The Residents Celebrate Western Days

On September 3rd Saint Simeon’s Residents were treated to a special Pre-Western Days. A “Round-Up” which featured games, prizes and special miniature cupcakes as refreshments was held in the morning. At the noon meal all dining areas of the Home served a special western-style menu with all the fixin’s. The dining tables looked festive with turquoise and “cow print” linens. The “Western Gala” was held in the afternoon with singer Janet Rutland providing the music. The highlight was the crowning of the Western Days Oil Baron (Tom Freeman) and Oil Baroness (JoAnna Newman).

We want to extend our thanks to:
Robin Ballenger for generously underwriting this special event
& Debbie Baker and Revelle Clausing, Pre-Western Days Party Chairs

Volunteers Make Western Days 2009 a Success

Another Record Setter!

Henry Ford is credited with saying, “If everyone is moving forward together, then success takes care of itself.”

“Moving forward together” is one of the hallmarks of Saint Simeon’s that was evident once again for Western Days 2009 – The Driller’s Bash. John and Lucy Barker, Event Chairs, Eileen and Jim Hewgley, Honorary Chairs, and Mary Ann Hille, Maggie Hille Yar and Kajeer Yar, Patron Chairs along with over 90 volunteers in the Advisory, Patron and Steering Committees planned the record setting event. In addition to the 90+ committee members, over 70 other volunteers worked the days leading up to and the night of the event, to help ensure the guests enjoyed the celebration. This does not include the many staff who baked cookies, pies, cakes and other homemade items and the Residents who contributed hand-sewn items to the General Store.

With sponsorships and cash donations still being received, Western Days 2009 net proceeds currently exceed last year’s $350,000 record by over $100,000! Our net proceeds are maximized due to the many donors who made in-kind gifts of goods and services valued at over $130,000 this year. Generous sponsors, gracious in-kind donors and a host of volunteers are the key ingredients for success.

We are fortunate to have friends and supporters who believe in the mission of the Home. The proceeds will fund a $500,000 makeover of the six homes in the Memory Center plus some other improvements in the common living and activity areas.

John and Lucy will announce the grand total raised for Western Days in the November issue of the Quill. Thank you to everyone who contributed to Western Days 2009!
From Ashwin Shrinivas  
Director, Morrison Senior Dining

Fine Dining Evenings at The Bistro

Once a month, Saint Simeon’s will feature an elegant evening of fine dining at The Bistro. Reservations will be taken in advance and seating is limited to 20 people for the evening. We will feature gourmet dishes on a ‘prix fixe’ menu. This is an opportunity for Residents and families to take advantage of a special occasion, birthday, anniversary or just an evening for family and friends getting together.

Leading up to this monthly feature, we are inviting all Residents, family members and friends of Saint Simeon’s for an Hors d’oeuvre Party that will feature samples from our menu. This event will be held on October 1st at 2:00 p.m. in The Bistro. Come visit, try our samples, pick up our brochure and menus, and choose your date to dine with us. We look forward to spoiling you!

“Margaritaville”

Special thanks to Mary Deisenroth for generously donating a “margarita” machine and glasses for the Bistro. It will be a wonderful addition for making delicious drinks and smoothies for the Residents!

Get a head start on your holiday shopping at ...

The Holiday Shoppe

Featuring: • Frosting-unique jewelry • Essential Luxuries-homemade soaps & lotions • Cheeky Chic-women’s clothing & handbags • Jane Dough Ornaments-personalized ornaments • Estee Lauder from Dillards • Amberly D.–handbags • 3creativesisters-cards & note cards • Avon • Zella’s Boutique • Zedel International-jewelry • 3chicksmiche Bags-purses • Healthy Chocolates • Stitch in Time-crafts • Tupperware • Micah’s Christian Jewelry • Without a Doubt-clothing and gifts

Tuesday, November 17th • 9:00 am to 1:00 p.m. • Common Room
We have a new home and new pigeon in the Reflections Courtyard.
With our first dovecote (bird house for pigeons) there was only one entrance and since we may have had two boy pigeons, one of them was not allowing the other into the house which made him a “sitting duck” for our hawks and owls. Thanks to Bud Martin who built a new dovecote for us with multiple compartments, each with its own entrance. And special thanks to Tina and Derik Webster with Webster’s Wings, who generously donated a beautiful fantail pigeon as a mate for our lonely bird. The two are getting along beautifully and are both literally “eating out of our hands” – thanks again to Bud. Would you like to feed them sometime?

