

Quill of the Hill

Volume 45

Issue 2

February 2010

State of Saint Simeon's & 2009 Service Awards

On January 21st Lindsay Fick, President/CEO, presented the State of Saint Simeon's Address. We were delighted to have Home Board Trustee, Glenda Love, in attendance. After giving an overview of the Home's accomplishments in 2009 – including the opening of the Assisted Living & Wellness Centers, Lindsay asked all employees to make Responsibility and Respect the focus for 2010.

At the conclusion of her remarks the 2009 Service Awards were presented. Each year Saint Simeon's presents a special gift to employees with 5-year increments of service. Those honored for 2009 were:

30 years

Kum Yon Jones (Assisted Living)

10 years

Tanisha Carson (Memory Center)

Attrell Redricks (Life Enrichment)

Julie Wood (Assisted Living)

15 years

Darlene Lawson (Assisted Living)

Karen Blankenship (Assisted Living)

Cassandra Grayson (Health Care Center)

Earlene Mayhew (Assisted Living)

Alice Wright (Housekeeping)

Five Years

Ebony McIntosh (Assisted Living)

Bernestine Johnson (Assisted Living)

Saint Simeon's is very blessed to have 30 employees who each have over ten years of service at the Home. We appreciate all of our employees whose dedication and loving care benefit the Residents everyday.



Kum Yon Jones (third from left) was recognized for 30 years of service at Saint Simeon's. With Kum Yon (l to r) are Glenda Love, Trustee; Karen Blankenship, Assisted Living Nurse Manager; and Lindsay Fick, President/CEO.

Saint Simeon's Episcopal Home
Is 50 Years Young in 2010!

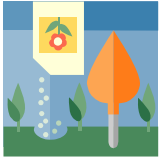
Planning is underway for all the wonderful events to celebrate our 50th year! Watch for this logo in the Quill and on our website for upcoming details!



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



The Landscape Committee is gearing up for another very exciting year. We are preparing for the Spring planting and discussing what new plants we can use for variety. We plan to introduce more perennials (they come back year after year) versus using annuals (they have to be replanted every year.) Annuals are still nice to use as they can be changed out each year and will always be used.

For those of you who are new to Saint Simeon's, the Landscape Committee members include Residents, family members, Saint Simeon's staff, and volunteers. Our current Residents include **JoAnna Newman, Tom and Ruth Freeman, Father Bob and Anne Evans, and Ruth Matlock**. These Residents not only help plan but keep us posted on issues they see on a day to day basis that need attention. Their observations are invaluable to the goals of the committee, which are to provide a visually pleasant environment not only for the Residents and their families and friends, but also for God's creature's that co-habit at Saint Simeon's! We welcome other Residents who would be interested in joining. Also, Ruth Matlock and her daughter, Mary Newman, have recently taken on the task of watering some of the indoor plants. Mary Newman helps in areas outside as well.

Volunteers play an important role in helping plant and maintain areas on the property. New volunteers are always welcome. Prior knowledge is not necessary, and this is a great way to learn as well. There are different levels of involvement, so if you have an hour, a day, or unlimited time each

(Continued on page 5)



The Education Committee

We thank Margaret Love, Caregiver Counselor from the Alzheimer's Association OK & AR Chapter, for her wonderful presentation at the January meeting. The purpose of the Education Committee is to provide information on topics of interest to our members. If you have suggestions for programs or speakers please contact:

Kathy Hinkle at 794-1946 or khinkle@saintsimeons.org

Save the Date for these Upcoming Events



Guest Speaker – Nate Waters

Motivational Speaker & Entrepreneur

Topic: "Finding Happiness"

Tuesday, March 9, 2010, 1:00 p.m.

Smith Conference Center



Annual Spring Luncheon

Tuesday, April 20th 11:30 a.m.

Common Room



Next Auxiliary Meeting

Tuesday, February 9th, 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 Special Request

Saint Simeon's Life Enrichment Department provides transportation

at no charge to our Residents for physician appointments and other needs. Currently we use a four-door sedan, a small wheelchair accessible van and a larger 14 passenger wheelchair lift van to transport our Residents. A generous donation by a family member nine years ago of a 1999 Buick provides our Residents, who do not use a wheelchair or are able to transfer, ease of access and a comfortable ride. But our 1999 Buick is beginning to show its age and its useful life is coming to an end.

