

Quill of the Hill

Volume 45

Issue 3

March 2010

Saint Simeon's Begins the 50th Golden Anniversary Year with a Kickoff Luncheon and Announcement of Special Events

The Home's 50th Golden Anniversary Celebration Committee, chaired by Resident, **Fr. Bob Evans**, hosted the Kickoff "Gold Standard for the Golden Years" Luncheon on Thursday, February 18. Special guests included The Rt Rev. Dr. Edward J. Konieczny, Bishop of The Diocese of Oklahoma, and Jan Ridle, Presiding President of the Episcopal Church Women. Other attendees included Trustees of the Home and Foundation Boards and other key volunteers who are working to make the Home's 50th Anniversary a celebration for the Tulsa community and the many friends of the Home. Following the luncheon guests gathered with Residents in the Valley View Dining Room for a special "birthday cake" and refreshments.

The following 50th Anniversary Projects and Events were announced:

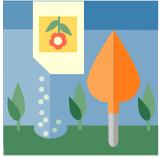
- 50th Anniversary History Book & Home Displays
Fr. Jack Powers, Chair
- Society of Saint Simeon's "50 for 50" Membership Campaign
Bob & Millie Millspaugh, Chairs
- 50th Anniversary Kickoff Luncheon—February 18
Phyllis Dotson, Chair
- Financial & Estate Planning Workshop—April (TBA)
Tony Jezek, Chair
- Auxiliary Annual Luncheon—April 20
Debbie Baker & Revelle Clausing, Chairs
- Auxiliary Ice Cream Social—May 27
Bud & Pat Martin and George & Jana Harrington, Chairs
- Homecoming Picnic—Date TBA
Saint Simeon's Staff, Chairs
- Western Days Residents' Party—September (TBA)
Elaine Hanner, Chair
- Western Days 2010—September 14
Episcopal Diocese of OK & Episcopal Church Women, Diocese of OK, Honorary Chairs
Will Smith, Event Chair
- "Giving of Thanks" Celebration—November (TBA)
Frances Chandler & Anne Cleveland, Chairs



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



What is that old saying? Spring is in the air! Well, it may not appear so, but Spring is around the corner. The Landscape Committee is busy planning for the Annual Spring Planting in April. You will be seeing a lot of purple and gold/yellow to help celebrate the Home's 50th Anniversary. What an exciting year and what better way to celebrate!

Now is the time to start thinking about pre-emergents for your lawn so when the warm weather does set in, you will have a handle on the weeds. If you do a heavy trim on knock out roses or crape myrtles, then be thinking about trimming those two plants back in the near future. At Saint Simeon's we generally let the crape myrtles grow out in a natural state and trim dead or cross limbs. A cross limb is a limb that grows the opposite way and rubs up against another limb. This rubbing can cause injury and will ultimately wound the plant. Cross limbs can occur on several varieties of plants.

Watch for the Spring Planting date! We encourage anyone to come and help or just watch. If you are interested in helping, contact **Mary Lou Havener at 606-3789** or **George Harrington at 606-2649**.

The Landscape Enrichment Committee generally meets the second Tuesday of the month at 10:00 a.m. The committee is comprised of Residents, full time staff, and volunteers.

Don't Miss the Auxiliary Education Committee's Guest Speaker !

Nate Waters

Motivational Speaker & Entrepreneur

"Finding Happiness"

Tuesday, March 9, 2010

1:00 p.m.

Saint Simeon's Common Room

Please RSVP so that we can plan for adequate seating. Karen Garren at 794-1945 or kgarren@saintsimeons.org

Refreshments will be served
Door Prize • Bring a friend!

(See back page for more details)

Welcome to Our Newest Member:

Sarah Diggdon

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



Save the Date

Annual Spring Luncheon

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

Saint Simeon's Common Room

Contact Debbie Baker or Reville Clausing, Chairs, if you would like to help!

