A Message from our President & CEO
Lindsay Hurley Fick

Peace of Mind:
Renovated Memory Center
Provides Comfort and Security

Wellness: It’s What We Do!

“Swimming With Mom”
Cece Russell-Jayne shares her experience

Auxiliars Embody
“Spirit of Philanthropy”
Judy Lawson & Trudy Williams

Resident Western Days
Pickin’ & Grinnin’ with Klondike 5

“Salute to Service”
50 Year Anniversary
Saint Simeon’s Auxiliary

Western Days 2011:
Bonanza Bash!
The Auxiliary was formed in 1961 under the direction of the Reverend Dr. E. H. Eckel. A complete 50-year history has been written by our favorite local author Bill Waller.

Excerpt from:
*50 Year History of the Saint Simeon’s Auxiliary*
by Bill Waller, Saint Simeon’s Home Trustee Emeriti

They were there from the start.
And it fell heavily upon their shoulders, especially at the beginning, to see that Dr. E. H. Eckel’s envisaged “community for persons over 65” would come to life, and thrive.

“They” were the Episcopal women who took upon themselves the responsibility for helping assure that the first four tenants of St. Simeon’s Home, and the countless hundreds it turned out would follow them, would find at St. Simeon’s the environment—and if needed, the care—to assure the enjoyment of their final life stage.

The Auxiliary was born in a meeting on May 17, 1961, at St. Mark’s Episcopal Church in Tulsa—virtually concurrent with the arrival of the Home’s first tenants. The plan for its creation was actually announced in the May 1961 edition of the state-wide Oklahoma Churchman in a column written by Dr. Eckel called “St. Simeon’s Corner.” In the column this report appeared:

“Plans for the organization of a St. Simeon’s Auxiliary have been prepared by a special committee of St. Simeon’s Board, and with the approval of the Board are to be presented to the Annual Meeting of the Episcopal Churchwomen of Oklahoma, May 1-3.

“It is hoped to enlist a large membership throughout the Diocese. Those who live in or near Tulsa can perform specific services to the Home and to its residents. All members of the Auxiliary can assist in publicizing the facilities of the Home and can help make its services more effective. Be sure to help set up a unit (or chapter) of St. Simeon’s Auxiliary in your parish or mission. St. Simeon’s is YOUR Diocesan Retirement Home. We have great hopes in the establishment of this Auxiliary.”

The Mission of the Saint Simeon’s Auxiliary

To enrich and enhance the lives of the Resident’s of Saint Simeon’s.
Salute to Service

Saint Simeon’s Auxiliary Honored for 50th Anniversary

On Tuesday, September 20th, the Saint Simeon’s Home and Foundation Board of Trustees honored the 50th Anniversary of the Saint Simeon’s Auxiliary with the presentation and dedication of a commemorative flagpole and flag.

Saint Simeon’s President and CEO, Lindsay Hurley Fick, welcomed guests to the sunset ceremony, and Stuart Spencer, Executive Chairman of the Saint Simeon’s Home Board of Trustees provided the Introduction. The Flag Ceremony was performed by Troop 153, led by Eagle Scout Gabe Hargrove. Father Robert Evans then provided the Blessing. Auxiliary President Trudy Williams provided the Presentation to dismiss the ceremony.

The flagpole project was undertaken by local Eagle Scout Gabe Hargrove and his fellow scout members in Troop 153 of Tulsa. Troop 153 is sponsored by St. John’s Episcopal Church. Gabe led this effort by working with Saint Simeon’s, with special assistance from Arn McJilton and Tadd Weese, to develop the plan. Gabe coordinated the various trades and labor needed to bring the project to fruition, and also raised the funding necessary to help underwrite a portion of the cost, which was in addition to the funds contributed by the Home and Foundation Trustees. Saint Simeon’s is also very grateful to Michelle Hardesty of the Hardesty Foundation, for helping to connect Gabe and Saint Simeon’s. And finally, we would also like to thank Gabe’s grandfather, Lee Butler, for the assistance he provided to both Gabe and Saint Simeon’s!

Upper left: Stuart Spencer, Executive Chairman, Home Board of Trustees; Eagle Scout Gabe Hargrove, Troop 153; Auxiliary President Trudy Williams; and Will Smith, President, Foundation Board of Trustees.

Lower left: Plaque presented to the Auxiliary by the Home and Foundation Trustees.

Lower right: Guests at the “Salute to Service” ceremony on Tuesday, September 20th, 2011.

A Message from Our President & CEO

Lindsay Hurley Fick

Our Ambiance newsletter has a new look and a new format! We hope you enjoy it. Also, to be good financial stewards of your generous gifts, we are enclosing the Treasures newsletter in this issue so that we may combine our mailings.

It’s November already. It seems that every year I ask myself how the past months could have sped by so quickly. However when I take a moment to think back over 2011, I realize just how much has happened – especially at Saint Simeon’s.

Our year began with the start of our Memory Center renovation. The Memory Center was built in the mid 1990’s and has provided 17 years of 24-hour-per-day care for hundreds and hundreds of Residents. That’s over 300,000 nights of loving use! The renovation was completed in late summer and the results are absolutely wonderful. The colors and furnishings are warm and inviting. I know I speak for the Residents, their families and the Saint Simeon’s staff when I say “thank you” to the Saint Simeon’s Foundation. As with all capital projects, the Foundation, through its dedicated Board of Trustees, raised over $2,000,000 for the renovation and $800,000 for related projects from our wonderful supporters.

The Saint Simeon’s campus was filled not only with workmen for the renovation, but also a steady stream of visitors taking advantage of the full slate of educational offerings hosted by Saint Simeon’s.

We were honored to host 85 members of the Tulsa Interagency Council for one of their 2011 meetings. Our Wellness Director, Dr. Mary Nole, Ph. D., made a presentation on “Growing Older; Growing Healthier”. In addition, Saint Simeon’s Bistro was the venue on a number of occasions for church guilds that enjoyed lunch and a lively discussion with Mary on aging and exercise.

Stephen Mason and I hosted the Alzheimer’s Association Public Relations and Marketing Committee. It was wonderful to meet together and discuss our shared passion for helping those diagnosed with Alzheimer’s, and how best to assist their family members through the very difficult disease process.

In early summer we were privileged to host a group who call themselves Mustard Seed. These ladies are cancer survivors. Sue Slama, Saint Simeon’s Director of Nursing, spoke with the group about “Pain and the Importance of Pain Management”. We made new friends – these ladies were absolutely lovely and lots of fun!

The Tulsa County Bar Association utilized Saint Simeon’s large Common Room to hear a presentation from Mr. Smith of the Oklahoma Department of Human Services.

And a new favorite came out last month – the OWLS. That’s Older, Wiser Lutheran Seniors from Christ Redeemer Lutheran Church. At their request, Sue Slama gave a presentation on dementia and Alzheimer’s. After the presentation, the group presented Sue with a ceramic owl. It is now proudly displayed in her office!

November is moving along fast and December is just days away. I wish you a Merry Christmas and Happy New Year – come see us in 2012!
Renovations and improvements to the Saint Simeon’s Memory Center and related projects were completed in August of 2011, with the final cost of the project totaling $2.8 million. With the completion of the Memory Center project, Saint Simeon’s has now completed over $30 million in improvements in the last six years, including the building and opening of the new 233$MM Dotson Family Assisted Living, and the Bishop Robert M. Moody Wellness Center in September 2009. All have been funded with private donations, no long term debt, and no impact to Resident rates. We are grateful to all of our many donors!

Saint Simeon’s Memory Center is home to 52 Residents with Alzheimer’s and other forms of dementia. When it opened in 1994, it was the region’s first and only long term care center designed solely for persons with Alzheimer’s and other forms of dementia. Since then, the Saint Simeon’s Memory Center has provided over 300,000 nights of compassionate and engaging Resident care, as well as peace of mind for Resident family members.

