Harvest Moon Festival Brings Joy to Families

Residents and their families enjoyed a very special party on Sunday, Oct. 27 called the Harvest Moon Festival. The name for the party was inspired by an Auxiliary tradition that began in the 1960’s. In the early days of Saint Simeon’s, the Auxiliary hosted a party at what was then the Blue Moon, located at 36th Street North & Cincinnati. This year, thanks to a generous grant, the Auxiliary revived the tradition.

Harvest Moon Festival attendees enjoyed a horse-drawn hayride, pumpkin painting, face painting, balloon animals, games and prizes, and more. It was a picture-perfect fall day that many generations were able to cherish together.

The Auxiliary would like to thank Marnie Phelps for her hard work planning the event, St. John’s Episcopal Church youth group for volunteering at the event, as well as all of the other volunteers who helped make the Harvest Moon Festival possible.
“Brenda Read has done an excellent job doing Admissions. She has been a great example of team work. She upholds Saint Simeon’s standards every time she meets potential new Residents and/or their families. Her information is clear and consistent. She has put in long, hard days and hours and many repeat phone calls to achieve an admission. We appreciate all the hard work and hours spent helping to get information from the hospital and doctors’ offices. I know there are days she has to be exhausted, but she keeps smiling and greeting everyone. That first impression that is so important. Saying ‘thank you’ hardly seems to be enough!”

—Martha Rentie, Resident Care Assessment Manager

“I work at the front desk in the Administrative office. I am the Admissions Assistant working with Karen Stanhope, the Director of Admissions. I have been at Saint Simeon’s for 11 years after answering an ad in the classifieds. I worked in the Foundation office for the first seven years, and four years ago, I moved to the front of the Administrative office to assist Karen. I truly do love it. Before coming to Saint Simeon’s, I worked as a church secretary for a large church for six years, and I was a ‘stay at home’ mom for 13 years before that.

I was born and raised in Sapulpa, where my mother, sister and several nephews and nieces still live. After graduating from high school, I attended Ozark Christian College in Joplin, Missouri, where I met my husband of 34 years, Kevin. After we were married, we eventually settled in Sand Springs. We have two daughters, Deanna, who gave us our 2 ½ year old granddaughter, Emma, and Laura, who gave us our 6 month old granddaughter, Carolina. We are blessed to have both daughters and their families living in Sapulpa and Sand Springs. We are very willing babysitters and enjoy it so much!

I love to read, work in the yard, spend time with my family, attend church, cook, clean (it’s true), travel (hope to do more in the future), and watch a few old Westerns here and there. I have a sweet little dog named Gussie who wandered into our lives about 4 years ago. We haven’t told her yet that she is a dog! Kevin and I are blessed to have lots of family and many friends!”
Train Your Brain!

It’s a bit unusual to see Wellness Center staff members spending time in The Bistro on a regular basis. Suited in windbreakers and workout clothes, their domain should be limited to the Wellness Center, right? But Dr. Mary Nole has a plan up her sleeve, as usual! And that plan is a program called “Train Your Brain,” with two classes held twice weekly in Assisted Living: upstairs in the Dining Room and downstairs in the Bistro. Although they meet in Dotson, the classes include residents from Health Care and D Wing.

The idea is to utilize the “overload principle” on all the muscles in their bodies, including their brains. Dr. Nole and her staff members challenge Residents with various mental exercises that are specifically targeted at “making your brain tired,” Nole said. A typical class includes a Fact of the Day to be remembered throughout the class (and maybe after), an exercise in learning/remembering information about classmates, exercises to create A-Z lists on selected topics (i.e. Presidents), Verb Generation, Homonym/Alphabetizing lists, Sudoku or Word search. A rousing game of BUZZ or Ping-Pong-Pong generally finishes the day with a laugh (or frustrated wail.)

In order to help determine if the regimen is effective, residents were given a pre-test and will take a post-test after 10 weeks of grueling mental exercise.

“Our goal is improved memory and cognitive function,” Nole said. “Residents have been responding to the challenge and tell us that it is a fun change of pace.”

Be sure to check your Activities Calendar for the next Train Your Brain event!

BIKE-A-THON FOR UNITED WAY

In October, Residents and staff alike participated in a Bike-A-Thon to raise money for the United Way. Because the stationary bikes were placed in a main traffic-way, residents, staff and families from all areas were meeting/greeting/participating together, creating a real COMMUNITY event wherein everyone was allowed to feel a sense of ownership and accomplishment!

RESULTS:
Total Miles Biked: 104.24!!!
(A total of 4 marathons!)

Department Winner: Assisted Living had 18 Residents who biked a combined total of 40.86 miles in 476 minutes!