From Morrison Senior Dining Ashwin Shrinivas, Director

Spring is right around the corner and we are getting close to changing our menus to more spring time favorites. We would love to hear from the Residents on menu items that they would like to see or something special that brings back fond memories of the season. If you have a recipe in addition to the food item, we would like to name it after the Resident who contributed the recipe.

Dining Services currently offers a fine dining evening meal at The Deisenroth Bistro every month. With its continued success, we hope to start a fine dining lunch meal for all Residents once every four weeks, as part of the menu cycle. More information will follow soon.

We have also started a new comment card system for Residents to give us regular feedback, additional suggestions or even compliment a job well done. This comment card will help us tremendously to improve quality as we strive to provide great service and great food to all of the Residents.



This month's *Bistro Fine Dining Dinner* will be held on *March 25, 2010*. For reservations, please contact the **Dining Services Office** at **794-1927** or Ext. 227.

Welcome to Those Who Have Joined Our Family!



*Jeanette Bolch
Rodney Cumber
Malcolm Deisenroth
Kris Nichols
Ozzie Reeves
Phyllis Rick
George Symons
Mary Margaret Wheeler*



OUR MARCH BIRTHDAYS!!

<i>3/2</i>	<i>Joseph O'Connell</i>
<i>3/6</i>	<i>Frieda Schuman</i>
<i>3/9</i>	<i>Anne Barry</i>
<i>3/17</i>	<i>Toni Walters</i>
<i>3/20</i>	<i>Jerry Ledbetter</i>
<i>3/22</i>	<i>Bill Hamilton</i>
<i>3/24</i>	<i>Carla Lund</i>
<i>3/25</i>	<i>Opal Hall</i>
<i>3/26</i>	<i>Anne Evans</i>
<i>3/26</i>	<i>Bonnie Krupnick</i>
<i>3/27</i>	<i>Ralph Coffman</i>
<i>3/27</i>	<i>Robert Rumley</i>

We Remember in Our Prayers Those Who Have Departed this Life



*Eugene Chapman
Delbert Dewey
Eleanor Randall
Estill Sherrill
Virginia Stacki*



Memory Center Family Support Group

Thurs., March 18th at 2:30 p.m.
Administrative Conference Room

Getting to Know: Wayne Davis

This is what was said by the person who nominated Wayne for Employee of the Month.



I had a flat tire one day and he took my tire off and put my donut on for me. I feel like that really is going above and beyond what his job description probably requires. In addition to changing my tire, he also helped me during the last ice/snow storm. It was time for me to go home and my car was stuck. He and another Maintenance employee pushed my car until it was no longer stuck. Wayne also helped chip the ice off of my frozen windshield wipers. He not only helped me but he helped others too! I think all of the Maintenance guys and gals deserve a bonus for getting out in that kind of weather and taking care of the Residents and other employees. The rest of us could not do our jobs without them, especially on days like that. I do feel, however, that Wayne deserves special recognition for always being willing to go that extra mile.

Clearly Wayne is one of our wonderful Maintenance Employees. “I came to work at Saint Simeon’s in April of last year. I worked for 32 years at the same place – Oklahoma Fixtures Company. It was a cabinet shop doing work for high end retail department stores, like Saks’s, Dillard’s and Macy’s. My dad had retired from there and I started out sweeping floors and emptying trash cans while in high school and worked up to be Production Manager. It was such a huge facility (450 employees at its peak) that it needed to do almost \$600,000 of work a week just to start to show a profit. When the retail business bottomed out because of the economy, most of our clients had to cut back and we had to close down.”

“I was born in Tulsa but grew up in Catoosa and graduated from Catoosa High School. I got married and had two daughters who are both married now and both have two children (boy and girl) of their own. I later remarried and my wife, Deedra, and I moved to Oologah where we live now. Deedra is a paralegal and used to work in the District Attorney’s Office for Bill LaFortune before he became mayor. She now works with All State Legal Council at their Oklahoma City and Tulsa offices. We have a daughter, Keely, who is 15 years old and a sophomore at Oologah High School. Keely is active in the band and in the fine arts program at our church. She plays the flute and last year qualified for state and also for national.”

