

# Quill of the Hill

Volume 45

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January 2010

## *Wellness: It's What We Do!*

Get your swimsuits ready! We are ready to schedule the much-anticipated Family Swim time! On the **LAST SATURDAY** of each month the swimming pool will be available for Residents to swim with any/all guests – including children. We have changing space and lockers. This is a great opportunity to have some fun and spend time with your family members/friends who live at Saint Simeon's.



Also new for the Spring Season: We will be adding games and tournaments in order to add a little “fun” and maybe some competition to our schedule. We will also begin utilizing a new machine designed specifically to develop strength in the gluteus muscles. In addition to the aesthetic advantages of having “buns of steel,” we anticipate increased lower body strength, better balance and decreased hip pain for our Residents.



There will be much more to talk about in the future. We will be posting regular updates and Wellness Tidbits in the Quill each month, so stay tuned for further developments!



For information or questions about Saint Simeon's Wellness Program contact:  
*Mary Nole, Wellness Coordinator, at 794-1905 or [mnole@saintsimeons.org](mailto:mnole@saintsimeons.org)*



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

*There will be many exciting and fun activities held throughout the year to celebrate this special anniversary at the “Home Built on Love.”*

*Watch for this logo in the Quill and on our website for future events!*

*The Quill is also available online or by email — visit our website: [www.saintsimeons.org](http://www.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.*

### ***Resident Christmas Parties 2009***



*The "Christmas Train"*

Once again special visitors from the North Pole made an early stop at Saint Simeon's! On December 12<sup>th</sup> Santa and Mrs. Claus came to wish all of the Residents, their families, and guests a very Merry Christmas and even stayed to pose for photos with Residents and families.

The Auxiliary appreciates everyone whose efforts made this year's parties such a success. Residents and their guests were entertained by vocalist, Janet Rutland, accompanied on the fiddle by her husband, Shelby. Delicious treats along with egg nog and hot cider were prepared by Morrison Senior Dining. Special thanks to the employees in Life Enrichment, Maintenance, the Assisted Living Center, the Health Care Center and the Memory Center who assisted with the parties, as well as Lindsay Fick (& her husband, Ron) and many members of the Administrative Team.



*Simone II dressed up for the party!*



*Party Co-Chairs, Judy Lawson & Elaine Hanner with Santa & Mrs. Claus.*

We thank **Elaine Hanner** and **Judy Lawson**, Christmas Party Co-Chairs, for all of their work organizing three parties! Assisting at the parties were Auxiliary members, **Janice Bowman**, **Pat Deisenroth**, **Phyllis Dotson**, **Brenda Haesloop**, and **Sue Thompson**, and family member, **Eva Bogart**. And, of course, our special thanks go to Santa and Mrs. Claus (a.k.a. **Bud & Julie Wood**.)

During the week following the parties Auxiliary members signed and distributed Christmas cards for each Saint Simeon's Resident. Included with the cards were photos taken with Santa at the parties. Thanks go to **Pat Deisenroth**, **Elaine Hanner**, and **Judy Lawson** for "stuffing" and Judy and **Bud Martin** for delivering the cards

Each year it is a joy and privilege for the Auxiliary to sponsor the Resident Christmas Parties. "Thank You" - to the many family members and friends who attended these very special holiday events.

For the January Auxiliary Meeting we welcome guest speaker, Margaret Love, Caregiver Counselor - Alzheimer's Association OK & AR Chapters.

See back page for details!

## Fine Dining Evenings at The Bistro

Each month Saint Simeon's features an elegant evening of fine dining at *The Bistro*. Reservations are taken in advance and seating is limited to 20 people for the evening.

The dinner is gourmet cuisine from a 'prix fixe' menu. This is a wonderful opportunity for Residents and families to celebrate special occasions - birthdays, anniversaries - or to simply enjoy an evening with family and friends.

This month our fine dining evening will be **Thursday, January 28<sup>th</sup>, 2010**. For reservations, please call the Dietary Office at 794-1927 (or 425-3583 x227.) Fine dining at *The Bistro* is offered on the last Thursday of the month.



