

Quill of the Hill

Volume 45

Issue 6

June 2010

Saint Simeon's Invites you to its



50th Anniversary Homecoming Picnic

**Saturday, June 19th
10:00 a.m. – 1:00 p.m.**

**Dotson Assisted Living Center Parking Lot
Saint Simeon's**



Enjoy Great Food!

**Hot Dogs
Chips
Sodas & Water
Cookies**

FUN FOR THE WHOLE FAMILY

- Music by Bruce Austin
- Just Gotta Dance Cloggers
- Belly Bounce & Princess Castle
- Clonky the Clown
- Face Painting
- Saint Simeon's Got Talent Show
- Miniature Horses
- Carnival Games & Prizes
- Cake Walks
- Tours of Saint Simeon's

“Senior Prom 2010”

“Under the Sea”

Featuring

Something Steel



**Thursday, June 24th
2:00 p.m. in the Common Room**

Everyone’s invited!

Feel free to bring “dress up” clothes for your Resident!



Estate Planning Workshop “Investing in Your Healthy Future”

*Tuesday, June 15th, 10:00 a.m.—1:00 p.m.
Saint Simeon’s Common Room*



Panel Moderator: Tony Jezek

Panel Members: Blake Atkins, Phyllis Bryce, Will Farrisior & David Hogan

Lunch Speaker: Dr. Mary Nole. Saint Simeon’s Wellness Coordinator

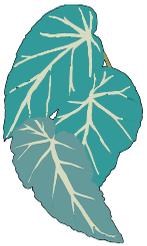
*This program is free and open to the public.
Reservations are required for lunch.*

RSVP—Julie at (918) 794-1977 or jward@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 Simeon's.

From the Landscape Committee



A GREAT BIG THANK YOU goes to JoAnna Newman for supplying the caladium bulbs again this year. They are planted through out the landscaping and add such a beautiful look to the gardens.

The next Landscape Committee meeting will be Tuesday, June 15, at 9:30 a.m., Administration Conference Room. We welcome new members to the committee. We will be planning additional work for the current beds and will also be working on a plan to add additional plants to the current gardens in the new green space area.

If you are interested in learning more about the Landscape Committee, please call **Mary Lou Havener at 606-3789** or **George Harrington at 606-2649** for additional information.

Garden hint: If you are having problems with ants in outdoor electric receptacles than try planting Spearmint or Tansy around the outlet. These two herbs have been known to repel ants.



Octogenarians

We are eighty
Not a day less.
Too many memories
to forget.

Grab a few
to make a life.
Yesterday, today
and tomorrow.

Time slips into time,
A long band
Elastic, expanding,
Stretch it,
until it breaks,
and all comes down.

Gather up time,
And bundle it.
Tie the years,
With one huge bow.

J.T.F.

From the Tree of Dreams



The Tree of Dreams recently made it possible for eight of the ladies from Assisted Living and their staff escorts to attend the Little Lighthouse Brunch benefit. They had a lovely morning, and it was made even more special by the opportunity to meet some of the children who attend the Little Lighthouse. Several of these ladies belong to Saint Simeon's Stitch in Time group and are currently working on blankets for children at the school.

The Tree of Dreams Committee works to fulfill individual desires of Residents. This committee welcomes requests communicated from family members and staff. For information contact George Harrington at 606-2649.

It's time to renew your Auxiliary Membership!

All Residents, Family Members and Friends are welcome to join the Auxiliary. Contact Karen Garren at 794-1945

Western Days 2010 – “Golden Anniversary Gusher!” **Volunteers Making Plans**

Will Smith, Event Chair, and his committees are working to make *Western Days 2010 - the Golden Anniversary Gusher!* the most successful event to date. The Patron Committee, chaired by Ross and Margaret Swimmer, recently mailed sponsor appeal letters. A big thank you to Will, Ross and Margaret for signing each letter and to each Patron Committee member for writing personal notes on the letters. The 2010 Patron Committee members are Phyllis and Steve Anderson, Mandy and Blake Atkins, Robin Flint Ballenger, Lucy and John Barker, Mary Deisenroth, Phyllis and George Dotson, Anne and The Rev. Bob Evans, Jane and Lowell Faulkenberry, Ruth and Tom Freeman, Mary Ann Hille, Leslie and David Lawson, Millie and Bob Millspaugh, Jean and David Millwee, Kris and Jerry Nichols, The Rev. Canon John C. Powers, Ann and Britt Radford, Juley Roffers and Jim Langdon, Peggy and Tom Schroedter, Deborah and Davis Taggart, Pat and Clayton Woodrum, and Maggie and Kajeer Yar.



