

# Quill of the Hill

Volume 45

Issue 5

May 2010



*Save the Date for these  
50th Anniversary Events!*



Residents & their Families  
Trustees & their Families  
Employees & their Families  
Auxiliary Members & their Families  
Are Invited to the

## Saint Simeon's 50<sup>th</sup> Anniversary Homecoming Picnic

Saturday, June 19<sup>th</sup>  
10:00 a.m. - 1:00 p.m.  
Assisted Living Center Parking Lot

Come and Enjoy:

- Live Entertainment
- Games for the Kids (of all ages)
- Clonky the Clown
- Great Food & Drinks
- Tours of Saint Simeon's

## *Estate Planning Workshop*

*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 Farrior &  
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.  
Contact Stephen Mason at 794-1937 or  
smason@saintsimeons.org for information.*

## 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.*

### *The Auxiliary Celebrates Saint Simeon's 50<sup>th</sup> Year!*

All attendance records were broken for this year's Spring Luncheon – what a great tribute to the Celebration of Saint Simeon's 50<sup>th</sup> Anniversary. Luncheon Chairs, **Debbie Baker and Revelle Clausing**; turned the Common Room into a striking scene of purple and gold. The wonderful fresh flowers that adorned each table were generously donated by Debbie and Revelle. Confetti and “gold coins” (really chocolate!) scattered on the tables completed the festive look.

While enjoying a delicious lunch – spring trio salad with mousse for dessert, prepared and served by Saint Simeon's Dining Service, Morrison - the guests (nearly 140!) played “Golden Anniversary Trivia” at their tables. The guests at the winning table each received a gift certificate for Fine Dining in the Bistro. As a special surprise, the guests with the 50<sup>th</sup> Anniversary sticker under their plates won the beautiful centerpieces to take home.

Saint Simeon's Foundation Board President, **Robin Ballenger**, offered her praise for the work done by the Auxiliary and noted the many characteristics that make Saint Simeon's a loving home. Stephen Mason, Foundation Executive Director, described the exciting 50<sup>th</sup> Anniversary Events and Projects that will be taking place throughout the year.

**Bud Martin**, Past-President of the Auxiliary, presented George Harrington, President of the Auxiliary, with a plaque noting his service for the past two years. The Auxiliary also presented George with a Saucer Magnolia Tree to be planted on the campus.

In her remarks, **Lindsay Hurley Fick**, Saint Simeon's President/CEO, noted that the Auxiliary is an important part of the team that strives to make Saint Simeon's the “Home built on love.” She announced that the Trustees have made a donation for a landscape project in honor of George Harrington's service.

President **George Harrington** announced that in honor of the 50<sup>th</sup> Anniversary the Auxiliary is making a \$5,000 donation to the Home for landscape enrichment.

The slate of officers for 2010-2011 was elected unanimously and the new officers were installed by **Fr. Bill Holly**, Chaplain. The Auxiliary officers are: **JoAnna Newman, President; Trudy Williams, Vice-President; Elaine Hanner, Recording Secretary; Sue Thompson, Corresponding Secretary; Brenda Haesloop, Treasurer; and George Harrington, Past-President.**

Many thanks to the Luncheon Chairs, Debbie Baker and Revelle Clausing, and all the volunteers and staff who helped make this celebration possible!



*Debbie Baker & Revelle Clausing, with their mother, Marilyn Baker*





*The Auxiliary Education  
Committee Presents:*

***Preventing Falls***

***Guest Speaker:  
Gail O'Connor***

Tuesday, May 11th  
1:00 p.m.

Saint Simeon's  
Smith Conference Center

*This program is designed for seniors, their families, and others who care for seniors and individuals with a high risk for falls.*

Gail O'Connor graduated with a BS in Nursing from the University of OK in 1973. Following graduation she spent 4 years on active duty as a Reserve US Navy Nurse Corps officer. She attended graduate schools after discharge from the military receiving degrees in Psychiatric Nursing, and later Marriage, Family and Child Counseling.

She is currently with Injury Prevention for Trauma Services at St. John Medical Center. It is through involvement with trauma that the community Falls Prevention program has been developed.

