Our Dear Auxilians, We Thank You!

“The Auxiliary donation allowed us to purchase 8 extra-large piece puzzles for the Memory Center and Health Care Center for Residents with cognitive problems. We were also able to get a new karaoke machine for the Memory Center to replace the one the Auxiliary purchased for us 10 years ago. We bought two voice amplifiers for activity staff to use in group activities to help hearing-impaired Residents enjoy and participate in groups. And, we were able to purchase many new videos, in particular documentaries, which the Residents love.”

- Chris Gruszeczki, Director of Life Enrichment

In addition to the Life Enrichment donation, as well as the many volunteer hours in 2011, the Auxiliary also donated a new grill for use at outdoor cookouts, as well as exercise equipment for Resident use in the Wellness Center!

Meetings are open to everyone, JOIN US!

Next Auxiliary Meeting
Tuesday, February 14th
1:00 p.m.
Smith Conference Center
This month, we’re excited to include two separate stories in Miscellany. First, a recent Auxiliary meeting that featured two of our beloved Residents; and second, a heartwarming and generous account of one of our employees.

January’s Auxiliary meeting highlighted the Senior Games. Director of Wellness Dr. Mary Nole was on hand to visit with the audience, along with two Residents who have a long history of competing (and medaling!) in the Senior Games.

In 1987, Bob Snow began competing here in Tulsa. He retired in 2005. His events included volleyball, softball, table tennis, lawn-bowl, shuffleboard, and bicycling. Mr. Snow competed in a total of five Senior National Games, with the first being held in St. Louis, and his favorite held in Tucson, Arizona. He won numerous medals over his 19 years in competition, and gave many of them away to kids.

Ruth Boone’s event of choice was “Road Race”, which was always a 5k (3.2 miles). She medaled almost every time she competed. She has 6 or 7 medals for Senior Games specifically, however, she was competing long before she began the Senior Games. While she still walks every day, she no longer runs since her heart attack in 2008.

Written by Debbie Reif, Donor Relations Coordinator, Saint Simeon’s Foundation

Kathy Knott and her husband, Dale, presented Saint Simeon’s with a Christmas gift. As many of you know, Kathy is a long time employee of Saint Simeon’s.

In the past, when we have had occasion to transport the Golf Cart or the Kawasaki Mule, we have had to borrow or rent a trailer in order to do it. Kathy, who is the Clerk for the Saint Simeon’s Facilities Management Department, is keenly aware of those challenges, and while discussing this with her husband of 50 years, they decided to solve that problem for us. Kathy asked Dale if he would make a trailer for Saint Simeon’s so that we would not have to rent or borrow one again. She told Dale that she would pay for whatever material he did not already have, if he would donate his labor. It was agreed, and shortly after collecting some information about the dimensions and weight of the Mule, a decision was quickly reached that a tilt trailer would work best. The fabrication began.

Dale, who has been retired for many years, and also celebrated his 82nd birthday this past December, did all of the work himself, with a little help from his trusty ceiling mounted hoist.

Dale arrived with the finished product on the first business day of 2012, and presented the gift to Saint Simeon’s. The trailer was promptly tested by loading the Mule (Snow Plow already attached) onto the trailer with the greatest of ease. As you can see, this trailer, although very sturdy, is also very light, as Dale towed it to campus behind his Honda coupe. The trailer performed better than expected, and once the Mule drove out of the trailer, we hooked it to the back of the Mule, and it towed its own trailer to

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Dear Residents, Families, Trustees & Friends of Saint Simeon’s,

For all who gave so generously to the Employee Christmas Fund, a heartfelt thank you. We were blessed this year with the most abundant outpouring of love and support that we have ever received. Your gifts made a very Merry Christmas for our employees and their families!

Thank you, and may God bless and keep you in a wonderful New Year!
ROOTS n’ Shoots n’ Critters written by Kathy Hinkle

Not many folks know this, but for many years, Steve Mason, our former Foundation Executive Director, advocated for Saint Simeon’s to have a miniature horse. Others have suggested miniature goats. Clearly we welcome many interesting “critters” to Saint Simeon’s, and have even had miniature horses and full-size llamas visit Residents inside the building several times. But living here is a far different proposition.

