Quill of the Hill
A monthly publication for and about the Residents, Families & Friends of Saint Simeon’s

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Saint Simeon’s Saddles Up for
WESTERN DAYS 2013

Lasso up your best cowboy boots – Western Days 2013: Take Me Back to Tulsa! will be held at 6 p.m. on Tuesday, September 10 at Central Park Hall at Expo Square. Saint Simeon’s Western Days is “The World’s Greatest Auction and Dinner,” and Take Me Back to Tulsa! marks the 17th annual milestone of this fundraising event to benefit Saint Simeon’s.

Western Days 2013: Take Me Back to Tulsa! hopes to build on past success featuring a marvelous Silent Auction with well over 100 items, as well as the always entertaining Live Auction, led by volunteer auctioneer Tommy Williams of Williams, Williams and McKissick Real Estate Auction Company in Tulsa. The evening features the traditional General Store stocked with handmade items from Saint Simeon’s Residents and staff, and a delicious dinner. New this year will be live musical entertainment by Shelby Eichler and the Tulsa Playboys.

Also on the docket for Take Me Back to Tulsa! is the ever-popular $2,500 Utica Square Shopping Spree. The shopping spree, valid at all Utica Square retailers, will once again be among this year’s raffle prizes.

Committee Members are busy working to explore every option to secure live and silent auction items. As preparations continue, Saint Simeon’s would like to remind everyone of the many ways to help make Take Me Back to Tulsa! a success. You can help by:
• Serving as a sponsor, with sponsorships ranging from $50,000 to $500;
• Selling raffle tickets for the $2,500 Utica Square Shopping Spree;
• Purchasing raffle tickets, 1 for $20 or 6 for $100;
• Donating an item or service for silent or live auctions;
• Purchasing individual reservations at $75 each; and
• Attending Take Me Back to Tulsa! on Tuesday, September 10, 2013!

If you are interested in any of the above, or if you would like to discuss other ways you can help, please contact Carolyn Blair, Executive Director of the Foundation, at (918) 794-1937 or cblair@saintsimeons.org.

Patron Committee Members are Phyllis and Steve Anderson, Lucy and John Barker, Kristin and Jim Bender, Sarah and Paul Dougherty, Jane and Lowell Faulkenberry, Helen Jo and Jim Hardwick, Mary Ann Hille, David Hogan, Kelly and Tony Jezek, Leslie and Stephen Lake, Pat and Kip Leikam, Rob B. Lyon, Jr., Lee Lobeck-Marks

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George and Phyllis Dotson, Patron Chairs; Marie Millar, Pioneer Spirit Award Recipient; William S. Smith, Honorary Chair; and Mandy and Blake Atkins, Event Chairs for Western Days 2013: Take Me Back to Tulsa at the Western Days Committee Kickoff Party at John L. Rucker Warehouse.
“My job is to spread the word in the community about Saint Simeon’s! I do that by arranging the advertising we do in various magazines and soon on television. I visit with doctors and case managers to let them know the openings we have so they can recommend families consider us if the time should ever come that they need our services. I network with various professional groups like the Tulsa Regional Chamber, the Alzheimer’s Association, and the Tulsa Interagency Council. Along with help from our wonderful contract designer Beth Rose, I produce the “Quill of the Hill,” “Ambiance,” and manage our website. I’m also the Staff Liaison for the Auxiliary, campus photographer, and Simone’s computer assistant when she wants to post something on Facebook.

My first job was as an online editor at “The Oklahoman” newspaper. I also taught English and Journalism at a Houston high school for one year. I was also previously an editor for “Oil and Gas Investor,” a publication in Houston. Just before coming here, I worked at PennWell Corporation as an editor of the trade publication, “Power Engineering Magazine.”

