Saint Simeon’s Honored at "Out of Africa" Event

Saint Simeon’s was presented with the “Show Me a Hero” Award during the “Out of Africa—Healthy Brain Strategies” event at the Greenwood Cultural Center on February 8. The event uses education and entertainment to raise awareness of Alzheimer’s disease among African Americans. Saint Simeon’s was selected as recipient of the award as a result of Saint Simeon’s enduring commitment to helping Tulsans with the disease.

“As the pioneer in Northeastern Oklahoma for quality memory care, Saint Simeon’s is honored to receive this award,” said Lindsay Hurley Fick. “Saint Simeon’s is a proud advocate of Out of Africa’s efforts to raise awareness of Alzheimer’s disease in the community.”

According to the Alzheimer’s Association, almost 5.5 million Americans are living with Alzheimer’s disease, and African Americans develop the disease more often than their racial counterparts. “Out of Africa” is in its ninth year, seeking to educate and motivate the African American community to better guard themselves from the risk of developing the disease.

At Your Service...
Our Commitment to Care

These individuals received Service Awards during the January “State of Saint Simeon’s” address for 5, 10, 15, 20 and 30 years of service:
(standing, left to right) Linda Smith, Martha Rentie, Angela Stevenson, Ronnie Ferguson, Jerry Williams, Karen Ferguson, Donna Mayotte, Dale Shannon, Pam Gourd, Brenda Read.
(kneeling, left to right) Sue Slama, Chris Gruszczki, Teresa Reno, and Cheri Richardson.
“One weekend, Honey was scheduled to be the Nurse for the Assisted Living area of the Home. When she came to work, she discovered that she was also the Certified Medication Aide for Dotson Family Assisted Living. I had the opportunity to work with her during most of that Saturday and I can say that she handled the shift with grace, laughter and skill. I do not know that I could have done everything that she did on that weekend with a smile on my face. It is certainly something that I can say I will be striving for when things get tough. Honey, thank you for being such a role model for all of us.”

-Karen Stanhope, Director of Admissions

“I grew up in Pryor, Oklahoma, where my dad worked for 35 years at the Post Office before retiring. My mom stayed home and took care of us kids. I have two brothers and one sister. I attended Washington Elementary School where Assisted Living Resident Virginia Fishburn, who passed away on February 16, was my sixth grade teacher! I later graduated from Pryor High School.

The first job I ever had was in the Circulation Department of The Pryor Daily Times. I was the Assistant Manager and saved my money so I could go to the Northeastern Vo Tech at Pryor and become a Licensed Practical Nurse. I originally thought that I wanted to be a paramedic and went to Emergency Medical Training Classes, but I decided that I would rather be working with patients in a hospital setting than in an ambulance. Before coming to work here, I was a Nurse in McKinney, Texas; Mineola, Texas; and Cannon City, Colorado.

I came to Saint Simeon’s because my sister-in-law, Christine Combs, (also works in Assisted Living) had talked about wanting to work here. When I moved to Tulsa, it just seemed natural that Saint Simeon’s would be my first choice. I remember when I applied for the job, I had my then six-month old daughter, Tina, in a stroller and son, Joey, toddling along beside me when the Director of Nursing, Carla Stokesberry, (Carla’s Corner named for her), gave me the grand tour. Family is the most important thing in my life. I used a Christian curriculum to homeschool both my children during the week through their elementary years, while working a 36-hour weekend as a nurse. Their transition to public school was harder on me than it was on them. We now have a home across the street from Central High School, where Joey is a junior and Tina is in the ninth grade. They are both good students (Joey was on the Academic

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**Getting to Know Honey West, continued**

I took classes at Rogers State University and was able to transfer most of those credits to the University of Phoenix, where I am now enrolled and working toward a bachelor’s degree in Health Care Administration. Most of the work is done online, but I attend class each Thursday evening in the building where Eastland Mall used to be. So far, I have ‘A’s in all my classes! I am also now making presentations at our Department Meetings and currently serve on the Infection Control Committee.

As a family, we attend Woodlake Assembly of God, and we love to fish and camp, often at Lake Keystone. I enjoy making homemade bread and cookies (so do the kids), and one year I got second place with my cinnamon rolls at the County Fair. I enjoy needlepoint and am working on a project for my parents’ 50th wedding anniversary. The needlepoint has the names of us four kids on one side and the eight grandchildren’s names on the other. We are planning a big celebration for their 50th anniversary. I enjoy watching all kinds of movies at home and have over 250 DVDs. My favorite movies are the Harry Potter series, as you can tell from my “Gryffindor” socks. Next I would like to find some “Slytherin” socks. I also love The Lord of the Rings trilogy.

We have two dogs, a half Doberman/ half Dachshund named Maggie and a Schnauzer named Buddy. But clearly, the “head of the household” is a male Siamese named Co Co that I rescued at the SPCA. Tina has a corn snake (which is for sale!) and a turtle she found in a creek. He was the size of a dime when she found him, but is now the size of the palm of your hand.

My future plans are to get me and my kids through college!”
Dear Residents, Families, and Friends of Saint Simeon’s,

We are quickly approaching spring! Soon all the leaves on the trees will be sprouting, as will various plants and flowers. The earth will put forth its blossoms and life will return to the land. Of course, it only seems that life is returning. We know it has been there all along.

In the midst of what looks to us as death, there is life! We see a lifeless tree, yet in its dormancy, much is happening within to prepare for its spring transformation. We see bare gardens, yet beneath the ground, bulbs are going through their yearly winter ritual so that they may break forth in glorious splendor. Then there is, of course, the most famous symbol in nature of life in the midst of death – the chrysalis, the cocoon tomb from which emerges that which has been transformed into something far more wonderful than could be imagined from such humble beginnings.

