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“Why I Give to Saint Simeon’s...”
This year, The Robert Lyon Family, represented by Patsy Lyon and Rob Lyon, Jr. were celebrated as Honorary Chairs. The Lyon Family has offered two generations of service as Trustees for Saint Simeon’s. The late Bob Lyon began serving as Trustee in 1976 and served as President of the Board. Rob Lyon, Jr. is a current Trustee.

Preparations for the September 11, 2012 event included a kick-off party at the home of Margaret and Ross Swimmer. The auction committees, chaired by Elaine Hanner, Kristin Bender, and Marcia MacLeod began their solicitations of auction donations and continued their work through the summer. Volunteers Judy Lawson and Karen Garren coordinated the silent auction. Their talents to make items as varied as a taxidermied antelope head (surprisingly popular) to spectacular restaurant gift cards sparkle.

The Resident’s Western Days Party was chaired by Nancy and Jim Gustine. August 18, 2012 was a special day! The party started with a special cowboy luncheon of prime rib. Sabina Bourland offered Patsy Cline standards in Patsy’s signature style – big hair and all. The Cherokee National Youth Choir, directed by Mary Kay Henderson, visited from Tahlequah and Residents cherished their performance.

Phyllis and Steve Anderson, together with Phyllis and George Dotson, hosted the annual wine pull party for the Western Days committee. The bottles collected made for a successful gamble as guests tried their luck pulling various vintages.

Several Residents were honored at the event as Inaugural Pioneer Spirit Awardees, an award celebrating Saint Simeon’s most tenured Residents. Ruth and Dr. Reece Boone, the late Bernice Fields, Ruth Fishburn, and the late Ruth Staudt, were recipients of the award. They were recognized with engraved pewter trays and their favorite family photos through the years were shared with the crowd.

Save the date for Western Days 2013 scheduled for Tuesday, September 10, 2013 at Tulsa’s EXPO Square, Central Park Hall. Mandy and Blake Atkins, longtime supporters of Saint Simeon’s, will serve as chairs. Should you be interested in learning more about sponsorship opportunities or volunteering, please contact Carolyn Blair, Executive Director of the Foundation, at (918) 794-1937 or cblair@saintsimeons.org.

Clockwise from top left: Liane Evans and Resident Anne Evans; Resident Bishop Cox; Vocalist Mary Kay Henderson; Family and friends celebrate with Resident Marilyn Baker, Honorary Chairs, the Robert B. Lyon Family, represented by Patsy Lyon and Rob Lyon, Jr.
WESTERN DAYS 2012: SPIRIT OF THE WEST!
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Joe Swimmer
In Memory of my grandmother, Margaret McConnell, and in honor of my parents, Ross and Margaret Swimmer
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Nancy and Brad Williams
Trudy and Tommy Williams

Counterclockwise from near left: Robin Flint Ballenger and Residen Patty Flint; John and Lucy Barker; guests toast Pioneer Spirit Honorees; Phyllis Dotson, George Dotson, Jim Gustine, Nancy Gustine, Mike Wozniak, and Ashley Wozniak; Jane Pelley.
Wintertime Preparations at Saint Simeon’s

Written by Kathy Hinkle, Director of Education

The summer season has drawn to a close. Resident volunteers, Auxiliary members, The Major Group, and staff have all made an effort to ensure that Saint Simeon’s plants and animals are prepared for the winter.

Tom Freeman, Resident, is responsible for feeding the fish in our outdoor pond. He dutifully feeds the koi and goldfish in the warmer months, and in the colder months the fish go into a period of hibernation. Mr. Freeman reports that feeding the fish during cold weather can create intestinal distress and is ill-advised. Mr. Freeman also feeds the deer who frequently visit the property by throwing corn just on the outside of the fence so they can come up close. There is also a salt lick hanging on the fence for them to use.

Responsibility for selecting feed for the numerous species on the property is left to Resident Father Bob Evans. Fr. Evans, along with Auxiliary member Bud Martin, will continue to feed the fan-tailed pigeons throughout the winter. The peacocks are also fed year-round.