On Sunday, October 23rd, Trustees and donors were present for the Blessing and Dedication of the newly renovated Memory Center. President and CEO Lindsay Hurley Fick provided a brief welcome to all in attendance, stating that “I want to extend a very special thanks to George Dotson for taking care to ensure that this renovation was of the highest quality in meeting all of the needs of our Residents. I also want to thank MATRIX for the beautiful, warm and functional design, and FlintCo for executing that design to perfection with their high caliber construction services.”

Trustee George Dotson, Chairman of the Building Committee, then recognized the individuals and organizations whose generosity and collaboration helped to ensure the completion of this project. Dotson remarked that approximately 17 years ago, this all began with the determination of Capital Campaign Co-chairs Malcolm Deisenroth and the late Pete Brainerd, as well as Building Chair Bob Millsap, to make Saint Simeon’s Memory Center the leading facility in caring for Alzheimer’s and other dementias. Since then, Saint Simeon’s has been a huge relief to families and Residents who now know peace.

Bishop Ed Konieczny followed by providing the dedication and blessing. Trustee George Dotson, Chairman of the Building Committee, then recognized the individuals and organizations whose generosity and collaboration helped to ensure the completion of this project. Dotson remarked that approximately 17 years ago, this all began with the determination of Capital Campaign Co-chairs Malcolm Deisenroth and the late Pete Brainerd, as well as Building Chair Bob Millsap, to make Saint Simeon’s Memory Center the leading facility in caring for Alzheimer’s and other dementias. Since then, Saint Simeon’s has been a huge relief to families and Residents who now know peace.

Trustee George Dotson, Chairman of the Building Committee, then recognized the individuals and organizations whose generosity and collaboration helped to ensure the completion of this project. Dotson remarked that approximately 17 years ago, this all began with the determination of Capital Campaign Co-chairs Malcolm Deisenroth and the late Pete Brainerd, as well as Building Chair Bob Millsap, to make Saint Simeon’s Memory Center the leading facility in caring for Alzheimer’s and other dementias. Since then, Saint Simeon’s has been a huge relief to families and Residents who now know peace.

Bishop Ed Konieczny followed by providing the dedication and blessing. Trustee George Dotson, Chairman of the Building Committee, then recognized the individuals and organizations whose generosity and collaboration helped to ensure the completion of this project. Dotson remarked that approximately 17 years ago, this all began with the determination of Capital Campaign Co-chairs Malcolm Deisenroth and the late Pete Brainerd, as well as Building Chair Bob Millsap, to make Saint Simeon’s Memory Center the leading facility in caring for Alzheimer’s and other dementias. Since then, Saint Simeon’s has been a huge relief to families and Residents who now know peace.
Resident Western Days was held in the Common Room on Saturday, August 13th. This “Prelude to the Ponderosa” was the official annual Western Days celebration for our Residents, as many do not attend the fundraiser, which for the past several years has been held off-site at the Central Park Hall at Expo Square due to the growth in popularity and attendance of the event.

Special thanks to Robin Ballenger for again underwriting this fabulous party for our Residents, and to Nancy & Jim Gustine for coordinating important party details, including the talented and entertaining bluegrass band, Klondike 5. Thank you all for your generous support!

Residents, families and friends danced to the music, enjoyed delicious food and beverages, and enjoyed a special sneak preview of handmade “Stitch in Time” items that were later sold at the General Store on the night of the main event, September 13th.

We are grateful for those, including our Western Days 2009 sponsors and donors, who contributed so generously.

Leadership Donors

Phyllis and Steve Anderson
Phyllis and George Dobson
Founders of Doctors’ Hospital

Mary Ann Hille
The J.E. and L.E. Mabee Foundation, Inc.
The Anne and Henry Zarrow Foundation

2009 Western Days

The Mary K. Chapman Foundation
The Hardesty Family Foundation
Ramon Prange

William S. Smith
Sherman E. Smith Charitable Family Foundation

The Cuesta Foundation
Richard and Sally Minshall
Mr. and Mrs. Kurt Vander Bogart
Wellness: It’s What We Do!

Written by Dr. Mary Nole, Ph. D., Director of Wellness

It is hard to believe that it was two years ago that we started “from scratch” in terms of a brand new Wellness Center and programs for our Residents. We started with the basics: a membership system which includes the Senior Fitness Test, a published schedule of exercise classes and informal use opportunities. Before long we added sporting competitions (from 4 Square to baseball) and our own brand of Intramurals for individual sport championships. In June we initiated a new all-campus event, and given the success and support from other departments and family we hope that the Annual Pool Party will become a Saint Simeon’s tradition. On the more serious side, our Residents have participated in three small research studies with Oral Roberts’ University students, the latest yielding significant improvements in Residents’ walking speed and mobility.

From the beginning we have said that the Wellness Center was for ALL residents of our community. We have worked to develop systems and relationships with the staff members in each department in order to facilitate the Residents’ access to Wellness Center programs. It is only through the joint efforts of all staff members that we are able to get as many people as possible participating. To that end, we have a participation contest each September wherein the awards are shared equally by the Residents and their “coaches” who help get them there. There are two levels to the contest: 1) which area can accumulate the largest number of total participations and 2) which area has the highest percentage of Residents participate at least once during the month. The largest number of participations came from Assisted Living and the largest percentage of Residents participating was achieved by the Memory Center where 74% of their folks exercised with us that month! So watch for the “I’m a Winner” and this year’s “We Are the Champions” t-shirts being worn proudly by staff and Residents alike!

Further underscoring the philosophy of the Wellness Center, for each of the past two years the Athletes of the Year have represented all areas at Saint Simeon’s. The top point-getter (as in they participated the greatest number of times) each year has been from the Health Care Center! Mabel Rice the first year, and Bill Owens this year! Athletes from Assisted Living, the Cottages and the Memory Center rounded out the Top 10!

Looking to the future we see more diverse and Resident-driven opportunities. For instance, we took a group out to our own Eckel Park to practice Golf in the form of “short irons work,” as part of our Games program. We have a few clubs and balls available for check-out so individuals can go “hit a few” whenever they want. We also have all-day access to the Swimming Pool thanks to the assignment of one of our Wellness Assistants as an “Aquatic Specialist.” This allows folks the option of creating their own schedule.

We have also made our first fledgling efforts into the realm of staff exercise and fitness. We have tried to bring moving to the forefront of employee’s minds through a self-paced program whereby points are accumulated to gain prizes at different awards levels – and we have discovered a few “super athletes” who ascended to the top goal level WAY before the end of the race (December 31)! And since we know that “misery loves company,” we have also offered classes for group exercise, i.e. Walk Away the Pounds and Water Aerobics.

So what does Wellness look like at Saint Simeon’s? Our unofficial slogan when we started two years ago was: “Wellness – It’s What We Do.” We hope we are building towards a community where both Residents and staff have more “pep in their step,” more physical, mental and emotional energy and just feel better on a daily basis!

Wellness Center News

Continued from pg. 9

homes in the beautiful Rocky Mountains in Colorado; Eagles Roost and Bird Island Cove at Grand Lake; Taos, New Mexico; Venice, Florida; Sint Maartin; and Washington, D.C. Sports enthusiasts vied for packages including 50 Yard Line tickets to OU/OSU Bedlam football, New York Yankee memorabilia autographed by Ralph Terry, golf at Tulsa’s world-renowned Southern Hills Country Club, and an “Of the Earth, for the Spirit” golf experience at the Patriot Golf Club. This year’s excellent roster of live auction items was rounded out with a personal tour of the CBS News Studios in New York, which included meeting CBS Evening News Anchor Scott Pelley; a unique adventure for gun lovers with vintage firearms; and a Rare Earth custom pecan wood table with agate and amethyst gemstones, created by artist Teri Word.

Below: Residents Dr. Reece and Ruth Boone attended the Bonanza Bash with their son, Richard Boone, and his wife, Connie.
On Saturday, August 20, Cecelia "Cece" Russell-Jayne came to Saint Simeon’s to visit her mother, Jean Stokes, and join her for her ms session in the Wellness Center pool. Jean is one of our Health Care Center Residents. Below, Cece shares her experience.