So, we are delighted to welcome to Saint Simeon’s on a really permanent basis, our very own “miniature cow and horse”. Each has been installed in a 720 pound concrete base, so they aren’t going anywhere. They are a delightful addition to the Children’s Playground area in the Gazebo Courtyard, and reside next to the wooden playground equipment that Parker Mathews (grandson of George and Phyllis Dotson) spearheaded for us several years ago.

At the time that several Foundations were contributing to the construction of our new Dotson Family Assisted Living Building, George Kaiser mentioned to Phyllis Dotson his interest in honoring Rosie Parker, someone who had devoted her life to the care of children, and how nice it would be if there were more things for children and grandchildren to enjoy playing on when visiting Saint Simeon’s. That plaque in the new building reads:

In honor of Rosie Parker,
Whose compassion changed the lives of
Hundreds of foster children.
George Kaiser Family Foundation

Of course, Phyllis never forgot what he said and now we have this charming addition. As you can see, two of our “young at heart” Residents were among the first to enjoy them. That would be Mac McNally (left) and Bob Snow. This was a one-time event – please only children ten years old and younger from now on!

LANDSCAPE COMMITTEE

Next Meeting:
Saturday, February 4th, 10:45 a.m.
Smith Conference Center
Committee Chairs:
JoAnna Newman & Kathy Hinkle

FRIENDS of the ANIMALS

Next Meeting:
Saturday, February 11th, 10:45 a.m.
Smith Conference Center
Committee Chairs:
Bob & Anne Evans
Patrice Harps, Certified Nurse Aide in the Memory Center, is our latest Kris’s Caring Champion. This was her nomination:

Patrice is one of those individuals who not only develops a strong relationship with her Residents, but also comes to love them to the point that she can’t let them go! It’s a wonderful, wonderful trait. Whenever one of her Memory Center Residents moves to our Health Care Center to receive the kind of Nursing care they now need - Patrice follows them! Almost not a day goes by that she doesn’t either arrive at work early or takes her break time and goes to visit her former Residents, providing hugs and kisses, massages for their hands and shoulders, and talks to them just as she always did while she pushes their wheelchairs around the Unit.

Patrice is Tulsa born and raised. “My Dad worked for American Airlines as a mechanic. My Mom was a CNA and Office Medical Assistant at Manor Care Nursing home for 35 years, and only missed four days of work in all those years! She is the reason that I do what I do. When I was young, she took me around to meet her Residents and I learned to help people and developed a special affection for folks. I’m the youngest of five children. We grew up in the Brady Heights area and graduated from Central High School.”

“My first real job was at Tasty Freeze while I was still in high school, and I worked there until I had my first child. I have three wonderful daughters and two lovely grandchildren.”

“Before coming to work here in 2005, I worked at Saint John’s Hospital for eight years in their Dietary Department. I also worked for six years as a Rehabilitation Tech Specialist for a company named Bios. My daughter Kurisha was actually the first person in my family to work at Saint Simeon’s. She was a Dietary Aide, and when she left to go to college, I took her spot. Later, Sue Slama and Pam Gourd encouraged me to become a CNA, and that’s what I did.”

“I now live in Gilcrease Hills, just around the corner from Gilcrease Museum. I enjoy reading mysteries, listening to music, and watching TV news shows. I make it to the occasional OKC Thunder Basketball Game and watch a lot of sports at home. I attend the Metropolitan Baptist Church any Sunday that I am off.”

“My Mom, who has taken care of others all her life, now needs someone to take care of her. I’m doing that in the evenings and needed to make some changes in my work responsibilities here. As much as I love the Memory Center, I am transferring to Assisted Living. I know wherever I am, I will be able to do what I enjoy most, which is ‘messing’ with the Residents; giving them hugs, seeing them smile, and making sure they know that they are loved.”

As our CEO, Lindsay Fick, said, “Thank you, Patrice, for your sweet, caring heart for those not only in your care in Home I, but also, wherever they are at Saint Simeon’s.”
Dear Residents, Families, and Friends of Saint Simeon's,

I am on vacation. Well, at least when I was writing this, I was just beginning my vacation. At the time you're reading this, I'm back at the office, hard at it! Really! Call me -- I'm there! At any rate, this is going to be an article extolling the importance of Sabbath time; that is, time for refreshment and re-creation.

