In Memory of Dr. Ben Graf Henneke

As many of you know our beloved “Quill of the Hill,” Dr. Ben Henneke, died November 13th. Dr. Henneke wrote the delightful, witty and insightful essays that appeared on the cover page of the Quill of the Hill for the past fourteen years. Each month Residents, family members and friends of Saint Simeon’s would look forward to Dr. Henneke’s thoughtful and humorous musings and observations of life at the “Senior Citizen Snuggery” as well as life in general.

Dr. Henneke was a well-known figure in Tulsa having a long association with the University of Tulsa, including serving as its president and founding KWGS radio station. He and his wife Ellen moved to Saint Simeon’s in 1986. Both were contributors to our newsletters through the years. Lindsay Hurley Fick, President/CEO of Saint Simeon’s, states, “Dr. Henneke’s ‘Quill of the Hill’ writings were a true treasures in the life of Saint Simeon’s. And those treasures will live on.”

Many of the essays that Dr. Ben wrote for the Quill are compiled in his two books Writing with a Quill Pen and Typescript. As a lifelong educator and lover of learning, it was only fitting that he designated that all proceeds from purchases of Writing with a Quill Pen and Typescript go directly to the Employee Education Fund, which benefits Saint Simeon’s employees who are seeking training and education to enhance their careers at the Home. Published in 2005, Writing with a Quill Pen was generously underwritten by Dana and Anne Smith. Typescript was the follow up collection published in 2008 and underwritten by a small portion of the proceeds from Western Days 2008.

Last September in his final essay for the Quill, “Nunc Dimitti,” Dr Ben wrote:

“The Prayer of Saint Simeon is familiar to all those who attend morning or evening prayer. It is a part of the liturgy in both services although the wording varies, as the translators had different opinions on how to translate the Latin text, which begins with the words, Nunc Dimittis.

Saying ‘this is the end’ is painful. Saying 'Lettest thou thy servant depart in peace' is painful also, but seems less so. When you are trying to find a way to minimize the hurt of ‘the end’ for yourself and others, that's when you may say,

Nunc Dimittis.”

We are so grateful and honored that Dr. Henneke shared his gifted writer’s talent with Saint Simeon’s. He will be missed.
Celebrate the Season at the Residents’ Christmas Parties

The Auxiliary invites all Residents, their Families and Friends on Saturday, December 12th

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

- Enjoy holiday refreshments!
- Wonderful musical entertainment by Janet Rutland and Friends!

Bring the family for a photo with Santa and Mrs Claus!
Employee Christmas Fund
Expressing Appreciation to Caregivers

This holiday season, the Trustees of the Saint Simeon’s Foundation invite you to help us express appreciation to the Home’s nurses, nurse aides and psych techs as well as the support staff in dietary, housekeeping, maintenance, life enrichment and administration. Residents, families and friends who wish to express their appreciation for employee efforts may make a charitable donation to the Foundation’s Employee Christmas Fund.

The individual donations are aggregated and equally divided among the employees noted above, just a few days before Christmas. (The amount awarded to employees new to Saint Simeon’s during 2009 is prorated for their time employed.) This holiday bonus is a wonderful “thank you” for their dedicated efforts throughout the year.

The employees of Saint Simeon’s are blessed to serve Residents and Families who openly express their appreciation for the quality of care provided by the staff all throughout the year. Occasionally, gifts of cash or other items are offered by Residents, family or supporters to individual employees as a “thank you.” These expressions of appreciation to individual employees are very thoughtful. However, to help assure that each Resident receives the same compassionate and quality care, individual employees are not allowed to accept gifts or gratuities.

If you choose to make a donation to the Foundation’s Employee Christmas Fund, please place your contribution in one of the gift boxes located in each area of the home. The gift boxes will be placed throughout the Home starting on Friday, November 27th and will remain out through Tuesday, December 15th. You may choose to mail a check or charge your donation to your Visa, MasterCard, Discover or American Express. Please mail your check or credit card information to Saint Simeon’s Foundation, Attn: Employee Christmas Fund, 3701 N. Cincinnati, Tulsa, OK 74106.