"I went swimming with Mom on Saturday. My older sister, Sylvia, went to the pool with her twice in July and spoke glowingly of the experience and so I intrigued. I took a disposable camera with me. Sorry the images aren’t any better, but they will give you an idea about the experience.

"Meet two remarkable women: My mother, Jean, (on the left), and her younger sister, Lela. Mom is looking rather proud in this picture. She was a quality swimmer. She earned her Girl Scout swimming badge at the tender age of twelve and was a lifeguard at Girl Scout camp (Camp Parthenia).

On August 25 this year, Mom turned 85 years old. For the past 10 years she has been fighting Alzheimer’s. Her speech is mostly unrecognizable and swallowing is a monumental effort. That is why swimming with her seems like a miracle to me!"

"First, Matt and Jordan transfer from her from her wheelchair to a shower chair and strap her in. The pool has a long ramp leading into the water with rails. Jordan wheels Mom into the pool and unsnaps her.”

"Then Jordan positions herself behind Mom and holds her while she is in the water. Mary said residents differ on how they prefer to be held. Jordan walks Mom around the swimming area.”

"The whirlpool is located at the far end of the pool, so Jordan and I spent time there with Mom, who embraced the ‘waves’ moving across her legs. Mom was so relaxed, she closed her eyes and rested on Jordan’s shoulder. At that point she even released one of her arms, which pleased Jordan.”

"I thought it was so cool that rather than discouraging me when I asked about coming with swim, I was welcomed with open arms. Thank Saint Simeon’s for ya!" - Cece Russell-Jayne

“Swimming with Mom” On Saturday, August 20, Cecelia “Cece” Russell-Jayne came to Saint Simeon’s to visit her mother, Jean Stokes, and join her for her swim session in the Wellness Center pool. Jean is one of our Health Care Center Residents. Below, Cece shares her experience.
Auxiliars to Receive “Spirit of Philanthropy” Award

Saint Simeon’s is proud to announce that two members of our volunteer Auxiliary will be recognized on Tuesday, November 15, 2012 at the Eastern Oklahoma Chapter of the Association for Fundraising Professionals (AFP) National Philanthropy Day Awards.

Judy Lawson served as President of the Auxiliary during 2005-2006, and has been a fixture at countless Resident events over the past several years. Among her many involvements assisting the Residents and staff at Saint Simeon’s, Lawson has been instrumental in establishing and organizing the Resident Library, coordinating the annual Western Days Silent Auction, and preparing scrapbooks which display photos documenting Resident events throughout each year.

Trudy Williams is currently serving as President of the Auxiliary, and has been a key factor in increasing participation in the Auxiliary’s “Tree of Dreams” program, as well as volunteer participation in Saint Simeon’s Life Enrichment Department activities. Trudy and her husband Tommy are also vital supporters of the annual Western Days fundraising event benefiting the Residents and families of Saint Simeon’s, volunteering the services of their auction company, Williams, Williams & McKissick, with Tommy serving as auctioneer for the evening.

Both Judy and Trudy’s mothers were beloved Residents of Saint Simeon’s! We are truly grateful for Judy and Trudy’s continued efforts, and all those of our wonderful Auxiliary members.

Congratulations, ladies!

BONANZA BASH
SAINT SIMEON’S 15TH ANNUAL WESTERN DAYS FUNDRAISER

What a night on the Ponderosa! Saint Simeon’s Western Days 2011 “Bonanza Bash” celebrated its 15th year, with net proceeds exceeding $455,000! Over 820 supporters gathered for the event, which took place on September 13 at Central Park Hall at EXPO Square.

This annual event benefiting the Residents of Saint Simeon’s continues to grow, and has once again set a number of records: with 763 registered guests, a record number of patrons, and record amounts raised in the Live Auction, Silent Auction, Raffle, General Store and Wine Pull.

Event Chairs Peggy and Tom Schroeder did a terrific job with this year’s event recruiting over 150 committee members, as did Honorary Chairs Lucy and John Barker, Patron Chairs Phyllis and George Dotson, and Margaret and Ross Swimmer as Chairs Elect.

Guests enjoyed bidding on over 120 silent auction items and purchasing homemade baked items donated by the Saint Simeon’s staff, as well as hand sewn items made by the Resident sewing group, “Stitch In Time.” In addition, guests enjoyed a Wine Pull and a “Rustler’s Raffle” with the chance to win six wonderful prizes, including the $2,500 Utica Square Shopping Spree.

The Rev. Irv Cutter, Rector at St. John’s Episcopal Church and a Saint Simeon’s Board Trustee, served as Emcee for the evening. Guests were also treated to a memorable “silent movie” produced by Leo Evans and Saint Simeon’s, and filmed on-site at Saint Simeon’s. The movie cast several Saint Simeon’s Residents, as well as Dr. Mary Nole, Director of Wellness for the Wellness Center, and featured a special introductory message from Lindsay Hurley Fick, President and CEO.

Volunteer auctioneer Tommy Williams then led over 650 registered bidders in a competitive Live Auction of incredible get-a-ways, vacation homes, and other unique packages. “Dinner Prepared and Served by the Priests” was the hit of the evening with a dinner for 10 to be prepared by a select group of Priests from Episcopal Churches. Other highlighted dinner parties included Tulsa’s own Polo Grill, Brownie’s Hamburgers, and the Fine Dining at Deisenroth Bistro at Saint Simeon’s. Live Auction high bidders lassoed exciting stays at vacation

Continued on pg. 11

Far left: Who’s going shopping?! Maggie Hille Yar, the $2,500 Utica Square Shopping Spree winner, is all smiles with her mom, Mary Ann Hille, Patron Committee.

Left: Volunteer Auctioneer Tommy Williams, Steering Committee; Dean Williams and Maggie Fox; and Trudy Williams, Steering Committee.

Above: Honorary Chairs John and Lucy Barker; Event Chairs Peggy and Tom Schroeder.

Above: Debbie and Bishop Ed Konieczny, Advisory Committee; Phyllis and George Dotson, Patron Committee Chairs; and Margaret and Ross Swimmer, Chairs Elect for Western Days 2012.
Auxiliaries to Receive “Spirit of Philanthropy” Award

Saint Simeon’s is proud to announce that two members of our volunteer Auxiliary will be recognized on Tuesday, November 15, 2012 at the Eastern Oklahoma Chapter of the Association for Fundraising Professionals (AFP) National Philanthropy Day Awards.

Judy Lawson served as President of the Auxiliary during 2005-2006, and has been a fixture at countless Resident events over the past several years. Among her many involvements assisting the Residents and staff at Saint Simeon’s, Lawson has been instrumental in establishing and organizing the Resident Library, coordinating the annual Western Days Silent Auction, and preparing scrapbooks which display photos documenting Resident events throughout each year.

Trudy Williams is currently serving as President of the Auxiliary, and has been a key factor in increasing participation in the Auxiliary’s “Tree of Dreams” program, as well as volunteer participation in Saint Simeon’s Life Enrichment Department activities. Trudy and her husband Tommy are also vital supporters of the annual Western Days fundraising event benefiting the Residents and families of Saint Simeon’s, volunteering the services of their auction company, Williams, Williams & McKissick, with Tommy serving as auctioneer for the evening.

Both Judy and Trudy’s mothers were beloved Residents of Saint Simeon’s! We are truly grateful for Judy and Trudy’s continued efforts, and all those of our wonderful Auxiliary members.

Congratulations, ladies!

BONANZA BASH
SAINT SIMEON’S 15TH ANNUAL WESTERN DAYS FUNDRAISER

What a night on the Ponderosa! Saint Simeon’s Western Days 2011 “Bonanza Bash” celebrated its 15th year, with net proceeds exceeding $455,000! Over 820 supporters gathered for the event, which took place on September 13 at Central Park Hall at EXPO Square.

