Dear Friends,

I hope you enjoy our latest Ambiance featuring the art of living at Saint Simeon’s. We have lots of artists here! Chefs who make every plate a work of art, housekeepers who make every room a designer’s showcase, CNA’s who have mastered the art of a well-placed smile and conversation; artists all. I hope you find this issue to be especially inspiring.

Among my favorite art projects, the one that stands out is from my fourth grade class. Mrs. King, a favorite teacher from Tulsa’s Carnegie Elementary, had each student write his or her name using black paint and our newly learned cursive skills. While the paint was wet, we duplicated our names so they were backward. Then, we selected two opposing colors from the color wheel. I remember thinking I was so lucky because my name was long and I had so many “holes” to fill in with selected yellow and purple paint. After the paint dried, each of us hung our name on the wall, making one large block of names. As pretty as I found my own piece, I thought all of the paintings together were stunning. Local museums missed an acquisition opportunity that day!

So often, one piece of art is appreciated, but when presented with similar works, oh, it can be breathtaking. It’s true with the art of living. One act of kindness can be appreciated, but altogether, truly life changing. Just look at the generous people who gave to Saint Simeon’s Christmas Appreciation Fund, a fund that acknowledges front line employees, and how together these friends created a remarkable expression of appreciation.

At Saint Simeon’s, I see the art of living every day. From expertly drawn baths to a bed made with loving precision, artists surround me. Admired individually, each is appreciated, but together, simply beautiful.

Carolyn Blair
Executive Director
Saint Simeon’s Foundation

On the Cover

Featured on this issue’s cover is Resident Ruth Klaerner with her daughter, Pam Neumann. Both Ruth and Pam are notable artists: Ruth is an accomplished painter and also creates needlework and stained glass. Pam is a talented calligrapher. Read more about them on the feature on page 8-9.
Spring is the time of year when the word ‘beginning’ comes to mind. The weather is beginning to change to very welcome warmer temperatures (especially after this past winter). The trees are beginning to bud, and daffodils and tulips are beginning to bloom. And the peacocks at Saint Simeon’s are beginning to lay eggs!

One new beginning you’ll hear about soon, and we hope will become an annual tradition, is family pictures. We recently had a request by a past family member to take pictures on the grounds of Saint Simeon’s. She commented on the beauty of Saint Simeon’s and likened our grounds to Woodward Park. What a wonderful compliment. Her request gave us an idea – family pictures for our Residents and their families at this beautiful time of year. We look forward to creating a family heirloom for Residents, in many ways a piece of art. As you’ll see in the following pages, art is an important aspect of life at Saint Simeon’s.

2014 is actually full of new beginnings for Saint Simeon’s. The renovation of Saint Simeon's Health Care Center began in the fall of 2013, but the main attraction of the renovation was just completed. It is a gorgeous work of art (or more correctly stated ‘a gorgeous work of design and construction!’). The new kitchen in the Health Care Center creates a focal point of warmth and vibrancy. Its open design and attractive appointments give the feeling of home. Thank you to the donors that made the renovation of the Health Care Center, and its spectacular centerpiece, possible.

In addition to its renovation, the Health Care Center began a new service in early 2014. Saint Simeon’s is now certified to offer Skilled Nursing – Medicare Part A. This new offering will allow individuals requiring skilled nursing as they leave the hospital to choose Saint Simeon’s for their rehabilitation. We look forward to welcoming new faces and families to Saint Simeon’s.

One other new beginning in 2014 comes in the form of technology. Saint Simeon’s will soon become paperless – well, almost! We are currently in the midst of installing an electronic medical records software. By mid-summer the installation will be complete. We are excited.

Since this issue of Ambiance will feature art, I thought I might share a few pieces of art by my grandchildren. They love coming to Saint Simeon’s to see the peacocks, the Koi and of course Simone. They often draw pictures for me – by far the most valuable art I own. Above are a few that adorn my office!

May this spring be the beginning of a wonderful summer for you.

Lindsay Hurley Fick, President/CEO, Saint Simeon’s
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RESIDENT SPOTLIGHT: Pat Page

Pat Page is a Tulsaan through and through, born and raised in a city that has experienced tremendous change during her lifetime. “I was born in my home on 16th and Houston,” she said. “That was before St. John’s Medical Center existed.”

Mrs. Page spent 12 years of her childhood education at Marquette Catholic School, then went on to study Economics at the University of Tulsa. During her time at TU, she joined the Chi Omega sorority, one of only two sororities on campus at that time. She went on to earn her bachelor’s degree in 1942. “The morning after graduation, the men went off to war, and the women started working.”

