Laissez Les Bons Temps Rouler!

Mardi Gras is always special at Saint Simeon’s. Thanks to our committed Life Enrichment staff, the party lasts almost all day long!

Mardi Gras preparation starts weeks before the actual event, at least for Saint Simeon’s staff! Each department is encouraged to decorate a float and dress up. The morning of the event, the entire staff forms a long line and parades around the entire campus. Residents fill the hallways to watch the ever-anticipated parade, and staff members adorn the Residents with colorful Mardi Gras beads.

Just a few of the people who made Mardi Gras a big success! Life Enrichment staff members Sandi Uebelhart, Gary Coleman, Cheri Richardson, and Teresa Reno.

In the afternoon, the party continues, with parties for each area of Saint Simeon’s. This year, live musical entertainment was brought “Cajun-style” by the Steve Hamm Dixieland Band, and of course staff and Residents alike enjoyed jiving to the music. The big moment of the event is when the King and Queen are crowned. This year’s King and Queen were Residents Bob Snow and Hazel Richardson.

Please Join Us:

Auxiliary Spring Luncheon
Tuesday, April 8, 2014
11:30 am - 1:30 pm
Saint Simeon’s Common Room
3701 Martin Luther King, Jr. Blvd
Complimentary Valet Parking
RSVP by March 31 to Kayci Hebard
918-794-1977 or khebard@saintsimeons.org
GETTING TO KNOW: Jessica ‘Jes’’ Potts

DIETARY AIDE/MORRISON’S SENIOR DINING

“One evening during the Winter Olympics, I decided to go to dinner late so I would not miss the Winter Games. As I was sitting there, to my surprise, Jessica asked me if she could serve me there so I could enjoy a meal right in front of the television. She made a place setting at the coffee table and served my meal just as she would have if I was in the dining room. It was very nice of her to go out of her way to serve me that evening without my even asking.” – Bob Snow, Resident

“I am a Dietary Aide working in the Valley View Dining Room in Dotson Center Assisted Living. Just before coming here, I was a waitress at what is called a ‘boutique’ hotel, the Campbell Hotel on 11th street across from the University of Tulsa. This past year I moved to a house three miles north of here, so I drove by Saint Simeon’s every day, was curious what it was, and looked it up on the Internet. Later, I happened to see a job opening. I’ve been working here since September, usually just at the dinner meal because I am also a full-time student. I really appreciate that Morrison’s is willing to be flexible with my schedule to make that possible. The most important part of my job is serving the meal, but I also do the set-up, clean up afterwards, go get any special orders from the main kitchen, occasionally serve in the Bistro Café, and deliver room service trays.

I was born at Tinker Air Force Base in Midwest City, Oklahoma. My mother, Adele Wallace, was in the Marines, so I moved around quite a bit: first to Kansas City when I was 18 months old. My mother worked on the Kansas side and we lived on the Missouri side. Then we moved to Long Island, New York. She worked in Garden City and we lived in East Meadow. Next, we moved to Pennsylvania where my mother bought a house, left the Marines herself, married a fellow Marine, and we ended up being transferred to Okinawa, Japan. My mother homeschooled me much of the time and I graduated from Kubasaki High School, a Department of Defense School on the base for military dependents. While there, I took the opportunity to study the Japanese language and thought I might become a linguist. Then it was back to Pennsylvania, where I lived for six years until I was 24.

One summer I worked in Pine Grove, Pennsylvania, at a summer camp for adults with development disabilities, including cerebral palsy, autism and adult onset issues like Alzheimer’s. I got lots of hands on training. This camp is part of the Eagle Springs Program and most of the staff came from
Europe, so I got to experience working with two kinds of diverse populations – the campers and the staff. That summer taught me to better understand the diversity of needs and has had a huge impact on the rest of my life.

I started college at Reading Community College and had already taken three semesters (including American Sign Language and Spanish), but that was interrupted when I became pregnant with my first child, Zephyr. Several years later, I joined the Navy but didn’t make it out of Boot Camp because I became pregnant with my second child, Leander. As a single mom raising my kids, we traveled around quite a bit, including living for a time in Tucson, Arizona and San Diego, California.

Zephyr is now ten and Leander is six and tells me that he just lost another tooth. I respected the wishes of my oldest who wanted to live where most of the family is, so both of them are with my mother in Pennsylvania, and I get back there regularly for visits. My four siblings and their families also live there.