The Auction Committee met on May 24th to prepare plans for the Live Auction and “Lots of Love” donation opportunities at the event. The Auction Committee members are Karen Abney, Sara Dale, Phyllis Dotson, Ann and The Rev. Bob Evans, Ruth and Tom Freeman, Mary Husband, Judy Lawson, Ann Radford, and Trudy and Tommy Williams.

Important *Golden Anniversary Gusher!* dates to remember:

- Today through September 14th – Purchase your Raffle Tickets for the \$2,500 Utica Square Shopping Spree! For tickets, please call Julie at (918) 794-1977.
- July 9 – Donated auction items due to Saint Simeon’s (please let us know if you would like to donate an item or service for our Silent or Live Auction);
- July 15 – Sponsorship Reply Forms Due (to ensure proper recognition in all printed materials.) If you would like to serve as a \$500 to \$50,000 sponsor for the *Golden Anniversary Gusher!* but did not receive a request, please call Stephen at (918) 794-1937;
- July 30 – Invitations mailed to all of our friends;
- August 1 – Auction website up and running promoting all Live and Silent Auction items. Go to www.saintsimeons.org for link starting on August 1;
- September 2 – *Resident Western Days Party* at Saint Simeon’s (party for Residents, families and friends);
- September 14 – *Western Days 2010 – Golden Anniversary Gusher!* at Central Park Hall, 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 or Stephen Mason at (918) 794-1937 or smason@saintsimeons.org.

Saint Simeon's is pleased to announce two special additions.



We have our first **Vegetable Garden!** This was an idea brought to us from **Morrison Senior Dining**, the company providing our food service. **Ashwin Shrinivas, Director of Dining Services**, discovered that several of their long-term care clients across the country had Community Gardens and he wondered why Saint Simeon's didn't.

This dove-tailed perfectly with the new "green space" created when the old Assisted Living Building was razed. Our Garden Guru was **Arn McJilton, Facilities Manager**, who has had a vegetable garden since he was 11 years old. He laid it out and made recommendations on what to plant and to use soaker hoses. Ronnie Ferguson in Maintenance did most of the bed preparation as well as the planting. A young high school volunteer, **Emily Nole** (niece of Mary Nole, Wellness Coordinator) also assisted.

We are seeking Residents and family members who can now help maintain the garden. The more people involved the better – after all, that's the idea of a Community Garden. Ashwin has promised to actually use what we can raise. You are also encouraged to just drop by for a "visit." Go down the ramp by the Common Room. The garden is a little north of the Roots n' Shoots Cottage (aka Garden Shed).

Here is a list of what was planted – no guarantee they are all still there! We are, after all, a Wildlife Habitat and there is no fence around our garden so this will be a learning year for us. With all the rabbits and squirrels around, plus the peacocks and deer and even the occasional bobcat (fortunately they don't like vegetables), we may be lucky if any human gets to eat anything...

Tomatoes were the most requested plant by the Residents so we have the following varieties: **Porter Dark Cherry and Husky Cherry Red Cherry Tomatoes, German Johnson Heirloom, Celebration Heirloom and Beef Steak Regular Tomatoes. In addition: Sweet Corn, Cucumbers, Cantaloupes, Squash, Bell Peppers, Artichokes, and Beans.** Let us know what your favorites are for future planting and, more importantly, if you can help.

The other "new addition" is our first **Jane Magnolia Tree**. It was a surprise gift for outgoing **Auxiliary President, George Harrington**. This species of magnolia is related to the Saucer Magnolia (sometimes incorrectly called Tulip Magnolia) that you see around town – Gilcrease Museum has several on its grounds. The Jane Magnolia is a member of the



Continued on page 7

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

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

I thought I would pass along to you excerpts from the report I gave to our Board of Trustees in May:



One of the fun things about being Chaplain at Saint Simeon's is that I'm often encountering people in the community who either previously or currently have family members as residents. Wherever I go, to a Tulsa Symphony concert, a PAC show, a fundraiser for some community organization, or just out along the river, someone will come up to me and say, "Aren't you at Saint Simeon's? I had an aunt who lived there" Then the rest of the conversation has to do with the person telling me how wonderful Saint Simeon's is, how great the staff was to their loved one, and what great care they received. Just another reason why I am so grateful to be a part of this wonderful place and staff!

