Volunteer... to Employee... to Volunteer

It was bittersweet when Karen Garren officially announced her retirement, effective at the end of October. After serving 5 years as the Marketing and Communications Coordinator for the Home, which, included her work as editor of the “Quill” Newsletter, Karen decided that she was ready to put her working days behind her so that she could enjoy her family and friends to a greater extent, including fun travel plans with her husband, Rick.

But we are very fortunate that Karen is not going away entirely. Just as she did for over 10 years prior to becoming an employee of the Home, Karen will be an active member and leader in the Saint Simeon’s Auxiliary. As a volunteer in the 90s and early 2000s, Karen helped redefine and reenergize the Auxiliary, and helped create and grow the annual Western Days fundraiser. As an employee for the past five years, Karen helped to advance the mission of the Home within the community.

Now, back in her role as a volunteer in the Auxiliary, Karen will once again offer her talents to better the work of the Auxiliary.

Whether as an employee or volunteer, Karen represents the true spirit of Saint Simeon’s….to serve, in whatever way needed, to bring joy and comfort to the Residents.

- Stephen Mason
Executive Director
Saint Simeon’s Foundation

Thanks, Karen!

(Above, inset) Resident Ruth Staudt shares a laugh with Karen during her reception. Several Residents, friends and fellow staff members were also in attendance.

(left to right) Fr. Holly, Karen and her husband, Rick Garren, Lindsay Hurley Fick, and Stephen Mason celebrate with a special cocktail hour in the Deisenroth Bistro on Wednesday, October 27, 2010.

Auxiliary volunteer Judy Lawson and Foundation Board President Robin Ballenger thank Karen for her dedication and service to Saint Simeon’s.
Getting to Know: Betty Minton

We don’t want to lose Betty Minton, our Payroll Accounting Clerk, but she is retiring this month! She has been editor of “Happenin’ at the Home”, the employee newsletter, since the very first one in 1998, so this is also her last newsletter. Betty will be greatly missed. For anyone who doesn’t already know her – here is your chance.

Betty has been at Saint Simeon’s since March of 1985. Before that she had pretty much focused on raising her family – the proud Mother of seven children! Though she did have a variety of part-time jobs, including packaging cookies, grocery checking and hairdressing. Betty first came to work here as one of our four housekeepers. She recalls, “Back then Lois Gore was the Nursing Director, Jerry Pinson was the Administrator, and Terry DeBon was the Licensed Practical Nurse who later became the Nursing Director. Nurse Aides weren’t certified yet so I also worked as a Nurse Aide. I studied to become a Certified Medication Aide and Medical Receptionist and was a Unit Clerk here.”

“Things were really different then. F-Wing and G-Wing were just two years old. In the whole facility there was one Registered Nurse, one Licensed Practical Nurse and one Certified Medication Aide. Since we were so much smaller, employees in different departments worked together more – like housekeepers helped give baths and assisted residents with their meals.”

“I grew up spending a lot of time in the country. I started school in a one-room schoolhouse in Locust Grove and my teacher was Miss Grub – we referred to her as Miss Grub Worm. For most of my teen years I lived in Tulsa and went to Tulsa schools, including Central High School. I spent a lot of time at baseball games since my Dad had a semi-pro baseball team for many years and I still love baseball. I’ve always liked sports – I played softball, tennis and volleyball in high school, and enjoyed roller skating so much that I had to get a new pair (the kind that clamped onto your shoes) every year because I’d worn mine out. I’ve had to have two knee replacements - I think all that sliding into bases may be the cause of that.”

“Jerry and I have been married for 46 years and have lived in Sperry for 19 years. We attend Garden Heights Free Will Baptist Church in Prattville. We had four boys and three girls and now have 13

(Continued on Page 4)
**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 employees 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.

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**Resident Christmas Parties**

*All Residents, their families, and friends are invited!*

**Saturday, December 11, 2010**

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

**Assisted Living**
1:30 p.m.—Common Room

**Memory Center**
3 p.m.—Memory Center

Volunteers are needed at all three parties!

For information, contact:
Revelle Clauzing 743.3098 or Debbie Baker 747.0546

Sponsored by the Auxiliary
Grandchildren, and one Great-grandchild – and they all live close by! I always knew that I wanted six children, but I got seven. Sometimes I wondered if we were going to get them all raised, but we always got along. They respected us and we respected them.”

