The New Year is here, and that means it’s time for resolutions at Saint Simeon’s! On Jan. 2, the Wellness Center threw a “Resolution Party,” giving Residents and staff members an opportunity to sign up for the many Wellness classes offered at Saint Simeon’s.

The Wellness Center offers dozens of stimulating classes each week. Here are a just a few of the opportunities available for Residents:

- **Water Exercise and Arthritis Foundation Aquatic Program**: Exercises to move your joints, improve balance and strengthen muscles!
- **Better Balance**: Activities designed to challenge and improve your balance!
- **Get Movin’**: Come ride, walk, and lift handweights with us – for those just starting AND seasoned “veterans.”
- **Train Your Brain**: Exercise to keep your mind as “fit” as your body!
- **Splash!**: Fun and flexible, this laid-back class is a mix of exercise and play in the pool.

Saint Simeon’s employees are also able to take advantage of all the Wellness Center has to offer during off hours. Staff members benefit from classes such as Water Aerobics, Water Walking, and Zumba.
“A couple of weeks ago I was giving a tour to a prospective Resident and her family. This particular person’s mother lived at Saint Simeon’s at least 25 years ago and one of her caregivers was Kum Yon. They asked me at the beginning of the tour if she still worked here and were amazed when I confirmed that she is still here. As we were touring, we went to look at one of the spa bathing rooms, and Kum Yon was cleaning the tub. Kum Yon greeted this prospective resident so very warmly and had such clear memories of her mother that she shared with the prospective resident and her daughters. They were all very emotional and very moved by Kum Yon’s kind words and wonderful recollections. As we were about to continue on our tour, Kum Yon said to this sweet lady—‘Please come and let me take care of you’—and her reply was, ‘That’s the best invitation I’ve ever gotten.’ This family will be moving their mother into our facility the first week of January. I believe it’s because of the sincere words and kindness shown by Kum Yon many, many years ago—which she continues to show to everyone in the present. Thank you for being such an ambassador for Saint Simeon’s—you made my job very easy that day!” —Brenda Read, Admissions Assistant

Everyone knows Kum Yon! People who had loved ones here over 30 years ago still remember Kum Yon. She is the petite, Korean, Certified Nurse Assistant now in Assisted Living who has touched the lives of many, many Residents in her almost 35 years here at Saint Simeon’s. Her name, Kum Yon, actually means “Golden Lily” in a Chinese dialect, and her parents couldn’t have selected a better name for her.

Much of the work Kum Yon does now is giving baths, and she has the reputation of providing a pleasant, gentle bathing experience. She also enjoys helping the residents in other special ways—getting them something they ask for, helping them find things—anything to see them smile and their eyes light up.

She was born in South Korea in a town about the size of Sand Springs, but in a very different world. It was in a valley surrounded by mountains—and we’re talking real mountains, not Oklahoma hills. She remembers the incredibly pure air there, Tiger Lilies and Baby’s Breath, and strange flowers she didn’t know the name of, and the hillsides covered with red azaleas in the spring.

Her father was a baker and also owned a fruit orchard. Kum Yon’s mother helped him, as did Kum Yon and her brother. This upbringing resulted
in her having a life-long love of plants. Her brother still lives in Korea, and as the oldest son in the family, took care of their parents until their death. Kum Yon has three brothers and one sister.

Kum Yon didn’t finish high school because she wanted to leave her small community and see what the outside world was like. She joined her country’s army and served three years. Her husband to be, Jerry Lee Jones, was also serving in his country’s (USA) army and was stationed in South Korea. He was a Military Police Sergeant in the K9 unit. Through mutual friends, they met and married in the Korean Embassy.

Several years later, they made the necessary arrangements to move to the U.S. with their daughter, Angela, who was 19 months old. Just before Kum Yon was to arrive, Jerry Lee was transferred to Germany, but she came here anyway since he had relatives in Sand Springs. While living there, two older neighbors saw her taking such good care of Angela that they suggested she should consider taking care of older people at the nearby nursing home. She took their advice and started working at a nursing home in Sand Springs.

When the nursing director left there, she wanted Kum Yon to come with her, so she did. Later, Kim Gates, who was a CNA in the HCC for many years, recommended Kum Yon as someone who would be an excellent employee for us. She didn’t know Saint Simeon’s at all, much less how to find it. She finally came to visit, and the first time she saw our beautiful trees, “almost like a forest”; she knew this was the place she had to be.