“Lindsay has only been working here since January but she really hit the ground running and has already made a big difference. She has successfully been reaching out to the media to generate wonderful publicity for Saint Simeon’s. She recognized the potential of our “Chief Executive Cuddler,” Simone, and now Simone has an even more successful Facebook page (over 600 Friends). Simone’s 4th Birthday Party was featured in magazines, newspaper and television – again thanks to Lindsay. A final example of Lindsay’s resourcefulness was the recent Ice Cream Social. What could have been a disaster turned into a wonderful party. The rain meant it could not be outdoors as planned, and the band cancelled a mere three hours before it began! But Lindsay (with Wayne Davis’s expert help plus several staff and volunteers assisting) arranged the new location and even found a replacement band at the last minute!” Kathy Hinkle, Education Director
Towards the end of last year, I decided that I had done enough technical writing and wanted to work more with people. I knew I enjoyed working with older people, and this job appeared to involve a lot of interaction with people. At my first interview, I went on a tour, and I knew this would be a good fit for me!

I lived in Tulsa since I was just one year old. My dad is now retired, but he was a Mechanical Engineer at several places, including the City of Tulsa, American Airlines, and Tinker Air Force Base. My mom was mostly a ‘Stay at Home Mom,’ but also did a lot of volunteer work at our school. I joke that my two older sisters, Dana and Amy, and my parents have all ‘abandoned’ me, since I am the only member of the family left in Oklahoma. Amy moved to Los Angeles and the others moved to Colorado.

I attended school at Grace Fellowship Christian School from the third grade until graduation. I then went to Oral Roberts University and studied Journalism. I’ve always loved writing – it has been my passion since I was little.

My husband Devon is in Nurse Practitioner School at OU Tulsa. He also does contract work for the OU Physician’s Clinic. We have a miniature Schnauzer named Bella that we call our “dogter”. I’m a runner and have completed one marathon and three half marathons. My goal is to run the Jenks Half Marathon this year. I volunteer at LifeChurch, teaching the first through fourth graders. I enjoy cooking and baking, hiking, and the OKC Thunder.

I was very fortunate to go on a lot of mission trips growing up, and that is actually how I met my future husband when we were just 14 and 15 years old. Our second trip together with our youth group was to the Philippines, and I fell in love with the Philippine culture and their sweet, loving people and really felt that after college I would go back there for more mission work. My church sponsored me to live there for six months when I was 22, and it was a life-changing experience.

Saint Simeon’s Rallies Team for Walk to End Alzheimer’s

Currently, more than 5 million Americans have Alzheimer’s disease, and that number is expected to grow to as many as 16 million by 2050. Since 1994, Saint Simeon’s has been aggressively working to slow the effects of Alzheimer’s disease through mental, social, and physical stimulation. We are also committed to supporting efforts to find a cure to this disease.

One effort we are proud to support is the Walk to End Alzheimer’s on Saturday, Aug. 24 starting at 7:30 a.m. at the ORU Mabee Center. The Alzheimer’s Association Walk to End Alzheimer’s is the nation’s largest event to raise awareness and funds for Alzheimer’s care, support and research. Each year, Saint Simeon’s assembles a team of staff, volunteers, Residents, friends and family to walk for this great cause. The event features four different activities: an untimed 5K at 7:30 a.m., a 1.5 mile walk at 8 a.m., a quarter-mile walk at 10:00 am, and a Kids’ Dash at 10:15 a.m. If you would like to join Saint Simeon’s team and participate in any of these, please visit http://tinyurl.com/SaintSimeonsWalk or contact Team Captain, Lindsay Morris, at 918-794-1945 or lmorris@saintsimeons.org.

Thank you for joining the fight against Alzheimer’s!
Dear Residents, Families and Friends of Saint Simeon's,

A few months ago, our trusty KitchenAid stand mixer started leaking grease. It wasn’t that old, and it hadn’t been used that much, so I was wondering what it could be. I researched the problem on the internet and discovered that it was a common problem of grease breaking down due to inactivity. I also saw that there was a video showing how to tear down the machine and fix it.