We would love to have a new or almost new car to replace the Buick. Our wish is to have a four door sedan-style car, low to the ground, with plenty of leg room for ease of getting in and out of the car. Seats in an SUV are typically too high for our residents to negotiate comfortably. The car needs to be in good repair and preferably with low mileage. And, a car that gets good gas mileage will help us keep our operating costs as low as possible.

If you or someone you know may have a car to donate to the Home, please call **Chris Gruszczycki at (918) 794-1904** or **Stephen Mason at (918) 794-1937**.

Consult a tax advisor and/or IRS guidelines for the proper accounting of a car donation. The donor may be able to deduct the fair market value of the car to a charity that intends to keep and use the car.

Welcome to Those Who Have Joined Our Family!



*Delbert Dewey
Loretta Dewey
Jean Kleemeier*

*John McLemore
Ginger Russell*



OUR FEBRUARY BIRTHDAYS!!

<i>2/5</i>	<i>Ray Adler</i>
<i>2/6</i>	<i>Ruth Anderson</i>
<i>2/9</i>	<i>Sister Maria Felicitas</i>
<i>2/10</i>	<i>Evelyn Wegener</i>
<i>2/11</i>	<i>Virginia Haggerty</i>
<i>2/11</i>	<i>Betty Payne</i>
<i>2/11</i>	<i>Thomas Trower</i>
<i>2/11</i>	<i>Frank Young</i>
<i>2/14</i>	<i>Fr. Bob Evans</i>
<i>2/14</i>	<i>Virginia Stacki</i>
<i>2/15</i>	<i>Jeanette Chucker</i>
<i>2/18</i>	<i>Hannah Bass</i>
<i>2/19</i>	<i>Angie Halchak</i>
<i>2/20</i>	<i>Margery Render</i>
<i>2/21</i>	<i>Elizabeth Mavris</i>
<i>2/23</i>	<i>Elsie Creider</i>
<i>2/25</i>	<i>Joe Glass</i>
<i>2/29</i>	<i>Ed Decker</i>

We Remember in Our Prayers Those Who Have Departed this Life



<i>William Browning</i>	<i>Laura Randolph</i>
<i>Monroe Galbraith</i>	<i>Lora Saterlee</i>
<i>Robert Littlefield</i>	<i>Anita Wood</i>
<i>Phyllis Prange</i>	

Getting to Know: Becky Ashwill

This is what was said about our Employee of the Month.

Talk about a wonderful addition to Saint Simeon's staff! Becky has everything...she is respectful, polite, resourceful, humorous, thoughtful, efficient, great with the residents and organized to just name a few qualities. She is respectful and polite when residents and staff ask her to do things for her. She is thoughtful because she listens to what is being said before answering any of us and always finds an answer for every question!

Resourceful and organized - just look what she did for the wonderful Holiday Mart in November. She was able to have more vendors this year who I overheard saying they want to come back next year. Becky's humor is hard to match, especially when she sends out the e-mail that she is taking over the copier in the Work Room to print the newsletter! We are glad you are working here at Saint Simeon's, Becky. You are a real treasure!



Becky is the “conciierge” at the new Assisted Living Reception desk. “I handle transportation arrangements with our bus, van and car for the Residents, schedule the entertainers who come here, deliver the mail, make reservations for places like our Guest Cottage and Dining Rooms, sell stamps, handle requests for Work Orders, greet visitors, and get to talk with the Residents - I have the most fun job in the whole place!”

“I answered Saint Simeon’s ad on Craig’s List and started working here in February, 2009. I was actually unemployed at the time because my previous job was working at Yellowstone National Park and they had closed for the season. There are nine lodges or hotels in Yellowstone, all run by the same company, and I worked at the front desk at three of them. Working there is the best way to experience Yellowstone because when you are off, you can explore the park. I had three months to enjoy it when most people only have a week or even less.”