In addition to her daughter, Angela, Kum Yon also had a son, Robert. In some ways, both Angela and Robert almost grew up here. Robert passed away in 2007. Her husband passed away in 2008.

She has a grand “fur baby” named JunSu, sometimes called Junior. He’s one of the pit bull mix puppies she got from Mary Nole last Christmas. Kum Yon enjoys watching food TV shows of Anthony Bourdain and Andrew Zimmern and the Kimichi Chronicles. Also, Kum Yon often watches the gardening shows on OETA’s extra channels.

Gardening is a passion for Kum Yon. Her garden at home wraps all around her house and she only comes inside when it gets too dark to be outside. A rabbit arrived one day that Kum Yon named Sarah, and now Sarah’s grandbabies and great grandbabies are eating everything in sight! They especially love lettuce and cabbage.

Here at Saint Simeon’s, Kum Yon has been the special friend of the tortoises in the Gazebo Courtyard—especially, Sam, our first tortoise, whom she named. Sam favored scrambled eggs and pancakes that Kum Yon used to feed him. Sam eventually was in an accident and died, and Kum Yon now has his shell in her garden and several of his babies who were hatched here.

Kum Yon’s reputation extends beyond this facility. In 1998, she was selected as the Career Nurse of the Year for Tulsa, Creek, and Osage counties. What motivates her? “I was not able to take care of my mother and father since they lived in South Korea, but I take care of other people’s parents how I hoped someone back there would treat them.”

Kum Yon’s pure spirit shows in everything she does, and Residents appreciate her. “Sometimes a Resident will tell me that I am really pretty, and I tell them that their eyes are not so good and they need glasses.” But we know that what they see and sense is very real in our very special “Golden Lily.”
Dear Residents, Families, and Friends of Saint Simeons

Change is inevitable. Nothing, not one single thing that exists in this physical world, remains unchanged. To paraphrase Buddhist philosophy, life is change and the only thing that doesn’t change is the truth that life is change. We know that whatever is built is already in a state of falling apart. A car rolling off the assembly line doesn’t remain in that state, and even then, there will come a time when it simply will not work any longer. The same thing is true with your house, your toaster, and of course, your body. Change is inevitable.

Of course, how we deal with change becomes one of our main learning goals. We all have to learn how to accept change in our lives. Our ability to accept and adapt to change goes a long way to helping us lead happy and healthy lives in this world. Great problems arise for us when we are unable to accept the changes that life brings.

There are big changes that cause us great difficulty and distress. Some of these include death of a loved one, loss of employment, loss of physical ability, or poor health. These changes may take us time to accept and adapt. Generally, there are resources to help us accept and adapt to these changes.

There are a host of other changes that happen to us daily that are much smaller, but may receive far too much of our energy than they deserve. These are the changes that we develop habits of not accepting, or rather, holding on to how we want them to be rather than accepting how they are. Some of these include knocking a cup of coffee onto the floor, being caught in a traffic jam, missing an exit, forgetting a loved one’s birthday, having your birthday forgotten by a loved one – you get the idea. These are the common irritants or hurts of everyday life, and we can develop some very bad habits in how we deal with them. These bad habits can actually bring on the major changes I described above. Our inability to accept our present reality causes us a great amount of suffering and stress. It is totally unnecessary and completely self-imposed. These events, occasions, errors, whatever you want to call them are not the cause of our unhappiness and distress. How we deal with them or don’t deal with them is the cause of our unhappiness and distress. We are not victims. We are active participants in life. We choose.

The Serenity Prayer is a wonderful key to helping us overcome our bad habits: God grant me the serenity to accept the things I cannot change, the ability to change the things I can, and the wisdom to know the difference.

So, I knocked a full cup of coffee off the table and onto the floor. The cup is broken, and there is now a mess that has to be cleaned up. I can call myself “stupid and clumsy” and experience a lot of anger at myself. I can wish that I was more aware of my surroundings and more careful. I can berate the fact that I now have a big mess to clean up, and my favorite cup is now broken. I can choose not to do any of those things, accept that I can’t change what has happened, and choose what changes I can make to what is before me. All of these choices are before me. What will I choose? What will you choose?