In Tulsa I have a wonderful fellow in my life, Pete Visser, and his son (my stepson), Matthew, is seven and goes to school at nearby Gilcrease Elementary School. Pete moved here from Michigan when he was 15. He loves anything electronic and works on radios—he can even build them from scratch. When I can find the time, I love to read, write, do arts and crafts (jewelry, clothing and sculpture) and attend All Souls Unitarian Church. I have two cats, Zade (short for Scheherazade) and Sandstorm, who our son named after a Transformers character. Pete has a dog named Boomer (short for Boomerang).

My favorite thing about my job is definitely the Residents. I am a very hands-on person and enjoy meeting their needs. They all have such interesting stories to tell!

I am now 30 years old and I believe that I have ‘rebooted’ my life for the last time and know what I want to do. I am on track to become a Podiatrist. I attend Tulsa Community College, majoring in Biology and am a member of Phi Theta Kappa, the Junior College Honor Society. I plan to eventually attend Temple University’s College of Podiatric Medicine in Philadelphia.

My wish for the future? Someday, when my kids are all grown, I would love to work with Doctors without Borders, an international medical humanitarian organization.

---

**NAME THE BABY!**

Do you have a baby picture of yourself? (or a picture of yourself as a child)?

We want to see it! We will play a “Guess that Baby” game in an upcoming issue of the Quill! We’re looking specifically for Residents’ pictures. Email in your pictures to lmorris@saintsimeons.org, or contact Lindsay Morris at 918-794-1945 and she can scan your photo and give it back to you.

---

**SPRING MINI-MART**

**APRIL 3, 2014**

**Dotson Center Lobby**

**From 12:30 to 3:00**

**VENDORS:**

Jewelry and More and Katrina’s Korner
Dear Residents, Families, and Friends of Saint Simeons

There is a wonderful hymn that begins, “I come with joy to meet my Lord, forgiven, loved, and free.” The central expression in this line is joy. Joy is both an expression of being and a state of being. Joy is the gift of relationship with God. Joy is what we wish for others, and what we hope for ourselves.

There is a cheap knock-off of joy. It’s called happiness. This is what most people end up pursuing, right alongside life and liberty. It’s kind of built into our national structure. Happiness, however, is a fleeting feeling. It isn’t sustainable. That’s why it’s a cheap knock-off. We search and search for things and people who will “make us happy.” We say things like, “I will be happy if I can only get … (fill in the blank).” Of course, when we get (fill in the blank), we are only happy for a short time, and then we’re out searching for the next thing that if we can only get, will make us happy. The time between attaining happiness and losing it gets shorter and shorter. We need more and more things or experiences to get that happy feeling. Isn’t this what drug addiction is like? Why, yes. Yes it is. It takes more and more and gives less and less.

Let’s get back to joy. Joy is not dependent upon attaining a thing or amassing wealth. It isn’t a fleeting feeling. When I’m sad, I’m not happy. It is, however, possible for me to experience both sadness and joy at the same time. In fact, that’s how you can tell the difference between joy and happiness. If your joy is eradicated by sadness, it wasn’t joy. Joy, once truly attained, never ceases. It is always a part of you, regardless of your external situation. This is what makes it worthy of your pursuit. True joy, as I stated above, is a gift that comes from relatedness to God. It wells up within you. It is the water of which Jesus spoke, that will enable you never to thirst again.

My advice to you: don’t pursue happiness. Let happiness be what it is – something that comes into your life from time to time. Enjoy it, but don’t try to hold on to it. Instead, seek joy which is actually waiting for you. When you find it, you will know it; or rather, you will know that Joy knows you.

Blessings and Joy to you,
Fr. Bill Holly ♠
Saint Simeon’s lost a good friend when Jack Ward died on February 22. His contact with Saint Simeon’s began when his wife, Barbara, came to live here. Jack had cared for her as long as he was able at their home and then selected Saint Simeon’s for her final home. Every evening, he found a quiet place where they could share supper together and he could provide her the assistance she needed. After Jack retired, he had become a Master Gardener, and he especially enjoyed the beauty of the nature here.

Jack not only helped guide improvements to the landscaping, but he also came and did the actual work often to make it happen, even while challenged with his own health problems. Always at his side was his Golden Retriever, Charlie. Some of you remember Simone I, Saint Simeon’s first Golden. She never met a person she didn’t like and a dog that she did. I don’t think she realized that she was a dog. I wouldn’t say that she and Charlie became best pals, but he was the only dog she ever shared an office or a cool flower bed with.