We are getting ready to move to the country in a few months. We bought a three-bedroom mobile home on five acres in Osage County up north of Sand Springs. I plan to plant a big vegetable garden and Jerry is going to build a deck for us. Our daughter, Mandy, and her two sons (Landon is five and Jordyn is two) live with us and Jerry enjoys babysitting them. We will also buy some chickens, raise a couple of calves, plus get a pony for the grandkids.”

“When we go on trips, I like visiting the surrounding states. Eureka Springs is one of my favorite places. I like to go there during the different seasons – like the Fall when the leaves are changing or Christmas with all the decorations. Maybe now that I’ve retired, we will be able to travel more.”

Betty was recently tied for STAR Employee of the Month. Here was her nomination:

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Betty says, “This poem was published on the website Poetry.com and I did receive a certificate as a member of the National Poets Society. Others I didn’t submit. I just like writing poetry for fun.”

WHERE ARE THE YEARS

Where are the years? They’ve all gone away
Busy people – filling each day
With work and play – enjoying their life
 Barely noticing the stress and strife

Striving each day to do their best
Needing time out – time for a rest

Where are the years? The little ones grown
 Paying their dues by the seeds they’ve sown
Now the golden years are here at last
 But every day brings thoughts of the past

Thoughts of younger years – in their prime
What now? All that’s left is time

Time for loneliness – time for pain
Time for grief – where is the gain?
We laugh, we cry, we shed the tears
Where have they gone? Where are the years?
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Betty has once again demonstrated the true meaning of a “Star” by stepping in and covering in the Purchasing Department several times in September and October. I didn’t even have to ask her, she just did it simply because it needed to be done. She also volunteered to come in at 10:30 at night to cover so that another employee would not have to drive in all the way from Broken Arrow. She did all this even after only being back to work a short time after recovering from knee surgery, talk about a trooper! Betty also does all this without the expectation of recognition, in fact, I’m pretty sure she’d prefer NOT receiving the recognition. She just does it because it’s the right thing to do. To me that’s what it’s all about at Saint Simeon’s…we all chip in whenever there is a need and just “get it done’. I appreciate Betty’s willingness to step in and help with whatever needs to be done…and for that I think she deserves the “Star” designation.

-Mary Miller, Business Manager

“Betty has blessed Saint Simeon’s for a little over 25 years with hard work, devotion, love, and a wonderful memory of Saint Simeon’s history! On behalf of Saint Simeon’s past and present – thank you Betty, and we love you” – Lindsay Hurley Fick, President/CEO.
This is definitely not your typical “Nursing Home”.

Sometimes it seems more like Mutual of Omaha’s “Wild Kingdom” – remember that TV Show?

Everyone knows about our wonderful Peafowl. We hatched 16 chicks this year in our two courtyards and eight of them made it to young adult-hood. The others were lost to owls or hawks or the intense heat. All of our youngsters ended up going to good homes. Carol Crews was the generous high bidder at Western Days and chose three young peafowl but was also willing to take one of our extra young males if we can only catch the darn bird! Peacocks do fly, of course. They roost in trees at night and that involves some flying but most folks aren’t around to see them do that. However, if someone is trying to catch you, instinct kicks in and up to the roof you go!

Oh, the running around with nets and sheets to catch these birds! The men and women of Facilities Management (aka Maintenance) are our heroes. Even Queenie, the white Peahen has a new home down the road with Kim Tatro-Smith.

Alas, the night before the last two youngsters were to leave, one was apparently killed by an opossum. But the peacocks got their revenge. The opossum came back a few nights later, not realizing that only adult peacocks remained and there were seven of them to one of him. They were chasing him all over the courtyard and had him cornered until he was rescued the next morning by Ronnie Ferguson who grabbed him by the tail and escorted him outside the building. We hope this thoroughly chastised opossum spreads the word to his compatriots in the woods that Saint Simeon’s Courtyards are not a hospitable place for opossums.

We have a beautiful new pair of Peafowl, a generous donation from Mike and Jody Johns, owners of Rock-n-Cedar Exotic Fowl in Muldrow, OK. They are gradually retiring from the business and when they learned that Art Rubin, a regular customer of theirs over the years, was living here, they decided to donate their breeding pair of White Peafowl. With the addition of this new male (imagine how glorious his solid white tail will look), this will be the first time we have had two adult Peacocks of breeding age.

Stay tuned for next spring, because it is not called cock-fighting for nothing.
Dear Residents, Families, and Friends of Saint Simeon’s,

I like to do a little life reflection every now and again. It’s just interesting to look back over my life and the changes that have taken place – especially changes in attitude about various things. For instance, we have entered the holiday season. Thanksgiving – Christmas – New Year has been the major celebration season for our society for decades. Thanksgiving marks the official start of the season (let the races begin!) and then there is the great build-up to Christmas with celebrations of every kind, capped off by New Year.