This annual event benefiting the Residents of Saint Simeon’s continues to grow, and has once again set a number of records: with 763 registered guests, a record number of patrons, and record amounts raised in the Live Auction, Silent Auction, Raffle, General Store and Wine Pull.

Event Chairs Peggy and Tom Schroeder did a terrific job with this year’s event recruiting over 150 committee members, as did Honorary Chairs Lucy and John Barker, Patron Chairs Phyllis and George Dotson, and Margaret and Ross Swimmer as Chairs Elect.

Guests enjoyed bidding on over 120 silent auction items and purchasing homemade baked items donated by the Saint Simeon’s staff, as well as hand sewn items made by the Resident sewing group, “Stitch In Time.” In addition, guests enjoyed a Wine Pull and a “Rustler’s Raffle” with the chance to win six wonderful prizes, including the $2,500 Utica Square Shopping Spree.

The Rev. Irv Cutter, Rector at St. John’s Episcopal Church and a Saint Simeon’s Board Trustee, served as Emcee for the evening. Guests were also treated to a memorable “silent movie” produced by Leo Evans and Saint Simeon’s, and filmed on-site at Saint Simeon’s. The movie cast several Saint Simeon’s Residents, as well as Dr. Mary Nole, Director of Wellness for the Wellness Center, and featured a special introductory message from Lindsay Hurley Fick, President and CEO.

Volunteer auctioneer Tommy Williams then led over 650 registered bidders in a competitive Live Auction of incredible get-a-ways, vacation homes, and other unique packages. “Dinner Prepared and Served by the Priests” was the hit of the evening with a dinner for 10 to be prepared by a select group of Priests from Episcopal Churches. Other highlighted dinner parties included Tulsa’s own Polo Grill, Brownie’s Hamburgers, and the Fine Dining at Deisenroth Bistro at Saint Simeon’s. Live Auction high bidders lassoed exciting stays at vacation

Continued on pg. 11
On Saturday, August 20, Cecelia “Cece” Russell-Jayne came to Saint Simeon’s to visit her mother, Jean Stokes, and join her for her GDH Consulting, Inc.

King Wildcatter Underwriting Sponsor

BONANZA BASH SPONSORS & DONORS

In tribute to Malcolm Flemings

Leah Stellin

King Wildcatter Underwriting Sponsor

In memory of Robert B. Lyon and Susan L. Beale

Theresa G. Anderson

Puppy Group

In memory of Jo Bob Hille

Maggie Wyland

The Rt. Rev. Dr. Edward J. Konieczny / Episcopal Diocese of Oklahoma

Alphonse Cribbs

The Link Oil Company

In memory of Jo Bob Hille

Mary Edwards

The Jane Murray Family

In memory of Jo Bob Hille

Anna Simon

ONEOK, Inc.

Dorothy & Joe Brogan

Peggy & Tim Schneider

Sue

Charmaine & Peggy Stephenson

Family Foundation

In memory of Jo Bob Hille

Charles Williams

In memory of Charles P. Williams

Willis

Derrickson Sponsors

Elisa & Dan Adams

MaryEllen B. Farrow

Bank of Oklahoma

The Barnes Family Foundation

In memory of Jo Bob Hille

Kristi & Jim Bender

In tribute to Tom & Peggy Schnaiter

Barbara & Art DeVrall

In tribute to Darrell DeVrall

Mary Dotson

Kim & David Owings

The F&M Banks and Trust Company

Lindsay & Ron Fick

Flight Safety International

Gail Gotwals

Reader's Digest

10

“Swimming with Mom”

On Saturday, August 20, Cecelia “Cece” Russell-Jayne came to Saint Simeon’s to visit her mother, Jean Stokes, and join her for their swim session in the Wellness Center pool. Jean is one of our Health Care Center Residents. Below, Cece shares her experience.

“I was swimming with Mom on Saturday. My older sister, Sylvia, went to the pool with her twice in July and spoke glowingly of the experience and so I was intrigued. I took a disposable camera with me. Sorry the images aren’t any better, but they will give you an idea about the experience.

“Meet two remarkable women: My mother, Jean, (on the left) and her younger sister, Lela. Mom is looking rather proud in this picture. She was a quality swimmer. She had her Girl Scout swimming badge at the tender age of twelve and was a lifeguard at Girl Scout camp (Camp Parthenia).

On August 25 this year, Mom turned 85 years old. For the past 10 years she has suffered Alzheimers’s. Her speech is mostly unintelligible and she struggles with a monumental effort. That is why swimming with her seems like a miracle to me!”

“I thought it was so cool that rather than discouraging me when I asked about coming to swim with Mom, I was welcomed with open arms by that Saint Simeon’s for ya!”

“Swimming with Mom”

On Saturday, August 20, Cecelia “Cece” Russell-Jayne came to Saint Simeon’s to visit her mother, Jean Stokes, and join her for their swim session in the Wellness Center pool. Jean is one of our Health Care Center Residents. Below, Cece shares her experience.

“I was swimming with Mom on Saturday. My older sister, Sylvia, went to the pool with her twice in July and spoke glowingly of the experience and so I was intrigued. I took a disposable camera with me. Sorry the images aren’t any better, but they will give you an idea about the experience.

“Meet two remarkable women: My mother, Jean, (on the left) and her younger sister, Lela. Mom is looking rather proud in this picture. She was a quality swimmer. She had her Girl Scout swimming badge at the tender age of twelve and was a lifeguard at Girl Scout camp (Camp Parthenia).

On August 25 this year, Mom turned 85 years old. For the past 10 years she has suffered Alzheimers’s. Her speech is mostly unintelligible and she struggles with a monumental effort. That is why swimming with her seems like a miracle to me!”

“I thought it was so cool that rather than discouraging me when I asked about coming to swim with Mom, I was welcomed with open arms by that Saint Simeon’s for ya!”

“Swimming with Mom”

On Saturday, August 20, Cecelia “Cece” Russell-Jayne came to Saint Simeon’s to visit her mother, Jean Stokes, and join her for their swim session in the Wellness Center pool. Jean is one of our Health Care Center Residents. Below, Cece shares her experience.

“I was swimming with Mom on Saturday. My older sister, Sylvia, went to the pool with her twice in July and spoke glowingly of the experience and so I was intrigued. I took a disposable camera with me. Sorry the images aren’t any better, but they will give you an idea about the experience.

“Meet two remarkable women: My mother, Jean, (on the left) and her younger sister, Lela. Mom is looking rather proud in this picture. She was a quality swimmer. She had her Girl Scout swimming badge at the tender age of twelve and was a lifeguard at Girl Scout camp (Camp Parthenia).

On August 25 this year, Mom turned 85 years old. For the past 10 years she has suffered Alzheimers’s. Her speech is mostly unintelligible and she struggles with a monumental effort. That is why swimming with her seems like a miracle to me!”

“I thought it was so cool that rather than discouraging me when I asked about coming to swim with Mom, I was welcomed with open arms by that Saint Simeon’s for ya!”

“Swimming with Mom”

On Saturday, August 20, Cecelia “Cece” Russell-Jayne came to Saint Simeon’s to visit her mother, Jean Stokes, and join her for their swim session in the Wellness Center pool. Jean is one of our Health Care Center Residents. Below, Cece shares her experience.

“I was swimming with Mom on Saturday. My older sister, Sylvia, went to the pool with her twice in July and spoke glowingly of the experience and so I was intrigued. I took a disposable camera with me. Sorry the images aren’t any better, but they will give you an idea about the experience.

“Meet two remarkable women: My mother, Jean, (on the left) and her younger sister, Lela. Mom is looking rather proud in this picture. She was a quality swimmer. She had her Girl Scout swimming badge at the tender age of twelve and was a lifeguard at Girl Scout camp (Camp Parthenia).

On August 25 this year, Mom turned 85 years old. For the past 10 years she has suffered Alzheimers’s. Her speech is mostly unintelligible and she struggles with a monumental effort. That is why swimming with her seems like a miracle to me!”