Please call Stephen Mason, Saint Simeon’s Foundation, at (918) 794-1937 if you have any questions.
Dear Residents, Families, and Friends of Saint Simeon’s,

We are speeding right into the season of Christmas! It’s a good thing. No, I’m not going to bemoan the retail push of Christmas earlier and earlier each year, although I do confess to being annoyed at a local radio station that decided Halloween was a good time to start playing Christmas music 24/7. I’ve gotten pretty good at ignoring those trappings until I’m ready. What I’m finding is that this year, I’m ready earlier.

Yes, to all you Church purists out there, I’m well aware of when the liturgical season of Christmas begins. But let’s not be pharisaical about this. We run the risk of becoming prune-y scrooges putting a damper on some joy that’s just trying to get out. For those of you who, like myself, are lovers of Advent, let me just say that it is a season of anticipation. Few things in life are sweeter than the joyful anticipation and expectation of that which we hold dear or enjoy! Let’s not forget that Advent is that strange time in which what we are awaiting is already here.

What is really on my mind and heart right now is gift giving. Our practice of Christmas is very much centered on the giving of gifts. This can really be fun, and it can be fulfilling. It can also truly be a spiritual growth experience. A gift, in its truest sense, is something that you have, which you give to someone else. When you give something that is important or precious to you, that act becomes an opportunity for spiritual advancement.

I recently got to witness just such an event. A colleague of mine had a religious figurine which had been given to him many years ago. It was a beautiful piece of modern sculpture representing Jesus with outstretched arms. This had been crafted just for him and he prized it very much. It had hung in every office he’d occupied for many, many years. In a moment of celebration, he gave this most prized possession to another. In a very real sense, when he gave away that wonderful piece of art, he gave away a piece of himself – a truly spiritual gift. When we do such a thing, we are giving as God gives.

This is the significance of Christmas. God gives us a gift which God prizes above all others. We are offered that which is an integral part of God’s own Self. God gives to all people his Son in the hopes that we will cherish Him as God does. He also gives his Son in hopes that we will come to understand just how much we, ourselves, are cherished.

Christmas Blessings to you,
Fr. Bill Holly +
HAPPY BIRTHDAY!!

We Remember in Our Prayers Those Who Have Departed this Life

Welcome to Those Who Have Joined Our Family!

Jeanette Chucker
Dorothy Clary
Clara Patterson
12/5 Arthur Rubin
12/6 Ruth Fishburn
12/9 Ann Leander
12/9 Theodore Legg
12/9 Lucille McKay
12/10 Agnes York
12/12 Joi Salisbury
12/16 Norma White
12/17 Ruth Freeman
12/18 Velma Villines
12/19 Mary Horner
12/22 John Alexander
12/24 Carol Gatchell
12/24 Loretta McKenzie
12/25 A.J. Shields
12/28 Gladys Cundiff
12/28 Patty Flint
12/29 Maldi Coleman
12/29 Nancy Jupp
12/29 Mary Ann Wilkinson
12/31 Mable Rice

Robert Rumley
Frank Young

Memory Center Family Support Group
Administrative Conference Room
Thursday, December 17th, 2:30 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.

Gene Anderson
Betty Cox
Ben Henneke
Art Whitt

Wellness: It's What We Do!
Wellness Center
Daily Schedule
9:30 a.m.— Water Exercise
11:00 a.m.— "Dry-Land" Exercise Class
1:00 p.m. to 2:00 p.m.—Open Pool
Call 794-1905
For More Information

Veteran’s Day Recognition

Saint Simeon’s honored its Residents who served our country in military service with a special Veteran’s Day Reception. We salute them and thank them for their service!

Adler, Ray USAF
Alexander, John Navy
Basinger, Roy Navy
Bolch, Frank USAF
Boone, Reece Army Air Corps/USAF
Chapman, Gene Army
Coldwell, Malcolm Coast Guard
Cox, William Army
Crewson, Tom Army
Decker, Edward Marines
Dempster, James Army
Doennecke, Craig Navy
Evans, Robert Army
Felker, Richard USAF
Freeman, Tom Air Corps
Galbraith, Monroe Army
Gatchell, Frank Army/USAF
Glass, Joe Navy
Hamilton, Bill Navy
Harmon, Raymond Marines
Johnson, Garland Navy
Jupp, Nancy RAF
King, William Army
Kingsley, Robert USAF
Lamoreaux, Bill Navy
Legg, Ted USAF
Murphree, James Navy
Nichols, James Army
O'Connell, Joe Army
Owens, Bill Navy
Perrin, Paul Marines
Perry, Doug Air Corps
Robak, Bernice Army
Rubin, Art Air Corps
Rumley, Robert USAF
Trower, Tom Army
Welch, Barney Army
Whitt, Art Navy
Williamson, Jack Navy
Wotuck, Stanley Army