Bud has secured the heater for the pigeon water source. Mary Newman, volunteer, has secured the heater for the Secret Garden’s bird bath. Just outside the Shelley and Stephen Jackson Parlor, you will be able to see birds reveling in their wintertime “hot tub.”

Preparing the grounds and beds for next spring is a significant job. The Major Group is hard at work adding mulch. Resident Bob Snow, masterful gardener of a bumper crop of summertime vegetables, has tilled the beds and vegetable garden for next year.

Enjoy the snapshots of Saint Simeon’s from the summer and throughout the season. Our Christmas lights “turn on” Thanksgiving evening at 6:00 PM, illuminating the spectacular Saint Simeon’s grounds throughout the holiday season.
A Sense of Camaraderie

Saint Simeon’s Men’s Group

Written by Todd Weese, Facility Management Director

At Saint Simeon’s, there is a group for nearly every interest. The Saint Simeon’s Men’s Group, while short on formal minutes, is big on camaraderie and conversation. If you are looking for a good way to spend an afternoon, The Saint Simeon’s Men’s Group may be for you. The group gathers the third Thursday each month in Deisenroth Bistro. The holidays may affect the schedule, but regular activities will pick up in the New Year.

Members are predominately men. Ladies and Saint Simeon’s coeds are welcome to join. The Saint Simeon’s Men’s Group likes good conversation. Dominoes and chess appear to the activities of choice this fall. Outings are in the works as well as catching a few games on TV.

Saint Simeon’s has numerous groups open to Residents, volunteers, friends and family members. If you would like to join in the fun of The Saint Simeon’s Men’s Group or any of the Saint Simeon’s groups, please contact Becky Ashwill at (918) 794-1903. She will direct you to one of the groups that may best suit you.

Above, Weese and Resident Tom Freeman engage their wits in a strategic game of chess.
Save the Date!

Resident Christmas Parties

The Saint Simeon’s Auxiliary will once again host the Resident Christmas Parties this holiday season on Saturday, December 15th. As always, family members and friends are invited to join the merriment. Guests will enjoy the effervescent anthems of the St. Dunstan’s Choir and the Rotary Men of Note Choir, as well as the warm cheer of our most celebrated special guests from the North Pole. Refreshments will be served. Times and locations listed below.

In addition to this year’s annual Christmas party, Residents and other guests are invited to savor in a special holiday meal the same day. The cost is $5.00 per person, and reservations are required. Assisted Living Residents and guests will dine at 11:30 a.m.; Memory Center and Health Care Center will dine at noon. Please make reservations to Becky Ashwill no later than December 8th by calling (918) 794-1903. Note: Please make your reservations as soon as possible, as we do expect to reach capacity!

Resident Christmas Parties
Saturday December 15th

Health Care Center
10:00 a.m.
Common Room

Assisted Living
1:30 p.m.
Common Room

Memory Center
3:00 p.m.
Memory Center Activity Area

The Mission of the
Saint Simeon’s Auxiliary
To enrich and enhance the lives of the Residents of Saint Simeon’s.
I Give to Saint Simeon’s because…

Supporting Saint Simeon’s is part of our family’s tradition. Bob Lyon, Sr., my late father, was a longtime member of the Saint Simeon’s Board of Trustees and served as President. I currently serve as a Trustee. My brothers and I know every time we make a gift to Saint Simeon’s we build on the tradition our parents started.

Rob Lyon, Jr.
Dear Ms. Fick,

I wanted you to know how much the little things done by Saint Simeon’s mean so much to so many of us. What you have purposefully or inadvertently done is create little adventures all around the campus. This summer my mother and I had the opportunity to watch the vegetable garden grow. We had such fun touching the plants, finding bugs, and then eating tomatoes right off the vine.

Luckily your magnificent peacocks and funny looking pigeons cooperated with wheelchair access spying. We kept track of the egg laying, hatching and watching the clutches grow. Someone is good enough to always have the bird feeders full and in perfect spots to allow us to sit comfortably and watch. I know this to be a chore since I do it at home. My mom taught me about the natural world, and it is something I can continue to do with her.

