

Quill of the Hill

Volume 45

Issue 10

October 2010



Western Days 2010 Golden Anniversary Gusher!

Thank You to Everyone who Contributed to Western Days!

Western Days 2010 honoring Saint Simeon's 50th Anniversary was truly a "golden gusher!" Led by Event Chair, Will Smith, and Patron Chairs, Margaret & Ross Swimmer, this year's proceeds set an all time record over \$500,000! The Honorary Chairs were the Episcopal Diocese of Oklahoma represented by The Rt. Rev. Dr. Edward J. Konieczny, Bishop of the Diocese, and the Episcopal Church Women of Oklahoma represented by ECW President, Jan Ridle.

As is the tradition of this event, volunteers made it happen. Over 100 volunteer Advisory and Patron Committee members, plus over 70 other volunteers worked the weeks before and the night of the event to ensure the sponsors and guests enjoyed the celebration. In addition many staff members baked cookies, pies, breads and cakes and Residents contributed hand-sewn items for the General Store.

Saint Simeon's is very blessed to have friends and supporters who believe in the mission of the Home. We especially thank the sponsors and donors who through their generosity allow Saint Simeon's to provide the personalized care and activities the Residents deserve.





Simon & Son

With innovative programs ranging from Beethoven to the Beatles and Liberace to Wipeout, pianists Peter & Saling Simon present a heart-warming program of popular and classical music interspersed with wonderful stories and comedy. A dazzling one-of-a-kind presentation for all ages to enjoy.

Please join us for this outstanding program & the cocktail hour to follow!

**Wednesday, October 6, 2010
1:30 p.m.—The Common Room**



Fall Festival



**Wednesday, October 27th
1:30 p.m. to 3:30 p.m. — Administration Courtyard
Rooty Toot Ranch Petting Zoo — Games, Food, Fun!!!
Bring the grandkids!!!**



Tulsa Memory Walk 2010

*Thank You to Everyone Who Joined and Supported
Team Saint Simeon's!*

**Happy
Halloween!**



Congratulations!

*Resident Art Rubin was
awarded his 60 Year Pin by
the Tulsa County Bar
Association.*

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.

Saint Simeon's Auxiliary Education Committee Presents

"Here Come the Judges"

Tuesday, October 12

1:00 p.m. - Saint Simeon's Common Room



Our special guest speakers:

- Judge Linda Morrissey
- Judge Bill Musseman



"Oktoberfest" Fall Cookout



**Saint Simeon's Auxiliary is hosting its Annual "Fall Cookout"
For Residents, Families, Friends & Auxiliary Members**

**Thursday, October 7 — 4:30 p.m. to 6:30 p.m.
Valley View Dining Room**

**Enjoy great food and drinks
with a German flair!
Musical Entertainment by
Carl & Shirlee Stoops &
The German American
Society Singers**

**There is no charge, but
reservations for guests are
requested by October 3.
Call Brenda Haesloop
at 744-0944**

And of course, "Chicken" Dancing!



Getting to Know: Monica Martin



Many of you may not know what a “Girl Friday” is. It’s a term coined many years ago to mean someone who can do practically anything. Monica has worn so many hats. She accepts any challenge and always with a smile. She never says, no. Monica is always thinking of how to make things better for the Residents and staff. She even came up with a recommendation on how Saint Simeon’s could save money. Her motto is, “You gotta work smart.” She takes on whatever is asked of her and gives 100%. Thank you, Monica, for making such a difference!

Monica is a Restorative Aide in the Health Care Center. “When a Resident has finished their Therapy Program, I take over to assist them each day to get stronger walking and moving their arms and legs. Also, I help Residents who are not in the therapy program but would benefit from restorative therapy.”

“I LOVE what we are able to do for the Residents in our Wellness Center. I take a lot of Residents over there (even in wheelchairs) for exercise in the warm, salt-water pool. Anyone who is able to stand can enjoy water aerobics. They can do many things in the water that are not possible on land. If they are able to only take two or three steps, they may be able to walk 100 to 200 feet in the pool. Residents are able to stretch and exercise their limbs in the pool.”