I used to get all scroogy about the secularization of Christmas and bemoan our lack of understanding about what things mean. I decried how far we’ve fallen away from the true spirit of Christmas. I could point my finger at society and its mad rush to buy, buy, buy! I could cast my icy stare at the retail industry and its mad rush to sell, sell, sell! Self-righteous indignation is a wonderful drug; it makes one feel so deliciously superior.

A new understanding eventually dawned on me that there is nothing wrong with society desiring a season of celebration. After all, I’m a part of society and I like to have a season of celebration! As a Christian, I should be thrilled that the season chosen is Christmas – The Christ Mass! As a Christian, I should rejoice that the root of our celebration is Christ, and a most extraordinary opportunity to celebrate, openly, the joy of the birth of the Christ Child – an opportunity not afforded everyone in the world.

Is there a lack of understanding about what Christmas means? Then there is an opportunity to share the reason for the Season! Do I look upon others and see that they have fallen away from the true spirit of Christmas? Then, perhaps, I should take a closer look at myself. I have a wonderful opportunity to let that true spirit of Christmas shine through me. Like Jesus said – let your light so shine before others that they see the good in you and glorify your Father in Heaven.

Christmas Blessings to you,
Fr. Bill Holly+
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 December:

- Health Care Center
  Wed., Dec. 22, 11:00 a.m., Garden View Dining Room

- Memory Center
  Wed., Dec. 29, 2:30 p.m., Home 6

- Crossroads Area Assisted Living (D Hall)
  Tues., Dec. 28, 1:30 p.m., Common Room

- Dotson Family Assisted Living Center
  Tues., Dec. 28, 10:30 a.m., the Bistro

Welcome to Those Who Have Joined Our Family!

<table>
<thead>
<tr>
<th>Ralph Anderson</th>
<th>Jacqueline Payne</th>
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<tr>
<td>Robert Axtell</td>
<td>Carolyn Price</td>
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<td>Elizabeth Dinsmore</td>
<td>Blanchie Purgason</td>
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<td>Jack Dinsmore</td>
<td>John Stuart</td>
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<td>Charles E. Payne</td>
<td>Lucy Thomas</td>
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12/5 Elizabeth Bird
12/5 Arthur Rubin
12/6 Ruth Fishburn
12/9 Ruth Miller Kraemer
12/9 Ann Leander
12/9 Lucille McKay
12/9 Gloria Scott
12/9 Ruth Staudt
12/10 Aggie York
12/11 Kathryn Grant
12/12 Joi Salisbury
12/16 Norma White
12/17 Ruth Freeman
12/17 Velma Gallimore
12/18 Emily Jackson
12/18 Velma Villines
12/19 Mary Draper
12/19 Corinne Sharp
12/24 Loretta McKenzie
12/27 Carl Smith
12/28 Patricia Flint
12/29 Nancy Jupp
12/29 Mary Ann Wilkinson
12/31 Mable Rice

Memory Center Family Support Group Meeting

Thursday, December 9, 2010
at 2:30 p.m.
Administrative Conference Room

We Remember in Our Prayers Those Who Have Departed this Life

Elsie Creider
M. Lois Decker
Ramon Lollar

We remember these individuals who have departed this life: Elizabeth Bird, Arthur Rubin, and others.
Remodel of Memory Center: A Gift of Dignity and Comfort

Excitement is building as Saint Simeon’s prepares to begin the much anticipated remodel of the Memory Center. The first step will begin on December 6, as the construction crews start work in the first of six homes. Resident family members will soon receive a more detailed explanation of the remodel plan and schedule.

As is the tradition of Saint Simeon’s, the Life Enrichment staff and Memory Center care staff will turn this home remodel process into a fun and entertaining “event” for Residents, Families and Staff to enjoy with fun celebrations along the way.

Since opening in 1994, over 300,000 nights of Resident care have been provided in the six homes and common living areas that comprise the Memory Center. Even after 16 years, the leading edge design, along with the ever-evolving programs and services, are unparalleled in Tulsa and this region of the country.

Generous gifts fully funded the original construction, and this major remodel is being funded in like manner, helping to ensure Resident dignity and comfort in their homes.

To find out more about the Memory Center project and how you might be able to help, please call Stephen Mason, Executive Director, Saint Simeon’s Foundation at (918) 794-1937.