“I thought it was so cool that rather than discouraging me when I asked about coming to swim with Mom, I was welcomed with open arms by that Saint Simeon’s for ya!”

“Swimming with Mom”

On Saturday, August 20, Cecelia “Cece” Russell-Jayne came to Saint Simeon’s to visit her mother, Jean Stokes, and join her for their swim session in the Wellness Center pool. Jean is one of our Health Care Center Residents. Below, Cece shares her experience.

“I was swimming with Mom on Saturday. My older sister, Sylvia, went to the pool with her twice in July and spoke glowingly of the experience and so I was intrigued. I took a disposable camera with me. Sorry the images aren’t any better, but they will give you an idea about the experience.

“Meet two remarkable women: My mother, Jean, (on the left) and her younger sister, Lela. Mom is looking rather proud in this picture. She was a quality swimmer. She had her Girl Scout swimming badge at the tender age of twelve and was a lifeguard at Girl Scout camp (Camp Parthenia).

On August 25 this year, Mom turned 85 years old. For the past 10 years she has suffered Alzheimers’s. Her speech is mostly unintelligible and she struggles with a monumental effort. That is why swimming with her seems like a miracle to me!”

“I thought it was so cool that rather than discouraging me when I asked about coming to swim with Mom, I was welcomed with open arms by that Saint Simeon’s for ya!”

“I thought it was so cool that rather than discouraging me when I asked about coming to swim with Mom, I was welcomed with open arms by that Saint Simeon’s for ya!”

“I thought it was so cool that rather than discouraging me when I asked about coming to swim with Mom, I was welcomed with open arms by that Saint Simeon’s for ya!”

“I thought it was so cool that rather than discouraging me when I asked about coming to swim with Mom, I was welcomed with open arms by that Saint Simeon’s for ya!”

“I thought it was so cool that rather than discouraging me when I asked about coming to swim with Mom, I was welcomed with open arms by that Saint Simeon’s for ya!”

“I thought it was so cool that rather than discouraging me when I asked about coming to swim with Mom, I was welcomed with open arms by that Saint Simeon’s for ya!”

“I thought it was so cool that rather than discouraging me when I asked about coming to swim with Mom, I was welcomed with open arms by that Saint Simeon’s for ya!”

“I thought it was so cool that rather than discouraging me when I asked about coming to swim with Mom, I was welcomed with open arms by that Saint Simeon’s for ya!”

“I thought it was so cool that rather than discouraging me when I asked about coming to swim with Mom, I was welcomed with open arms by that Saint Simeon’s for ya!”

“First, Matt and Jordan transfer from her from her wheelchair to a shower chair and strap her in. The pool has a long ramp leading into the water with rails. Jordan wheels Mom into the pool and unsstraps her.”

“First, Matt and Jordan transfer from her from her wheelchair to a shower chair and strap her in. The pool has a long ramp leading into the water with rails. Jordan wheels Mom into the pool and unsstraps her.”

“First, Matt and Jordan transfer from her from her wheelchair to a shower chair and strap her in. The pool has a long ramp leading into the water with rails. Jordan wheels Mom into the pool and unsstraps her.”

“First, Matt and Jordan transfer from her from her wheelchair to a shower chair and strap her in. The pool has a long ramp leading into the water with rails. Jordan wheels Mom into the pool and unsstraps her.”

“First, Matt and Jordan transfer from her from her wheelchair to a shower chair and strap her in. The pool has a long ramp leading into the water with rails. Jordan wheels Mom into the pool and unsstraps her.”

“First, Matt and Jordan transfer from her from her wheelchair to a shower chair and strap her in. The pool has a long ramp leading into the water with rails. Jordan wheels Mom into the pool and unsstraps her.”

“First, Matt and Jordan transfer from her from her wheelchair to a shower chair and strap her in. The pool has a long ramp leading into the water with rails. Jordan wheels Mom into the pool and unsstraps her.”

“First, Matt and Jordan transfer from her from her wheelchair to a shower chair and strap her in. The pool has a long ramp leading into the water with rails. Jordan wheels Mom into the pool and unsstraps her.”

“First, Matt and Jordan transfer from her from her wheelchair to a shower chair and strap her in. The pool has a long ramp leading into the water with rails. Jordan wheels Mom into the pool and unsstraps her.”

“First, Matt and Jordan transfer from her from her wheelchair to a shower chair and strap her in. The pool has a long ramp leading into the water with rails. Jordan wheels Mom into the pool and unsstraps her.”

“First, Matt and Jordan transfer from her from her wheelchair to a shower chair and strap her in. The pool has a long ramp leading into the water with rails. Jordan wheels Mom into the pool and unsstraps her.”

“First, Matt and Jordan transfer from her from her wheelchair to a shower chair and strap her in. The pool has a long ramp leading into the water with rails. Jordan wheels Mom into the pool and unsstraps her.”

“First, Matt and Jordan transfer from her from her wheelchair to a shower chair and strap her in. The pool has a long ramp leading into the water with rails. Jordan wheels Mom into the pool and unsstraps her.”
Wellness: It’s What We Do!

Written by Dr. Mary Nole, Ph. D., Director of Wellness

It is hard to believe that it was two years ago that we started “from scratch” in terms of a brand new Wellness Center and programs for our Residents. We started with the basics: a membership system which includes the Senior Fitness Test, a published schedule of exercise classes and informal use opportunities. Before long we added sporting competitions (from 4 Square to baseball) and our own brand of Intramurals for individual sport championships. In June we initiated a new all-campus event, and given the success and support from other departments and family we hope that the Annual Pool Party will become a Saint Simeon’s tradition. On the more serious side, our Residents have participated in three small research studies with Oral Roberts’ University students, the latest yielding significant improvements in Residents’ walking speed and mobility.

From the beginning we have said that the Wellness Center was for ALL residents of our community. We have worked to develop systems and relationships with the staff members in each department in order to facilitate the Residents’ access to Wellness Center programs. It is only through the joint efforts of all staff members that we are able to get as many people as possible participating. To that end, we have a participation contest each September wherein the awards are shared equally by the Residents and their “couches” who help get them there. There are two levels to the contest: 1) which area can accumulate the largest number of total participations and 2) which area has the highest percentage of Residents participate at least once during the month. The largest number of participations came from Assisted Living and the largest percentage of Residents participating was achieved by the Memory Center where 74% of their folks exercised with us that month! So watch for the “I’m a Winner” and this year’s “We Are the Champions” t-shirts being worn proudly by staff and Residents alike!

Further underscoring the philosophy of the Wellness Center, for each of the past two years the Athletes of the Year have represented all areas at Saint Simeon’s. The top point-getter (as in they participated the greatest number of times) each year has been from the Health Care Center! Mabel Rice the first year, and Bill Owens this year! Athletes from Assisted Living, the Cottages and the Memory Center rounded out the Top 10!

Looking to the future we see more diverse and Resident-driven opportunities. For instance, we took a group out to our own Eckel Park to practice Golf in the form of “short irons work,” as part of our Games program. We have a few clubs and balls available for check-out so individuals can go “hit a few” whenever they want. We also have all-day access to the Swimming Pool thanks to the assignment of one of our Wellness Assistants as an “Aquatic Specialist.” This allows folks the option of creating their own schedule.

We have also made our first fledgling efforts into the realm of staff exercise and fitness. We have tried to bring moving to the forefront of employee’s minds through a self-paced program whereby points are accumulated to gain prizes at different awards levels – and we have discovered a few “super athletes” who ascended to the top goal level WAY before the end of the race (December 31)! And since we know that “misery loves company,” we have also offered classes for group exercise, i.e. Walk Away the Pounds and Water Aerobics.

So what does Wellness look like at Saint Simeon’s? Our unofficial slogan when we started two years ago was: “Wellness – It’s What We Do.” We hope we are building towards a community where both Residents and staff have more “pep in their step,” more physical, mental and emotional energy and just feel better on a daily basis!

Left: Dr. Nole works with Resident Vi Walton on the Gluteus Isolator machine.