“Part of my job is to really encourage Residents to participate. Sometimes they may be stiff or have aches and pains and say that they don’t feel like going that day. But I remind them that I’ll help them sit in the Jacuzzi where they can get a water massage. When they get out they always thank me because they really do feel better. One Resident even says that it helps her feet feel better!”

“Before coming here, I worked in Las Vegas, assisting with the physical therapy of Roy Horn of the famous Vegas act, Siegfried and Roy. Their white lions and tigers show was very popular for many years before Roy’s near fatal attack by his beloved tiger, Montecore. For a year and a half, I helped him and got to travel all over the world and meet many of their famous friends, like Elton John and Michael Jackson. Once in New York City’s Central Park the paparazzi caught up with us and my picture ended up on TV. Mr. Roy would feed his cats right through the bars of the cage holding raw steak in his mouth. He even got me to do that! That job provided many surprises!”

“I decided that I could no longer travel so much and work such long hours and raise my two children so I moved back here to Oklahoma. My son, Stephon Tillman, is 15 years old and a student at Memorial High School. He enjoys ROTC, skateboarding, and wants to become a chef. We watch the Cooking Channel a lot. My daughter, Starr Johnson, is ten years old and in the third grade. She wants to be a lawyer but right now settles for being a cheerleader.”

“I love my job. The best part is to see the improvement Residents are making. It puts a big smile on my face and sometimes tears in my eyes.”

This month's theme is thorns. One of my favorite quotations is from Abraham Lincoln:

"We can complain because rosebushes have thorns or rejoice because thorn bushes have roses."

Honest Abe actually has four varieties of roses named after him – "President Lincoln," "Souvenir du President," "Honest Abe" and "**Mr. Lincoln**". We don't have any of the Lincoln roses on the property but we do have many Knock-out Roses scattered here and there. They are a fairly recent variety that is as "maintenance free" as roses can be which is why we have them! Roses are notorious for needing maintenance. On the Internet, the Learn2Grow site amusingly says, "**Mr. Lincoln does tend to get powdery mildew.**"



The raised bed in front of Administrations is full of Knock-out Roses. The Bob Adair Family donated a bed of Knock-out Roses (courtyard is named for them) outside of D-wing, across from our Vegetable Garden. They also donated the yellow climbing roses on the fence across from Administration. All have thorns but two other plants growing here (with thorns) are the most interesting.

One of the specimen plants from our trip to Bustani Plant Farm in Stillwater is named **Bed of Nails**. It will die with the first frost but if you go out this month, you can't miss it in one of the raised beds in the Gazebo Courtyard. It grew from about 6 inches to a "people eating size plant" of three or four feet with enormous leaves "pierced" by huge thorns which seem to pass through the leaf. We sent a photo to Steve Owens at Bustani's and he said that ours grew even larger than his this summer.



In the Education Office, the plant that prompts the most comments is called **Crown of Thorns**. It is the one blooming 365 days a year under office lighting and belonged to Mother Lee Williams. We have only been able to take one cutting from it and **Loretta McKenzie** now has that new plant growing on her window sill. A more common variety (smaller leaves and multiple stems) is also in the office and cuttings can be taken from it at any time if you are interested. In fact a new plant is growing right now but I can't remember who it is for???

A Special Request...

The Landscape Committee is requesting "gently used" outdoor/weather-proof pots with a diameter of at least 20 inches. The pots will be used around the campus for seasonal color. A committee member would be happy to pick them up. For information or to request pick up please contact **George Harrington at 606-2649**.



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

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

Congratulations! Each and every one of you has been promoted to Management! You are a Manager, imbued with the rights, responsibilities and privileges thereto. I can't say that I'm surprised. I always knew you would be. You were literally born to be a Manager!



What? Who made you a Manager? Why, God did! Didn't you get the memo?

It's okay. People are often a bit confused when they first find out that they are Managers. I still can't believe God made *me* a Manager! What was God thinking? – eh?

But anyway, here's how it works. God made everything that is. It all belongs to God. We have been given responsibility to care for, tend, nurture, develop, grow, prune, subdue, appropriate – that is, manage, for our use and that of others, in the service of God, everything that has been entrusted to us. We also get to enjoy it. Good work, if you can get it. And you can. And you did.

