Saint Simeon’s Hosts

a Moveable Feast

To Fund New Transportation Vehicle for Residents

During an extraordinary “Moveable Feast” held in the wine cellar of Polo Grill on Sunday, February 9, Saint Simeon’s patrons funded a “Moveable Treat” – a new passenger van to transport residents. The fundraiser was a huge success, with donors contributing more than $77,000.

Saint Simeon’s was honored to have Debbie and Bishop Ed Konieczny offer the creation of the menu based on their own recipes. The couple also helped prepare the meal along with Proprietor/Chef Robert Merrifield, Chef Justin Donaldson and Chef Omar Galban from Polo Grill. The exquisite menu featured nine courses paired with selected wines by Robert Merrifield.

Remarks throughout the evening were given by George Dotson, President of the Saint Simeon’s Foundation, who expressed gratitude to Robert Merrifield, Saint Simeon’s Foundation Trustee, and Bishop Ed Konieczny, Chair of the Saint Simeon’s Home and Foundation Boards, and his wife, Debbie, for a remarkable evening and successful fundraiser. He thanked the many patrons for their generous support which ensured the financial success of the event.

During the event, George Dotson, on behalf of the Saint Simeon’s Foundation, presented plaques commemorating the event to Debbie and Bishop Ed Konieczny, Robert Merrifield, and Michael Funk, General Manager, and his staff of Polo Grill. Bishop Konieczny also presented each guest with individually carved palm crosses from Israel in gratitude for their generous support of Saint Simeon’s.

All 54 guests raved about the unique event and the hosts who made it so special. “At the end of ‘A Moveable Feast,’ a round of applause greeted Debbie and Bishop Edward Konieczny, Robert Merrifield, Michael Funk, the other Polo Grill chefs and staff in thanksgiving for an extraordinary evening of fine dining all for a wonderful cause – to raise funds for a new “moveable treat” for the residents of Saint Simeon’s to enjoy – a new passenger van,” commented Saint Simeon’s Foundation Trustee Phyllis Dotson.

(From left to right, top to bottom): Robert Merrifield, Saint Simeon’s Foundation Trustee and Proprietor/Chef, Polo Grill, Bishop Ed Konieczny, Chair of the Saint Simeon’s Home and Foundation Boards and Chef, George Dotson, Saint Simeon’s Foundation President, and Phyllis Dotson, Saint Simeon’s Foundation Trustee.
“Because of Oklahoma’s ongoing drought conditions, much of the state is at high risk for grass fires. Saint Simeon’s recently experienced such a fire. The fire began in the neighborhood south of Saint Simeon’s and swept up the hill, onto Saint Simeon’s property, and into the yards behind some of our cottages. Thanks to the swift and professional response of a group of Saint Simeon’s employees, there was no damage or injury. They notified the proper Saint Simeon’s authorities and emergency responders, evacuated the Cottages and fought the fire until the Fire Department arrived. Safety is a top priority at Saint Simeon’s. Thank you to Terrance Bergeron, Stephanie Colbert, Denise Fack, Darlene Lawson, Rhonda Littlejohn, and Honey West for acting quickly to make sure the Residents were all safe.” – Lindsay Fick, President/CEO

“Overall, I am responsible for the well-being of the Residents and I make sure that everything goes okay for them each day. I assist them as needed with their activities of daily living, starting with helping them get up in the morning, faces washed and teeth brushed, getting dressed, and going to breakfast. I make sure that they are not in pain and I also keep them company. Both the Residents and I look forward to our chances to sit and chat each day.

I was born and grew up in Tulsa. I attended Sam Houston Elementary School, Gilcrease Middle High and graduated from McLain High School. I had two brothers. One brother, Miles Johnson, lives in Houston, Texas and my other brother, Frank McDonald, has passed away. We were raised by our mom, Edna Fox, and stepdad, Paul Drew. My mom did domestic work for a Tulsa family and also raised several foster children, including four boys who were my second cousins. My stepdad retired a month ago from working at the Salvation Army.

After graduating from high school, I started working at Hillcrest Hospital and ended
up working in their kitchen. That led to a job at Red Lobster, where I worked for 23 years. I really enjoyed the people there. Whenever my mom would come by for a meal, the manager would never let her pay the ticket. But I still felt drawn to the health care field, so I took a job at Woodland Park Home, where I worked for four years. This is a place for people who are mentally challenged. I loved that job and still go by occasionally to visit those residents.

I later went to Interim Healthcare to get my CNA certification and ended up doing my clinicals at Saint Simeon’s. That convinced me that this was the place I wanted to be, so I put in an application and have been working here now for a little over a year. I have always loved being around older people because I spent a lot of time with my grandmother, listening to her stories and doing things for her that made her happy. I like to help people, so the Residents are my favorite part of the job.