We were lucky to find Webster’s Wings since fan-tail pigeons are pretty rare. They also race pigeons and do parrot rescue. But what you really will find interesting at their website; www.websterwings.net is reading about their White Dove Releases. This could be done at a memorial service, wedding, birthday, or any special event. They offer different kinds of releases including Single Bird, Guardian Angel, Trinity, and Flock. You may want to do this sometime. Thank you, Webster’s Wings!

Our current generation of peacocks hatched this spring will be leaving us soon to find new homes. A male and two females we re auctioned off at Western Days to Carol Crews and will be going to live at her End of the Trail Ranch in Pawhuska. Carol will be dropping by to make her selection and then we'll find homes for the others. Know anyone with a farm or ranch or lake home? It has been delightful watching the chicks grow up in the two courtyards and we look forward to see if this is repeated next spring. The daddy of our brood, a beautiful Black Shouldered peacock has already started growing his magnificent iridescent tail for next year. He sheds all his “tail” feathers at the end of every summer after the breeding season is over. Those feathers are separate from his actual tail. He would look pretty ridiculous if he didn’t have any tail at all! By spring he will be back to his full glory.

Come Join the Fun!
Saint Simeon’s Auxiliary’s
Annual “Oktoberfest”
For Residents, their Families, and Friends
Thursday, Oct. 8
4:30 p.m. to 6:30 p.m.
Valley View Dining Room

There is no charge, but reservations for guests are requested by Oct. 5
Call Brenda Haesloop at 744-0944

Enjoy great food & drinks plus entertainment with a German flair!
And of course... “Chicken Dancing”

Auxiliary Program—Guest Speaker
Dr. Mary Nole, Saint Simeon’s Wellness Coordinator

The Wellness Center is officially open!
You are invited to the Auxiliary’s Education Program
on Tuesday, October 13th, 1:00 p.m. in the Smith Conference Center
to meet Mary Nole, Saint Simeon’s Wellness Coordinator.
Join us and hear about all of the exciting new programs offered in the Wellness Center for the Residents.

Tour of the Wellness Center
Refreshments
News From the Auxiliary
The purpose of the Saint Simeon’s Auxiliary is to enrich and enhance the lives of the Residents of Saint Simeons.

Next Auxiliary Meeting:
Tuesday, October 8, 2009
1:00 p.m. Smith Conference Center
Meet Mary Nole, Saint Simeon’s Wellness Coordinator

Landscape Committee

Our fall planting date is scheduled for Friday, October 2nd. We will be placing pansies in flower beds throughout the campus, as well as cleaning out annual beds.

There will be 42 sixth graders from Marquette Catholic School to help with this project. We can always use extra help and anyone is invited to join us! There are other projects planned for October. The dates have not been set, but if you are interested, please let us know the days you would be available. Please call Mary Lou Havener at 606-3789 to volunteer.

Pansies like cooler weather and will grace us with their beauty during the fall and winter months. It is always wonderful to see one of their faces show through a patch of snow when everything else is so tired from the winter months! They will last until spring when the weather starts warming up. They prefer full sun but sometimes will tolerate indirect sun.

New Peggy V. Helmerich Library is Open

Thanks to everyone who helped pack, unpack and shelve the books for the new Peggy V. Helmerich Library for Saint Simeon’s Residents — especially Janice Bowman, Mary Dotson, Phyllis Dotson, Brenda Haesloop, George Harrington, Judy Lawson, Pat & Bud Martin, Marie Millar, Jack Ward, and Trudy Williams.

For information about the library contact Judy Lawson at 743-8429.

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Auxiliary volunteers George Harrington, Marie Millar & Judy Lawson unpack books.

For information about the library contact Judy Lawson at 743-8429.
JOIN SAINT SIMEON’S TEAM!
MEMORY WALK 2009
Saturday, October 3, 2009
Registration:  8:30 a.m.
Walk:  10:00 a.m.
ORU Campus at 81st and Lewis

Go to www.tulsamemorywalk.com
and click on Sign Up to Walk
Our team name is “Saint Simeon's”
or
Contact Karen Garren at 794-1945
or kgarren@saintsimeons.org

Support the cause to end
Alzheimer's disease!

Welcome to Those Who Have Joined Our Family!

