Ice Cream Social a Sweet Treat for Residents

Saint Simeon’s held its annual Ice Cream Social on June 5. Residents and their families enjoyed frozen treats, dancing, and live music from the Steve Hamm Jambalaya Jazz Band. The Social was made complete by the annual visit from a local Boy Scout troop, who led everyone in the Pledge of Allegiance and helped deliver ice cream.

Although rain early in the day resulted in the event being held inside, that didn’t stop the party! Volunteers and staff members (including Simone!) worked hard to make the event a success for Residents from every area of Saint Simeon’s.

Pool Party Makes a Splash!

The annual Saint Simeon’s Pool Party was hosted by the Wellness Center staff on May 21. Residents and staff from every area of Saint Simeon’s enjoyed playing games and soaking in the warm water, indoor pool. John Southern performed live music, and staff provided tropical drinks and cotton candy.
GETTING TO KNOW:
Heather Hartner
CERTIFIED NURSE AIDE/CERTIFIED MEDICATION AIDE/ASSISTED LIVING

“I would like to nominate Heather because she is always more than willing to go the extra mile. She went to CMA school through Saint Simeon’s when we desperately needed more CMAs. She is willing to work any shift and any area. She worked Memory Center when I asked her to do it at the last minute without hesitation, even though she had never worked over there before. She has even changed shifts for me in times when we were shorthanded. She is definitely an asset to Saint Simeon’s and Assisted Living. Thank you, Heather!”

– Tawnee Hawley, RN, AL Manager

“Heather literally saved the Memory Center when we could find no one else to cover the med cart, and I will forever be indebted to her for helping us out!”

– Gina Sides, RN, MC Manager

I was born in Topeka, Kansas, grew up there, and graduated from Seaman High School, where my parents had also graduated. My dad, Buck Hartner, spent most of his life in construction, continuing the tradition of his father, who owned a construction company. Later, my dad ran a Shoe and Leather Repair Shop. He died just a month before his and my mom’s 45th Wedding Anniversary. My mom, Joyce Hartner, still lives in Topeka and will retire this year after working 51 years as a nurse, primarily in operating room settings. I have a brother, David, and sister, Heidi. They live in Topeka with their families, including my five nieces and nephews.

After high school, I attended Trinity University in San Antonio and graduated with a Bachelor’s Degree in English Literature. I then moved to Austin and lived there for 25 years before coming to Tulsa. I spent almost 20 years working in management with two different companies – both “big box retail stores.” I started at Kinko’s. While working at Kinko’s, I met Barbara Baldwin who was working in printing at the time, though her main career has been as a pharmacy technician. She and I have been together now for 20 years. We own a home near the fairgrounds and love it there. Barb is in a nursing program at Platt College, and I intend to start nursing school.
next year at the University of Oklahoma College of Nursing.

When we moved to Tulsa, I started working as manager of a PetSmart. Eventually, retail ceased to fulfill me, and more and more, I thought about making a change. Also, I had kind of made up my mind that healthcare was the way to go because of the future demand for it. My sister was in a CNA Program in Kansas and it seemed like a good way into another job while I made up my mind what I really wanted to do. I attended Tulsa Technology to become a CNA. I did my clinicals here, and that is when I was introduced to Saint Simeon’s. This was my first job after becoming a CNA and I just celebrated my second anniversary working here. Barb’s mom lives in the Memory Center. I was already working here when she moved to Saint Simeon’s. We never considered anywhere else for her.

We have six cats and one dog, ranging in age from 3 to 15 years old. Our dog is a Corgi, and we would be interested in a second dog, but she doesn’t like other dogs. I love to garden and have a pretty good size vegetable garden. We are currently working on totally re-landscaping our front yard, moving toward a Xeroscape Garden, which consists of plants (native and others) that require little if any additional water other than what nature provides. I’ve also been learning about Hydroponics Gardening this year and have a massive jalapeño plant four feet wide and around three feet tall growing just in water (without soil) and being fed by a mineral nutrient solution. It started fruiting two weeks ago and is really very cool.”
Dear Residents, Families
and Friends of Saint Simeon’s,

We are indeed fortunate that in the establishment of this country, our founding fathers ensured the right of all people to worship or not as they so choose. No religion was established as official, with preference given to its adherents. No believers were to be condemned for not holding to the particular doctrines embraced by a nationally mandated religion. Our founding fathers understood that true freedom would only come from the establishment of one nation from a diversity of peoples.