Individual Winners:
Most Miles (staff member):
Karen Ferguson – 6.9 miles
Most Miles (Resident):
Eddythe Schroeder – 6.4 miles

SAINT SIMEON’S EMPLOYEE CHRISTMAS FUND

Each year, friends of Saint Simeon’s offer a special appreciation to the Saint Simeon’s frontline staff members. These gifts go directly to frontline employees and make holidays brighter for staff members. If you would like to express your appreciation, place your contribution in one of the gift boxes throughout campus. If you would like to mail a gift, please make your check out to Saint Simeon’s Foundation, Attn: Employee Christmas Fund, 3701 Martin Luther King Jr. Blvd or call (918) 794-1937. Your gift will be equally distributed shortly before the holidays. Thank you for acknowledging and thanking our wonderful staff.
Dear Residents, Families, and Friends of Saint Simeon’s,

Ahhh, it’s Advent time again! That excites me in a quiet, joyful way. We need Advent — a season made up of four Sundays preceding Christmas Day. The theme of Advent is preparing oneself inwardly for the coming of the Christ Child, as well as the coming of the King of Kings in glory. The focus is inward. The goal is to prepare the way of the Lord in your heart.

I said that we need Advent. We need it because all our outside stimuli will proclaim that time is near, the day of judgment is coming, and you will be found wanting because you did not get all done that you were supposed to get done! The message will be all the more urgent this year as the time between Thanksgiving Day and Christmas Day is just over three weeks — not the four plus we always assume we’re getting. So, the mad dash will begin early, the turmoil will quickly crescendo, and your spirit will not be jolly.

Into this doom and gloom, we inject a light that’s called Advent. That light begins with one candle on the first Sunday of Advent which falls this year right after Thanksgiving Day. It softly whispers a very different message than the one the world is shouting. That little light says that your preparations for Christmas have nothing to do with black Friday, malls, lists, and lack of time. Your real preparation for Christmas begins with a small, quiet prayer, offered from your heart to your Creator — the one who truly loves you. Try it. Just spend a moment on the first Sunday of Advent with God in prayer. Make it simple; something like, “Lord, prepare a way in my heart for you.” Then, make time every day during the days leading up to Christmas to have simple, quiet prayer time. When? It doesn’t matter. It can be whenever you are able to find a moment for quiet: when you first wake up; before you go to sleep; any other time of your day. Just make certain you do it every day. The subject of the prayer will come to you; it doesn’t need to be planned out or well crafted. It just needs to be what’s on your heart.

In churches that keep the Season of Advent, there is usually an Advent Wreath that has four purple candles, or three purple and one pink. Each candle represents a Sunday before Christmas Day. One candle is lit on the first Sunday, two candles on the second, and so on. Perhaps that would make a wonderful visual aid as part of this prayer time. Have four candles. Light the first one beginning the first Sunday in Advent for your prayer time and put it out after. Re-light it each day during your prayer time. Then when the next Sunday comes, light the first and the second each day of that week. Continue to do this each week until Christmas day. See how bright your quiet prayer time becomes by the fourth Sunday. If you do this daily, the candles simply serve as a representation of what has been taking place in you. The path in your heart will have been beautifully illumined by your daily prayers, providing an appropriate place for the Christ Child to be born.

Advent Blessings to you,
Fr. Bill Holly †
There are two unusual plant specimens are new to Saint Simeon’s this year. The first is a Coral Bark Japanese Maple in the Reflections Courtyard. It is growing next to a door on the east wall. You can’t miss it because of its striking red branches visible now that it has lost its leaves. Quoting noted Tulsa Horticulturist Barry Fugatt, Director of Horticulture at the Tulsa Garden Center and Linnaeus Teaching Garden, “Japanese Maples are rightly considered the filet mignon of trees and shrubs, and Coral Bark Japanese Maples are absolutely my favorite among the many species and cultivars of this great plant family.”

When we were preparing to update the landscape in that courtyard thanks to a generous gift from the Barbara Kellem family, the Flora and Fauna Friends Committee made several suggestions. Janet Allen advocated for this particular tree, and we are glad she did. Janet’s Mom, Ruth Staudt, lived here until her death at age 102 several years ago. She was a founding member and president of our Garden Club here (now Flora and Fauna Friends) and is responsible for the three Historical Trees growing here. Near the parking lot by the Ice Cream Parlor, you can see where Ruth’s patio used to be before the old Assisted Living Building was torn down. There stands her beautiful Star Magnolia and the two Snow Bushes she so enjoyed.

An Artichoke Thistle Plant was planted this summer in the raised bed in the Gazebo Courtyard. This is our first year to have one and it came from Bustani Plant Farm where we find our most unusual specimens. This is also called the Cardoon Plant and is in the same family as the artichoke.

Terribly hardy, it has not yet been affected by our frosts so you may still be able to see it before it dies back. The leaves are edible when cooked, though we didn’t try to cook them this year. They are said to taste something like a smoky artichoke with a trace of licorice. This plant originated in Southern Europe as a Victorian vegetable. The French grew it for culinary purposes, and the Quakers brought it to American kitchens gardens in the early 1790s.