There is a cycle to our lives just as there is in nature. Each of us goes through periods of growth, followed by periods of “winter.” We have times where we are very active, vibrant, and able to accomplish many things. We also have times when it seems that everything comes hard. We may have little energy. We don’t feel sharp. Our minds seem less than vivid. We may feel as though we have lost our edge, and are too dull to be of full use.

Take heart! Those are good times! Your body, mind, and soul are regenerating! There is much going on deep beneath the surface of your perception. You are preparing for a new spring in which you will burst forth in new and wonderful ways. Sometimes, we all have to be patient with ourselves and with one another. We can’t rush the process. We can only trust it. Your cocoon tomb won’t hold you for long, just enough to accomplish that for which it was created.

The message of Easter is not simply a message about what happens in the sweet by and by. It is a message of what happens in your life always. In your life, there will be many Good Fridays – and each one will lead to an Easter Morning. May you learn to embrace this cycle as holy and good, leading you to new heights each time it occurs. May you gain the wisdom to see it as God’s loving hand leading you to perfection.

Blessings to you,
Fr. Bill Holly+
Please don’t shoot!

If you are really observant, you may have noticed a deer on the hill overlooking Saint Simeon’s just as you start the curve around the Memory Center. Neither the hill nor the deer is real. The hill was created when earth had to be “relocated” to create level ground for construction of the Memory Center. Marian Matthews, who was the Executive Director here for many years, was in charge at that time, and it is fondly referred to as Mt. Marian.

How the deer came to be there is a longer story.

For many years, a resident living in one of the old Assisted Living apartments had a fake deer (note his antlers) and a fawn peeking out of the bushes outside her window. When the resident died, her family did not want them, so Ronnie Ferguson in Facility Management (has worked here 31 years!) was directed to dispose of them. Ronnie had always had a special place in his heart for the deer and used to put a red light on “Rudolph’s” nose at Christmas time. Made out of concrete, the two deer were awfully heavy to move. The fawn was more delicate and broke into pieces, but the buck stayed intact. Ronnie didn’t have the heart to throw it away, so he moved it out of sight behind the compost pile and that was its home for several years.

Later, he hoisted the deer on the forks of our tractor and it made the ride up the hill, where it currently can be seen (but only at certain times of the year). During the growing season, brush and grass blocks the view of the buck.

Residents Dr. Reece and Ruth Boone enjoy seeing the deer as they drive over for breakfast, and at their request, Ronnie cleared some of the vegetation away. Residents Tom Freeman and Father Bob Evans made the trek up this rather rugged hill (clearly without anyone knowing they were doing it), intending to move the deer to a more visible location. One attempt to lift it squelched that idea, so they settled for doing some clearing instead. We are all grateful that they managed to make it back down the hill without any injuries!

And, if it makes anyone feel better, several people, seeing this deer for the first time, believe it is real and have paused to enjoy a “special” moment in nature...
On Kite Watching

Three kites, tails trailing
Diving, soaring,
Lunging for freedom
A perfect union.

Their tanned master a magician!
Controlling aerial dancers in operatic perfection and precision.
Romancing the wind in peaceful Swoops, dips. Powerful jets

drifting and dying.
Such serenity, harmony and symmetry
Ending in a graceful whirling, tear filled Plunge and flutter and quiet.

J.T.F.

On Mardi Gras this year, Saint Simeon’s Residents were delighted by a parade of staff members dressed as circus performers, playing cards, Hawaiian hula dancers, and more. One of the favorites was Lindsay Hurley Fick dressed as the Queen of Hearts and Kathy Hinkle dressed as the Joker.

“Miscellany” is your opportunity to share creative writings, short stories, poems, and other pieces. If you have something you’d like to submit or a suggestion, send an email to lmorris@saintsimeons.org

Flora & Fauna
Friends Committee

Next Meeting
Saturday, March 9th
Smith Conference Room
10:15 a.m. (Social Time), 10:30 - 11:30 a.m. (Business)
Father Bob Evans and Kathy Hinkle, Co-Chairs
March birthdays

3/9   Anne Barry
3/17  Toni Walters
3/22  Allene Foster
3/24  Patricia Conn

3/24  John Griffin
3/26  Anne Evans
3/26  Mary Melton
3/30  Jerome Lyons

Welcome

Earlene Baldwin
Patricia Conn
Esther Dyck
Priscilla Worden
Geraldine Yoakley

Our new family member

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.

February Resident Council Meetings

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

Health Care Center
Thurs, 3/28, 10:30 a.m., Garden View Dining

Cottages & 1st Floor Dotson Assisted Living
Tues, 3/26, 10:30 a.m., Deisenroth Bistro

2nd Floor Dotson Assisted Living
Tues, 3/26, 1:15 p.m., Common Room

Memory Center
Thurs, 3/28, 3 p.m., Home 6

D-Hall Assisted Living
Tues, 3/26, 1:15 p.m., Common Room

We Remember in Our Prayers

Grace Bakamjian
Jay Carr
James Colpitt
Ruth Fishburn
Ruth Gray
Garland Johnson
Bob King
Mary Ann Wilkinson
Janice Yeatman

Those Who Have Graduated from this Life
Are you on Facebook? Well, so is your favorite Golden Retriever, Simone! On her Facebook, Simone shares exciting news about Saint Simeon’s with the local community (though we’re still not sure how she manages to type and use a mouse!). If you or someone you know would like to “friend” Simone, visit www.facebook.com/simone.saintsimeons. Here is one of Simone’s most recent Facebook posts:

**Simone SaintSimeons**
Reason #95,001 that I love Saint Simeon’s: The caring and loving staff! After work hours yesterday, some of the staff went to The Tulsa Day Center for the Homeless to serve dinner! I work with such wonderful people! ♥ Simone