When I say “everything,” what do I mean? Everything! Your time, your abilities, possessions, relationships, energy, emotions, environment, mind, health – you name it! The trick is, you have to remember that none of it is really yours. It all still belongs to God. The moment you say “mine” you've totally messed up the role of Manager. You've started to assume the role of Owner and the Peter Principle begins to take effect; that is, you've just risen to your perfect level of incompetence! You'll want to avoid that.

This Management job is harder than it sounds. You can make a lot of mistakes. Fortunately, there's on-the-job training. Unfortunately, some of that training involves “hard knocks.” Fortunately, you are surrounded by other Managers who may be of help to you in circumventing the “hard knocks.” As you get better at your Management, you can be of help to other Managers. Please be aware that not everyone will want your help. There will be some who want the joy of learning about the “hard knocks” on their own. This is their right, as it is yours. As you might imagine, there are lots of choices to be made in the Management game.

Your best source of assistance in Management is, of course, the Owner, that is, God. I would suggest spending some quality time in prayer, listening in your heart and mind for God's guidance. Pay attention to the subtle yet important messages, signs, and coincidences that come your way each day. God has a wonderful array of tools to help us out, but we have to want it enough to watch for them.

Well, congratulations again. I know you'll do well. God's counting on you to.

Blessings to you,
Fr. Bill Holly+



Resident Council Meetings

Each living area of the Home has its own Resident Council, which meets monthly. The meetings are facilitated by a Resident Representative or a staff member if the Residents prefer. The Resident Council meeting provides an opportunity for Residents to hear announcements about upcoming events at the Home and to ask questions or express concerns about any aspect of their care and life at Saint Simeon's. Those concerns are then relayed to the appropriate department for attention.

Family members are welcome to attend the meetings, and are especially encouraged to attend on behalf of their loved ones who are unable to express their concerns.

Resident Council Meetings for October:

- Dotson Family Assisted Living Center
Tues., Oct. 26, 10:30 a.m., the Bistro
- Crossroads Area Assisted Living (D Hall)
Tues., Oct. 26, 1:30 p.m., Common Room
- Health Care Center
Thurs., Oct. 28, 10:30 a.m., Garden View Dining Room
- Memory Center
Thurs., Oct. 28, 2:30 p.m., Home 6

Welcome to Those Who Have Joined Our Family!



*Harold Connally
Laurie Griffin
Roy Spatz*



OUR OCTOBER BIRTHDAYS!!

*10/2 Lenora Myrick
10/3 Paul Perrin
10/10 Wilma Williams
10/12 Betty Nemeč
10/13 Tom Crewson
10/17 Buddy LaFortune
10/19 Harold Connally
10/25 Elizabeth Failing
10/26 John McLemore
10/31 Ocey Pack*

We Remember in Our Prayers Those Who Have Departed this Life



*Eldon Coffman
Norma England
Kennith James*



Memory Center Family Support Group Meeting

***Thursday, October 14, 2010 at 2:30 p.m.
Administrative Conference Room***

The Family Support Group is open to all friends and family members of Memory Center Residents, and offers an opportunity to share your cares and concerns with others who are having a similar experience. The group also provides an opportunity for those new to the Home to learn more about Saint Simeon's.

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

CHANGE SERVICE REQUESTED

Fall Planting Days

Friday, October 1, 9:00 a.m.
Saturday, October 2, 9:00 a.m.
Sunday, October 3, 11:00 a.m.
Meet in the Gazebo Courtyard



All Resident, family members, friends and Auxiliary Members are welcome to join the Auxiliary Landscape Committee on any of the dates above to plant fall color in flower beds and pots on the campus.

For information contact:
Mary Lou Havener at 606-3879

Save the Date
for the Annual
Holiday Shoppe



Tuesday, November 16
10:00 a.m. to 2:00 p.m.
Common Room &
Smith Conference Center

Vendors will have jewelry, purses, clothing, make-up, Tupperware, crafts, art work, nuts and candy, and more.

Christmas shopping is easy at
Saint Simeon's Holiday Shoppe!