Helene Blust
Eugene Chapman
Fr. Bob & Anne Evans
Elizabeth Failing
Patricia Fowler
Patricia Green

HAPPY BIRTHDAY!!

10/1    Estha Dixon
10/2    Lenora Myrick
10/3    Paul Perrin
10/10   Wilma Williams
10/12   Betty Nemec
10/13   Tom Crewson
10/17   Buddy LaFortune
10/25   Elizabeth Failing
10/28   Norma Collyer
10/31   Ocey Pack

Memory Center Family Support Group

Administrative Conference Room
Friday, October 22, at 2:00 p.m.

The support group is an opportunity to meet with others facing similar challenges and dilemmas and to share thoughts, feelings and ideas for coping. The group is led by Chris Gruszeczki, Life Enrichment Director.

We Remember in Our Prayers Those Who Have Departed this Life

Ed Tennery
We have a new home and new pigeon in the Reflections Courtyard. With our first dovecote (bird house for pigeons) there was only one entrance and since we may have had two boy pigeons, one of them was not allowing the other into the house which made him a “sitting duck” for our hawks and owls. Thanks to Bud Martin who built a new dovecote for us with multiple compartments, each with its own entrance. And special thanks to Tina and Derik Webster with Webster’s Wings, who generously donated a beautiful fantail pigeon as a mate for our lonely bird. The two are getting along beautifully and are both literally “eating out of our hands” – thanks again to Bud. Would you like to feed them sometime?

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Thunderbird Youth Academy Returns

Thirty two members of the Thunderbird Youth Academy from Pryor volunteered their services. The youth spread several loads of rocks in an area by the back road, spread grass seed, and cleaned flower beds in the Gazebo Courtyard. We are so grateful for their help! They will be returning later in the fall to assist with other landscape projects. We thank George Harrington for coordinating this effort.
Dear Residents, Families, and Friends of Saint Simeon’s,

I have discovered a wonderful spiritual routine when I first wake up each morning. I have noticed that if I take the time to do these three simple steps, my day seems to run more smoothly, I feel I have more energy, my attitude is positive, and my ability to accomplish tasks is enhanced. Even the difficulties that will arise in life, I seem to handle with more ease and grace. Conversely, if I rush through the steps, or don’t do them at all, well ... let’s just say that my interaction with the world doesn’t seem quite so positive.

So, as I wake up, the first thing I do is say “thank you.” It’s really a simple thing. Just offer to God a little “thank you” for the new day, for its opportunities, for your relationships, or for just having life! When you do that, you have already begun your day with an attitude of gratitude, which I’ve written about before in this column. No need to belabor this point. Just give thanks.

The second thing is to ask God to bless me with the gift of joy and wonder in all God’s works. This is a very powerful request, because it asks of God to open one’s mind and heart to see and delight in God’s Presence throughout creation. Imagine being able to recognize the hand of God in every one and every thing you encounter during the day. How would that change your experience of life? For me, there is a sense of playfulness about the world. It’s as if the world is a game of “Where’s Waldo” and I’m discovering the Creator in every part of creation.

The third and final step is very important. It grows naturally out of the other two. It is in the form of a question, and yet it is really a profession, comprised of four little words: “How may I serve?” Having given thanks for all the blessings we’ve been given, and having asked for the gift of joy and wonder in all God’s works, we present ourselves as servants, ready to play our part in God’s Divine Drama. It’s the soul’s most appropriate way of saying to God, “When I grow up, I want to be just like you!” We ask God for the opportunity to serve ... and then hold on! It’s coming! The opportunities will abound that very day!

Try it out! You’ve got nothing to lose, and possibly everything to gain. Start your day with the three steps. Give thanks. Ask for the gift of joy and wonder in all God’s works. Then, present yourself to God with the words, “How may I serve?” You will find that some very powerful things start happening in your life!

God’s Blessings to you,
Fr. Bill Holly+

The Quill is also available online or by email — visit our website:  www.saintsimeons.org
Special Events in October

October 1st—The Bistro Hors d’oeuvre Party

October 3rd—Memory Walk 2009

October 8th—Oktoberfest Dinner at Saint Simeon’s

October 13th—Auxiliary Program:
Dr. Mary Nole,
Saint Simeon’s Wellness Coordinator

Happy Halloween

Saint Simeon’s Episcopal Home

3701 North Cincinnati
Tulsa, OK  74106-1599

CHANGE SERVICE REQUESTED