My mom is uncomfortable leaving the facility but we are fortunate that we don’t have to leave to have fun. My mom says she lives in the most beautiful house she has ever seen. She says she can’t believe she could be so lucky. Thank you for providing a place that nurtures one of the most important things I inherited from my mom: Curiosity!

Barbara

Dear Memory Center staff,
Thank you so much for the great care you gave Elizabeth. You gave her, and all the Residents, the gift of dignity. Acts of kindness are never lost, and yours did not go unnoticed.

Dorothy & Tee

A beautiful bouquet of pink roses were found on a table in our Common Room; the card had the following poem:

Into my heart’s treasury
I slipped a coin —
That time cannot take, nor
A thief purloin —
Oh better than the minting
Of a gold-crowned king —
Is the safe kept memory
Of a lovely thing.

By Sarah Teasdale

The card listed a Resident’s name with her year of birth and death, and then the words:
Mom — I love you and miss you everyday

The back of the card read:
Thank you Saint Simeon’s for taking such good care of my mom.

Carole

“...I now count a number of people I’ve met at Saint Simeon’s as Saints. We are lucky to have such a facility in Tulsa.”

Excerpt from a letter to a Trustee of Saint Simeon’s

Excerpt of a note sent to nurse Tiffany Henderson:
Words cannot express our grateful appreciation for the care and concern you gave to our mother. It’s apparent that you really care for and enjoy the Residents. Thank you, thank you for the warmth and care you extended to Mother.

Carole

To all at Saint Simeon’s:
My brother and I are very grateful for the care, support and love all of you gave to our mother over the past two years. I am thankful for the individuals who shared a smile or said a kind word. Saint Simeon’s wraps residents and families with a wonderful woven tapestry made up of leadership, nurses, aides, spiritual, maintenance, custodial, grounds keepers, guards, and facilities. Please accept this gift to the employees fund as a token of our gratitude.

Jay

I am now in my seventh year at Saint Simeon's. Compared to others, I'm considered a short-termer! Tenures at Saint Simeon’s stretch back 30+ years. It humbles me to realize that so many of the people I work beside built the wonderful legacy that makes Saint Simeon’s special. There simply are not enough ways to say thank you, yet that is what I, and many others, try to do each day. In fact, you'll find as you read this letter that gratitude is a common thread.

On the opposite page is a sampling of notes, letters and e-mails Saint Simeon’s has received from grateful families. It is a privilege to read words of thanks and hear how Saint Simeon’s made a difference in the life of a Resident, and a difference in the life of their family. One recent story touched my heart. Some months ago a wonderful Resident passed away. Both the Resident and her family were very dear to the staff. A few weeks ago I happened to be talking with the staff and commented on a beautiful bouquet of flowers I noticed at the nurses’ station. I was told that the husband of our departed Resident comes monthly to visit and brings flowers for the staff. As I walked back to my office my heart was filled with gratitude for the wonderful husband who lost someone so dear and now comes each month to brighten the lives of our staff.

My gratitude flows to many. You’ll read in later pages of the fabulous success of Western Days 2012. That success is a tribute to an entire cadre of amazing individuals, beginning with this year’s Western Days Chairs – Margaret and Ross Swimmer. Coupled with Saint Simeon’s Foundation Executive Director, Carolyn Blair, the Swimmers and countless volunteers worked tirelessly to host a truly fun-filled evening.

Tireless also describes the many volunteers that make up Saint Simeon’s Auxiliary. Life at Saint Simeon’s is expanded and enhanced through a variety of programs made possible by the Auxiliary. A letter on the opposite page describes the joy found in the abundance of nature at Saint Simeon’s. One focus of the Auxiliary is God’s creatures (animals)! The Auxiliary’s ‘Friends of the Animals’ committee keeps the numerous bird feeders filled, watches the bluebird houses for new activity and often introduces new ‘friends’ to Saint Simeon’s. For those that may not know, Saint Simeon’s is a Certified Wildlife Habitat!

And finally, the Trustees of Saint Simeon’s are simply unparalleled. Leadership and commitment are the hallmark of solid governance. Saint Simeon’s Board of Trustees embodies both. The mission of Saint Simeon’s is at the heart of the Trustees’ guidance, their oversight and their vision.