Ok, let's get the obvious out of the way -- I'm going to tell you how important it is that you take time away from your responsibilities to seek renewal of your body, mind, and spirit. I'm going to tell you how important it is that you leave your responsibilities behind, don't check your email or phone messages, and above all, do not take work with you. I'm going to tell you that God created Sabbath time so that we would know that it is holy for us to play, recreate, and thereby renew and reconstitute ourselves. You are going to say, "Um, Fr. Bill, aren't you writing this article while you're on vacation? Isn't that taking work with you? Isn't that a bit, oh gee, what's the word I'm looking for -- hypocritical?!!"

It's like this: I'm Marley's ghost; you're Scrooge. There's no hope for me, but you can be saved. Don't make me send three ghosts to disturb your sleep! Do what I say, not what I do!

Seriously, as soon as I hit the "send" button on this article, I'm going to bed. Then, I'm waking up the next morning and boarding a cruise ship bound for Honduras, Belize, and Cozumel. I will not have access to email. I will not have access to phone messages. I will not have access to work of any kind. I will have access to fruity drinks with little umbrellas in them. I will have access to beaches, snorkeling, and wonderful food. After seven crazy days and nights, I will return fat, slightly tan, and insufferable. But I will be truly refreshed and renewed, ready to resume my responsibilities with new vigor and fresh insight!

Sabbath time is not optional; it is a necessity. That's why God worked it into His Top Ten: Remember to keep holy the Sabbath. Make sure you set time aside strictly for renewal and refreshment. It is to be a joyful time -- not a time of work or of guilt.

Blessings to you,
Fr. Bill+

Miscellany, continued from page 2

"Area 51" (the Facilities Management equipment and storage area), where it was parked securely next to its older but smaller fellow trailer.

What a generous example of time, treasure, and skill. Thank you Kathy and Dale for this wonderful gift to Saint Simeon's. Written by Tadd Weese, Supervisor, Facilities Maintenance
February birthdays

2/3   Jeanette Wolfe  
2/8   Donald Warner  
2/9   Polly Pommier  
2/10  Evelyn Wegener  
2/11  Thomas Trower  
2/12  Robert Evans  
2/14  Elizabeth Gowans  
2/15  Jeanette Chucker  
2/15  Ray Townsley  
2/18  Hannah Bass  
2/18  Mildred Kroblin  
2/22  Blanchie Purgason  
2/23  Eleanor Gillock  
2/26  Irene Cannon  
2/26  Patricia Romero  
2/29  Edward Decker  
2/29  Stanley Markwardt

Would you like to sign up to receive the Quill by e-newsletter?

Email kimberly.earickson@gmail.com

Receiving the Quill by email is faster, and reduces postage costs to Saint Simeon’s!
If you don’t have email, we will gladly continue to mail the Quill to you.

February Resident Council Meetings
Learn about upcoming events and also share your thoughts! All Residents and family members welcome.

Health Care Center
Thurs, 2/16, 10:30 a.m., Garden View Dining

Cottages & 1st Floor Dotson Assisted Living
Tues, 2/28, 10:30 a.m., Deisenroth Bistro

2nd Floor Dotson Assisted Living
Tues, 2/28, 10:30 a.m., Skyline Dining Room

Memory Center
Thurs, 2/23, 3 p.m., Home 6

D-Hall Assisted Living
Tues, 2/28, 1:15 p.m., Common Room

We Remember in Our Prayers
Mary Ashby
Bonnie Krupnick
George Morris
Gene Payne
Those Who Have Graduated from this Life
SAVE THE DATE

St. Simeon's 1961 Volunteer

A Year of Service

Volunteer 2011

"Be a Volunteer!

Our New Family Members!

Welcome!

St. Simeon's Annual Spring Luncheon

Tuesday, April 17th, 2012

11:30 a.m.

St. Simeon's Hallway

Invitations will be mailed in March along with information about membership.

SAVE THE DATE

St. Simeon's Episcopal Home
3701 North Cincinnati Avenue
Tulsa, OK 74106-1599