RESIDENT Art Show
We had our Resident Art Show on July 26th...
...and had a fantastic turnout!!!
Thanks to all who participated!
Pictured clockwise from upper left: Residents Mildred Carroll, Dave Maher, and Adele Garren.

Resident Western Days Round-Up!

Western Days Races
Memory Center - Tuesday, 9/11 at 10 a.m.
Health Care Center - Thursday, 9/13 at 10 a.m.
Assisted Living - Thursday 9/13 at 10 a.m. (Game Room)

Special Western Days Activities
Green Country Guitar Boys - Monday 9/10 (Common Room)
“Will Rogers” - Wednesday 9/12 (Common Room)
Green Country Troubadours - Wednesday 9/12 (Memory Center)

The Resident Western Days party was held on Saturday, August 18th. Above: Bob Prater, Resident Ruth Fishburn, and Monte Prater.
Denise Fack, Maintenance Worker in Facility Management, is our most recent Kris’s Caring Champion. She was recognized for her hard work in what is called the OU Room in the Memory Center. It is called the OU Room because our Medical Director, Dr. Dala Jarolin, uses it when she is here each week. She is on the staff of the University of Oklahoma School of Community Medicine. Saint Simeon’s has had a long relationship with OU Medical School and is a teaching facility for their interns.

If you have a chance, go by the OU Room in the Memory Center. Denise HGTV’d it! Walls have been painted, pictures hung and furniture arranged! Thank you, Denise, for all your efforts and promptness in getting the task done. You turned a drab (I stress drab) room into an inviting place where families can feel welcomed and comfortable. THANK YOU, THANK YOU & again THANK YOU!

Denise is also known for the work she does for Western Days each year. She is instrumental with the success of the Country Store, which is a big responsibility. “I recruit fellow employees and residents to donate things they make – usually food items - and have made a few things myself out of wood though I haven’t had much time this year to do so.” One of the highlights that guests coming to Western Days look forward to is the Employee Country Store. They know that is one place where they can take home something that night that is handmade – whether it is food (the majority of the offerings) or some kind of craft item – even plants someone has grown. By now guests know to look for particular favorite homemade cinnamon rolls or pies and make sure to get there first. Since Denise is clearly handy with a jigsaw, she has also used that skill to cut out and then paint many of our outside decorations for Western Days (like the big “Tulsa Driller”) as well as some of our outdoor Christmas displays.

Denise has worked here twice. The first time she started working with Suzy (the Downstairs Beautician at that time) doing fingernails. Her friend Karen Ferguson told her that Suzy was looking for someone. Later she got recruited by then Nursing Supervisor, Mrs. Gore, to work in nursing and she did that for several years. Then she left to work for a company called Aaon where she learned to build and wire heating and air conditioning units and to follow blueprints. She graduated with honors from the wiring class. Later they went through some layoffs so she did private sitting for a while and then came back here in 1993 in the nursing department as a Certified Nurse Aide (CNA) working the 11-7 shift.

When an opening came up in Housekeeping she took it. Denise has many talents and was the driving force behind Housekeeping’s fantastic Wizard of Oz entry for several years in our Mardi Gras parade. Denise “built” the Tin Man suit, sewed the Munchkins Hats, the Lion’s head and tail, and even did Dorothy’s red glittered shoes. She worked in Housekeeping until 2002 when she transferred into the

continued on next page
Maintenance Department becoming their very first female employee. She helps take care of the Work Orders generated each day by resident and employee requests and whatever else comes up.”

“I lived in Bartlesville until I was four and then my family moved to Sperry. I have seven brothers but no sisters. I have been married to my husband, Jeff, for 37 years. We have a daughter, Carrie, who has presented us with a grandson, Cody, who is 17 years old. All of us like to go camping and fishing, usually at Skiatook Lake, but occasionally to Beaver Lake in Arkansas. Several years ago we went with one of my brothers and his family on a cruise. We drove to New Orleans, boarded the ship there, and sailed in the Caribbean for seven days. I got to stay with the teenage girls and it was a blast! I would like to go on another cruise someday.”

“I attend Immanuel Baptist Church in Skiatook. I am one of those Oklahomans that you would never guess it but I am part Cherokee and on the official roll of the Cherokee Nation. Several years ago we bought our first home - it has three bedrooms and a two car garage. It sits on 1 1/2 acres and we have added Country Rail Fencing. I am currently enrolled in a HVAC Class at Tulsa Technology. I have been filling in as a Certified Nurse Aide at night since I’ve kept my certification current. I also go over to Catoosa once or twice a week to take care of my Aunt Margaret and Uncle Charlie. I hardly have any free time but I do listen to the news in the morning, watch CSI on TV, and work in the yard whenever I get a chance.”