In-Kind Donors (continued)

Judy Lawson
Silent Auction Display Props
Litchfield

Directional Signs
Rob Lyon, Jr.
Oil Field Equipment
Marshall Brewing Company
Beer
Peak Up Trike
IT Consulting & Computers
SACS
Auction Table Monitors
Saint Simeon’s Auxiliary
Volunteers
Saint Simeon’s Employees
Home Made Goods
Saint Simeon’s Resident Sewing Club
Hand Sewn Items
Southwood Landscape and Nursery
Live Plant Displays
Mary Stewart
Wine
Steve Lancaster’s Top Hat Magic & Costumes
Vern Titfield
1931 Model A Pickup
Pi Kappa Alpha Fraternity – University of Tulsa
Raffle Ticket Sales
Western Printing
Invitations, Auction Catalogue & Event Program
Tommy Williams
Auctioneer
Ron Woodward
Oil Sigs

Ruster’s Raffle
Utica Square Merchants Association
Bank of Oklahoma
Henni Beaudet
Kristi Bender
Jay DeMuynck
Healy-Bake
Israel Diamond Supply
Williams
Williams-Sonoma
Wine Pull

Special thanks to the Western Days Advisory and Patron Committee Members and Board of Trustees for donating the wine for the “Wine Pull.”

Upper right: Enthusiastic bidders like Becky Whisenhunt added to the success and excitement of the Live Auction.

Middle right: My, how Western Days has grown! 765 guests enjoyed a delicious dinner and conversation before the bidding started.

Lower right: The “Just Gotta Dance” cloggers guided guests from one portion of the evening to the next.

Continued from pg. 9

homes in the beautiful Rocky Mountains in Colorado; Eagles Roost and Bird Island Cove at Grand Lake; Taos, New Mexico; Venice, Florida; Sint Maarten; and Washington, D.C. Sports enthusiasts vied for packages including 50 Yard Line tickets to OU/OSU Bedlam football, New York Yankee memorabilia autographed by Ralph Terry, golf at Tulsa’s world-renowned Southern Hills Country Club, and an “Of the Earth, for the Spirit” golf experience at the Patriot Golf Club. This year’s excellent roster of live auction items was rounded out with a personal tour of the CBS News Studios in New York, which included meeting CBS Evening News Anchor Scott Pelley; a unique adventure for gun lovers with vintage firearms; and a Rare Earth custom pecan wood table with agate and amethyst gemstones, created by artist Teri Word.

Below: Residents Dr. Reece and Ruth Boone attended the Bonanza Bash with their son, Richard Boone, and his wife, Connie.
Resident Western Days was held in the Common Room on Saturday, August 13th. This “Prelude to the Ponderosa” was the official annual Western Days celebration for our Residents, as many do not attend the fundraiser, which for the past several years has been held off-site at the Central Park Hall at Expo Square due to the growth in popularity and attendance of the event.

Special thanks to Robin Ballenger for again underwriting this fabulous party for our Residents, and to Nancy & Jim Gustine for coordinating important party details, including the talented and entertaining bluegrass band, Klondike 5. Thank you all for your generous support!

Residents, families and friends danced to the music, enjoyed delicious food and beverages, and enjoyed a special sneak preview of handmade “Stitch in Time” items that were later sold at the General Store on the night of the main event, September 13th.

We are grateful for those, including our Western Days 2009 sponsors and donors, who contributed so generously.

Leadership Donors
Phyllis and Steve Anderson
Phyllis and George Dobson
Founders of Doctors’ Hospital

Mary Ann Hille
The J.E. and L.E. Mabee Foundation, Inc.
The Anne and Henry Zarrow Foundation
2009 Western Days

The Mary K. Chapman Foundation
The Hardesty Family Foundation
Ramon Prange
William S. Smith
Sherman E. Smith Charitable Family Foundation

Thomas Chitwood
Thomas Crewson
Cuesta Foundation
Richard and Sally Minshall
Mr. and Mrs. Kurt Vander Bogart

Pictured, clockwise top right:
1. A caregiver shares a special bond with one of our Residents.
2. Memory Boxes display the diverse backgrounds of each Resident. The familiar items, which are unique to each Resident, help them identify their own living area, providing a sense of comfort.
3. Memory Center Nurse Manager Gina Sides, R.N., M. B. A., Memory Center Resident Maxine Dempster and her husband, Jim, who is grateful that he lives nearby in a cottage and visits daily.
4. Each home is equipped with a serving kitchen, which has been attractively remodeled.
5. A renovated Resident room with new flooring, paint, and a refurbished bath area (not shown).
Peace of Mind
Renovated Memory Center Provides Comfort & Security

Renovations and improvements to the Saint Simeon’s Memory Center and related projects were completed in August of 2011, with the final cost of the project totaling $2.8 million. With the completion of the Memory Center project, Saint Simeon’s has now completed over $30 million in improvements in the last 6 years, including the building and opening of the new $23.3MM Dotson Family Assisted Living, and the Bishop Robert M. Moody Wellness Center in September 2009. All have been funded with private donations, no long term debt, and no impact to Resident rates. We are grateful to all of our many donors!

Saint Simeon’s Memory Center is home to 52 Residents with Alzheimer’s and other forms of dementia. When it opened in 1994, it was the region’s first and only long term care center designed solely for persons with Alzheimer’s and other forms of dementia. Since then, the Saint Simeon’s Memory Center has provided over 300,000 nights of compassionate and engaging Resident care, as well as peace of mind for Resident family members.

On Sunday, October 23rd, Trustees and donors were present for the Blessing and Dedication of the newly renovated Memory Center. President and CEO Lindsay Hurley Fick provided a brief welcome to all in attendance, stating that “I want to extend a very special thanks to George Dotson for taking care to ensure that this renovation was of the highest quality in meeting all of the needs of our Residents. I also want to thank MATRIX for the beautiful, warm and functional design, and FlintCo for executing that design to perfection with their high caliber construction services.”

Bishop Ed Konieczny followed by providing the dedication and blessing. Trustee George Dotson, Chairman of the Building Committee, then recognized the individuals and organizations whose generosity and collaboration helped to ensure the completion of this project. Dotson remarked that approximately 17 years ago, this all began with the determination of Capital Campaign Co-chairs Malcolm Deisenroth and the late Pete Brainerd, as well as Building Chair Bob Milspaugh, to make Saint Simeon’s Memory Center the leading facility in caring for Alzheimer’s and other dementias. Since then, Saint Simeon’s has been a huge relief to families and Residents who now know peace.

Dotson recognized Residents and family members for their patience and understanding during this time of growth and improvement; the staff, whose care and positive attitude helped make this change manageable; the leadership of Bishop Ed and the Diocese of Oklahoma; President and CEO Lindsay Hurley Fick; Sue Slama, Director of Nursing; all of the wonderful and generous donors who believed in this project and gave the funds needed to see it completed; MATRIX designers for their vision; the members of the Building and Landscape Committee; Roger Shollmier and Linda French of Kitchen Ideas; and the support staff here at Saint Simeon’s. It has been a great collaboration by many.