Jack also helped plan the landscape for the circle in front of Administration with its purple crape myrtles, blue irises and mums, and yellow day lilies. The pergola in the Memory Center Courtyard was his project, and it provides just the right amount of shade and light so that flowers can grow and Residents can be comfortable outside enjoying them.

Saint Simeon’s is about to do some landscape improvements in the Gazebo Courtyard, including repairing the Gazebo itself. In a new garden bed that is being created, there will be a place for a bench like the benches you see in Eckel Park or Oxley circle. Like them, this bench will have a plaque and this one will be for Jack. No one would have enjoyed sitting there more than Jack with Barbara at his side and Charlie at his feet.
Simone’s Sentiments

Spring is upon us at my very favorite place in the entire world: Saint Simeon’s! The birds are chirping, flowers are blooming, and the courtyards are turning more colorful by the day. One of my favorite monthly activities centers around people who love plants and animals as much as I do: a group at Saint Simeon’s called the Flora and Fauna Committee. During our March meeting, one of our volunteers, Kim Tatro-Smith, brought two adorable critters with her: guinea pigs!

In the top picture, you can see Resident Doris Stanton holding Penelope (and I managed to make my way into the picture too!). Kim also brought another guinea pig by the name of Miss Piggy. If you’d like to join us for the Flora & Fauna Committee, we’d love to have you! We meet the second Saturday of each month at 10:00 in the downstairs Living Room of Assisted Living. All Residents, friends and family of Saint Simeon’s are welcome. Contact Kathy Hinkle (my “mom”) with any questions at 918-794-1945.

Another fun event that happened recently was the annual Mardi Gras Parade! We celebrate Mardi Gras big at Saint Simeon’s! The entire staff (including me!) dresses up, and many departments even make floats. We then parade around the entire building, entertaining the Residents and adorning them with Mardi Gras beads. This year, I came dressed as a hot dog, or as someone to call me, a hot dog.

While it’s true that Saint Simeon’s is my very favorite place, I have to admit that my second favorite place is Mohawk Park. Like lots of folks, I really look forward to the weekends because I know that I will get to go hiking, running, and swimming at the park. One of my favorite things is finding something really, really smelly to roll in. So many fond memories: dead fish on the banks of the ponds, a deer leg in the woods (what happened to the rest of the deer?), an empty Armadillo shell. It’s a good thing I get to visit the groomer on a monthly basis to help rid me of any smells that may try to stick with me!

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@saintsimeons.org.

FLORA & FAUNA FRIENDS COMMITTEE
NEXT MEETING:
Saturday, April 12 | 10:00-11:30 a.m.
Dotson Center Living Room
Welcome, Chef Christina!

This year, Morrison’s Dining Services has welcomed a new chef at Saint Simeon’s: Christina Entin. We recently sat down with Chef Christina to learn more about her.

What is your background in cooking? I have five years of cooking experience at a senior living community – I was at Baptist Village of Owasso. Before that, I was the sous-chef at a YMCA camp in Bailey, Colorado. Growing up, my dad was a great cook, and he taught me how to cook. My first job was flipping pizzas! I learned a lot about cooking when I attended the International School of Culinary Arts at the Art Institute of Denver.

What is your favorite dish to cook? Anything in one pot! (although I’ve only cooked in a CrockPot once!)

What kind of value do you hope to bring to the Residents’ dining experience? I want to bring more interaction between cooking and the Residents. Some of them don’t cook anymore, but they used to. I would love to have a “Chef’s Table” and do cooking demonstrations in front of everyone. I would also like to offer hors d’oeuvres at social hour, and desserts like Bananas Foster and Baked Alaska.

Do you like watching cooking shows on TV? Yes, they give me ideas, and it’s nice to see how they execute even crazy ideas. My favorites are “Chopped” and one on PBS about hole-in-the-wall restaurants.

What is your favorite food to eat? I love pizza – hot or cold!

What are your favorite hobbies? Singing – I love karaoke! I also hope to join a church choir. And I love horses.

What is your favorite movie? “Gone With the Wind” is one of my favorites. I like anything that is war-era.

What do you like most about working at Saint Simeon’s? Everyone has been very welcoming – both the Residents and staff. I like working through problems – I don’t like them to linger. I am a problem-solver!
Goodbye, Green Awning!

The green awning that was once connected to the old Assisted Living building at Saint Simeon’s has been removed, leaving even more beautiful space in Eckel Park, and a fantastic view of downtown!