It is like a wild thistle that has been treated with the same magic as Jack’s beanstalk! Carolyn Jordan (daughter of Resident Phyllis Worden) expressed surprise to see it growing in a garden bed, since thistles are troublesome weeds in their pastures. Ours grew leaves that were three feet long! Would you believe that the Royal Horticultural Society chose it as one of the top plants of the last 200 years? Clearly, there is more to this plant than meets the eye.
Travel the World with Morrison’s

BY STEPHANIE FINK,
Director of Morrison’s Senior Dining at Saint Simeon’s

In October, Morrison’s Senior Dining started a 12-month program called “Travel the World.” This is an opportunity to sample cuisine from our own country and around the globe. Residents will embark on a culinary voyage without even leaving Saint Simeon’s, visiting a different country each month as the foods and cultures from each destination are delivered to our dining rooms.

Residents received a personal dining passport in October, which they should bring to all Passport Events. At each dining event, Residents have the opportunity to have their passport stamped as they tour each of the various countries. At the end of the 6 and 12 months, Residents who have attended all of the dining events will be entered into a drawing for a fine dining experience for four people.

We look forward to an exciting culinary journey around the world!

Day of Remembrance

On November 7, we remembered the lives of Saint Simeon’s Residents and staff who passed away from October 2012 – October 2013.

Scharlotta McKinney
Guy Duren
Ruth Freeman
Nancy Susman
Pat Lohman
Allene Hart
Tom Trower
Logan Posey
Lucineal Hedges
Doris Jones
Grace Bakamjian
Ruth Gray
Jay Carr

Bob King
Ruth Fishburn
Edith Greubel
Fr. Bob Evans
Evelyn Wegener
Jackie Payne
Nancy Jupp
Juanita Gibson
Goebel Music
Buddy Baker
John Griffin
Lucille Sund
Vivian Lassiter

Dorothy Sachau
Mary Draper
Marie Gregg
Virginia Sapp
Jack Robinson
Arlene Whiteley
Robert Brockman
Billie Owens
JoAnna Newman
Barney Welch
Betty Nemec
Richard Trimble
Donald Hayden

Gloria Scott
Jane Brennan
James Colpitt
Mary Ann Wilkinson
Janice Yeatman
Garland Johnson
Bob Krafft
Sally Cordell
Maxine Dempster
Betsy Bird
Richard Kelley
Mildred Carroll
Elizabeth Dinsmore

Lloyd Hensley
William Richmond
Thomas Lasater
Geraldine Lasater
Dick Momme
Pirko Lackey
Millie Brown
Jane Glenn
Pat Conn
Johnie Mitchell
Ruth Dittrich
Paul Perrin
Margaret Hinds
WELCOME OUR NEW FAMILY MEMBERS

Betty Ammann  Marci Brush
Robert Brush  Martha Tisdale

DECEMBER BIRTHDAYS

12/5  Art Rubin
12/5  Maxine White
12/8  Lucille McKay
12/9  Ruth Kraemer
12/9  Ann Leander
12/9  Dorothy McDonald
12/12  William Myers
12/12  Jody Salisbury
12/13  Janet MacLeod
12/13  Ralph McNally
12/18  Frances Duren
12/28  Patty Flint
12/31  Arline Oliphant
12/31  Mable Rice

We Remember in our Prayers

Ninette Allen-Maples
Velma Austin
Margaret Hinds
Florence Katz

Geraldine Lasater
Susan Nichols
Paul Perrin

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, refreshments, and a special gift for Residents.

Entertainment by Chris Middlebrook and the Victorian Carolers

For information on the parties, contact Lindsay Morris at 918-794-1945 or l.morris@saintsimeons.org.

We welcome families of Residents to join us for a Christmas Luncheon on December 14. The luncheon will be in the middle of the Christmas parties for the various areas of Saint Simeon’s. Cost is $5 per visitor. Call Becky Ashwill at 918-794-1903 to make reservations by Friday, Dec. 6.

CHRISTMAS MINI MART

Vendors will be selling items ranging from jewelry, warm winter items, Christmas décor, and more!

Friday, December 20 | 1-5:30 p.m.
Dotson Assisted Living Center entrance
On Veteran’s Day, Saint Simeon’s celebrated our 37 Residents and 4 staff members who are veterans. Thank you for your service!

Robert Axtell  
Fred Berry  
Reece Boone  
Ed Buddrus  
Clyde Buchanan  
John Cagle  
Irene Cannon  
John Conway  
William Cotrell  
William Cox  
Tom Crewson  
Garry Crookham  
James Dempster  
Craig Doennecke  
Maurice Forrester  
Charles Howard  
Duke Iseley  
Charles Kingsley  
William Lavendusky  
John Lawhon  
Isadore Levine  
Jerome Lyons

David Maher  
Grant McCabe  
Paul McGraw  
Ralph McNally  
William Myers  
Doug Perry  
Ken Pooser  
Bernice Robak  
Art Rubin  
James Smith  
Robert Snow  
Paul Stringfield  
Dick Walsh  
Fran Wamock  
James Wells

STAFF MEMBERS:  
Vincent James  
Elliot Jordan  
Ashton Phillips  
Kum Yon Jones