

Quill of the Hill

Volume 45

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November 2010

AAHSA Award

Phyllis and George Dotson, Trustees and volunteers for Saint Simeon's for over 25 years, have recently been named by the American Association of Homes and Services for the Aging (AAHSA) as recipients of the 2010 Excellence in Leadership Award. This award is given in recognition of leadership excellence and accountability in alignment with the principles of Quality First.

Phyllis and George are to receive their award at AAHSA's Annual Meeting & Exposition in Los Angeles on November 1.

Outstanding Fundraising Executive Award

Stephen Mason, Executive Director of Saint Simeon's Foundations has been named *Outstanding Fundraising Executive for 2010* by the Eastern Oklahoma Chapter of the Association of Fundraising Professionals. Each year on National Philanthropy Day the contributions of people active in the philanthropic community are recognized. This award is presented to the Executive Director who, through hard work and dedication, has enhanced philanthropy and their communities.

This award is to be presented at the Eastern OK Chapter of AFP NPD Luncheon on November 9, at the Downtown Doubletree Hotel.

Morrison Management Specialists has announced that Morrison at Saint Simeon's has been recognized as the "Senior Living Account of the Year"



"Saint Simeon's 600" Celebrates the Wellness Center's First Year

During September the **Wellness Center** held its first "Saint Simeon's 600." The goal for this competition was to have 600 Resident participations in Wellness Center programs for the month. Residents and staff members in each area competed.

Memory Center won the greatest percentage (64%) of Residents participating and received special "I'm a Winner" t-shirts.

Dotson Family Assisted Living Center won the greatest number (204) of Resident participations and received special water bottles.

Individual Winners

(for number of participations in one year)

1st Place Mable Rice (269)

2nd Place Jim Nichols (177)

3rd Place Jane Fair (146)

4th Place Juanita Jones (126)

5th Place Patti Flint (105)

6th Place Fr. Bob Evans (102)

Day of Remembrance

Tuesday, November 30, 2010
1:30 p.m.
The Common Room

Please join us for our annual memorial service for these Residents who have passed away in the last twelve months:



Carol Gatchell
Betty McGowen
Mildred Willcox
Dorothy Smith
Monroe Galbraith
Anita Wood
Lora Saterlee
Robert Littlefield
William Browning
Betty Cox
Phyllis Prange
Laura Randolph
Eugene Chapman
Ginny Stacki
Estill Sherrill
Eleanor Randall
Norma Graff
Delbert Dewey
Rodney Cumber
Maldi Coleman
Mary Nell Lindsey
Margaret Murray
Jayanthi Raj
John Alexander
Marie Fritz
Ted Legg
Beulah King
Peggy Allbee

Virginia Haggerty
Glays Cundiff
Lillian Knight
Ozzie Reeves
Robert Rumlely
Beverly Green
Mary Jean Coburn
Cleo Hess
Mildred Kline
Estha Dixon
Norine White
Lucille Stephens
Mary Wheeler
Margery Render
Audrey Ray
William Read
Betty Payne
Eldon Coffman
Norma England
Kenneth James
Roy Basinger
Nelda Torkelson
Jack Halchak
Bill Lamoreaux
Mary Horner
Martha Cole
Vernon Foster
Ruby Fullum

It's time for Saint Simeon's Annual Holiday Shoppe



Tuesday, November 16
10:00 a.m.—2:00 p.m.
**Common Room &
Smith Conference Center**

Featuring:

- Essential Luxuries - hand soaps and lotions ● Amberly Bell - purses ● Zella's Boutique ● Zedal International ● Stitch In Time ● Without a Doubt ● Tupperware ● Faith/Grace Scarves ● Cookie Lee Jewelry ● Avon ● Mary Kay ● Arbonne ● Mountain Man Nuts and Chocolates ● Mary Woolslayer ● and much more!



Bring a friend!

***Christmas shopping is easy at
Saint Simeon's Holiday Shoppe!***



Next Auxiliary Meeting
Tuesday, November 9th,
1:00 p.m.
Smith Conference Center

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!



