Resident Christmas Parties

Saint Simeon’s Auxiliary invites all Residents and Family Members

Saturday, December 15th
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 Activity Area

Entertainment will include St. Dunstan’s Choir and the Rotary Men of Note Choir & special guests from the North Pole

~ Refreshments ~

For information, please contact: Debbie Reif at (918) 794-1977 or dreif@saintsimeons.org

Special Holiday Meal
December 15, 2012
11:30 Assisted Living
Noon - Memory Center and Health Care Center
Reservations are $5.00 and may be made to Becky Ashwill no later than December 8th at (918) 794-1908
Saint Simeon's Employee Christmas Fund

Each year, Residents, their families, trustees and friends help make our employees’ holidays even more special through gifts to the Employee Christmas Fund. This wonderful tradition thanks front line employees for their dedication and efforts throughout the year.

Your generosity helps make the holidays brighter for staff members by way of presents under the tree for their children, a special meal, or, perhaps, covering an unexpected expense.

Anyone wishing to express their appreciation for employee efforts may place a contribution on one of the gift boxes located in each area of the home. The boxes will be placed throughout the home starting on Wednesday, November 21st and will remain until December 14th. You may choose to mail a check or charge your donation to your Visa, MasterCard, Discover or American Express. Please mail your check to Saint Simeon’s Foundation, Attn: Employee Christmas Fund, 3701 Martin Luther King, Jr. Blvd., Tulsa, OK 74106. You may call the Foundation office at 918-794-1977 if you wish to charge a gift on your credit card.

Please call Carolyn Blair, Saint Simeon’s Foundation, at 918-794-1937 if you have any questions.

Through your generosity, the tradition of acknowledging and thanking Saint Simeon’s wonderful staff continues.
Getting to Know...

Angela Stevenson

“I was born in Tulsa and grew up in Haskell, Oklahoma, though I lived in Las Vegas when I was five years old. We moved back to Tulsa and I went to Foster Middle School and graduated from East Central High School. My father worked for Hydro Chemicals and was Assistant Pastor at Obedient Christian Center. My mother worked as a Certified Nurse Aide and Secretary. I have three brothers and one sister, and I’m the youngest.”

“I now have three boys of my own, Rasheem, 18 years old, who is deciding what he wants to do; Tony is 15, attends Union High School and is into basketball and football; and, Ty-von, who is 12, attends Disney Middle School, and is into band and basketball. I also have five nieces and four great nieces and five nephews and three great nephews.”

“I recently got married (March) to Johnny Stevenson. He is also a Certified Nurse Aide, working for an agency. We originally met back when we were in the Job Corps but went our separate ways until a friend was showing him some pictures and one was of me and he said, ‘I know her!’ He has a daughter, Jontae, who currently is living with her mom.”

“We have four dogs, Neno, a Toy Poodle, Chico, a Shih Tzu, Barkley James, a mixed Boston Terrier that I adopted from Mary Nole, and Cash, a Pit Bull that my brother gave one of my sons. Contrary to their reputation, Cash is very friendly with the other dogs and listens to what I say. We also have a lizard (Leopard Gecko) and a 55 gallon tropical fish aquarium.”

“I’ve always been a caregiver for someone in my family, even when I was growing up. I got interested in Nursing because my grandmother’s health had declined and she had Dementia. I wanted to better understand her condition. I went into the Job Corps and got my CNA certification there. I first worked at another facility and then did agency work before taking a job at Gatesway Foundation (provides opportunities for individuals with intellectual disabilities) in Broken Arrow. I worked there for three and one-half years and was in charge of activities in the main building. I had a friend who used to work at Saint Simeon’s tell me about it and I came here in 2009.”

“I’m a Restorative Aide which means that when the Physical Therapist finishes working with a Resident, they show me what needs to be done, and I continue the therapy. Currently I’m focusing on nine specific Residents in the Memory Center but I also try to do something with all 54 Residents there.”