***50th Anniversary T-Shirts***



*For sale  
\$10  
in the Foundation Office*

***35th Annual  
Oklahoma Conference on Aging  
May 18—20  
Southern Hills Marriott***

*This is the first time for this statewide conference to be held in Tulsa and Saint Simeon's is a Bronze Sponsor!*

Senior Day—Tuesday, May 18

Professionals' Conference—May 19-20  
*(Our own Dr. Mary Nole, Wellness Coordinator will be presenting "Meaningful Exercise for Older Adults")*

Visit Saint Simeon's Exhibit!

For further information contact  
Karen Garren at 794-1945 or  
visit the conference website at

<http://register.oucpm.org/okconfonaging>

***Preserving Our Trees***

Taking down the old Assisted Living Building in March (which included Cottages #1, 2 and 3) was an enormous undertaking. Great effort is being made to try and preserve the trees and some of the shrubs adjacent to the building. It was amazing to see the powerful jaws of the tractor "delicately" working around living plants and separating recyclables. Pictured is the young **Star Magnolia Tree** that **Ruth Staudt** planted several years ago outside her apartment in B-wing. It is blooming in the midst of the demolition!



## Life Enrichment Wants You!



### Want to get involved?

Do you have a special talent you would like to share with Residents?

Do you enjoy singing, dancing or play an instrument?  
Special hobby? Great adventures in travel?

Just like to get out to a ball game, museum or lunch with the Residents?

Would you like to lead a bingo game or take walks out in the garden?

Would you like to be a "soda jerk" in the Crossroads Ice Cream Parlor?

Whether you would like to commit to be a weekly volunteer or just volunteer for special events or outings, we'd love to have you!

If you would like to share your talents as an entertainer or speaker, contact Becky at 794-1903.

If you would like to share your time as a volunteer, contact Teresa at 794-1932.

### *Cow Tree*

Have you ever seen a cow tree  
Brown and white bodies  
Huddled in sweat  
All pointing in the same  
direction?

No stolid creature  
with blank stare  
Could engineer that  
Circle of perfection.

They know something  
About shade and space.  
So many beneath one tree  
Silently resting  
With majestic grace.

There's an art to living  
Which is theirs.  
To weave with tranquility  
Such community  
Beneath that lone  
Cow tree.

Written by—J.T.F.



## National Nursing Home Week

### May 9—15

## ***From Morrison Dining Services*** *Ashwin Shrinivas, Director*

### **New Dates for *Bistro Fine Dining***

- On Thursday, June 3, (*no date in May*)
- On 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,*

The fine dining lunch in Resident Dining Rooms for May will be on the 25<sup>th</sup>.

## ***News from the Wellness Center*** *Mary Nole, Wellness Coordinator*

### ***National Senior Health & Fitness Day—May 26***



“*Family Swim*” is a special time on the last Saturday of the month, 9:00 a.m.-11:00am. for family members of Residents to enjoy the pool. No reservations necessary, no age limits. Come on over!!

Swim Buddies are ALWAYS welcome to come during the week and enjoy the pool with their Resident! For information about the Swim Buddy Program and how to become one, contact **Mary Nole at 794-1905.**

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



*William Lavendusky*  
*Johnie Mitchell*



### **OUR MAY BIRTHDAYS!!**

5/2	<i>Jack Williamson</i>
5/3	<i>Pat Perrin</i>
5/4	<i>James Nichols</i>
5/6	<i>Bernice Robak</i>
5/13	<i>Jane Fair</i>
5/20	<i>Malcolm Coldwell</i>
5/23	<i>Norine White</i>
5/24	<i>Lois Decker</i>
5/24	<i>Dolores Duke</i>
5/28	<i>Vivian Lassiter</i>
5/30	<i>Fredna Wince</i>



### ***Memory Center Family Support Group***

Thursday, May 13th 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 Gruszczeni, Life Enrichment Director.*

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

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

There are many lines from the Christian scriptures that are well known to most people in our society, whether or not they have ever passed through the doors of a Church. For instance, if I were to ask most people on the street to tell me what the Golden Rule is, I'm willing to bet they would be able to reply in good old King James English, "Do unto others as you would have them do unto you." Certainly, those who profess the Christian faith would understand these as words to live by.



