Saint Simeon’s hosts first Blessing of the Animals

Simone is officially a “blessed dog,” thanks to the Blessing of the Animals, which Saint Simeon’s hosted for the first time on October 4. About 70 humans and 20 dogs attended the occasion, held in honor of St. Francis of Assisi’s love for all creatures and on his feast day.

Father Bill Holly led the event and said the blessing to pets and their owners reminds us to treasure each creature alive with God’s spirit. Residents, staff, family members, and visitors were reminded of the joy that pets they currently own or have owned enrich their lives in special ways.

The Tulsa SPCA brought five black terrier puppies to be blessed. The puppies were from a litter of 10 that were abandoned in the middle of a Tulsa street! Fortunately, connections were made at the Blessing of the Animals for at least one of the puppies to be adopted. Learn more about the other adoptable puppies by calling 918-428-7722 or go by 2910 Mohawk Boulevard in Tulsa.

Father Holly is confident that based on the success of the inaugural Blessing of the Animals, this event will become an annual tradition at Saint Simeon’s.
"The first time I observed Allyson, her compassion simply stood out. Her interaction with the Residents was beautiful to watch. As weeks and months have passed, I have seen her grace with many Residents as well as myself. She has made our situation so much more peaceful to deal with. Allyson is such an angel – one of many here at Saint Simeon’s."

—Wanda Robinson for the Family of Jack Robinson

"Allyson is a wonderful blessing to Residents and families. She always goes beyond the call of duty. She is so very attentive and kind. She is a special care giver who enjoys her job and cares much for the Residents."

—Margaret Burgess, Sitter to Jack Robinson

“My job is to take care of eight Residents in Home 6 in the Memory Center. Every day, I assist them with various activities and whatever needs they have. New Residents who come to live with us can be scared and uncertain, so it is my job and responsibility to build a trusting relationship with them from the ground up. Communication is very important and is different for every Resident. Some Residents are not verbal, and some may not remember my name from day to day. What they do remember is a friendly face. My most important goal is to establish a trusting relationship between myself and each Resident and also the Resident’s family members. This is something that builds over time. I do this by establishing a familiar routine so they find comfort in knowing what is going to happen each day. I am greatly rewarded each day by the special relationships I have built with my Residents. I truly feel as though they are my own family members. Our routine together over time builds trust. They come to know that I am someone they can count on, and that means everything to me.

I was born in Tulsa and grew up in Broken Arrow. From the time I was three years old until I graduated from Broken Arrow High School, gymnastics was my life. I attended Indian Springs Elementary School and later we moved for a while to Lake Hudson, where I attended a
small private school. I am the only child of my parents with two older half siblings who lived in another state, so I have always been great at entertaining myself with books or long walks. During my years at the lake, I loved to water ski and do gymnastics anytime and anywhere! During my high school years, my family moved back to Broken Arrow, where they still live today.

My mom, Judy Branscum, worked as a ‘stay at home mom’ with me when I was growing up. She then went to nursing school as an adult and graduated the same year I graduated from high school, when she was 50. She went into the hospice field where she worked for many years. She is currently working and ‘thinking about retiring.’ My dad, Joe Branscum, is retired from many years of mobile home sales but is still keeping very busy in his retirement. They love to have family over for pool days and cookouts.

As an adult, I moved to New Hampshire to experience life outside of Oklahoma. I went for a vacation only knowing one person there. It was in the fall and I fell in love with the incredibly beautiful trees and mountains of New Hampshire and the unbelievable change of seasons. I stayed and lived near the seacoast of New Hampshire for most of my twenties. When I was almost 30, my mom and dad encouraged me to return to Oklahoma. I always knew that the medical field was the direction I wanted to go, so I enrolled at Tulsa Technology Center to become a CNA, and I started a new journey. We did our clinicals at Saint Simeon’s and I worked in Home 2 with CNA Tae Stewart. I was very impressed with her relationship with her Residents. She showed me things I still remember to this day. I had always been drawn to helping people, but I thought about that experience for an entire year, and that is what eventually brought me back to apply for a job.”