“One thing that I really enjoy about my job at Saint Simeon’s is that I keep learning new things.” Does she ever - truly Denise is quite a woman!

**Saint Simeon's Welcomes New Assisted Living Unit Manager**

Tawnee Hawley, R.N. has been selected as the Assisted Living Unit Manager. Tawnee has been an R.N. since 2000. Her background includes a skilled nursing unit in a hospital, Manager of a dialysis center, and seven years as Quality Manager and Director of Nursing in a long term care community. She is known for business growth and clinical improvement in her previous endeavors. Asked what her strongest asset is, she stated it is her knowledge of seniors.

Tawnee was born in Corning, NY and moved to Muskogee, OK when she was 14. Her current home is in Wagoner, where she resides with her husband of 18 years, Lewis, and 14 year old daughter, Lilly, who just started high school. As a family, the Hawley’s try to eat dinner together every evening as schedules permit and they try to spend at least one day of the weekend together. Family time is very important to them. They enjoy going to the lake, working in the yard and spending time with family and friends. Tawnee and her daughter enjoy taking Zumba classes and gardening together.

The Hawley’s have two cocker spaniels which spend the majority of their time inside, and two Wiemereiners, who live primarily outside.

We are very excited to have her skills and experience at work in our community, and Tawnee is looking forward to getting to know her staff, the Residents and their Families.
Our first baby Fantail Pigeon was hatched in the Dovecote (Pigeon House) in the Reflections Courtyard. Mom and chick are doing fine. The egg was so very tiny but once it hatched, the chick has almost doubled in size each day. Mom is working extra hard feeding the chick because normally those duties are shared by the parents and her mate fell victim to a hawk.

What we have are Indian Fantail Pigeons. Because of their unusual tails (with 30 to 40 feathers unlike most pigeons which have 12 to 14 feathers), they are not the greatest flyers and spend their day hanging out on the Health Care Center Patio or on their house – perfect for residents to get to watch. Fantails are often used by pigeon flyers in the training of racing pigeons. They are placed on the loft landing board as a signal to the flying birds to come in and be fed.

This variety of pigeon came to this country by accident (Wikia on the Internet). A shipment of four pythons was on its way by ship to the San Diego Zoo in California from India. The journey lasted many days and to ensure the reptiles didn’t go hungry, Indian fantail pigeons, found exclusively in India until then, were given to the pythons as snake feed. By the time the ship reached California, only two survived.

The keepers at the San Diego Zoo, who had obviously never seen Indian fantail pigeons before, were so taken by their distinct looks that they decided to keep, and later breed and develop them. It was from these two lucky birds that the species of Indian fantail pigeons spread beyond Indian shores and reached the farthest corners of the world. Saint Simeon’s has a beautiful Book on Pigeons if you want to read more about these birds.

It is time now for our peachicks to find new homes because we have all the adult peafowl we can accommodate. We are selling them to good homes for $35 each and it is too soon to determine what sex they are. Several are already spoken for, but if you are interested, contact Saint Simeon’s. Keep in mind that these birds fly and like to roost in trees at night, so they cannot be kept in a backyard.
Dear Residents, Families, and Friends of Saint Simeon’s,

There’s an old piece of spiritual advice that is most often ignored: *count your blessings*. This old saying is so commonplace that we simply dismiss it. If we run into a problem that consumes our mental and emotional resources in a negative way, and someone says, “Don’t forget to count your blessings,” we’re likely to say to ourselves, “Yeah, yeah, I know.” That translates into, “No, I’m just going to go ahead and stress about my problem.”

When I focus only on my problems, I skew my outlook on my life situation and the world in general. I make everything equal to my current concerns. That’s simply not accurate. Of course, when problems or concerns arise, they often require attention – but only as much as you can actually do change the situation at the time you are addressing it. It may be that the situation can be changed, but it will take time. Then you give it only the amount of attention as it requires at each interval of time you are addressing it. It simply does no good to worry about it. Feelings of worry simply let us know that something needs to be addressed. If you have addressed it all you can for that time, then let the worry go. Message received; thank you very much; I’m addressing it!

Sometimes problems come up that you can do nothing about. No amount of addressing is going to change what is. At that point, you have only one option: accept what is and move on with your life. It’s the good old Serenity Prayer: God grant me the serenity to accept the things I can’t change, the courage to change the things I can, and the wisdom to know the difference. Jesus taught that we not worry about tomorrow, but work only on today’s challenges. In a nutshell, he said that worrying changes nothing about the situation. I can tell that worrying has an adverse effect on your physical, mental, and emotional health – which absolutely affects your spiritual life.