Those of us who are people of faith are quite free to exercise that faith in the same way we exercise all our other freedoms: to the extent that they do not interfere with the same freedoms of others. This has led us to be a nation not only of diverse ethnic origins, but also one of diverse religious expression. We are rich in cultural traditions and religious traditions. We get to look at our nation and our world through the eyes of many – not just a few.

In my undergraduate years, I studied with care and discipline the religions and humanities of the world. While each world religion has basic beliefs, there is much diversity in both the belief and practice in all of them. Most Christians accept that there are lots of differing forms of Christianity, but they have a tendency to think that Buddhism, Islam, Hinduism, Taoism and all the other major religions of mankind are unified. Nothing could be further from the truth.

In each there is every bit as much difference as one would experience in Christianity.

As we celebrate our nation’s birthday, it is my hope that we embrace fully the importance of religious freedom for all people. It is my prayer that we are granted insight and common ground by beginning to understand and appreciate our fellow citizens’ points of view. It is my dream that we find our lives strengthened and enriched by exposure to the traditions of each other. To that end, I offer the following prayer used on July 4th from my own Episcopal tradition:

Lord God Almighty, in whose Name the founders of this country won liberty for themselves and for us, and lit the torch of freedom for nations then unborn: Grant that we and all the people of this land may have grace to maintain our liberties in righteousness and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

(Book of Common Prayer, p. 242)

Blessings to you,
Fr. Bill Holly†
Speaking of tomatoes, Resident Farmer Bob Snow reports that our Vegetable Garden is shaping up to have a fine harvest this year. The Tomatoes, Corn, Peppers, Squash and Beets all look good. As do the Giant Sunflowers (for the birds). Our Scarecrow “couple” (created by Residents with the help of Teresa Reno) is on duty and Bob has a fence in place to discourage visits by various critters – including the peacocks. The Vegetable Garden, as well as the Raised Herb Garden, are at the end of the Common Room Ramp. Please come enjoy them and, for goodness sakes, as the various kinds of tomatoes ripen, feel free to PICK THEM. That’s the whole idea!

Have you noticed anything different in the Chapel Garden? Amidst all the “turtles”, there now is a green amphibian with really big eyes peeking out from the Cannas. Betty Hitzman thought we needed a little diversity, so a ceramic frog she picked up in Mexico has joined the scene. Some new flowers (Easter Lilies and Amaryllis) bloomed in that garden in June. We are continuing the tradition that volunteer Mary Dotson started of not letting seasonal gift flowers go to waste. After the holidays, she would transplant potted plants to various flowerbeds at Saint Simeon’s. Of course, we only do this with flowers that can live outside year around. In addition to the Lilies and Amaryllis, some Hibiscus can also be transplanted.

Several beautification projects have been completed in the Memory Center Courtyard – both in the courtyard itself and the patio area. While strolling on the improved walking path, you can enjoy colorful annual flowers, two new dry rock “streams” to handle runoff, and the wooden bridge that has been refinished. The patio has new pots, and birds are visiting the bird feeders – including Red-winged Blackbirds. We are seeing more of them this year than we’ve ever seen before. There is an Herb Pot on the Patio Table. Please pinch and enjoy the various fragrances – maybe one will trigger a pleasant memory? Also present are two Hibiscus Trees, lantanas, geraniums, begonias, potato vines, shamrocks, and zinnias – and summer is just getting started! Akilah Rezzaq and Mary Newman (daughter of Ruth Matlock) are responsible for the patio flowers. The Encore Azaleas in the large pots on the side patios were beautiful this spring – and that is just their first blooming of the year. The Courtyard Plantings were made in loving memory of Aggie York.
Margaret and Ross Swimmer will be recognized as Honorary Chairs at Western Days 2014: OKLAHOMA! Our Home is Grand! on Sept. 9. Margaret is a long-time member of the Foundation Board of Trustees and currently serves as fundraising chair. She and Ross chaired Western Days 2012, setting a new fundraising record for the event.