“For example, we take the Memory Center Residents to the Wellness Center on a regular basis. They either do the ‘dry land’ exercises (treadmills, various bikes, glutinous and swing machines) or get in the Warm Water Pool and walk or use the water weights. Someone assists them with whatever they want to do.”

continued on page 6
Two of the Auxiliary committees are Friends of the Animals and Landscape Enrichment.

Members of **Friends of the Animals** particularly enjoy animals. That includes indoors (Simone, aviaries and saltwater aquariums), and the animals outside (peacocks, pigeons, wild birds, Koi and deer). Several members of the committee feed most of these animals, which is much appreciated by them and the rest of us.

Members of **Landscape Enrichment** particularly enjoy plants. That includes plants inside the building - special ones like the huge ruffle fern in Jackson Parlor on Casey Hall, the Lemon Trees in Sarkeys Parlor on Dotson Hall or Eckel Park Dining Room, and the unusual specimen of Crown of Thorns in the Education Office. Cohlmia’s Plant Service takes care of the indoor plants, but outside, members of the committee are closely involved with the Vegetable Garden, Herb Garden, Raised Beds, and Secret Garden.

It might not surprise you to know that many people belong to both committees. Plants and animals live together and definitely interact with one another. We only planted kale and cabbage in the courtyards one Fall because our peafowl thought it was just an early Thanksgiving salad bar and treated them as such.

We have decided to combine the two committees and just have one monthly meeting – which, by the way, is the second Saturday of the month, at 10:15 a.m. (social time), followed by business from 10:30 to 11:30. Much thought and discussion has gone into coming up with a new name and mission statement, and we are sharing them on page six of this Quill. Won’t you consider joining us? We arguably have the most entertaining meetings you could ever attend. No experience necessary – just an interest in helping enrich the lives of all who live or visit here.

*Continue to page 6 to read more about the new, combined committee and mission statement.*
Dear Residents, Families, and Friends of Saint Simeon’s,

“Prepare the way of the Lord; make his paths straight!” This is the message of John the Baptist as foretold by the Prophet, Isaiah. This is one of the major themes of the season of Advent, the four weeks preceding Christmas. It is a time to prepare oneself for the coming of Christ. It is a time to prepare one’s home outwardly, and oneself, body and soul, to be a proper place for Christ to be born and dwell.

I’m guessing most of us have that home part down pretty well! We know how to make our home ready! Many of us also make some pretty good attempts at getting that Spirit of love and giving and joyfulness going in our souls. But what about that body business? What do we do to prepare our bodies during the Advent season?

Let me share a bit of a recent experience. For most of the past year, I was dutifully exercising. I got into a rhythm with exercise, especially when I joined a facility that had an indoor pool! Wow! That opened a whole new world for me. I found that all my treadmill and stationary bike work were nothing compared to the workout I got by swimming laps. I built up endurance. My blood pressure medications had to be lowered because I was getting much more out of my new regimen. My mind got clearer. I was able to do more. And most of all … I felt GOOD! I had a substantial increase in both mind and body energy.

Unfortunately, I let some temporary setbacks in a personal project derail my regimen and my rhythm. The next thing I knew, when “time” was no longer an excuse to not exercise, I felt “too tired”. I began to have less energy and less mental clarity. I suffered some health issues that put me in the hospital. Fortunately, because I was in much better overall shape than I had been previously in my life, I recovered from that very rapidly. But I realized something very important was missing from my life. I was not taking care of my body and it was crying out for me to return to what I knew was in my best interest both physically and spiritually (they are connected, you know). After three months off my exercise routine, I returned. I was immediately rewarded with all the afore mentioned benefits after just one 30 minute session!

I welcome the Season of Advent! I see it as a time to prepare all of me for the joyous Coming of Christ. May your Advent preparations include the care and nurture of your body, which is, as Holy Scripture tells us, the temple of God.