I have a daughter, Etoile, who is 30 years old and lives in Dallas. She has been there for nine years and is a manager at the Brink’s Corporation. She has a daughter, Amri, who is 13 years old. I like to travel and that is usually to Dallas to see Etoile and Amri. My granddaughter spends summers in Tulsa with me every year. She has been making that flight from Dallas to Tulsa by herself since she was four years old. I have a black and white Cocker Spaniel named Mr. Jingles who is three years old and very funny. My favorite TV show is ‘Law and Order’. When my granddaughter visits me, we use Redbox and catch up on all the latest movies. I belong to the Harvest Time Church, but since I work on Sundays, I don’t get to attend very often.

Most of my free time now is spent helping my mom because she needs hip replacement surgery. In the summer, I’m outdoors every chance I can get working in my yard. I enjoy planting flowers, but roses are my real joy. I currently have 17 rose bushes of various kinds. One just gets bigger every year and is now so big that I call it my Wooly Bush. There are a few roses that I would like to grow someday – Peace Rose, Piñata, and Joseph’s Coat are a few. A Resident who died this past month, Art Rubin, also loved roses and I’m going to miss talking to him about them. He said that I really should grow a Peace Rose someday, and I’m going to do it!

Night on the Red Carpet!

Saint Simeon’s, with help from students from Oral Roberts University, will be hosting a “Senior Prom” for Assisted Living and Independent Living Residents on Thursday, March 27 at 6 p.m. in the Common Room. The theme is “Hollywood of Days Gone By,” so Residents are encouraged to dress up as celebrities from the past!
Dear Residents, Families, and Friends of Saint Simeons

Sometimes blockages occur. We experience them physically, mentally, emotionally, and spiritually. Physical blockages we all understand. When our system gets backed up, well, it’s not a good thing. I had a couple of stents put in my heart to relieve blockages that were preventing a good flow of life delivering blood through my body! It was amazing what a difference that made.

We’re all probably pretty familiar with mental blockages. There’s that thing where suddenly, you can’t get to the name of someone you’ve known for years. Perhaps you are trying to remember where you filed that important document that you put in a very safe place so you could get right to it. Of course, there are car keys and glasses. We all get these little mental blocks that add frustration to our lives and sometimes a little color to our vocabulary.

Emotional blockages are more like physical blockages. They can cause us serious health problems. When we are unable to access any or all of our emotions, we may need to get some help for that.

There are also spiritual blockages. These are a little harder to pin down, but can be at the root of all the other kinds. Sometimes when we find ourselves disconnected with ourselves, with others, or with the Source of our being, we are experiencing a spiritual blockage.

What made this of interest to me is that each kind of blockage is a metaphor for the others. The solution for each is the same: we have to get the flow back into our physical, mental, emotional, and spiritual systems! Often, it’s just a matter of time, and equilibrium is restored. The name, document, and car keys come right to mind. Suddenly, for no reason, you have a good cry. A little child runs up excitedly to hug you and your place in the universe is unexpectedly restored.

Sometimes we have to rely upon others to help us out. We have to intentionally seek help. Time simply was not going to provide for my heart what my cardiologist could. You can ask a spouse if perhaps, possibly, he/she might know where your car keys are – “On the table, in the living room under the magazine”. A good therapist can really help unlock those walled-in emotions. God will always help you find your connectedness to yourself, others, and your Source. There’s a trick to all of these: when you have asked, you then have to listen and become aware of what is revealed to you. With God, the trick goes a step further: after you ask, you have to listen to what God is revealing to you – through sudden inspiration, your spouse, a good friend or therapist, or a little child running up excitedly to hug you.

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

The little lad with the goose is Art Rubin oh so many years ago. Art (and his wife, Doris, until her death) were long-time Residents of Saint Simeon’s. Art died last month at the age of 92. Perhaps the photo is foreshadowing his life-long affinity with birds. Lots of folks are afraid of geese because they can be aggressive. Clearly Art is not as he poses for the camera on his way to school with a book and a lunchbox.

The February 14th Tulsa World article titled:

‘Swan man’ added touch of grace to Tulsa’s wild areas.

...was talking about Art. It goes on to describe how he “raised and donated swans to Tulsa Zoo, River Parks, University Center at Tulsa (now OSU/Tulsa), and Swan Lake Park. His home, which backed up to a pond in the Lakewood addition, doubled as a menagerie, where he raised swans, geese, ducks, peacocks, pheasants, wild turkeys and other birds. He also bred endangered trumpeter swans for release and worked to reintroduce wild turkeys to nearby Turkey Mountain.”

Art always had a special love for swans. As you enter the main entrance of the Wellness Center, you can see three beautiful paintings of swans that Art donated.

The article finishes, “In 2008, when Rubin moved to Saint Simeon’s retirement community, he left his swans with the neighborhood. But going completely cold turkey from birds was not an option. He took his peacocks with him and donated them to Saint Simeon’s. The peacocks remain a popular feature of the Saint Simeon’s campus.” One slight correction. Art started donating peacocks here several years before he actually moved here. Most of our peacocks are descendants from the first pair he delivered, but over the years he would occasionally add a new one.