Each day I am reminded that Saint Simeon’s is blessed by the talent and devotion of many people. I am fortunate to be one piece of the Saint Simeon’s legacy.
A Message from our Foundation Executive Director

Carolyn Blair

Dear Friends,

What an honor it is to be of the Saint Simeon’s family. My first day as Executive Director for the Saint Simeon’s Foundation was January 16, 2012, but that was hardly my first day at Saint Simeon’s.

I came to know Saint Simeon’s through The University of Tulsa, where I worked for ten years. One of my projects was helping the late Dr. Henneke publish his book, A Ravenna Mosaic. I looked forward to our appointments at Saint Simeon’s. From the minute I entered the gate - seeing peacocks, glorious flower beds, and trees honoring special friends - a smile crossed my face. Saint Simeon’s is a unique place, and it is a pleasure entering the gate each morning.

Working as the fundraiser for Saint Simeon’s presents a host of opportunities. I come from a university fundraising background. The similarities of a college campus and Saint Simeon’s are striking. In fact, after my first “State of Saint Simeon’s” meeting I remarked to my husband, Jack, the topics are almost identical, recruitment, admissions, stewardship. The only obvious exception is our Residents have much better cell phone manners than today’s students.

I will be raising support for Health Care common areas, Western Days, the Employee Christmas Fund, landscaping, and other priorities through outright and planned gifts. Additionally, Trustees recently adopted an endowment policy, and I am delighted to begin working with donors to articulate their long term goals for Saint Simeon’s. Helping people help an organization like Saint Simeon’s is an honor.

Not only did I recently join the Saint Simeon’s family, but Jack and I welcomed a new member to our family as well. Our daughter, Audrey Ruth Blair was born on June 26, 2012. Sharing Audrey’s arrival with Residents has been a joy. The sincere interest in our baby has meant so much to me, especially from the Carla’s Corner crowd. The Residents, trustees, families, and staff of Saint Simeon’s share a common thread – extraordinary kindness. Thank you for the opportunity to help advance the Saint Simeon’s mission.

Sincerely,

Carolyn Blair

Carolyn (Dalton) Blair

- Married to Jack Blair, attorney, who works for Tulsa City Council
- Daughter, Audrey Ruth Blair, born June 26, 2012
- Texas Christian University, BA ’97, English
- 15 years in professional development, most recently TU’s Director of Development for Gilcrease Museum
"FRIENDS OF SAINT SIMEON'S" ANNUAL FUND CAMPAIGN

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Mr. and Mrs. Donald B. Atkins
The Sneed Foundation

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Mr. Steven A. Adair
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Gifts received November 1, 2011 – October 11, 2012

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The Mission of the Saint Simeon’s Foundation
To enhance, through philanthropy and stewardship, the physical, social and spiritual well-being of the Residents of Saint Simeon’s and their families.
Exercise IS Medicine!

Written by Mary Nole, Ed. D., Director of Wellness

Really?! More than just a catchy slogan, “Exercise IS Medicine” is actually a shared initiative of the American College of Sports Medicine and the American Medical Association, launched in November 2007. The primary focus is to encourage primary care physicians and other health care providers to include exercise when designing treatment plans for their patients. You are probably wondering, “Really? Why?” “When did exercise become so important that it warrants this emphasis?” “What does that have to do with Saint Simeon’s?” All good questions!

Let’s start with the fact that all bodies change over time. “Normal Aging,” generally means decreased cardiac output and decreased ability to utilize the oxygen we take in, hence our aerobic fitness decreases. So we might feel “winded” when exerting ourselves physically, and/or things we are used to doing now make us feel fatigued or take more effort. Our resting metabolism will probably decrease – meaning less energy and we will probably gain weight! Muscle mass and endurance decrease meaning we are weaker and might not be able to safely do things we used to do. Our joint mobility often decreases, so we unknowingly (or deliberately, if there is pain) begin to limit our movements, which leads to further immobility! These are just a few of the changes that occur in the absence of disease or trauma. If you have specific illnesses, an injury or a chronic disease, there can be other effects – many of which directly impact our daily function, i.e. the ability to do the things we want to/are used to doing.