One of the young men who left for war was Reavis Page. Throughout Mrs. Page’s lifetime, a young man seemed to always be somewhere in the background of her life. Reavis actually grew up in her neighborhood, and they would play kick the can together with all of the neighborhood kids. When she started TU, she was surprised to see Reavis in many of her classes. The day after college graduation, Reavis joined the Navy and went off to war. It was during his time in the war that he expressed his genuine interest in Pat, and the two married just before World War II ended.

“He made a stop in Portland, Maine, and we married there,” Mrs. Page said. “Then we went on a honeymoon at a ski lodge in Maine.”

When Reavis returned from war, the couple settled down in Tulsa. Reavis soon became a CPA while continuing to serve in the naval reserve. When the Korean War started, Reavis was called back into duty, so Mrs. Page moved to La Jolla, Calif., with their two young daughters, Mary and Kathleen.

Once the war was over, the family moved back to Tulsa, and soon had a son, Matthew. The family lived in a home at 24th and Zunis for 40 years. Mrs. Page is extremely proud of her children. Mary is a retired geologist living in France. Matthew is a chemist, and he and his wife from Germany have three children and live in Wilmington, Del. Kathleen is an architect, and she and her husband Michael live in Tulsa.

Mrs. Page moved to Saint Simeon’s Dotson Assisted Living Center in August 2013 and has come to appreciate many aspects of the campus. “I enjoy time in the gardens, watching wildlife, and admiring the beautiful flowers. I also love the regular chapel services and my favorite spot on campus – the warm-water therapy pool.”

The Art of Craft Beer

Marshall Brewing Company brings the art of craft beer to Tulsa and the region. The company was founded by Eric Marshall, a University of Tulsa graduate. Eric left Tulsa in 2004 to study the art of brewing in Munich, Germany where he was awarded the prestigious International Diploma in Brewing Technology from the World Brewing Academy. He apprenticed in multiple breweries throughout Germany and served as a brewer at the Victory Brewing Company in Downingtown, Pennsylvania.

Joe and Melissa Gilliland enjoying Marshall beer.

In 2007, Eric returned to Tulsa to begin laying the groundwork for his own brewery, Marshall Brewing Company, Tulsa’s first production craft microbrewery, which began operations in spring 2008. Marshall Brewing Company focuses on brewing hand crafted, top quality ales and lagers. Its business is based upon creating fine products with basic inputs – old world knowledge and experience, high quality raw materials and good old-fashioned hard work. Marshall Brewing Company’s goal is to bring the art, quality, and enjoyment of craft brewing to Oklahoma.

Marshall Brewing Company shares their talents with the community. Recently, Joe and Melissa Gilliland, supporters of Saint Simeon’s Western Days, toured the Brawny with a group of their friends. The Gilliands were the victorious bidders for the tour, one of the most popular silent auction items at Western Days 2013. Their support of the auction in turn supports Saint Simeon’s. The Gilliands and their guests were treated to complimentary samples of Marshall craft beers and ales. Eric personally gave the tour of the brewery and Will Prather, Saint Simeon’s Home and Foundation Trustee, graciously provided pizza to top off the evening. Will held a “beer trivia” contest and handed out Marshall Brewing souvenir items as prizes.

Eric Marshall and Marshall Brewing Company have donated the brewery tours annually to support St. Simeon’s Western Days which have been a great hit. Thanks to the Gilliands, Eric Marshall and Marshall Brewery Company. Please show your support for our sponsors by trying their products. See www.marshalbrewing.com for a list of restaurants serving Marshall beer.
Art is blooming at Saint Simeon’s
By Lindsay Morris, Marketing Coordinator

Art is everywhere at Saint Simeon’s – in the gentle brushstrokes of a Resident painting a seascape during an Art Expressions class, in Chef Christina’s careful crafting of a Resident’s meal, even in the incredible masterpieces hanging in many apartments on campus. Many Residents living at Saint Simeon’s have been artists their entire lives, but some find a new knack for the arts upon joining our community.

The weekly Art Expressions program formerly held on Saint Simeon’s campus is one way our community has committed to encouraging an atmosphere of the arts. Each class is about an hour and a half long, held in the Memory Center and Assisted Living. The Monday afternoon classes are led by instructor Jenny Nemeč, artist and part-time staff member of Tulsa’s Global Gardens. Nemeč’s mission is to encourage Residents to express themselves through art.

Jenny offers basic watercolor “how-to” and refrains from guidelines about the subjects of the paintings. If a participant is hesitant to paint, Jenny explains the class is not about artistic ability but instead expressing thoughts verbally and with a bit of watercolor play.

Jenny said her greatest lesson in Art Expression is learning of remarkable lives of Residents. She said the participants hold an incredible level of formal education and share rich life experiences with her. When listening to the class, a participant will share an example of the time he or she lived in Thailand, or a very specific memory for World War II. Jenny said she has learned not to take anything for granted when working with the group of seniors; they continually amaze. Pending future funding, the Art Expression program will continue to encourage artistic expression for years to come.