May God grant you serenity,
Fr. Bill Holly †
Sainth Simeon’s is blessed with many beautiful trees. The Board of Trustees builds on this heritage by continuing to plant more each year to replace those lost to storms or old age. Many trees have been planted to honor or memorialize someone and you can read about them on the plaque beneath each tree. There are possibly even more trees here now than there were almost 65 years ago when Saint Simeon’s welcomed its first Resident. Before that time, the land that is now Saint Simeon’s had been a working cattle ranch with a cattle guard out front instead of a gate and Guard Office. Over the years we have also planted the saplings of several historical trees – Johnny Appleseed Apple Tree, Andrew Jackson Southern Magnolia, and Creek Council Oak. Do you know the location of all three of these trees?

But there is one “sapling” that you may not know about that was donated to Saint Simeon’s a few years ago. It doesn’t need to be planted. It will never grow any larger. It has the same attractive yellow leaves in all four seasons. And it has a story that goes with it.

This is the sculpture currently sitting on top of the bookcase in the Education Office. It is made of steel and yellow glass yellow leaves and is carefully balanced so that it even “sways in the breeze” if you touch it. At one of the annual Alzheimer’s Association Galas, it (and others similar to it) were centerpiece and could be purchased that evening as part of the fundraising effort. It was donated to Saint Simeon’s by George and Phyllis Dotson as a tribute to Margaret Swimmer, who was serving on the Alzheimer’s Association Board and in honor of her mother, Margaret McConnal, who lived at Saint Simeon’s. Its first location was on the mantel in the Memory Center Hearth Room and it has been several places until it found its way to the Education Office. Anyone have a suggestion of where it could go next?

_ Tulsa People_ has an article about the artist, Eric Baker, in their July 2012 issue. It says that Eric’s chosen medium is heat, metal and glass. He combines kiln-formed glass with steel as the main body structure and visual weight of the piece to create his sculptures. One of his bodies of work consists of Sylvan sculpture – that is sculpture based on trees. In the magazine article, he says, “The Sylvan pieces are complicated endeavors. They consist of trunks and branches made of steel and their leaves are made of glass. Each tree takes several months to complete on average, though some colors are much more difficult to work with and can take much longer.”

“I have a series of four trees on permanent display at Philbrook Museum of Art. They are titled ‘Oklahoma Autumn’ and contain the very first life-sized tree that I ever attempted.”

“Each and every tree is unique, just as each and every person I have ever met has been. And within that singleness, that uniqueness, there lies a hidden beauty. It is that concealed and inherent loveliness within us all that I have begun to seek and attempt to capture in steel and glass.”

The first time I saw one of his trees was at a distance on the grounds at Philbrook, and it never occurred to me that I wasn’t looking at a real tree with brightly colored leaves until I approached it. Our little “tree sapling” sculpture only has eight leaves but it represents a wonderful story!
Thank you for giving generously to the Employee Christmas Fund!
WE WELCOME TO OUR FAMILY

Fannie Brown  Lois Gatechell  Marilynn Lane

Would you like to receive The Quill in full color?
Sign up for an email subscription today!
This helps reduce printing costs, and you will see The Quill in all its glory!
Contact Lindsay Morris at lmorris@saintsimeons.org or 918-794-1945 to sign up!

We Remember in Our Prayers

Velda Hazley  Wanda Saddoris

Gentlemen’s Club
Do you enjoy a rousing game of chess, or a witty conversation among other gentlemen?
Then join the Saint Simeon’s Gentlemen’s Club!

*Next meeting:* Thursday, February 20 at 3:00 p.m. in the Bistro.

*Questions?* Contact Tadd Weese at 918-794-1923.

FLORA & FAUNA FRIENDS COMMITTEE

*Next meeting:* Saturday, Feb 8 | 10:00-11:30 a.m.
Dotson Center Living Room

FEBRUARY BIRTHDAYS

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Sharing Your Family History

The Saint Simeon’s Auxiliary welcomed Kathy Huber, Director of the Tulsa Genealogy Center, as a speaker for an educational event on Jan. 14. Kathy encouraged Residents to share their family story, and to share their own personal life story with their families.

Kathy suggested that Residents should leave both oral and written histories of their lives, sharing information such as the circumstances of their birth, their family dynamic growing up, how they met their spouse, details from their careers, and more.

Kathy Huber of the Tulsa Genealogy Center

Kathy said a great way to research your family’s history is to visit the Tulsa Genealogy Center, located inside Hardesty Library at 93rd and Memorial. She also mentioned websites such as Ancestry.com and FindaGrave.com as good resources.