## Welcome to Those Who Have Joined Our Family!



*William Browning*  
*Jennie Clausing*  
*Mary Draper*

*Pauline Hurlburt*  
*Robert Littlefield*  
*Charlotte Stewart*



## OUR JANUARY BIRTHDAYS!!

1/01	<i>Patricia Fowler</i>
1/04	<i>Juanita Jones</i>
1/08	<i>Ruth Matlock</i>
1/09	<i>Grace Bakamjian</i>
1/19	<i>Stanley Wotuck</i>
1/24	<i>William Cox</i>
1/24	<i>Bernice Fields</i>
1/26	<i>James Dempster</i>
1/26	<i>James Murphree</i>
1/26	<i>Minerva Thomas</i>
1/28	<i>Nancy Taylor</i>



## Memory Center Family Support Group

**Thursday, January 14th at 2:30 p.m.**  
**Administrative Conference Room**

*The support group is an opportunity to meet with others facing similar challenges and dilemmas and to share thoughts, feelings and ideas for coping. The group is led by Chris Gruszeczki, Life Enrichment Director.*

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



*Carol Gatchell*  
*Betty McGowen*

*Dorothy Smith*  
*Mildred Willcox*

## Getting to Know: Leonardo Sabio

*This is what was said about our Employee of the Month:*

*Leonardo is “service with a smile.” He is always willing to assist. He has a very quiet and gentle manner. He has worked several other shifts and has also agreed to work another unit when asked. Thank goodness for employees like Leonardo. Once, Leonardo was off. When he was called and asked to work the Memory Center, a place he had never worked before and a shift he doesn’t usually work, he still said “yes,” came in and did a good job. Now that’s teamwork - and he said that he would be glad to go back and work there when needed!*



Leonardo is a Certified Nurse Aide (CNA) in the Health Care Center working on E – Hall and has been here since June. He describes his job this way, “My responsibility is to take care of the Residents. I make sure that they are safe. I assist them with whatever they need. Not only the Residents, I also assist my co-workers if they need my help.”

“I was born in the Philippines in the province of Luzon, not far from the city of Manila. I have two brothers and one sister. My older brother was a seaman and my younger brother was an engineer, but they are both working together now in the clothing business. My sister is a nurse at a hospital. They all live in the Philippines, as does my mother. My father was a farmer until he passed away in 1996. We had a rice field and coconut trees on our farm.”

“Starting in Elementary School, I studied English all through my school years and graduated from Luis Palad National High School. I later attended Emilio Aguinaldo College as a part-time student while I worked as a waiter at my Grandfather’s restaurant. I also worked as a nursing aide in a hospital where I met my wife, Rossana. She was visiting there because her mother was sick.”

“We came to the United States to make a better life for our family. Rossana is a computer analyst and got a job in New Jersey so we left the Philippines and moved to New Jersey in 2001. Then she got another job with Verizon here in Oklahoma so we moved here. Our daughter, Samantha, who is 12 years old, was born in the Philippines and our son, Lenard, who is 8 years old, was born in this country. He was already a United States citizen because he was born here, but the rest of the family all got their citizenship this past year.”

“We live in an apartment near 31<sup>st</sup> and Sheridan. Samantha is a 7<sup>th</sup> grader at Edison Middle School and Lenard is a 3<sup>rd</sup> grader at Hoover Elementary School. In my free time I help with chores at home and spend time with my children, playing with them and encouraging them to do well with their school work and participate in school activities.”

*(Continued on Page 7)*

## Hawk 2, Pigeons 0

Our **Fan-Tailed Pigeons** that lived in the Reflections Courtyard served as an early Christmas meal for the big hawk that has been seen circling overhead. It may have just been luck that this predator didn't spot them before now or perhaps during warmer weather when more people were outside he was discouraged from swooping down into the courtyard. **Father Bob and Anne Evans** faithfully fed them every day – rain or shine – and the pigeons would fly down and wait for them.

But that is what happens in nature. We have been extremely lucky so far that no crane or egret has spotted the **Koi and Gold Fish** in our pond and flown in for a fish buffet. I understand that some backyard ponds have suffered this fate. **Tom and Ruth Freeman** were feeding these fish every day until the water temperature dropped sufficiently that the fish started hibernating. The fish will be fine even if the water freezes on top because the pond is deep enough that the water won't freeze all the way down. Did you happen to notice recently **Rosalind Cook's sculpture, Bird Feeder**, which stands in the pond? She had feet of ice – looked like snowy boots – but much colder...

**Art Rubin's Lemon Tree** is full of blossoms. There are already the beginnings of tiny lemons where some of the older blossoms were. This tree spends summers on Art's patio and is now enjoying a Club Med vacation in the Crossroads Dining Room where Art can keep an eye on it.

Maybe there is no such thing as a "typical" winter in Oklahoma. This one has had enough mild days that one of the tortoises came out of hibernation in mid-December and was out walking around. Some of the daffodils even sprouted.