Saint Simeon’s Life Enrichment staff is committed to giving Residents ways to experience the many art opportunities available in Tulsa. The Alzheimer’s Association hosts programs at the Philbrook Museum of Art and Gilcrease Museum that Residents from the Memory Center and Assisted Living attend on a regular basis. During the program, attendees gather around a painting while a facilitator leads a discussion. The group talks about what their interpretation of the painting, and the facilitator tries to help the group think outside the box.

Aside from the Alzheimer’s Association art program, Residents campus-wide enjoy regular outings to Philbrook to see new exhibits. A favorite each year is the holiday visit to see the Festival of Trees and gingerbread houses.

Dozens of notable artists reside at Saint Simeon’s, including Dave Maher, who is a painter and sculptor, and Dr. Reece Boone and Vernon Stanton, who are both talented wood carvers. Here is a closer look at a few of the other talented artists who call Saint Simeon’s home.

Adele Garren

Resident Adele Garren with son and daughter-in-law Rick and Karen Garren. Adele is holding one of her many impressive paintings.
Adele has always been a talented artist, focusing mostly on ceramics and painting. She graduated from the University of Denver with an art major. She did not pursue an 'art career,' though, but worked as a clerk at the FBI office in Denver and met her husband, Ben, who was an agent. Throughout the years, Adele always had some kind of art and/or home decor project in progress, said her daughter-in-law, Karen Garren.

During the 1980s, St. John's Episcopal Church had a Craft Guild that Adele headed. During that time, she made several impressive ceramics pieces. She also made centerpiece decorations for the Saint Simeon's Auxiliary Spring Luncheons for several years.

Jeanette Chucker is a talented painter and crocheter. Several of her crochet pieces adorn the walls of her apartment on D-Wing at Saint Simeon's. "Once you start crocheting, you can't put it down," she says.

Jeanette won several ribbons for cross stitch pieces she entered into state fairs. She won several awards at the Wyoming State Fair in Casper from 1974-1985, and also won cross stitch awards at the Tulsa State Fair in 2003.

Jeanette is also a talented cook. "Everything she made was delicious," says her daughter, Sandy Vice. "She is known for her homemade bread—she made Finnish Rye Bread, Cardamon Bread, and many others."

She also made delicious desserts just by adding berries, jam, etc. to dishes, Sandy said. Jeanette also had a special touch for cooking fresh fish, since she spent much time living in Minnesota, "raised on fishing," Sandy said.

Ruth Kraemer

Ruth Kraemer said she has been an artistic since 3rd or 4th grade. When she painted a picture of the Seven Dwarves that her school principal liked so much that he asked to hang it in his office. After high school, Ruth attended the Philadelphia School of Art.

Ruth has tried her hand at several mediums, including watercolors (painting mostly still life), oils (painting mostly landscapes and seascapes), needlework, and stained glass. The walls of Ruth's apartment in Dotson Assisted Living Center are covered with her masterpieces. Her daughter, Pam Neumann, inherited her mother's artistic genes, and is a talented calligrapher.

Gerry Sanders is another artistic Resident. Gerry has created several beautiful oil paintings, quilts, and is a poet. Two of her oil paintings, which are hanging in her room, are of Native American subjects—one a chief, and one a papoose. They were inspired by her time growing up around Native American tribes in the Hominy, Okla. area.

Gerry's minor was art in college. She even taught art at a junior high school for a year during the '50s. During her other years of teaching elementary and as a reading specialist, she said she would often correlate art with reading.

Gerry is also a talented poet. "I write poetry for my enjoyment. When my son died, that was my outlet," she said.

She has also created a magnificent quilt to commemorate her years growing up in the Hominy area during the Great Depression. The quilt includes a vivid poem called "I Remember Mama," detailing the time she and her mother spent each spring rigorously washing the family's quilts.

Paul McGraw

Paul McGraw just started dabbling in art in the late '90s, mostly exploring oil paints and pencil drawings. He enjoys painting landscapes, seascapes, and florals. Paul's paintings are adorning the offices walls of several of Saint Simeon's staff members, as he has generously gifted them.

"I want to give the staff something because I feel honored to be here and taken care of by wonderful people."
The Saint Simeon’s Auxiliary started in 1961, just one year after Saint Simeon’s was founded, as a group of Episcopalian women offering services to Saint Simeon’s Residents. On April 8, 2014 at the Annual Auxiliary Spring Luncheon, Auxiliary officers suggested some changes to increase volunteer effectiveness.

When the Auxiliary started, the organization planned and presided over virtually all Resident events and outings. Over the years, Saint Simeon’s has created a Life Enrichment staff, whose primary responsibilities largely include the creation of Resident events and outings. Therefore, some of the responsibilities of the Auxiliary have changed over the years. At the Spring Luncheon, Auxiliary members voted to dissolve the Auxiliary and form a new group known as the Saint Simeon’s Volunteers.