“We live on two acres between Collinsville and Oologah in a little housing addition. Some of our neighbors raise cattle, horses, and goats but we just ‘raise’ our two dogs, Zoe, a Jack Russell, and Lady, our Black Lab. We regularly attend the Oologah Assembly of God Church which is in the process of finishing a new \$1.5 million dollar facility. Most of our vacations are to go snow skiing in Colorado, around Glenwood Springs. I ski the Black Diamond slopes [when pressed to answer!] and I used to love the snow before I came to work at Saint Simeon’s...”

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Lucky Bamboo Plants are quite the rage all over the world. You may have seen them in various places. Some people consider them to be the perfect house or office plant. **Bobbi Smith** has a beautiful one on her desk in the Saint Simeon's Foundation Office. **Ruth Boone** was given one by her PEO Chapter almost two years ago. She recently became concerned because the tips of the leaves turned brown so it has now moved into the Garden of Eden (aka Education Office) for "observation."



I have admired these plants but until now hadn't had any reason to educate myself about them. Here is what I learned – thank you, Ruth Boone!

1. The plant is not a bamboo at all. The botanical name is *Dracaena* and they are a resilient member of the lily family that grows in the dark, tropical rainforests of Southeast Asia and Africa.
2. They are called "Lucky" Bamboo because they are so darn easy to grow and they are associated with the Eastern practice of Feng Shui – the bringing of natural elements of water, fire, earth, wood, and metal into balance within the environment.
3. The number of stalks has meaning. Three stalks for happiness; five stalks for wealth; six stalks for health. Four stalks, however, are always avoided since the word "four" in Chinese sounds too similar to the Chinese word for "death".
4. The only care they need is about an inch of water and require little direct light (remember their dark rainforest home.) It is recommended to use filtered or natural spring water and change the water each week because tap water can eventually cause it to become too salty or fluoridated.

Saint Simeon's has a unique natural setting and we are interested in enhancing it with more perennials and plants native to Oklahoma. How many of you have watched the OETA show **Oklahoma Gardening**? **Steve Owens** was the host of that show from 2001 to 2006 and a few years ago opened the **Bustani Plant Farm** in Stillwater. "What we offer are unique, uncommon, hard-to-find, rare and unusual plants not available at most garden centers and nurseries. We grow all the plants we offer on site and don't order them in. In particular plants that perform well in the heat of our summers rate high with us."

We have discussed a possible Field Trip to visit Bustani Plant Farm ever since they opened but this might be the spring we can make it happen. Let us know if you would be interested in going. They are usually only open on Fridays and Saturdays (April 16th to June 5th) but we might be able to arrange a visit for a group at another time.

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

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

The first Sunday in Lent each year has a story, from Matthew, Mark, or Luke, depending on the year, of Jesus' temptation in the wilderness. Matthew and Luke go into some detail about the content of that temptation, while Mark simply acknowledges that temptation took place. All are agreed that Jesus spent a significant amount of time alone, fasting and praying; and that this took place immediately after his baptism by John in the river Jordan.



There are many ways of understanding why Jesus goes to the wilderness alone to fast and pray. Some see this as a vision quest. Others understand Jesus' temptation as an internal struggle to discover just what kind of Messiah he was to be. I think there is an important description of the journey of the soul toward completeness in God, to be found in the temptation story as related by Matthew and Luke.

Jesus faces three temptations: to relieve his hunger by turning stone to bread, to gain all earthly power by worshipping the tempter, and to prove that he truly is the Son of God by jumping off a tower so that God will take extraordinary action to save him. Actually, these are not three different temptations. They are the same temptation in different forms. Each one of them reduces simply to putting the desires of the Ego self over God. In each case, Jesus recognizes the real issue, and refuses to succumb. He understands that the proper place of the human psychological function we call "Ego" is to serve, not to be served. Jesus came to understand clearly that the service of God is perfect freedom. Conversely, being in the service of the Ego is a ghastly slavery. It is armed with this knowledge that Jesus leaves the wilderness and begins his public ministry of preaching release to the captives, restoration of sight to the blind, and freedom to the oppressed.