The plant most asked about in the Education Office is the one on the table near the window. It is a member of the Euphorbia Family and is a succulent. The dainty "flowers" are really groups of colored bracts – like its relative the **Poinsettia**. The **Pencil Trees** in the building (currently on the ramp) are also in this same family. Its "common name" is **Crown of Thorns** and it only takes one look to know how it got its name. It is a very special plant to Saint Simeon's because it belonged to **Mother Lee Williams** when she lived here. Of course, it makes sense that a priest would have this plant in her life. She has been gone for several years now but her Crown of Thorns has never stopped blooming.



*Crown of Thorns*

***Saint Simeon and Saint Anna***

From time to time I am asked the question: “Who was Saint Simeon?” It seems good to revisit our Patron Saint’s history ever so often as there are always new folks who are interested. You will probably see this article reprinted every couple of years or so.

There are a few folks with the name “Simeon” in the Old and New Testaments. Most notably, in the Old Testament, is Simeon, the second son of Jacob by Leah. His descendants become the Tribe of Simeon, one of the Twelve Tribes of Israel. However, this is not the Simeon for whom our home is named.

We find our Simeon in the Gospel according to Saint Luke. In the second chapter, Luke tells us of a man living in Jerusalem, “righteous and devout,” upon whom the Holy Spirit rested. Now it had been revealed to Simeon that he would not die until he had seen the Lord’s Messiah. One day, he felt compelled to go to the Temple in Jerusalem. There he saw Mary, Joseph, and the child, Jesus. They were there to present Jesus in the Temple; for as the firstborn son he was considered holy to God. Simeon took the child in his arms and began saying the prayer we know today as the Song of Simeon:

“Lord, now lettest thou thy servant depart in peace, according to thy word:  
For mine eyes have seen thy salvation,  
Which thou hast prepared before the face of all people;  
A light to lighten the Gentiles, and the glory of thy people Israel.” (*Luke 2:29-32, KJV*).

Simeon then spoke to Mary about the role of her son, which would include suffering, and he said these ominous words, “a sword will pierce your own soul too.”

Also a part of this story is Anna, an eighty-four year old widow and prophet. She spent all her time in the temple worshiping God with prayer and fasting. She saw the child and, like Simeon, began to praise God, proclaiming that Jesus would be the redemption of Israel.

After this story, we hear no more about either Simeon or Anna. We just know that following the birth of Jesus, there were these two faithful, older people, filled with God’s grace, who had been given the wisdom to recognize and proclaim God’s great gift to the world.

*(Continued on page 7)*

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

"I am a member of Couples for Christ, an organization that promotes good relationships between husbands and wives. We also are members of Saint Pius Catholic Church and all attend every Sunday which I am able to do since my shift doesn't start until 2:30."

"When I have worked here long enough to get sufficient vacation days, I would like to go visit my family in the Philippines. I miss them very much. It is a 16 hour flight, one way."

"In the future I would like to go back to school and become a Registered Nurse. I am looking forward to that. I like helping people. I follow my faith that tells me to love my neighbor as myself. I believe that God has guided me here and I would like to thank Saint Simeon's and everyone who helped me from the very beginning - Bonnie Gorrell who hired me, Betty Minton who helped me with my paperwork, Kathy Hinkle, who did my Orientation, and my boss, Martha Rentie, who guided me to learn how to be a CNA here. I am very comfortable now and know that this is the right place for me!"

## Chaplain's Chat *(cont'd from page 6)*

Our home is named after Saint Simeon and our Chapel bears the name of Saint Anna. We are reminded that just as God fulfilled his promise to Simeon, so also we wait, trusting in God's promises made in Jesus. And like Saint Anna, our Chapel is open day and night for all to worship, pray, or just sit and be with God.

God's Peace be with you,  
Fr. Bill+



**The employees of Saint Simeon's and Morrison Senior Dining would like to thank all of the Residents, Family Members and Friends who generously contributed to the Annual Employee Christmas Fund.**

**Your very kind and thoughtful gifts are greatly appreciated!**

# Saint Simeon's Auxiliary

**Make a Resolution to  
Attend the First  
Auxiliary Education  
Forum for 2010!**

**Tuesday, January 12th  
1:00 p.m.  
Smith Conference Center  
at Saint Simeon's**

**Our Guest Speaker:**  
**Margaret Love**  
*Caregiver Counselor  
Alzheimer's Association  
OK and AR Chapters*

**"New Beginnings -  
Getting Ready  
for the Future"**

*Refreshments*

**Anyone who might benefit from  
this program is welcome!**

***Respite care available by reservation.  
Please call Karen Garren at 794-1945  
by January 8<sup>th</sup>***

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