One of the ways to deal with worry is to pull out that old saying about counting your blessings. It means that we are to be actively engaged in and mindful of the wonderful blessings in our life. They far exceed our problems, if we will but become aware of them. It is an important way to acknowledge that God always has our true best interest in His heart. God always provides us with many tools and gifts to address life’s challenges. How we address those challenges utilizing the tools and gifts provided is a big part of our spiritual maturing process. As we become more mindful of our blessings, we put our problems in the proper context – a small piece of a very large and wonderful life.

God’s Blessings to you,
Fr. Bill Holly+
The Jean Stokes Wellness Advantage started at the end of July, and is already impacting the lives of Saint Simeon’s staff members. So what’s all the excitement about?!

Jean Stokes was a long-time Resident of Saint Simeon’s, whose family made a Memorial Gift to be used specifically for Staff wellness programs. Jean was a life-long exerciser who truly believed in the benefits of a healthy, active lifestyle and enjoyed participating right up to the end of her own life. Additionally, her family was able to share in her participation, often swimming with her in our pool when they visited and shooting baskets in the March Madness competition. Since Jean was able to take advantage of our beautiful facilities, the family wanted to help provide the same opportunity to our staff members.

The major point of emphasis for the program is the use and enjoyment of our swimming pool. The program was set-up to include increased access (DAILY open pool times), equipment (swim caps, goggles and ear plugs), instruction (swimming and Basic Water Safety lessons) and recreation (monthly departmental swim parties) in the hopes that our staff will discover the advantages of aquatic exercise.

So far, it’s working out exactly as planned!!

The daily Open Swim hours are 7:00 a.m., 1:00 p.m., and 3:00 p.m., in order to accommodate each shift as much as possible, allowing access either before or after work. Participation is greatest at 7:00 a.m., where the opportunity to “unwind” before going home includes exercise or just relaxing in the soothing water and beautiful surroundings. Alternately, the first session of swimming lessons is being held in the afternoons. The initial students have been so enthusiastic - and successful - that new classmates are still joining. The addition of equipment and “accessories” has helped immensely. We look as good as the Olympians in our caps and goggles - and as we all know, looks often translate into action!

So, thanks to the insight and generosity of one of our families, the Saint Simeon’s community will be gaining many ADVANTAGES, as Residents and Staff alike enjoy aquatic activities in our beautiful pool!

Did You Guess Who???(answered from back cover)

It’s Resident Jim Nichols! Nichols was born in Tokyo, Japan, when his father, Bishop Shirley Nichols, was an Episcopal Bishop there. The Nichols family had a summer home in Nikko, Japan. Emperor Hirohito also summereed in Nikko, and had his horse there with him. Each week, Mr. Nichols would feed the Emperor’s famous white horse small bowls of oats and beans.
**September Birthdays**

9/5  Joyce Bizjack  9/14  Vernon Stanton
9/9  George Hess   9/18  Patsy Meyners
9/10 Evelyn Williams  9/23  Bob Snow
9/14 Mildred Brown

**Welcome**

Doris Coburn
Cordella Craig
Doris Jones
Bernice Vaverka
John Wheat

**Our new family members!**

**September Resident Council Meetings**

Learn about upcoming events and share your thoughts! All Residents and family members are always welcome.

**Health Care Center**
Thurs, 9/27, 10:30 a.m., Garden View Dining

**Cottages & 1st Floor Dotson Assisted Living**
Tues, 9/25, 10:30 a.m., Deisenroth Bistro

**2nd Floor Dotson Assisted Living**
Tues, 9/25, 1:15 p.m., Common Room

**Memory Center**
Thurs, 9/27, 3 p.m., Home 6

**D-Hall Assisted Living**
Tues, 9/25, 1:15 p.m., Common Room

**We Remember**

in Our Prayers

Helen Bonfield  Lorene Kelly
Ed Decker  Michala Miller
Bernice Fields  Alice Simon

**Those Who Have**

Graduated from this Life

Would you like to sign up to

*Send an email to 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.*
Guess Who???

Our Residents have had some very unique experiences! Read the clue below - do you know who it could be? (The answer is inside!)

As a young boy, which Resident fed oats to Emperor Hirohito’s horse?

As evidenced above, the Auxiliary Landscape Committee has had very little fun this summer. Please help them change that by planning to attend their next meeting on September 1st! (see page 4 for more information)

Men's Social Club
Games, conversation and camaraderie on the second Thursday of each month.
Men Only.

For more information, contact:
Tadd Weese (tweed@aintsimeons.org)
Father Holly (bholly@aintsimeons.org)
David DuBois (ddubois@aintsimeons.org)

NEXT MEETING:
Thursday, 9/20 - 3 p.m. in the Bistro