The purpose of Saint Simeon’s Volunteers shall be to enrich and enhance the lives of the residents of Saint Simeon’s. The primary functions of the Saint Simeon’s Volunteers will be to:

- Encourage a volunteer presence at resident events, parties, and committees.
- Participate in selection and implementation of resident experiences relating to the “Tree of Dreams” program.
- Provide opportunities to visit with Residents in an individual capacity as overseen by Saint Simeon’s Life Enrichment staff members.

Saint Simeon’s Volunteers will not be a dues-paying organization, but gifts of time and money will be encouraged and designated to the Foundation’s Resident Event and Enrichment Fund.

The Saint Simeon’s Volunteers look forward to continual involvement in events such as the Ice Cream Social, Harvest Moon Festival, Christmas parties, Resident outings, one-on-one visits with Residents, Flora & Fauna Committee, maintaining the Resident library, and fulfilling Residents’ dreams through Tree of Dreams!

If you are interested in volunteering or have any questions, please contact Lindsay Morris, staff liaison to Saint Simeon’s Volunteers, at 918-794-1945 or lmorris@saintsimeons.org.
During an extraordinary “Moveable Feast” held in the wine cellar of Polo Grill on Sunday, February 9, Saint Simeon’s patrons funded a “Moveable Treat” – a new passenger van to transport residents. The fundraiser was a huge success with donors contributing more than $78,000.

Saint Simeon’s was honored to have Debbie and Bishop Ed Konieczny offer the creation of the menu based on their own recipes. The couple also helped prepare the meal along with Proprietor/Chef Robert Merrifield, Chef Justin Donatkson and Chef Omar Galban from Polo Grill. The exquisite menu featured nine courses paired with selected wines by Robert Merrifield.

Remarks throughout the evening were given by George Dotson, President of the Saint Simeon’s Foundation, who expressed gratitude to Robert Merrifield, Saint Simeon’s Foundation Trustee, and Bishop Ed Konieczny, Chair of the Saint Simeon’s Home and Foundation Boards, and his wife, Debbie, for a remarkable evening and successful fundraiser. He thanked the many patrons for their generous support which ensured the financial success of the event.

During the event, George Dotson, on behalf of the Saint Simeon’s Foundation, presented plaques commemorating the event to Debbie and Bishop Ed Konieczny, Robert Merrifield, and Michael Funk, General Manager, and his staff of Polo Grill. Bishop Konieczny also presented each guest with individually carved palm crosses in gratitude for their generous support of Saint Simeon’s. The beautiful crosses were made from a single unique piece of grained olive wood pruned from the olive trees around Bethlehem, the birthplace of Jesus. Debbie and Bishop Ed secured the wood palm crosses during their travels to the Holy Land.

Guests raved about the unique event and the hosts who made it so special. “At the end of ‘A Moveable Feast,’ a round of applause greeted Debbie and Bishop Edward Konieczny, Robert Merrifield, Michael Funk, the other Polo Grill chefs and staff in thanksgiving for an extraordinary evening of fine dining all for a wonderful cause – to raise funds for a new “moveable treat” for the residents of Saint Simeon’s to enjoy – a new passenger van,” commented Saint Simeon’s Foundation Trustee Phyllis Dotson.

“A Moveable Feast’ featured an amazing dinner organized and prepared by the Bishop and his wife, Debbie, along with Robert Merrifield and his staff at the Polo Grill that included great food, wine, and supporters of Saint Simeon’s. It was a terrific evening of mingling with good friends and supporters of the great cause that is Saint Simeon’s,” said Saint Simeon’s Foundation Trustee John Barker.

“I’m so proud to be associated with Saint Simeon’s, which operates a first-class retirement community with dignity and respect for all,” said Saint Simeon’s Foundation Trustee Marilyn Morris. “When I donate money to Saint Simeon’s for various needs, I know the money will be used exactly as it was intended to be used. You can be certain that this organization operates with the highest level of integrity with the residents and their families, the staff, and all guests who find themselves on the campus of Saint Simeon’s.”
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Tuesday, September 9, 2014 * 6:00 - 9:00 PM
Tulsa’s EXPO Square, Central Park Hall

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With selections from Oklahoma!, world famous auctions, western style dinner, general store, and more, Western Days benefits the Residents of Saint Simeon’s, Tulsa’s Senior Community. Saint Simeon’s provides an environment of dignity, individuality, and the highest attainable level of independence.

For more information and sponsorship opportunities, contact Carolyn Blair, Executive Director of the Saint Simeon’s Foundation at (918) 794-1937 or obair@saintsimeons.org

The Saint Simeon’s Foundation enhances, through philanthropy and stewardship, the physical, social, and spiritual well-being of the Residents of Saint Simeon’s and their families.