RSVP for Christmas Dinner at Saint Simeon’s

It’s the holiday season! The Dining Services Team is putting together a memorable noon meal for our Residents and families to attend on Christmas Day. We ask that all family members and friends of Residents who are planning to attend the dinner please make reservations by calling Becky at 794-1903. Reservations will be taken until December 18th or until our seating capacity is filled.

Our Staff would like to wish everyone a safe Holiday Season and Merry Christmas!
From Morrison Senior Dining Services
Special Gifts from The Auxiliary

The Auxiliary was pleased to donate the new Christmas tree and decorations for the Hille Foyer. We hope it will be enjoyed by all Residents as well as families and friends who visit the Home during the holidays.

New equipment for the Bishop Moody Wellness Center— The Gluteus Isolator (a.k.a. the “Glutenator”) and attachments for the SciFit Total Body machine, including a wheelchair platform, high boots, low boots and gloves, — will be purchased with funds from the Auxiliary.

Our purpose is the enrich and enhance the lives of the Residents and we thank to our Auxiliary members whose membership dues make these donations possible.

Santa Needs Some Helpers

- Hosts/Hostesses For the Resident Christmas Parties on December 12th! (See times on page 2)
- “Stuffers” to assemble cards on Tuesday, December 15th 9:30 a.m. - “til finished” Foundation Office

For Information Contact: Judy Lawson at 743-8429 or Elaine Hanner at 492-7838

No December Business Meeting

Next Auxiliary Meeting: Tuesday, January 12, 2010 1:00 p.m., Smith Conference Center

Guest Speaker: Margaret Love
Caregiver Counselor Alzheimer’s Association

“New Beginnings – Getting Ready for the Future”

Merry Christmas

All Residents, Family Members & Friends of Saint Simeon’s are welcome to join the Auxiliary. Come to the meeting and learn about our programs & activities!

For information contact: George Harrington at 664-8047
Great Holiday Gift Ideas!

Always Welcome Gift — A Massage!

Therapeutic & Geriatric Massage Therapy
By Pam Martin, Certified Massage Therapist

A Salon Simeón Gift Certificate

- Hair Styling & Cuts
- Manicures
- Pedicures

Contact Chris Gruszeczki
For prices and a personalized Gift Certificate
794-1904 or cgruszeczki@saintsimeons.org

Family Meetings for Health Care Center and Memory Center

Since June 2008 the Administration and Board of Trustees has hosted bi-annual meetings for families and representatives of Residents of the Health Care Center and Memory Center. These informal gatherings serve as a way to maintain open communication and strengthen relationships with our families and resident representatives. They also provide an opportunity for those in attendance to ask questions and share suggestions for how Saint Simeon’s can ensure the very best care and service.

Family/Representative Meetings are scheduled as follows:

Health Care Center Family Members and Resident Representatives
Tuesday, December 8, 2009 at 5:30 p.m. in Saint Simeon’s Common Room

Memory Center Family Members and Resident Representatives
Thursday, December 10, 2009 at 5:30 p.m. in Saint Simeon’s Common Room

Sandwiches and cookies will be served. So that we can plan appropriately, please RSVP to Donna Mayotte at 794-1925 or dmayotte@saintsimeons.org.
News Around Our Home

Welcome to Those Who Have Joined Our Family!

Jeanette Chucker
Dorothy Clary
Clara Patterson

Robert Rumley
Frank Young

Memory Center Family Support Group

Administrative Conference Room
Thursday, December 17th, 2:30 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.

Wellness: It’s What We Do!