“Before Yellowstone, I did an Internship in Hospitality and Lodging Management at Western Hills Guest Ranch in Sequoyah State Park on Lake Fort Gibson. Prior to that I worked for seven years at Life Senior Services as Activity Coordinator for their three Adult Day Services and, before that, I was the Activities Director at Wagoner Care Center Nursing Home for 2 ½ years.”

“I was born in Manning, Iowa and grew up on a farm. My dad, Virgil Rowedder, did the farming and my mom, Colene, was an elementary school teacher. I have one brother, Mark, who lives in Pennsylvania and is a principal of a middle school.

“I graduated from Manning High School with the biggest class we ever had – 59 students – in a small town with only a population of 1,000. I completed a degree in Therapeutic Recreation

(Continued on page 7)

In the midst of winter, things are much quieter in the plant and animal world here at Saint Simeon's. What better opportunity to turn to the "Heavens" for inspiration and what better place to observe the beauty of our ever changing Oklahoma sky than from our hill-top perch with its panoramic view of Tulsa.

First up. In December, we had a **Blue Moon**. Truly, a "once in a Blue Moon" event. A Blue Moon is whenever a full moon comes around a second time in the same month. It doesn't happen every year and it just barely happened this year. We had full moons on the night of December 2nd and then again on December 31st. The next Blue Moon will be August 2, 2012.

It is even a rarer phenomenon to have two Blue Moons in the same year. That only occurs about every 19 years and the next time that happens will be in 2018, with two full moons in January and again in March. Mark your calendars!



*Sundogs in
Fargo, North Dakota*

Have you ever heard of a **Sundog**? Not an actual dog, of course, but a light formation in a cloud. Thanks to learning about them from **Ruth Anderson**, I'm going to be on the look-out and see one before I depart this world.

A Sundog is a rainbow-like formation (halo) on both sides of the sun when Cirrus clouds are present. Do you remember studying clouds when you covered weather in Junior High General Science? Cirrus clouds are high fleecy white bands or patches in the sky that are formed when water vapor freezes into ice crystals. Due to the sparse moisture at a high altitude, they tend to very thin. At this altitude, airplanes leave condensation trails that turn into Cirrus Clouds.

Those ice crystals bend light like a prism, creating colors. Light shining through ice crystals in the cloud makes a "sundog," much like light shining through raindrops makes a rainbow. They are reddish on the side facing the sun and the colors grade through oranges to blue but are more muted than a rainbow. They usually appear in very cold weather in pairs on either side of the sun when it is low in the sky.

Why could I (and maybe, you?) go our whole lives and not see one? Because we instinctively tend to not look at the sun and the bright background of the sky provides less contrast than the darker sky where we see rainbows. Also, we tend to be blind to things we are not aware exist. No excuse now. Let's all look for Sundogs!

Landscape Committee (cont'd from page 2)

month - we need you! Many projects are less labor intensive, but we never turn anyone away who can dig with a shovel! If you are interested, or know of anyone that would like to volunteer please contact **Mary Lou Havener at 606-3789** or **George Harrington at 606-2649**.

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

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

The Gospels tell us on several occasions that Jesus would go off by himself to a quiet place to pray. He even encouraged his disciples to come with him a time or two. These events are reported after Jesus and/or the disciples had been expending a great deal of energy in preaching and healing. It was important for Jesus to be refreshed by quiet time with God.



We all know how important it is to take time off from our regular duties to be refreshed and renewed. Vacation time, even if you don't go anywhere, is important. Rest and relaxation is important. Recreation is, after all, "re-creation." These activities away from our work give our bodies and our brains the necessary refreshing to function well for us in our work-a-day lives.

We may not be so aware that our spiritual selves need refreshing as well. It is true that like Jesus and the disciples, our souls need refreshment and renewal as well. Worship is a great aide in this, and I, naturally, highly recommend it. But worship is a corporate activity. We also need individual quiet. We need to go to that quiet place to consciously be reconnected with the source of our being.