Each one of us has this same journey to travel. We must encounter many temptations in our life. Take heart in the knowledge that all temptations will boil down to the same single temptation – to serve one's self over and above God. Learn how to recognize this temptation for what it truly is – an invitation to become a slave to a master who will never be satisfied. Learn how to resist this temptation. Practice makes perfect, and believe me, you get many opportunities to practice on your road to perfection! Also take heart in the knowledge that in every step of our soul's journey, God's hand is ever present to guide us and assist us along The Way.

Blessings to you,
Fr. Bill Holly+



Saint Simeon's Certified Nurse Aides Are Honored

At the February Star Meeting Saint Simeon's honored the Certified Nurse Aides who have successfully completed the curriculum for CNA II. Lindsay Fick praised their efforts noting that this group was the first in OK to complete the program and the first to have all participants pass. Laurie Livingood with Tulsa Technology added her praise for Saint Simeon's, Crystal Johnson, Clinical Resource Nurse, and those who completed the program. She encouraged all participants to continue their education and stated that they are excellent role models for their peers.

All were presented a certificate and a pin noting CNA II status for their name badges. We thank Tulsa Technology for providing the award certificates, pins and the cake for the event.



Congratulations!

These Certified Nurse Aides were honored for completing CNA II

Back row: Linda Smith, Akilah Rezzaq, Julie Wood, Doris Wells and Cassandra Grayson

Front row: Linda Daniels, Paula Gazaway, Earlene Mayhew, Micah McGee and Sonja Anderson

Not pictured: Darlene Lawson and Samantha Maloney

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

"I know that everybody has to work for a living, but what I like most about this job is that you are never stuck in one spot or doing the same thing every day. I believe that eventually I will probably get to meet just about everyone since I go everywhere in the building. A neat thing happened to me recently when I bumped into Father Robert and Anne Evans at Wal-Mart. I wasn't wearing my uniform and didn't have my nametag on so I wouldn't have expected them to recognize me. I suddenly heard, "How are you doing, Wayne?" and when I turned around, there they were. It is the people like that who live and work at Saint Simeon's who make it special and why I'm glad to work here!"



Lost & Found Clothing

Attention Residents & Family Members!

An opportunity to identify unmarked items from the laundry will be held:

**Tuesday, March 9th
9:00 a.m. to 4:00 p.m.
Smith Conference Center**

Any items unclaimed by 4:00 p.m. that day will be donated to charity.

*The Education Committee of
Saint Simeon's Auxiliary
Presents a Special Guest Speaker*

Nate Waters

Motivational Speaker & Entrepreneur

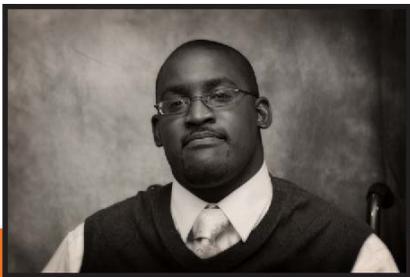
"Finding Happiness"

Tuesday, March 9, 2010

1:00 p.m.

Saint Simeon's Common Room

Nate is an inspirational individual, who despite a life changing accident, went on to earn his G.E.D, an Associate's Degree from Tulsa Community College, and a Bachelor's Degree from Oklahoma State University. Among his many accomplishments is being named recipient of the first United Way "Live United Spirit Award" in 2009. Nate is employed as an accountant at an Oklahoma energy company.



Please RSVP so that we can plan for adequate seating.

Karen Garren at 794-1945 or
kgarren@saintsimeons.org

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