Wellness Center
Daily Schedule

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11:00 a.m.— “Dry-Land” Exercise Class
1:00 p.m. to 2:00 p.m.—Open Pool

Call 794-1905
For More Information

We Remember in Our Prayers Those Who Have Departed this Life

Gene Anderson
Betty Cox
Ben Henneke
Art Whitt

HAPPY BIRTHDAY!!

12/5    Arthur Rubin
12/6    Ruth Fishburn
12/9    Ann Leander
12/9    Theodore Legg
12/9    Lucille McKay
12/9    Ruth Staudt
12/10   Agnes York
12/12   Joi Salisbury
12/16   Norma White
12/17   Ruth Freeman
12/18   Velma Villines
12/19   Mary Horner
12/22   John Alexander
12/24   Carol Gatchell
12/24   Loretta McKenzie
12/25   A.J. Shields
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Our Staff would like to wish everyone a safe Holiday Season and Merry Christmas!

From Morrison Senior Dining Services
Some predicted an early frost, but it didn’t happen on Saint Simeon’s hill. We actually had plenty of time to get all our plants in for the Winter. I use Halloween as the “drop dead” deadline for plants who can’t survive outside to make their migration. With the unusually warm November we might have been able to wait until Thanksgiving this year!

Several residents who have patios or decks have plants which have come inside for years. There often is not enough space in their apartments or cottages for them so we all get to enjoy them. Two long-time visitors are Pat Perrin’s Hibiscus plants. They are in the windows of the Education Office and have been blooming ever since they came in. The blooms on one plant are salmon in color and are the larger of the two. The other plant has orange and red blooms (some of each). Pat brought her husband, Paul, by and he remembered them as soon as he saw the flowers.

Some other plants came to visit from Gene and Ruth Anderson’s Cottage. We lost Gene this past month – or as Ruth would say, “He got to graduate!” Gene probably saw the deer (just outside the fence) more than anyone else since he could see them from his bedroom and had beautiful photos to prove it. Ruth’s plants are on the second floor of the new Assisted Living Building in the sitting areas. An unusual Australian Tree Fern, a beautiful Gardenia (which also may bloom inside), a Corn Plant, and the grandest Fluffy Ruffle Fern you will ever see. That fern, as a small potted plant, was originally presented to Ruth and her sisters at their mother’s funeral over 30 years ago by Martha Cole. Amazing all these years later they are all living at Saint Simeon’s.

We also lost Art Whitt recently. Art’s apartment often hosted visitors of the canine variety. Daughter, Maggie, brought her dogs and also Simone considered it a destination point on her daily rounds. Smart money says that Art had some kind of dog biscuits in there. Art had a fondness for all our critters. He helped make it possible for the two lop-eared bunnies that grew up in the Gazebo Courtyard. They eventually had to move to a farm (no, really that is the truth) because they not only ate our flowers and vegetables but started gnawing on the trees…

And we lost Dr. Ben Henneke. He had lived here 23 years, most of that time with his wife, Ellen who died a few years ago. Ellen liked Magnolia Trees and they had one behind their cottage. The stately Andrew Jackson Southern Magnolia on the north side of the drive was planted in her honor. It is from the Historic Trees Collection and is a sapling of the Magnolia that President Jackson planted, in his wife’s memory, next to the White House. She died shortly before he took office. That tree is still living – despite being hit by an airplane - and is pictured on the back of a $20 dollar bill. Our tree was just a sapling when planted but now is large enough that its branches are full of Christmas lights and lighted packages are beneath them. Look for it as you drive in or out of Saint Simeon’s.
This is what Ashwin Shrinivas, Executive Director of Morrison Senior Dining, said about Dietary Aide, Matthew Turner.

\textit{Since Matthew joined Morrison at Saint Simeon’s, his professional positive attitude towards serving residents has set the bar on our dining services team. Matthew has been an eager learner, quickly grasping the needs of residents, and has always aimed to please them to the best of his ability. The residents in City View all are extremely pleased with his service style and general demeanor. In a difficult situation, Matthew can always be counted on to cover another shift, work in a different kitchen, help with catered events and is usually the first to volunteer for any accommodations that need to be made in a last minute situation. Even with the opening of the new Assisted Living dining rooms, Matt was quick to assess the needs of the dining room and help in the planning of the execution of service there. He also jumped at the opportunity to be the first to serve the residents in the Valley View dining room. Matt has been a wonderful addition to the Morrison team and we are certain that there is more to come from him in the near future.}