So here’s the GOOD NEWS: exercise can alleviate symptoms, slow the progression, and even eliminate many of these effects. Seriously. Sound too good to be true? There is way too much scientific evidence to list here, but if boiled down to the basics: bodies are meant to move, and in the absence of movement and specific strengthening, parts and systems stop working efficiently. Think about your car: what happens when it is not driven for an extended period of time? It may cough & sputter, joints may squeak, tires can get “soft” and the ride just is not right. Our bodies are exactly the same – systems need to be “worked” in order to maintain functionality.

Here at Saint Simeon’s we know that even though our Residents may be experiencing the long-term effects of chronic diseases (i.e. Parkinson’s), the direct effects of a specific event (perhaps a stroke), or just the normal effects of aging which have been allowed to take place over three to five decades, there is something to be gained from specific, meaningful exercise. We have a myriad of opportunities available and strive on a daily basis to help our members get the workout THEY want, based on their goals and personal health. Specifically:

- We have equipment in the Workout Room that adapts to assist those who have muscular weakness/ paralysis, allowing them to work hard enough to gain benefits in stamina, strength, and range of motion.
- MANY folks who cannot bear weight have enjoyed walking and exercising in our warm pool (not to mention actually swimming).
- The Nordic Walking poles proved to be highly beneficial to an individual with Parkinson’s who walked smoothly, without the “freezing” that he experienced using his walker.
- The Gluteus Isolator (“Gluteator”) was shown to improve mobility as measured by scores on the Senior Fitness Test.
- Routine walking on our treadmills has helped maintain and develop balance in a safe manner: improving their gait pattern, instilling confidence and decreasing their risk of falling.

The most important aspect of participation in the Wellness Center programs is that it is voluntary. All of our Residents are eligible to “join” as a member and whether they think of it on their own, or are prompted to do so, ultimately they get to determine the “what/when/how hard” of their exercise regimens. This dovetails directly into other aspects of whole-person wellness, such as: feelings of self-determination, confidence building, socialization, stress relief, cognitive involvement, and many other related benefits.

So while exercise being taken as a regular “dose” like other medicines may be a new concept, our ultimate goal is for participation in the Wellness Center to be considered an integral part of the individualized care-plan for all of our Residents here at Saint Simeon’s!
Guess who celebrated its Sweet Sixteenth this year? That’s right, Saint Simeon’s incomparable Western Days. It is hard to imagine the special event that started in the Saint Simeon’s parking lot, rumored to have attracted “about 80” guests, hosted over 700 at Tulsa’s EXPO Square this year. What a testament to the volunteers of Saint Simeon’s!

Western Days 2012: Spirit of the West! was celebrated in the traditional casual western style that began all those 16 years ago. The event was in the very capable hands of Margaret and Ross Swimmer, Chairs, who raised $575,000 for capital improvements at Saint Simeon’s thanks to the wonderful support of patrons and sponsors listed on the next page. Jane and Lowel Faulkenberry shared their special talents as Patron Chairs. Phyllis and George Dotson offered their wonderful counsel as Advisory Chairs.

EXPO Square’s Central Park Hall was decked out by décor chair Sheri Colpitt complete with two 40 foot hand painted sunsets and stunning arrangements from Toni’s Flowers and Gifts. Cloggers from the Broken Arrow Dance Academy wowed the audience as they danced throughout EXPO Square’s Central Park Hall. The Rt. Rev. Dr. Edward J. Konieczny offered his blessing and soloist Mary Kay Henderson offered two patriotic songs in observance of September 11th. The crowd dined on a delicious menu including a roasted New York strip steak and grilled asparagus. The Rev. Irv Cutter served as Emcee for the event and Tommy Williams offered his talent as volunteer auctioneer. The drawing for the popular $2,500 Utica Square gift certificate was held, along with everyone’s breath!

Clockwise from right: Lindsay Hurley Fick and Resident Jim Dempster, Alan Ratzliff; Event Chairs Margaret and Ross Swimmer with Resident Ruth Fishburn; Cloggers from the Broken Arrow Dance Academy; Simone of Saint Simeon’s.