"FRIENDS OF SAINT SIMEON’S" ANNUAL FUND CAMPAIGN
Gifts received June 1 – October 31, 2011

Gift of Joy
Mr. and Mrs. James W. Westfall
Ms. Shawn Reusch

Gift of Cheer
Mr. and Mrs. Jimmie Sunshine
Unitel Way of Central Indiana

Gift of Friendship
Dr. and Mrs. Martin A. Flann

Gift of Friendship (continued)
Mr. and Mrs. Robert Lawrence
tribute to Tom Freeman

Gift of Friendship
Mr. and Mrs. William Anderson
tribute to Fr. Robert and Anne Evans

Gift of Kinship
Mr. and Mrs. Tom Freeman
In memory of James D. Thomas

Gift of Kindness
Mr. and Mrs. Philip Matthews
tribute to Fr. Robert and Anne Evans

Gift of Love
Mr. and Mrs. Tom Freeman
in memory of Sherman E. Smith

Gift of Peace
Mr. and Mrs. Donald A. Atkins
in memory of Tom Freeman

Gift of Prayer
Mr. and Mrs. Donald A. Atkins
in memory of Tom Freeman

Gift of Praise
Mr. and Mrs. T. C. Smith
in memory of James C. E. Hambrock
in tribute to Phyllis Dotson

Gift of Respite
Mr. and Mrs. John H. Black
in memory of Ethel C. Saunders

Gift of Serenity
Mr. and Mrs. John H. Black
in memory of Ethel C. Saunders

Gift of Solace
Mr. and Mrs. John H. Black
in memory of Ethel C. Saunders

Gift of Tranquility
Mr. and Mrs. John H. Black
in memory of Ethel C. Saunders

Gift of Veneration
Mr. and Mrs. John H. Black
in memory of Ethel C. Saunders

Gift of Wondrous Love
Mr. and Mrs. John H. Black
in memory of Ethel C. Saunders

Unrestricted Fund
Mr. Steven A. Adair and Ms. Nancy A. Nickerson
Mr. and Mrs. Donald B. Atkins
in memory of James B. Atkins
Mr. and Mrs. Donald B. Atkins
in memory of James H. Heslep, Jr.
Mr. and Mrs. Donald B. Atkins
in memory of Skarman E. Smith
Mr. and Mrs. Donald B. Atkins
in memory of Robert McDonald
Mr. and Mrs. Donald B. Atkins
Mrs. Margery F. Bidg in memory of James H. Heslep, Jr.
Dr. and Mrs. Rexx B. Boone
Mrs. Margaret Buvard
in memory of James H. Heslep, Jr.
Mr. Sam J. Beeman
in memory of James H. Heslep, Jr.
Mr. and Mrs. Michael Brown
Mr. and Mrs. K. L. Byrum
in memory of James H. Heslep, Jr.
Mr. and Mrs. Malcolm Desinenoth
in memory of James H. Heslep, Jr.
Mr. and Mrs. Daniel Duffley
Mr. and Mrs. C. B. Dunn
in memory of James H. Heslep, Jr.
Mr. and Mrs. William H. Eason, Jr.
Mr. and Mrs. Mary W. Evans
in memory of Georgiana Say
Mr. and Mrs. Donald Fick
in memory of James Mason
Mr. and Mrs. Roger Frost
in memory of James Mason
Mrs. C. W. Flint, Jr.
in memory of James H. Heslep, Jr.
Mr. and Mrs. Richard T. Garren
in memory of Ethel C. Sanders
Mr. and Mrs. Donald G. Garrett
in memory of Ethel C. Sanders
Mrs. Jeannette Gorrell
in memory of Georgiana Say
Mrs. C. W. Flint, Jr.
in memory of James H. Heslep, Jr.
Mr. and Mrs. Richard T. Garren
in memory of Ethel C. Sanders
The Rev. and Mrs. Robert Gates
in memory of Ethel C. Sanders
Ms. Jeanette Gorrell
in memory of Georgiana Say

Unrestricted Fund (continued)
Mr. Gregory A. Grey & Mrs. Shannon Bell
in memory of James H. Heslep, Jr.
Mr. and Mrs. Kenneth R. Greenwood
in memory of James. H. Heslep, Jr.
Mr. Wayne Gries
in memory of Ethel C. Saunders
Mr. and Mrs. Noel Gerit
in memory of James H. Heslep, Jr.
Mr. and Mrs. James C. E. Hambrock
in tribute to Phyllis Dotson
Mr. and Mrs. Jim Hamilton
in memory of Georgiana Say
Estate of Mr. and Mrs. James H. Heslep, Jr.
Mr. and Mrs. Bill Hewsly
in memory of Ethel C. Sanders
Mr. and Mrs. John B. Johnson, Jr.
in memory of Georgiana Say
Ms. Lily Johnson
in memory of James Mason
Mr. and Mrs. Robert E. Lorton
in memory of James H. Heslep, Jr.
Dr. and Mrs. Donald Loweschild
in memory of Georgiana Say
Mrs. Patsy L. Lyon
in memory of James H. Heslep, Jr.
Mr. and Mrs. Philip Matthews
in memory of James Mason
Ms. Raith K. Nelson
in memory of James H. Heslep, Jr.
Ms. Debbie Raif
in memory of James Mason
Mrs. Betty Reppolde
in memory of Mr. and Mrs. James H. Heslep, Jr.
Mr. Chandler Royal
in memory of Ethel C. Sanders
Mr. Claude Spalding
in memory of Ethel C. Sanders
Mr. and Mrs. Rosa O. Swimmer
in memory of Georgiana Say
Mr. and Mrs. Murray Freeman
in memory of Georgiana Say
Mr. and Mrs. David Sykes
in memory of Ethel C. Sanders

Unrestricted Fund (continued)
Mr. and Mrs. Mike Tole
in memory of Ethel C. Sanders
Mr. and Mrs. Robert C. Wackenhuth
in memory of Sherman E. Smith
Mr. and Mrs. William S. Warner, Jr.
in memory of James H. Heslep, Jr.
Mr. and Mrs. Victor Wherley
in memory of James H. Heslep, Jr.
Mr. and Mrs. Penney Williams
Mr. Harry L. Wittick, Jr.
in memory of James H. Heslep, Jr.
Mrs. Norma Yoei
in memory of Bobbi L. Geary
Holland Hall Board of Trustees
in memory of James H. Heslep, Jr.
F&M Bank & Trust Company
Tulsa Pot of Canova
in memory of James H. Heslep, Jr.
The Sneed Foundation
in memory of James H. Heslep, Jr.
Trust Company of Oklahoma
in memory of Ethel C. Sanders

Employee Christmas Fund
Ms. Marian S. Curry
in tribute to Elsa Dyer
in tribute to Donn Hunsicker
in tribute to Katie McElrath
Cameron Vending Services / COMPASS Group
Ms. Katelyn Kasting
Mr. and Mrs. Scott Pelley
Saint Simon’s Employees
Mr. and Mrs. Tom Freeman
Saint Simon’s Residents
Mr. Peter C. Saumoles
Ms. Lisa L. Thompson
Nurturing with Nature
Tucker Chemical, Inc.
Mr. and Mrs. Dick Castile
Mr. Paul L. Clark and Ms. J. Paige Martin
Mr. and Mrs. David D. Cordell
Mr. and Mrs. David P. Diggin
The Rev. and Mrs. Robert Evans
Mr. and Mrs. Robert Harris
in memory of Georgiana Say

Other Generous Donations Received
Gifts received June 1 – October 31, 2011

Nurturing with Nature (continued)
Mr. and Mrs. Ronald G. Kolker
Dr. and Mrs. Howard Kroll
Ms. Celia Maysrick
Ms. Melissa McKinney
Mr. and Mrs. Joe Newman
Mr. and Mrs. David E. Pense
Mr. and Mrs. Rick Shollmier
Mrs. Jimmie Thomas
Mr. and Mrs. Dwayne B. Thomas
in memory of James D. Thomas
Special Restricted Donations
Anonymous
Mr. and Mrs. Ronald Fick
Mrs. C. W. Flint, Jr.
Gabe Hargrove
Saint Simon’s
Saint Simon’s Residents
in-kind Donors
Mr. and Mrs. F. Armstrong
Dr. and Mrs. Rexx B. Boone
Mr. and Mrs. Day-Broid
Country Living Enterprises, Inc.
Ms. Gloria D’Ambro.se
Mr. and Mrs. George S. Dennis
Mr. and Mrs. William E. Farrar
Mrs. Angela R. Holshak
Ms. Katelyn Kasting
Mark Lomax
Mr. and Mrs. Thomas Martin
Mr. and Mrs. Scott Mathews
Ms. Glara M. Scott
Mr. and Mrs. Tommy Williams
Mr. William E. Wince, Jr.