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 and nurse aides 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 the work of these employee may make a charitable donation to the Foundation's **Employee Christmas Fund**.

Your individual donations are aggregated and equally divided among the employees, just a few days before Christmas. (The amount awarded to employees new to Saint Simeon's during 2010 is prorated for their time employed.) This holiday bonus is a wonderful "thank you" for their dedicated efforts throughout the year.

This annual tradition is always appreciated by the employees. Many have stated that this annual Christmas gift of money allows them to give presents, that otherwise would not be possible, to members of their families, including their children and grandchildren. They also have noted that this holiday gift helps to fund that special holiday meal and the extra expenses that we all incur during the holiday season.

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 26th and will remain out through Wednesday, 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 Ave., Tulsa, OK 74106.

***Please call Stephen Mason, Saint Simeon's Foundation,
at (918) 794-1937 if you have any questions.***

OKTOBERFEST!



Kudos to **Brenda Haesloop**, Event Chair, and the **Auxiliary Volunteers** for a memorable evening of music, food and fun at the annual Oktoberfest Party! Many thanks to the Morrison staff for preparing & serving a delicious variety of German fare - complete with "brats."

Oktoberfest at Saint Simeon's would not be complete without the music of the **Carl & Shirlee Stoops**, who entertained Residents in Valley View Dining, the Health Care Center and the Memory Center. Everyone enjoyed singing and "chicken dancing." The **German American Society Singers** also entertained in the Valley View Dining Room.

Getting to Know: Angela Gist



Angela was one of several employees who assisted when a Resident was found unresponsive. Their quick action and team work allowed her family time to see her before she passed away. Our Director of Nursing, Sue Slama, said, "It was reassuring for me to see the staff all working together in a calm and professional manner. It was rewarding to see this first hand and know that our Residents are getting the best care possible by the best team around!"

Angela is a Restorative Aide in the Memory Center. "I work with the Residents after they have finished their Therapy Program. I help them with their range of motion and with walking. This keeps them at their highest level of function and ability. I am also a Certified Nurse Aide (CNA) and am currently working as a float. For six years I was in Home 2. With that length of time in one home you really get to know those Residents well and they know you and you develop a comfortable routine together."

"Before coming to Saint Simeon's in 2002, I was the Activities Person at Gateway in Broken Arrow. That is a program for individuals with special challenges or needs. I would take them shopping and to the doctor, plan activities for them, and we would make things to sell each year at our big fundraiser, the Balloon Festival."

"At first I didn't think that I wanted to work in the nursing field. I was a CNA but I had the attitude that I sure didn't want to do that kind of stuff. I was in the Job Corps and got a job working at a hotel. When I got my first paycheck for \$17, I figured out real quick that I couldn't take care of me and a child on \$17 so I decided to use my CNA training. When I was 16, my grandmother had Alzheimer's and I had always wanted to know more about it so when a friend recommended Saint Simeon's, I came to work in the Memory Center."

"I was born in Tulsa, grew up in Haskell with my Mom and later moved back to Tulsa with my Dad and graduated from East Central High School. My mom, Anita, was a CNA and a secretary. She died last year. My dad, Louis, was a minister at Obedient Christian Center but is having health problems and can no longer do that. I have three brothers and one sister and am the baby in the family."

"I am engaged to Johnny Stevenson, who is a Nurse Tech at the Oklahoma State Regional Hospital, downtown. I have three boys and a stepdaughter. Rasheem is sixteen years old, goes to Nathan Hale High School and enjoys making music – especially instrumental music you can do on the computer or a keyboard. Tony is thirteen years old, goes to Foster Middle School, and plays football. Jontae, twelve years old, is also at Foster and in the ROTC Leadership Program. Tyvon, my ten year old, attends Disney Elementary School, and is a soccer player."

"We recently moved to a house at 33rd and Lewis and I enjoy spending time with my kids playing basketball, riding bicycles, and going on walks. I've traveled to New Mexico, South Carolina, Georgia and Louisiana to visit family and on vacation. I'm a member of the House of Glory Church. We have two dogs. Chico is our adorable Shih Tzu. I also recently adopted one of Mary Nole's dogs (Mary is our Wellness Coordinator) that she had been trying to find a home for. He is a Boston Terrier mix with the name, Barkley James."