The Swimmers were introduced to Saint Simeon’s in 1998 when Margaret’s mother, Margaret McConnell, came to live on D-Wing Assisted Living. Margaret’s mother loved Saint Simeon’s and even found a best friend here: Juanita Davis. Margaret and Juanita did everything together and became known as “the Divas of D-Wing.”

Margaret said she truly appreciated the way her mother was treated while living at Saint Simeon’s. “Ross and I traveled a lot during that time, and I knew she was well taken care of. She wasn’t treated like she was sick; she was given as much independence as she could handle.”

Outside of Saint Simeon’s, Margaret has been named a Best Lawyer in America in Native American Law and is a lawyer with Hall Estill. Margaret earned a J.D. with honors from The University of Tulsa in 1983. Prior to that, Margaret practiced as a social worker in the areas of juvenile parole, family counseling and family planning in Oklahoma City. In 1972, the Swimmers moved to Tahlequah, and Margaret continued her work with the county health departments in the area while raising their two sons. Margaret has also donated her time to many state and community organizations, serving on the board for several organizations.

Ross is a Partner with Pinnacle Investment Advisors and serves on the Board of Directors at First National Bank of Shawnee. Ross is also Manager of the Swimmer Group, LLC, a Tulsa/Washington D.C. consulting firm, and a Partner in Native American Fund Advisors, LLC.

Prior to his current positions, Ross served as tribal relations executive for the Cherokee Nation representing the Cherokee Nation before Congress and administrative agencies. Prior to that, Swimmer served as special trustee for American Indians in the U.S. Department of the Interior. From 1975-1984, he served as principal chief of the Cherokee Nation in Oklahoma. Ross holds BA and JD degrees from the University of Oklahoma. He serves of several non-profit boards in Tulsa including the Board of Trustees of The University of Tulsa, and the Oklahoma Medical Research Foundation.

As Margaret was working on her undergraduate degree and Ross was earning his J.D. at the University of Oklahoma, the two met on a blind date at a Christmas party. They then underwent what Ross calls a “rapid romance,” with Ross asking for her hand in marriage just a month later.

“I said after 30 days, we had to get engaged because I couldn’t afford the expensive dates,” Ross joked. This year, the couple celebrates 48 years of marriage.

The Swimmers started running for exercise when they were about 50. Ross helped train Margaret for the St. Francis Corporate Challenge runs, and she ended up winning in her division! They do regular 5-mile runs around Tulsa and both have completed the San Francisco and Marine Corps Marathons.

Saint Simeon’s is pleased to recognize the Swimmers as Honorary Chairs at Western Days 2014.
WELCOME OUR NEW FAMILY MEMBERS

Patty Holt  
Mary Kunnemann  
Lewis Taggart

Alvera Zwart  
Richard Zwart

We Remember in Our Prayers

Sophie Buss  
Douglas Henson  
Marilynn Lane

JULY BIRTHDAYS

7/2  Virginia Wise  
7/4  Rena Koppelman  
7/6  Norma McCreery  
7/7  Joanne Allison  
7/7  Ruth Boone  
7/10  Patricia Page  
7/11  Charles Kingsley  
7/15  Yolande Thompson  
7/18  Larry Coats  
7/19  Jeanette Ice  
7/20  Kathleen Beard  
7/22  Ginger Read  
7/23  Kathleen Martinovich  
7/25  Fannie Brown  
7/31  William Cottrell

DID YOU KNOW?

Saint Simeon’s guests may join Residents for a meal for $5/ticket.

Nurses’ stations sell meal tickets. Guests should bring their tickets to the dining room. The server will ask for the ticket before presenting a plate.

FLORA & FAUNA COMMITTEE

NEXT MEETING: Saturday, July 12  |  10:00 a.m.  |  Dotson Family AL Living Room

All Residents, friends & family are welcome!
2 Bedroom Cottage Available!

Saint Simeon’s has a newly renovated, two bedroom, independent living cottage available!

- Remodeled kitchen with granite countertop and new appliances
- Stylish living room with fireplace
- Two bedroom, two bath
- Spacious, wooded back yard with deck
- Covered carport

Call 918-794-1900 with any inquiries about the cottage.