Prayer and meditation are to our souls what time off from work and recreation are for our bodies and brains. The good news is that this activity can be done daily if you desire. All you need to do is set aside some time to be by yourself in a quiet place, setting aside distractions. Prayer is a good way to begin this time because you lay out before God your desires and concerns. It's important to get that stuff out on the table so that it can also be set aside for a while.

That brings me to meditation. Here, I am using the word "meditation" to refer to being quiet and present with God. Being quiet not only means refraining from speaking, but also being silent of mind chatter. This will take some practice, but will serve you very well. Try to set aside twenty minutes to just be silent before God. Your mind will resist this mightily, bringing before you all the cares and concerns you have. You will need to gently set those aside, knowing those things are also known to God. Spend this time simply being with God, quietly, and consciously. Best not to lie down to do this! The "conscious" part is likely to be compromised.

If you will make time in your life for prayer and meditation, an incredible thing happens. You become much more centered in your daily life. You have the spiritual energy necessary to do the things you need to do and to resolve problems and issues. Problems and issues that do arise have less power to affect you personally, and when you become proficient in prayer and meditation, they have no power to affect you personally (no, I'm not there yet). Most importantly, you live in the assurance of God's continuing presence in your life. With that assurance, you are truly free to live.

God's Blessings to you,
Fr. Bill+



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

from the University of Northern Iowa. My first job was in Oklahoma City at an Inpatient Psychiatric Facility. In Oklahoma City I met my husband, Marvin Ashwill, on a blind date. We were married and moved to Tulsa where, over the next ten years, I divided my time between running the office for him in our insurance business and also raising three boys. We were married for 14 years until he died in 1997.”

I live in Wagoner, Ok. My home is on an acre of property close (two minutes as the bird flies) to Lake Fort Gibson. It makes for an hour commute (one way) but I love living there. The whole family likes to bass fish and have fun on the lake in our boat. I have three dogs, two pit bulls, Buck and Sparky, and a small sheltie, Bo, and one cat named Smokey. In my spare time I like to fish, read, work outdoors, and plan my next trip.”

“I work so I can travel! Last fall, I spent ten days in Alaska on a land tour. Before that, I went on a cruise to St. John and St. Martens in the Virgin Islands. My next trip will be in the fall to the northeast, Pennsylvania and New York State. For now, I just want to work here and do the very best that I can. Long-range, really long-range, I would like to go back and work at Yellowstone National Park. A lot of people work there after they retire. You are provided housing and get three meals a day, and make enough in the six months it is open that you can keep a home to go back to (Oklahoma) for the rest of the year.”

Who else wants to join her!!!



Memory Center Family Support Group

**Thursday, February 11th at 2:30 p.m.
Administrative Conference Room**

Fine Dining Evenings at The Bistro

This month our fine dining evening will be **Thursday, February 25, 2010**. For reservations, please call the Dietary Office at 794-1927.



A Special Invitation to Our Friends of the Home

We welcome our wonderful friends of the home to tour the new Assisted Living & Wellness Centers. We would love for you (and your friends) to see the beautiful apartments, the wonderful new dining and activity areas and the fabulous Wellness Center and pool. Does your civic or church organization need a great place for a meeting or retreat? Our new Smith Conference Center or the Common Room is perfect! Contact Karen Garren at 794-1945 or kgarren@saintsimeons.org.

Come see what's new at "Our Home Built on Love!"

Join Us for Mardi Gras 2010!



Mardi Gras Parade

Tuesday, February 16th

Parade route begins at 10:00 a.m.
in the Memory Center proceeds to
Assisted Living Center (about
10:15) and then to the Health Care
Center (about 10:45)

Three Mardi Gras Balls

Monday, February 15th

1:30 p.m.

in the Health Care Center
Featuring—Bill Rowland

Tuesday, February 16th

1:00 p.m.

in the Memory Center
Featuring—The Suzan Gray Trio

3:00 p.m.

in the Common Room
Featuring—Something Steel

NON-PROFIT
U.S. POSTAGE
PAID
TULSA, OK
PERMIT NO. 1554

SAINT SIMEON'S

Saint Simeon's Episcopal Home
3701 North Cincinnati Avenue
Tulsa, OK 74106-1599

CHANGE SERVICE REQUESTED