"I love my job. No matter what kind of day you are having, there is always some Resident who will put a smile on your face. One day I wasn't feeling very good and one Resident who usually doesn't speak much at all, suddenly looked up at me, 'You don't feel very good and you don't look well either.' You would be amazed at what the Residents notice sometime even though they may not express it."

Fall is here and as our pond begins to drop in temperature our **Koi and Gold Fish** become less active. Their metabolism is slowing as they prepare to hibernate for the winter. **Tom and Ruth Freeman** fed the fish all summer but have stopped now to allow that natural process to begin. Tom (educator that he is) prepared a scientific analysis of the fish “capacity” of our pond by measuring our total surface area and depth at various locations, calculated the total volume of water, and allowed 25 square inches of water for each one inch of fish. He then did a detailed inventory of our fish, noting his census “was approximate since moving fish are hard to count!”. I have the report in my office if anyone wants to see all the tails – oops I mean details...

Most of our fish are unique – each one is different in color and/or size and shape of tails and fins but we have quite a little “school” of bright orange baby fish and some of them could find a home somewhere else if anyone is interested. Clearly these fish could live in an outdoor pond or you could do what **Ashley Owens in Housekeeping** did and provide a home in an aquarium. Of course, the ones in a pond are going to get much bigger!



(l to r) Anne Evans, Bud Martin & Fr. Bob Evans enjoy watching the new Indian Fantails.

Help us to be on the lookout for hawks and owls because a new pair of pigeons has moved into the dovecote in the Reflections Courtyard. **Bud Martin** found these **Indian Fantail Pigeons** for us and has been taming them to eat out of his and Residents’ hands. **Bob and Anne Evans** will soon take over as our designated pigeon feeders. The birds are spending most of their time inside their house until they are fully bonded to this courtyard “home.” Soon you will be seeing them outside more often. They are beautiful black in color with iridescent violet and turquoise highlights around their necks. The male is larger and has one white tail feather. We already know that they “like each other” so maybe we’ll be hatching some eggs in the Spring...

The **deer** are back! With all the deconstruction and construction going on we hadn’t seen any of our deer for a while but recently **Pat Perrin and Ruth Anderson** had four beautiful deer come right up to their cottages backyard fence. Pat says they were an unusual color – muckeldy-dun. That’s a new one for me!

Saint Simeon’s is known for its birds from our two indoor aviaries to our peacocks and pigeons in the courtyards and the plethora of wild birds who visit our trees, feeders and birdbaths. The wild birds have a wonderful new friend, **Patricia Meyer**. Patricia moved in a few months ago on Casey Hall, the first floor of the Dotson Family Living Center. She has six bird feeders of various kinds in place and the welcome mat is out but no birds so far! If anyone has any ideas of how we can attract that first bird, short of kidnapping a cardinal and delivering him there, let us know. Perhaps this Winter the birds may discover this new dining option.



*Thank you to **Mary Lou Havener and George Harrington**, Co-Chairs of the Auxiliary Landscape Committee, and the volunteers who spent the first weekend in October planting pansies and other fall color plants. Thanks to their efforts the campus will be even more colorful for the fall season!*

Dear Residents, Families, and Friends of Saint Simeon's,



As a way of encouraging his disciples to be diligent in prayer, Jesus told a story about a judge who “neither feared God nor had respect for people” (*Luke 18 1-8*).

A widow kept coming to him seeking justice against her opponent. The judge refused for a time to do so. Finally, he granted her justice to get her out of his hair!

Jesus' point was that if the unjust judge will finally give justice to one who is persistent, how much more will God, who deeply loves his people, give to those who are seeking justice.

There are many times in our lives when we feel that we have been wronged by someone. Normally, we feel hurt, and that soon turns to anger. As we go over and over the wrong we believe was done, our anger and self-righteousness grows exponentially. We want an apology. We want the wrong to be righted. We want vindication. We want justice! Sadly, we often also want revenge, whether or not we actually act on that feeling.