Well, I was a bit wary of doing that. I’ve got some experience of taking things apart and then not being able to get them back together. It looked like a messy, tedious job. I was busy and didn’t have time to fool with it. I would have to order the grease that was necessary to fix it. I didn’t feel like doing it. The whiny excuses just kept pouring into my mind. I resolved to locate a repair shop and have them do it. Then I promptly forgot about it.

Fast forward three months, and suddenly, there is a family event for which my wonderful wife wants to make a favorite dessert. Unfortunately, this will require the mixer – which is still leaking grease and not useable! After searching for some time and making numerous calls, I discover that there is no business in Tulsa County that repairs small appliances. There are a bunch that will fix your washer and dryer, your refrigerator and freezer, your dishwasher and disposal – but no one will repair your KitchenAid stand mixer!

Well, it’s time to explore the strange new world of do-it-yourself small appliance repair. I ordered the correct food machinery grade grease. I spread out a lot of newspaper. I got out my tools. I looked up that YouTube video and followed the instruction that it gave. And … IT WORKED! I DID IT! I FIXED THE MIXER! The dinner would be saved; the family would be pleased; and we would have the use of our trusty mixer again.

Sometimes, we are called upon to extend our boundaries a bit. Sometimes, we are put in a position of having to do something we’re quite sure we won’t do well, and yet, it needs to be done. It’s not hard to find excuses and to stay in the safety of our own preconceived notions of what we can and can’t do. If we never try to do new things, we never know the joy of accomplishment. We never taste the sweetness of overcoming the boundaries we believe wall us in. It is the nature of the soul to expand. When we pursue new interests, new tasks, explore our limits and push them a bit, we actually feed our souls. When we feed our souls … God smiles.

God’s Blessings to you,
Fr. Bill Holly †
Mary Scatamacchia, Saint Simeon’s Horticulture Therapist

Saint Simeon’s recently introduced a Horticulture Therapy Program for our Residents. It fell into place when John Kahre, Horticulture Director at Tulsa Community College, contacted Saint Simeon’s about the possibility of one of his students interning here. Mary Scatamacchia is in the process of earning her Gerontology and Horticulture Associate Degrees. She already has her Associate Degree in Human Resources. Chris Gruszeczki, Saint Simeon’s Administrator, supervised Mary’s internship, as she has for many interns in various fields. Later, a grant from the Flint Family Foundation enabled the Life Enrichment Department to offer Mary a part-time position as our Horticulture Therapist. It is a win-win for everyone – especially the Residents! In addition to being a student, Mary works full-time at Saint Francis Hospital in the Business Office.

Right now, Mary’s focus is in the Health Care Center because she saw the greatest need there. She says, “I am providing houseplants to any Resident who would like to ‘adopt’ a plant. I come every Saturday morning to help with the care of their plants. I give plant care tips, visit and share stories with the Residents as I go from room to room. I am always on the lookout for others who would like to partake in this fun activity.”

“We are always doing some group activities. Residents planted seeds in trays on our lighted plant stand and we are watching them grow. They planted Verbena, Sunflowers, Moss Rose, Zinnia, Nasturtium and Petunias. Almost all have sprouted, and soon the Residents will be transplanting the seedlings to the raised flower bed in the Gazebo Courtyard just outside the ice cream parlor.”

“So far, there are 15 residents I visit. Fourteen are in the Health Care Center and one has moved Flora & Fauna FrienDs CoMMittee

Next Meeting: Saturday, July 20 | Smith Conference Room 10:15 a.m. (Catch-up Time), 10:30-11:30 a.m.

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Lend a Helping Hand

Do you enjoy helping others? Making someone’s day? Putting a smile on someone’s face?

Then the Saint Simeon’s Auxiliary is for you! Since 1961, the mission of the Auxiliary has been to enrich and enhance the lives of Saint Simeon’s Residents. As an Auxiliary member, you can visit Residents one-on-one, help with Resident Cocktail Hour or the Ice Cream Parlor, play games with Residents, and much more.