In my spare time, I love to go on long walks, often on Riverside Drive. I’ve played softball as an adult, go to the gym regularly, do yoga, and have run in the Tulsa Run several times. I also love to listen to music – particularly acoustic music by singers/songwriters. When my partner and I have a chance to travel, Cape Cod is always our destination of choice. There is something special about Cape Cod that I feel the second my feet hit the ground. One day I hope to live there with my family. We have two dachshunds and a mutt – Ava Blue, Silly Lily Lilac, and Esther Hoffman Howard. I love to read. The last book I read, which I really recommend, is called Still Alice. It is the story of a woman experiencing early onset Alzheimer’s. You go through her journey with her from the moment she realizes something is changing. It is fictional but written by a neuroscientist based on her grandmother’s experiences.

I recently finished my basic requirements (Associate Degree) at Tulsa Community College, and I received my acceptance letter to start their nursing program, which starts in January! I feel very fortunate be moving forward with my education and a new chapter!

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**DAY OF REMEMBRANCE**

Thursday, November 7, 2013 | 1:30 pm
The Common Room

Please join us for a celebration of the lives of our Residents and Staff who have passed away since November 2012.
Dear Residents, Families, and Friends of Saint Simeon's,

It's been quite a few years since the November “Chat” actually referred to Thanksgiving! I found one I liked from 2007. So I dusted it off, gave it a bit of a facelift, and I offer it to you again. Hope you enjoy.

From the early Christian Church and throughout the centuries, the principle act of worship on Sunday mornings has been the Eucharist. In more recent times, this is called by a variety of names: Communion, The Lord’s Supper, The Mass – to list a few. The word Eucharist is Greek in origin and means “Thanksgiving.” The service became known as the Eucharist because the Elder of the Congregation, (in Greek, Presbutoros, from which we get the words “priest” and “presbyter”) would begin with the words, “Let us give thanks to the Lord.” The point of all this is simply to say that the primary act of worship among Christians is to give thanks!

I have often written and preached about adopting a daily disposition of thankfulness, or an attitude of gratitude. It continues to be my experience that this greatly influences how one’s day unfolds, or at the very least, influence how one deals with their unfolding day. This was the point of the weekly celebration of giving thanks to God for his wonderful gifts to us in creation, and especially the gift of the Christ. It recharged the people’s “thankfulness batteries” and gave them the appropriate attitude with which to embrace each new day throughout the week.

In this country we also have an annual national celebration which we call Thanksgiving. While we are aware of its roots in various European harvest celebrations, as well as our own lore of pilgrims and native peoples sharing a meal, the actual holiday is quite recent. In 1863, Abraham Lincoln called for a celebration to take place on the last Thursday of November of that year and subsequent Presidents continued that tradition. Franklin Roosevelt changed the date to the fourth Thursday of November in 1939 and Congress made it a national holiday. So really, it has been an official national holiday for less than 75 years. Yet in this short time, so many traditions have developed in its celebration. We have turkey, yams, stuffing, pumpkin pie, and of course, football. I am thankful for all these things, especially when my beloved Dallas Cowboys win on Thanksgiving Day.

Of course, the deeper meaning of our national celebration is much more akin to the experience of Christians throughout the centuries, as well as that of peoples of other faiths. There is in us a desire to give thanks. Somehow, we know deep in our souls that there is a Source of Life, and that we are joyfully grateful for the wonderful gifts God shares with us. So, for me, the words that will spring from my heart on Thanksgiving Day come from the Christian Eucharist:

Celebrant: Let us give thanks to the Lord.
People: It is right to give Him thanks and praise.

Celebrant: It is right and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, creator of heaven and earth.

God’s Blessings to you,
Fr. Bill Holly †
ROOTS N’ SHOOTS N’ CRITTERS

How did your Impatience grow this year? Since they are one of the most popular bedding plants in Tulsa, chances are you and your neighbors had some. Well, they likely weren’t as spectacular as some at Saint Simeon’s. Steve Nessler with New Lawn and Landscape planted our Impatience, and this photo shows the results. That is the bench at the entrance to the Dotson Assisted Living Center, and the Impatience behind it are a full yardstick in height. They actually are taller than the bench! Steve said he fertilized only once with Osmocote when they were planted. He loosened the soil, mixed in the Osmocote, and planted by hand. The rest we owe to our sprinkler system coming on every day.