The problem is that we are, at this point, way out of balance! Our spiritual, physical, and emotional systems are at odds. A tremendous amount of emotional and mental energy is being expended, leaving little for more positive endeavors in those areas. Yet we may not believe we are able to put this wrong, real or imagined, aside. What are we to do?

There's an old Gospel hymn, “What a friend we have in Jesus” that offers some very sage advice – take it to the Lord in prayer. Isn't this the same point Jesus was making with his parable of the unjust judge? Who is the ultimate Judge? Of course, it is God. Take the matter before God in Prayer. You don't have to set a date or anything. God is highly available. Be persistent! Pray early, and often!

A wonderful thing happens when you take it to God in prayer. You begin to release your death-grip on your hurt and anger. Soon, the wrong, real or imagined, will no longer have any power over you as balance returns to your spiritual, physical, and emotional systems. You are able to deal with the issue with ease. Perhaps, in this newfound sense of peace, you will be able to discuss the matter with the person in question, if appropriate. No matter how that discussion turns out, you will have the blessed assurance that your fate does not lie in the hands of others, but lies solely in God's loving heart.

God's Blessings to you,
Fr. Bill+



Resident Council Meetings

Each living area of the Home has its own Resident Council, which meets monthly. The meetings are facilitated by a Resident Representative or a staff member if the Residents prefer. The Resident Council meeting provides an opportunity for Residents to hear announcements about upcoming events at the Home and to ask questions or express concerns about any aspect of their care and life at Saint Simeon's. Those concerns are then relayed to the appropriate department for attention.

Family members are welcome to attend the meetings, and are especially encouraged to attend on behalf of their loved ones who are unable to express their concerns.

Resident Council Meetings for November:

- Health Care Center
Wed., Nov. 24, 11:00 a.m., Garden View Dining Room
- Memory Center
Wed., Nov. 24, 2:30 p.m., Home 6
- Crossroads Area Assisted Living (D Hall)
Tues., Nov. 30, 10:00 a.m., Crossroads Parlor
- Dotson Family Assisted Living Center
Tues., Nov. 30, 10:30 a.m., the Bistro



Memory Center Family Support Group Meeting

*Thursday, November 18, 2010
at 2:30 p.m.*

Administrative Conference Room

Welcome to Those Who Have Joined Our Family!



*Earl Colwell
Billie Jean Morton*



OUR NOVEMBER BIRTHDAYS!!

*11/1 Ralph Anderson
11/1 Phyllis Rick
11/2 Evelyn Patterson
11/5 Portia Preston
11/6 Virginia Fast
11/6 Johnie Mitchell
11/8 Craig Doennecke
11/9 Jean King
11/9 Elizabeth Turnbull
11/10 Nan Balman
11/10 Charles Neer
11/16 James Smith
11/17 Mary Ledbetter
11/20 Jean Kleemeier
11/20 Richard Tomasi
11/21 Willa Frink
11/25 Charlotte Stewart
11/26 Jennie Clausing
11/27 Carl Smith*

We Remember in Our Prayers Those Who Have Departed this Life



<i>Roy Basinger</i>	<i>Jack Halchak</i>
<i>Vernon Foster</i>	<i>Bill Lamoreaux</i>
<i>Ruby Fullum</i>	<i>Nelda Torkelson</i>

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SAINT SIMEON'S

**Saint Simeon's Episcopal Home
3701 North Cincinnati Avenue
Tulsa, OK 74106-1599**

CHANGE SERVICE REQUESTED

Thanksgiving Reminder

*Family Members
It's time to make your reservations
for Thanksgiving Dinner
at Saint Simeon's!*

*Reservations for 80 guests are
available & will be taken on a
first-come-first-serve basis until
Thursday, November 18.*

Call Becky at 794-1903

***Holiday
Guest Meals
are \$12***



Save The Date! **Resident Christmas Parties**

All Residents, their families
and friends are invited
Saturday, December 11

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

Sponsored by the Auxiliary
Volunteers are needed at all three parties!
For information contact:
Revelle Clausing at 743-3098 or
Debbie Baker at 747-0546