The Mission of the Saint Simon’s Foundation
To enhance, through philanthropy and stewardship, the physical, social and spiritual well-being of the Residents of Saint Simon’s and their families.
Salute to Service

Saint Simeon’s Auxiliary Honored for 50th Anniversary

On Tuesday, September 20th, the Saint Simeon’s Home and Foundation Board of Trustees honored the 50th Anniversary of the Saint Simeon’s Auxiliary with the presentation and dedication of a commemorative flagpole and flag.

Saint Simeon’s President and CEO, Lindsay Hurley Fick, welcomed guests to the sunset ceremony, and Stuart Spencer, Executive Chairman of the Saint Simeon’s Home Board of Trustees provided the Introduction. The Flag Ceremony was performed by Troop 153, led by Eagle Scout Gabe Hargrove. Father Robert Evans then provided the Blessing. Auxiliary President Trudy Williams provided the Presentation to dismiss the ceremony.

The flagpole project was undertaken by local Eagle Scout Gabe Hargrove and his fellow scout members in Troop 153 of Tulsa. Troop 153 is sponsored by St. John’s Episcopal Church. Gabe led this effort by working with Saint Simeon’s, with special assistance from Mr. McJilton and Tadd Weese, to develop the plan. Gabe coordinated the various trades and labor needed to bring the project to fruition, and also raised the funding necessary to help underwrite a portion of the cost, which was in addition to the funds contributed by the Home and Foundation Trustees. Saint Simeon’s is also very grateful to Michelle Hardesty of the Hardesty Foundation, for helping to connect Gabe and Saint Simeon’s.

And finally, we would also like to thank Gabe’s grandfather, Lee Butler, for the assistance he provided to both Gabe and Saint Simeon’s!

Upper left: Stuart Spencer, Executive Chairman, Home Board of Trustees; Eagle Scout Gabe Hargrove, Troop 153, Auxiliary President Trudy Williams; and Will Smith, President, Foundation Board of Trustees.

Lower left: Plaque presented to the Auxiliary by the Home and Foundation Trustees.

Lower right: Guests at the “Salute to Service” ceremony on Tuesday, September 20th, 2011.

A Message from Our President & CEO

Lindsay Hurley Fick

Our Ambiance newsletter has a new look and a new format! We hope you enjoy it. Also, to be good financial stewards of your generous gifts, we are enclosing the Treasures newsletter in this issue so that we may combine our mailings.

It’s November already. It seems that every year I ask myself how the past months could have sped by so quickly. However when I take a moment to think back over 2011, I realize just how much has happened – especially at Saint Simeon’s.

Our year began with the start of our Memory Center renovation. The Memory Center was built in the mid 1990’s and has provided 17 years of 24-hour-per-day care for hundreds and hundreds of Residents. That’s over 300,000 nights of loving use! The renovation was completed in late summer and the results are absolutely wonderful. The colors and furnishings are warm and inviting. I know I speak for the Residents, their families and the Saint Simeon’s staff when I say “thank you” to the Saint Simeon’s Foundation. As with all capital projects, the Foundation, through its dedicated Board of Trustees, raised over $2,000,000 for the renovation and $800,000 for related projects from our wonderful supporters.

The Saint Simeon’s campus was filled not only with workmen for the renovation, but also a steady stream of visitors taking advantage of the full slate of educational offerings hosted by Saint Simeon’s.

We were honored to host 85 members of the Tulsa Interagency Council for one of their 2011 meetings. Our Wellness Director, Dr. Mary Nole, Ph. D., made a presentation on “Growing Older; Growing Healthier”. In addition, Saint Simeon’s Bistro was the venue on a number of occasions for church guilds that enjoyed lunch and a lively discussion with Mary on aging and exercise.

We were pleased to host Mustard Seed. These ladies are cancer survivors. Sue Slama, Saint Simeon’s Director of Nursing, spoke with the group about “Pain and the Importance of Pain Management”. We made new friends – these ladies were absolutely lovely and lots of fun!

The Tulsa County Bar Association utilized Saint Simeon’s large Common Room to hear a presentation from Travis Smith of the Oklahoma Department of Human Services.

And a new favorite came out last month – the OWLS. That’s Older, Wiser Lutheran Seniors from Christ Redeemer Lutheran Church. At their request, Sue Slama gave a presentation on dementia and Alzheimer’s. After the presentation, the group presented Sue with a ceramic owl. It is now proudly displayed in her office!

Saint Simeon’s takes great pride in being a resource of expertise to the community on aging related topics. We love to share our beautiful campus, delicious food and knowledgeable staff with individuals and groups interested in learning and sharing. There is never a cost for these programs, and our welcome mat is always out.

November is moving along fast and December is just days away. I wish you a Merry Christmas and Happy New Year – come see us in 2012!
Excerpt from:
50 Year History of the Saint Simeon’s Auxiliary
by Bill Waller, Saint Simeon’s Home Trustee Emeriti

They were there from the start.
And it fell heavily upon their shoulders, especially at the beginning, to see that Dr. E. H. Eckel’s envisaged “community for persons over 65” would come to life, and thrive.

“They” were the Episcopal women who took upon themselves the responsibility for helping assure that the first four tenants of St. Simeon’s Home, and the countless hundreds it turned out would follow them, would find at St. Simeon’s the environment—and if needed, the care—to assure the enjoyment of their final life stage.

The Auxiliary was born in a meeting on May 17, 1961, at St. Mark’s Episcopal Church in Tulsa—virtually concurrent with the arrival of the Home’s first tenants. The plan for its creation was actually announced in the May 1961 edition of the state-wide Oklahoma Churchman in a column written by Dr. Eckel called “St. Simeon’s Corner.” In the column this report appeared:

“Plans for the organization of a St. Simeon’s Auxiliary have been prepared by a special committee of St. Simeon’s Board, and with the approval of the Board are to be presented to the Annual Meeting of the Episcopal Churchwomen of Oklahoma, May 1-3.

“It is hoped to enlist a large membership throughout the Diocese. Those who live in or near Tulsa can perform specific services to the Home and to its residents. All members of the Auxiliary can assist in publicizing the facilities of the Home and can help make its services more effective. Be sure to help set up a unit (or chapter) of St. Simeon’s Auxiliary in your parish or mission. St. Simeon’s is YOUR Diocesan Retirement Home. We have great hopes in the establishment of this Auxiliary.”

The Mission of the Saint Simeon’s Auxiliary
To enrich and enhance the lives of the Resident’s of Saint Simeon’s.
Steve Mason’s Farewell Reception on Tuesday, October 4th:
Lindsay Hurley Fick, Will Smith, Trudy Williams, Steve Mason and
his wife Loma, Phyllis & George Dotson.

For the past 11 years Stephen Mason has been a part of the Saint Simeon’s family — a very treasured member. During Stephen’s tenure as Executive Director of Saint Simeon’s Foundation, Stephen, in conjunction with the Foundation Board of Trustees, raised funds to support Saint Simeon’s mission of superior care and service to the Residents, as well as funding over $30 million of new construction and renovation.

And then came October 2011! Stephen saddled up his ‘Cowboy’ pony and rode off to a true love in his life --- Oklahoma State University. Stephen took the position of Associate Vice President of Development for the OSU Foundation. We were sorry to see him go but we know a part of his heart remains with Saint Simeon’s!

Thank you Stephen — we love you!

3 A Message from our President & CEO
Lindsay Harley Fick

4-5 Peace of Mind:
Renovated Memory Center
Provides Comfort and Security

6 Wellness: It’s What We Do!

7 “Swimming With Mom”
Cece Russell-Jayne shares her experience

8 Auxillians Embody
“Spirit of Philanthropy”
Judy Lawson & Trudy Williams

9-11 Western Days 2011:
Bonanza Bash!

12 Resident Western Days
Pickin’ & Grinnin’ with Klondike 5

14 “Salute to Service”
50 Year Anniversary
Saint Simeon’s Auxiliary

Lindsay Harley Fick, Will Smith, Trudy Williams, Steve Mason and his wife Loma, Phyllis & George Dotson.