Here are some highlights of the Chaplaincy program and activities during the past 5 months:

- Worship Services:** Holy Communion is celebrated four times each week: twice on Sunday and twice on Wednesday. Morning Prayer is offered each Tuesday morning in the Health Care Center. Some interesting figures: From November 29, 2009 (First Sunday in Advent) through April 2010, we have had 115 services with a total of over 3,100 in attendance. For the 23 weeks of this period we have averaged 135 in attendance each week. This, of course, included special occasions such as Memorial Services, Christmas, and Holy Week services.
- Music at the Chapel:** We have been thrilled with the Allen organ which replaced the much older Hammond organ. Jeanette Maxfield now enjoys a fuller pedal array and greater capability. Jeanette often brings instrumentalists and soloists to Saint Anna's Chapel for our Sunday Service. She has been a true jewel and an important part of the worship life of our community.
- Bible Study:** There are two offerings each Tuesday –2:30 p.m. in the Common Room and 3:30 p.m. in the Memory Center. There are usually 12 – 15 attending in the Common Room. The Memory Center group usually ranges from 15 – 20. There are also plans to begin a couple of employee bible study/prayer groups!
- Employee Benevolent Fund:** Through the generosity of contributors and with the assistance of the Episcopal Diocese of Oklahoma, a discretionary account has been established which allows me to provide assistance to employees that experience an emergency need. This fund is separate from Saint Simeon's Episcopal Home and is administered by me under the direction of the Comptroller of the Episcopal Diocese of Oklahoma. Since November this fund has provided \$1,150 in assistance to employees in need. The fund is close to being exhausted at this time, and contributions are joyfully accepted. Should you wish to make a contribution, checks should be made payable to The Episcopal Diocese of Oklahoma, noting "Saint Simeon's Chaplain Discretionary fund" in the memo space.
- Chaplain's Chat:** I often find myself past the deadline, staring at a blank Word document page, the imagined sound of Karen Garren's foot impatiently tapping on the floor. Unfortunately, my mind is every bit as blank as that computer screen. Then, for no apparent reason, a glimmer of light pierces through the thick fog of my brain. I seem to be given something to write about. For those of you who continue to express your appreciation of those monthly articles, I can only say that I take no credit. I just give thanks.

God's Blessings to you,
Fr. Bill+



From Morrison Dining Services *Ashwin Shrinivas, Director*

Bistro Fine Dining



- Thursday, June 3
- Thursday, July 1, with an Independence Day themed dinner

Fine Dining is held in the Deisenroth Bistro. Reservations are required, please contact the Dining Services Office at 794-1927. The cost is \$25 per person.

Welcome to Those Who Have Joined Our Family!



*Leslie Campbell
James Colpitt
Ruby Fullum
Donna McCallie
Sue Ann Smith*



OUR JUNE BIRTHDAYS!!

- 6/09 *Pauline Hurlburt*
- 6/12 *Patricia Hays*
- 6/13 *David Griffith*
- 6/16 *Charles Foster*
- 6/20 *Jane Wirick*
- 6/24 *Maxine Dempster*
- 6/24 *Frank Gatchell*
- 6/26 *Roy Basinger*
- 6/26 *Mary Jean Coburn*
- 6/27 *Cleo Hess*
- 6/29 *Jane Brennan*
- 6/30 *Kay Welch*



Memory Center Family Support Group

Thursday, June 17th 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 Gruszczyki, Life Enrichment Director.

Roots n Shoots n Critters (cont'd from p. 5)

“Little Girl” group of hybrid magnolias developed in the mid-fifties at the U.S. National Arboretum. In other words it will never be the traditional towering magnolia that is green year around and has white blooms which are much more common. Instead it will lose its leaves in the winter and in the spring will be covered with large, goblet shaped, reddish-purple flowers before the green leaves emerge later on. It will be a beautiful addition to Saint Simeon’s!

We Remember in Our Prayers Those Who Have Departed this Life



*Neva Allbee
Virginia Haggerty
Beulah King
Ted Legg*

The Quill is available online or by email — visit our website: www.saintsimeons.org

JUNE EVENTS

Estate Planning Workshop
**“Investing in Your
Healthy Future”**

June 15, 10:00 a.m.—1:00 p.m.
(details on page 2)

**50th Anniversary
Homecoming Picnic**

June 19, 10:00 a.m.—1:00 p.m.
(details on page 1)

“Senior Prom”

June 24, 2:00 p.m.
(details on page 2)

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**National Nursing
Assistants’ Week—
June 10-17**



During National Nursing Assistants’ Week Saint Simeon’s will be recognizing the wonderful work done by our certified nurse assistants (CNAs.) If you would like to write a note of appreciation (no money or gifts, please) to one or more of our CNAs, please send them by June 7th to: cjohnson@saintsimeons.org or leave them at a Nurses’ Station marked *Attention: Crystal Johnson.* The notes will be displayed during CNA Week.



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

CHANGE SERVICE REQUESTED