In the September “Quill of the Hill,” the Roots n’ Shoots n’ Critters column was all about Crape Myrtles. I asked the question, “How many Crape Myrtles do you think are growing at Saint Simeon’s?” On the next page was the answer – 112! That is surely more than any other kind of tree or bush on the property. Well, there is now one more, and a very special one at that. Resident Betty Hitzman in Cottage 4 has planted a small Crape Myrtle in the yard behind her cottage. It is a variety with black leaves! This is a new, spectacular series of Crape Myrtles called Black Diamond. They come with unusual black foliage and five brilliant flower colors. Since the Hitzman family considers 13 their lucky number, how fitting that this Black Diamond Crepe Myrtle is number 113!

FLORA AND FAUNA FRIENDS COMMITTEE

Guest Speaker: Kathy Chenoweth, Horticulturist
“Gardening is more than just a great Hobby…”

Saturday, November 9th | 10:30 – 11:30
Dotson Center Living Room

Kathy Chenoweth will be discussing some of the many benefits of Gardens in maintaining Health and Happiness. She has recently been involved in the start-up of three Community Gardens in West Tulsa. One was an abandoned junior pool the Parks Department filled in. Kathy has taught Horticulture Therapy at Tulsa Community College, Center for Individuals with Physical Limits, and A New Leaf, Inc. She has a Bachelor of Science in Agriculture/Floriculture Production and Masters in Adult and Continuing Education from Oklahoma State University. She is no stranger to Saint Simeon’s, having been instrumental in starting the Gardening Program here several years ago. We are delighted to welcome her back!
Saint Simeon’s / Morrison’s Dining News

*Did you know?* Saint Simeon’s guests may join Residents for a meal for $5.

Nursing stations sell meal tickets for $5.
Guest should bring their ticket to the dining room.

The server will ask for the ticket before presenting a plate.
In the Healthcare Dining Room, the guest may take the ticket directly
to the meal window and receive their plate.

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**Thanksgiving Meal**

Saint Simeon’s/Morrison Senior Dining will host its Thanksgiving meal on Thanksgiving Day, Thursday, November 28, at the lunch meal (11:30-1:00.)

Guests are asked to make reservations with Becky Ashwill (or at the front desk of Dotson Assisted Living) by calling 918-794-1903. The reservation cut-off date is Sunday, November 24.

Price is $12.00 per person.

Most guests will be seated in Valley View and the Bistro. If you would prefer a location outside of these locations, please specify when making your reservation. Space is limited.

Morrison’s will not host a fine dining dinner event during the month of November due to the Thanksgiving Holiday.
WELCOME OUR NEW FAMILY MEMBER

Nancy Cunningham

NOVEMBER BIRTHDAYS

11/2  Stella Hanesworth
11/2  Evelyn Patterson
11/4  Etta Holt
11/6  Virginia Fast
11/8  Craig Doennecke
11/9  Jean King
11/9  Elizabeth Turnbull
11/10 Nan Balman
11/14 David Maher
11/16 James Smith
11/17 Hazel Richardson
11/19 Florence Katz
11/21 Charles Howard
11/21 Frances Warnock
11/22 Ed Buddrus
11/25 Charlotte Stewart
11/29 Marge Hutson

We Remember in our Prayers

Jolmie Mitchell
Jack Robinson
Arlene Whiteley

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!

SAINT SIMEON’S CHRISTMAS PARTIES

presented by the Saint Simeon’s Auxiliary

The annual Christmas parties will be held Saturday, December 14.

10:00 a.m. – HealthCare Center
Common Room

1:30 p.m. – Assisted Living
Common Room

3:00 p.m. – Memory Center
Memory Center common area

Join our Residents, Auxiliary members and staff for a jolly good time, including live musical performances, a visit from Santa and Mrs. Claus, and refreshments.
Out and About!
Saint Simeon’s Residents have been all over northeastern Oklahoma recently! A number of Residents visited the Tulsa State Fair in late September and had the opportunity to taste some unique fair food, and of course, pose in front of the giant inflatable shark.

A group of ladies from Saint Simeon’s visited Memory Lane Tea Room in Owasso for the second time during a September outing. Resident Jean King enjoyed her dessert so much that she commented, “This cheesecake makes life worth living!”