos, which was the appointed Old Testament lesson for the upcoming Sunday in the Revised Common Lectionary. Amos was telling the people of the Northern Kingdom of Israel about God's great displeasure with the way they treated the weak and vulnerable among them. I was prepared for a lot of plague, pestilence, enemies ransacking villages – you know, the common prophet-type fare that abounds in those books of the Bible. Then, I came upon these two wonderful verses:



The time is surely coming, says the Lord GOD, when I will send a famine on the land; not a famine of bread, or a thirst for water, but of hearing the words of the LORD. They shall wander from sea to sea, and from north to east; they shall run to and fro, seeking the word of the LORD, but they shall not find it. (*Amos 8:11-12*)

A famine of the word of the LORD – what a fascinating, and the more I contemplated it, horrifying concept. There are, indeed, worse things that can happen than the evils we normally recount. The idea that God could withhold that instructive, guiding, reassuring, comforting, inspirational Presence that underlies our very existence, is too frightening for words.

We are so used to God's word in our lives that we usually are not even conscious of it. God's word is the creative principle of all things. It is the inspiration of poets, musicians, and artists. It is the wisdom of sages, the source of knowledge of prophets, that nagging little hunch that tells the lawyer to look in a particular volume of law, where, indeed she discovers that little known precedence that her case will be built upon. The word of God is that comforting peace that suddenly comes to one who has been overcome with grief.

We find God's word in Holy Scripture, in conversations with others, in a series of events that seem to be providing direction in our lives, in the occurrences of nature, and, of course, bubbling up from our own unconscious mind. God's word is truly everywhere and we are truly dependent upon it. So, of course, the idea that this could be withheld from us would be quite disturbing.

Fortunately, we do not seem to be under such a judgment from God in our own day. Unfortunately, we too often do not avail ourselves of the richness and benefits of the word of God because we're too busy to listen. Let the story of Martha and Mary, the Gospel lesson for the same Sunday mentioned above, be instructive to us in this regard:

Jesus entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her." (*Luke 10:38-42*)

I pray that you take the time to listen to God's word in your life. You won't have to go far to find it. Perhaps all you'll need to do is sit down ... and be quiet.

God's Blessings to you, Fr. Bill Holly+



## *Seventies Tennis*

On courts nearby  
Young girls  
Blast schooled shots  
With teenage enthusiasm.  
Combed; slender; long legs  
Fashionable femininity.  
  
Doubles is our game.  
One of dings and slices  
And experienced lobs  
Cunning, with sixty years  
Of tennis wisdom and energy economy.

We try on bandaged knees  
And wrists  
To quiet the specter  
of the scythe  
And power some strokes  
to feel alive.

"Ad in," says Jim.  
"No, ours," say I.  
"The score's four-four."  
"No, three-five."

What matters most, though,  
To those who play,  
Are memories exaggerated  
From yesterday.

J.T.F

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



*Dorothy Engeldinger  
Liz Ledbetter  
Stanley Markwardt  
Patricia Meyer  
Charles Neer  
Ginger Read  
Gloria Scott  
Paul Stringfield*



## **OUR AUGUST BIRTHDAYS!!**

8/3 *Scotty Brainerd*  
8/3 *Donna McCallie*  
8/4 *William Lavendusky*  
8/5 *Mildred Carroll*  
8/9 *Billie Owens*  
8/11 *Shirley Taggart*  
8/12 *Marie Millar*  
8/14 *Tom Freeman*  
8/20 *Veda Duncan*  
8/20 *Paul Stringfield*  
8/25 *Jean Stokes*  
8/28 *Deane Griffeth*



## **Memory Center Family Support Group**

Thursday, August 12 at 2:30 p.m.  
Administrative Conference Room

*The group is led by Chris Gruszczyki,  
Life Enrichment Director.*

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



*Mary Jean Coburn  
Jackie Dixon  
Cleo Hess  
Norine White*

Saint Simeon's is a  
Silver Sponsor for  
The Alzheimer's Association  
**MEMORY WALK 2010**

Saturday, August 28, 2010  
Registration: 8:30 a.m. - Walk: 9:30 a.m.  
ORU Campus at 81st and Lewis

All Families & Friends of  
Saint Simeon's are Invited to  
Join our Team Today!

Go to [www.tulsamemorywalk.org](http://www.tulsamemorywalk.org)  
Click on "Sign Up to Walk"  
Our team name is "Saint Simeon's"

- Refreshments for all participants
- Wear your Saint Simeon's T-shirt

*This is a non-competitive walk and a wonderful event that gives families, co-workers and friends an opportunity to gather as a team and support the cause to end Alzheimer's!*

*For information contact  
Karen Garren at 794-1945*

***From the Wellness Center  
Mary Nole, Wellness Coordinator***

Every Saturday is **Family Swim Day** for Residents, their families and friends. The pool is open from 9am—12 pm and it is a great way to cool off, spend some quality time and have fun!! This is a special opportunity for the summer only – so make plans to get here soon! (We will resume last Saturday of the month Family Swim times in the fall.)



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