The words themselves, delivered in the sweet voice of your kindergarten or Sunday school teacher, bring up wonderful images of gentle Jesus, meek and mild. Certainly, it seems like the most simple of all wisdom to treat others the way you would like to be treated. Unfortunately, behind our common understanding of that wisdom, lurks the assumption, or at least the hope, that if I treat others the way I want to be treated, they will in fact, treat me as I want to be treated. I say "unfortunately" because that assumption has nothing to do with what Jesus taught when he delivered that Golden Rule to us.

In the Gospel of Luke we read:

"But I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again. Do to others as you would have them do to you." *Luke 6:27-31*

The Golden Rule, as we have come to call it, is all about us living truly grace filled lives. We are not only to be beneficiaries of God's grace; we are to be *practitioners* of it! We are to do this regardless of how it turns out for us. We are to do it because this is God's work in the world and we are learning how to live in God's world – not how to get ahead in ours.

So, you've probably noticed that you're not so good at doing this. Yeah, me neither. Darned good thing we're beneficiaries of God's grace! God just never seems to stop forgiving us, loving us, and giving us new opportunities. How can I possibly thank God, as Andre Crouch wrote, "... for the things you have done for me ... things so undeserved, yet you gave to prove your love for me (*My Tribute*, 1972)." Perhaps I should work on that Golden Rule thing some more.



Blessings to you,  
Fr. Bill Holly+



## Call to Action!

### Western Days 2010 – “Golden Anniversary Gusher”

#### September 14 Central Park Hall EXPO Square



*Western Days 2010* takes on added meaning this year as this 14<sup>th</sup> annual event held in September coincides with the Home's 50<sup>th</sup> Anniversary...to the month! **Will Smith, Event Chair**, has organized the volunteers for the Advisory and Patron Committee with **Ross and Margaret Swimmer serving as Patron Committee Chairs**. The Western Days Kickoff Party (and planning meeting) was held on Wednesday, April 28<sup>th</sup>. Members of the Advisory, Patron and Steering Committees brainstormed how we can make the event more fun for all our attendees and help ensure we reach our \$500,000 net proceeds goal for the benefit of the Residents.

How can you help?

- Buy raffle tickets (on sale now) for a \$2,500 Utica Square shopping spree (1 for \$20 or 6 for \$100);
- Sell raffle tickets for the \$2,500 Utica Square shopping spree;
- Donate an item or service for our silent or live auctions;
- Serve as a sponsor – sponsorships range from \$50,000 to \$500;
- Volunteer to serve on working committee for the event; and,
- Attend the event on Tuesday, September 14<sup>th</sup>!

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 at (918) 794-1937 or [smason@saintsimeons.org](mailto:smason@saintsimeons.org).



## National Nurses' Week—May 6-12

### We Love Our Nurses at Saint Simeon's

#### Give a Nurse a Hug!

#### Director of Nursing

*Sue Slama, RN, BSN, MS*

#### Nursing Managers

*Karen Blankenship, RN*

*Annette Diggs, RN*

*Martha Rentie, RN*

#### Clinical Support

*Crystal Johnson, LPN*

*Dale Shannon, LPN*

*Brenda Thompson, LPN*

**RNs:** *Josh Longnecker, Dama Bogle, Regina Sides, Temmile Williams, Pam Gourd, & Angie Johnson*

**LPNs:** *Angel Martin, Amanda Green, Heather Feathers, Victoria Herrera, Darcia Alexandre, Tiffani Henderson, Honey Meitzen, Lyndsey Smith & Katy Vines*

*A Reminder to  
Residents & Families!*

*Make your Reservations  
For Mother's Day Dinner  
At Saint Simeon's*

*Call Becky at 794-1903  
By Wednesday, May 5th*

*Holiday Guest Meals are \$12*



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**Saint Simeon's Auxiliary  
Invites All Residents, Family Members  
& Friends to the**

**Annual Ice Cream Social  
and  
Community Band Concert**

**Thursday, May 27  
7:00 p.m.**

**Saint Simeon's Administration Courtyard**

**Enjoy Delicious  
Ice Cream  
& Cookies  
with Great Music!**



**SAINT SIMEON'S**

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

**CHANGE SERVICE REQUESTED**