Art’s very favorite peacocks were the white variety. These are rarer, more expensive, and not quite as hardy as the Black Shouldered ones we have. He donated a white pair but we no longer have them. The peahen died of natural causes and the peacock was chased off the property and did not return. At every opportunity, Art would say how very much he wished we would try to have a white pair again. Maybe someday this can happen. The beauty of the male displaying his snow white tail was incredible.

Art was also an avid gardener in his spare time. Several specimens of his roses and irises were transplanted into the Gazebo Courtyard where he could see them from his apartment patio. One of his favorite plants could not be transplanted. That was the huge Dawn Redwood he grew by the pond in his backyard. This is the only variety of Redwood (kin to the West Coast Sequoias) that will live in Oklahoma. Art never quit missing his special tree and years later, his wish to bring one here was granted through the Tree of Dreams Program. Art’s Dawn Redwood is growing in the very southwest corner of the property.

Art brought a lemon tree with him and it lived on his patio in the summer and in the Crossroads Dining room in the winter. The family has donated the tree to Darlene Lawson, and it will stay here under her care. Darlene wanted the Residents to continue to enjoy the lemons it grows each year. Perhaps we can salute Art each year with a special lemonade toast!
Thanks to the suggestion of Resident Kay Herring, Simone, the “Chief Executive Cuddler” of Saint Simeon’s, will be starting her own monthly column in The Quill!

A lot happened in February here at Saint Simeon’s! We started out the month with our typical viewing of the Super Bowl. Now, if you’re like me, your favorite part of the Super Bowl is the food! And for those of you who didn’t care much for the near shut-out Seattle Seahawks victory, maybe you cared more about the commercials. Personally, my favorite commercial this year was the Budweiser commercial showing the friendship between an adorable golden Labrador puppy and an iconic Budweiser Clydesdale horse. (of course I’m going to love anything with a fellow dog!). If you haven’t seen it, just go to YouTube.com and search “Budweiser’s Super Bowl XLVIII commercial.”

Here at Saint Simeon’s, we got little bits of snow throughout the month of February. I always love romping through the snow in the courtyards! I thought you’d enjoy this picture of me frolicking in the winter wonderland!

February, as always, is a month to celebrate love. Of course, we have several long-time married couples here at Saint Simeon’s, and we always enjoy celebrating Valentine’s Day with them. But Valentine’s is not only a time for romantic love; it’s also a time to celebrate the friendship kind of love! One of my favorite things to see at Saint Simeon’s is best friends finding each other! Two of our Assisted Living Residents, Norma McCreery and Nell Davis, are inseparable! They’ve only known each for a couple years, but since moving into Saint Simeon’s, they’ve found that they are as close as Lucy and Ethel! (though hopefully not with all of the antics!)

I wish you all a very happy end of Winter, and beginning of Spring!

Simone

HAPPY BIRTHDAY
Tuesday, April 1 at 2:00
Saint Simeon’s
Common Room
3701 Martin Luther King Jr. Blvd.

Join me, Simone, for my 5th birthday party! My birthday wish is to help other canines find a home, so a few adoptable dogs from local rescue groups will be in attendance! Questions? Contact Lindsay Morris at 918-794-1945 or lmorris@saaintsimeons.org.
Dining News

DID YOU KNOW?
Saint Simeon’s guests may join
Residents for a meal for $5.

Nurses’ 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.

COOKING DEMONSTRATION!
Thursday, March 20 at 2:30 p.m.

Morrison’s Senior Dining staff members will put on a cooking demonstration and presentation discussion the benefits of Mediterranean-style foods.

MARCH BIRTHDAYS

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WELCOME OUR NEW FAMILY MEMBERS

Ruth Anderson
Lawrence Coats
Dorothy Gizzi
Jimmie Gizzi
Russell McCarty
Joan Swadon

SAVE THE DATE!

Annual Auxiliary Spring Luncheon
Tuesday, April 8 at 11:30
Saint Simeon’s Common Room

This year’s Spring Luncheon will be a celebration of all the Auxiliary has accomplished over the last 53 years. Please RSVP with Kayci at 918-794-1977 or khebard@saintsimeons.org by April 1. There is no charge for the luncheon; however, seating is limited.

We Remember in Our Prayers

Emilie Burr       June McCall
Etta Holt         Art Rubin
Lucille McKay     James Wells
Happy Hearts

Saint Simeon’s Residents celebrated Valentine’s Day all over campus on February 14.

Two of Saint Simeon’s long-time married couples, Mrs. Ruth and Dr. Reece Boone and Mrs. Roshen and Mr. Rumi Framjee enjoy the Valentine’s Day social in the Bistro.

Residents Fran Warmock, Gladys Scott, and Theola Standridge work on the “Valentine’s Day Trivia” during the Assisted Living Valentine’s Social.