Advent Blessings to you,
Fr. Bill Holly
Getting to Know, continued from page 3

“I serve on the Falls Prevention Team, am a member of the Abaqis Team (part of our Quality Assurance Performance Improvement Program), and recently set up a Bowel and Bladder Program in the MC. I get to work with a great team—several longtime employees, who all know each other and work very well together.”

“My favorite part of the job is seeing the smiles on the residents’ faces when they accomplish something. I encourage them and help them and then the moment comes when they do something on their own that they so often think they can’t do any more and they just light up!”

“That goes for me too. My sister has been trying for years to convince me to go on a cruise. All my life, I’ve been afraid to be out on the water, even on a big ship, since I didn’t know how to swim. Thanks to the Saint Simeon’s Jean Wood Stokes Employee Wellness Program, I’ve been taking swimming lessons in our Wellness Center. I’m learning how to swim and I’m going on that cruise someday!”

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Flora & Fauna
Friends Committee

The existing Auxiliary Committees, Friends of the Animals and Landscape Enrichment, have combined to form the new Flora and Fauna Friends Committee!

_**Flora:** Latin, Roman Goddess of Flowers (Plants)_

_**Fauna:** Latin, Ancient Italian Rural Goddess (Animals)_

**Mission Statement**

_The purpose of the Flora and Fauna Friends Committee is three fold:_

*First, to enhance the lives of Residents by increasing opportunities to interact with nature;*

*Second, to promote programs that will enrich the knowledge of Residents in the natural world; and*

*Third, to take the responsibility for feeding the wildlife on the campus._

**Next Meeting**

Saturday, December 8th
Smith Conference Room
10:15 a.m. (Social Time), 10:30 - 11:30 a.m. (Business)
Father Bob Evans and Kathy Hinkle, Co-Chairs

This Auxiliary committee, within its budget, works independently and in cooperation with Saint Simeon’s Board of Trustees and Facility Management personnel on projects that affect the overall lives of our Residents.
December birthdays

12/5  Elizabeth Bird
12/5  Art Rubin
12/6  Ruth Fishburn
12/8  Lucille McKay
12/9  Ruth Kraemer
12/9  Ann Leander
12/9  Dorothy McDonald
12/9  Gloria Scott
12/12  Joel Salisbury
12/13  Janet Macleod
12/13  Ralph McNally
12/18  Claudeen Duren
12/19  Mary Draper
12/20  Robert Kraf\t
12/24  Melba Dittrich
12/27  Lucille Sunday
12/28  Patricia Flint
12/29  Nancy Jupp
12/29  Mary Ann Wilkenson
12/31  Arline Oliphant
12/31  Mable Rice

Welcome

Fred Berry
Nell Davis
Dr. Ken Pooser
Frances Warnock

Our new family members

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

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.

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

Health Care Center
Thurs, 12/27, 10:30 a.m., Garden View Dining

Cottages & 1st Floor Dotson Assisted Living
Tues, 12/18, 10:30 a.m., Deisenroth Bistro

2nd Floor Dotson Assisted Living
Tues, 12/18, 1:15 p.m., Skyline Dining Room

Memory Center
Thurs, 12/27, 3 p.m., Home 6

D-Hall Assisted Living
Tues, 12/18, 1:15 p.m., Common Room

We Remember
in Our Prayers

Ruth Freeman
JoAnna Newman
Billie Owens
Nancy Susman

Those Who Have Graduated from this Life
Christmas Dinner

December 25, 2012
$12 per person
11:30 AM - 1:00 PM serving time
RSVP by December 18th, 2012

Please make your reservation as soon as possible, as we may stop taking reservations prior to the 18th if capacity is reached.

RSVP to
Becky Ashwill:
(918) 794-1903

Men's Social Club

Games, conversation and camaraderie on the third Thursday of each month.

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

NEXT MEETING:
Thursday, 12/13 - 3 p.m. in the Bistro