Matthew works in the Valley View Dining Room where he manages the daily service of the residents there, makes their dining experience as pleasant as possible, and provides whatever aid is needed in the kitchen in the preparation and service of the meal. He came to work here in January of this year and previously had been in retail hardwood management, industrial manufacturing, and the concrete business, “I eventually decided that life must have more to offer than this and through a Temp Agency started taking side jobs. These jobs are called ‘tickets’ and can last anywhere from a few hours to several months. One of my first ‘tickets’ was here at Saint Simeon’s, helping serve at an Auxiliary function. Morrison’s then offered me the opportunity to come and work for them. I am committed to put in the time and effort with them so that down the road Morrison will even pay for my education. I am considering going into either Dietary Science or possibly Culinary Arts.”

“It was Saint Simeon’s environment that pulled me in. I found out about myself that the element where I work best is where I can serve those in need. The biggest challenge for me each day is learning how to make each meal a dining experience that causes the residents to feel at home rather than in a facility. They entertain and challenge me every day!”

“I was born in Amarillo, Texas but spent my first 12 years growing up in Muskogee, Oklahoma. Then my parents’ careers took us to Corpus Christi, Texas where I lived until I graduated from High School. Going from Muskogee to living on the Gulf of Mexico was quite a change in my life. After graduation, I attended Ozark Bible College in Joplin, Missouri. I (Continued on page 11)
lived on campus but worked on a 200 acre farm to pay tuition. I did everything from raising alfalfa to raising chickens, along with morning milking sessions and making homemade ice cream.”

“My Mother has always worked in the medical field and now runs the IT Department at Hillcrest Hospital. My Dad worked in the pipeline business but has also been in and out of the Ministry and is currently a Teacher and Music Director. I have two sisters, Rachel and April. Rachel is in school in Norman and is interested in Sports therapy. April lives in Tulsa and works at Hillcrest in medical billing. I have two nieces, one nephew, and one nephew on the way. I was married once and have an eight-year old daughter who is a third grader at Jefferson Elementary School and currently wants to be a veterinarian when she grows up. Julie is the light of my life!”

“I lead a pretty simple life. I live in an apartment and spend time with family and friends every chance I get. I enjoy music, play the piano and guitar, and would like to do more of that in the future. I definitely like to travel. In 1999, I had the opportunity to spend five months in Asia traveling with my father while he was on assignment for his Church reporting on their Hostels Missions. We spent time in Thailand, China, and Burma. I occasionally attend my Father’s Church. It is a Messianic Congregation which is a branch of Christianity that takes a personal interest in and emphasis on our Hebrew roots.”

“I hope that someday I can find my own piece of land here in Oklahoma because I am definitely interested in settling down and having a family. I am thankful that Morrison and Saint Simeon’s have offered me a future and I hope that my time here will be long and fruitful.”

**Congratulations CNA Level II Graduates!**

The Certified Nurse Aide Career Ladder Program at Saint Simeon’s follows the state curriculum designed to offer further education opportunities to CNAs. Our Clinical Resource Coordinator, Crystal Johnson, who is also an instructor for Tulsa Technology Center, conducts the classes which enable our CNAs to complete the state CNA Level II Curriculum through Tulsa Technology Center. When they successfully complete the CNA Level II course it is noted on their name badges. The program also encourages mentoring, recruitment and staff retention. Saint Simeon’s class has the highest pass rate in the state and was the first graduating class in Tulsa!

*The following Saint Simeon’s CNAs have successfully completed the course for CNA Level II:*

**Health Care Center:** Sonja Anderson, Linda Daniels and Cassandra Grayson

**Memory Center:** Samantha Maloney, Micah McGee and Doris Wells

**Assisted Living:** Paula Gazaway and Linda Smith
Santa Is Checking His List Twice!

For the Christmas Parties Sponsored by the Auxiliary

All Residents, their families and friends are invited on Saturday, December 12th

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

For Christmas Dinner

Make your reservations for Christmas Dinner at Saint Simeon’s!

Call Becky at 794-1903 by December 18th

Holiday Guest Meals are $12