Basic membership to the Auxiliary is $15; Friend level is $50; Family level is $100, Lifetime membership is $1,000, and Resident membership is $5. Auxiliary dues can be paid online at www.saintsimeons.org or sent c/o Debbie Reif, Saint Simeon’s Foundation, 3701 Martin Luther King, Jr. Blvd. Tulsa, OK 74106.

For more information on joining the Auxiliary, please contact Auxiliary President Elaine Hanner at 918-492-7378 or ehanner@hotmail.com.

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over to Assisted Living from the Health Care Center. Plants that Residents are enjoying having in their rooms include: Dracaena Marginata, Parlor Palm, Bird’s Nest Fern, Boston Fern, Snake Plant, Hoya and Polka Dot Plant.”

Chris Gruszeczki best expressed what Horticulture Therapy is about. “Much of the meaning in our lives comes from caring for others – our children, spouses, extended family and others in the community through work, church or volunteering. Residents are the recipients of care every day and generally do not have the opportunity to give back or care for others. Having their own plant to care for in their room is one way to exercise their ‘caring muscles,’ and the interaction with Mary each week provides another social connection for them. Her positive attitude and friendliness brings cheer to the Health Care Center Residents. She has also been known to work on things other than plants, such as bringing her jewelry, making tools, and repairing one Resident’s beloved rosary.”

If you see a lady in the halls pushing a large plant cart with the name Sow Many Plants painted on it, stop and visit with Mary Scatamacchia. Maybe you or your loved one will become the newest recipient of a beautiful houseplant to care for.
Would you like to receive the Quill by e-newsletter?
Send an email to lmorris@saintsimeons.org
The Quill is in color when you receive it by email, and it helps reduce postage costs to Saint Simeon's!

JULY BIRTHDAYS

July Resident Council Meetings

- **COTTAGES & 1ST FLOOR DOTSON ASSISTED LIVING**
  - Tuesday, 7/30, 10:30 – Deisenroth Bistro

- **2ND FLOOR DOTSON ASSISTED LIVING**
  - Tuesday, 7/30, 10:30 – Upstairs Dining Room

- **D-HALL ASSISTED LIVING**
  - Tuesday, 7/30, 1:15 – Common Room

- **MEMORY CENTER**
  - Thursday, 7/25, 3:00 – Home 6

- **HEALTH CARE CENTER**
  - Thursday, 7/25, 10:30 – Garden View Dining

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and David Marks, Annette and Kevin Murry, Lisa and Tom Schooley, and Margaret and Ross Swimmer.

Advisory Committee members are Ellen and Don Atkins, Anne and Bob Burlingame, Janice and Jay Cline, Liz and Charlie Cohlmia, Mary Deisenroth, Pat Deisenroth, Jim Dempster, Anne Evans, Donna and Will Farrior, Toni Garner, Nancy and Jim Gustine, Brenda Haesloop, Elaine and Ted Hanner, Jana and George Harrington, Marlo and The Rev. Bill Holly, Debbie and Bishop Ed Konieczny, Deborah and Dorian Kurin, Judy Lawson, Debbie and Dean Luthey, Marcia and Ron MacLeod, Lindsey and Fr. Stephen McKee, Millie Millsapugh, Dona and Judge Joe Morris, Ann and Britt Radford, Peggy and Tom Schroedter, and Becky and David York.

Steering Committee Members are Debbie Baker, Revelle Clausing, Sheri and Chuck Colpitt, Andrea and Fr. Irv Cutter, Mary Dotson, Karen and Rick Garren, Marilyn Morris, and Trudy and Tommy Williams.
Summer Fun

Saint Simeon’s had a fun “Spring into Summer” week at the end of May. Residents, family members, and staff enjoyed two exciting annual events: the Pool Party and the Ice Cream Social!