Saint Simeon’s Foundation hosted its 18th annual successful Western Days event on Sept. 9 at Central Park Hall at Expo Square. Over 700 guests enjoyed a live and silent auction, a delicious dinner, a wine pull, a raffle drawing for a $2,500 Utica Square gift certificate giveaway, and more.

Playing off the Oklahoma! theme, the event featured musicians performing songs from the musical, as well as a large screen displaying clips from the film. Before leaving, guests enjoyed singing Oklahoma! and hollering their very best ‘Aye-yip-aye-ye-ee-ay!’

Kristin and Jim Bender served as Event Chairs, with June Patton and David Hogan serving as Chairs Elect. Margaret and Ross Swimmer were selected as Honorary Chairs and were celebrated for their long-time guidance and support of Saint Simeon’s.

The Pioneer Spirit Award was presented to Saint Simeon’s Resident Mable Rice in celebration of her dedication to minority rights and community development in Tulsa. Rice worked as a founder and

Western Days 2014 … continued on page 3
GETTING TO KNOW:

Ella Barnes
COOK/MORRISON SENIOR DINING

“Recently Ella became aware of a safety issue in one of the serving kitchens that could have potentially caused a very serious problem for Residents. She very quickly found the root of the problem and immediately took action to ensure all Residents were safe. Ella’s fast thinking and calm and speedy attention to the problem proved that she is someone Morrison’s and Saint Simeon’s can rely on. Thank you, Ella!”

— Lindsay Fick, President/CEO & Chris Gruszeczki, Administrator

“I am the lunch cook in the main kitchen. I come in at 5 a.m. to start cooking and get off at 1:30 p.m. I work Tuesday through Saturday and am off Sunday and Monday. My nephew, Adrian, is one of the dishwashers here. While I’m working on lunch, the breakfast cook is preparing breakfast. I also check to make sure all the ingredients we are going to need to prepare the upcoming meals are here. I’ve been a cook for so long that if someone is unable to come to work, then I’ll fill in for them.

One of the most important responsibilities we have is to keep the kitchen clean and sanitary and ready for a Health Department inspection. We each are delegated certain responsibilities to make sure that happens.

I started working here in May of 2009. A friend of mine knew that Morrison had openings, and I came out and applied. I was working at Saint Francis Hospital at the time and had been there six months. Prior to that, I worked in the kitchen at Post Oak Lodge for six years. I started working as a cook when Luby’s Cafeteria first came to town. I was at the one at 31st and Garnett. Luby’s is where I got a lot of my training, and I’ve been cooking ever since.

I was born in Tulsa and lived here all my life. I attended Charles S. Johnson Elementary School, which was located where the OSU/Tulsa campus is now. I also attended Bell Junior High, and then we moved further north, where I attended Monroe Junior High. I graduated from McLain High School (now McLain School of Science and Technology). I was already pretty tall in high school and played on the basketball team every year, as well as the volleyball and
softball teams, and a little bit of everything else. After graduating from high school, I went to Northeastern University in Miami, Okla. for a couple of years. Then I came home and got a job at Lacy Park (then called Lincoln Park). I was the playground leader for three summers and also started cooking at that time.

My mom, Samella Barnes, retired from being an orderly, transporting patients at Hillcrest Hospital. She raised three girls and still lives here. I’m the oldest and just love my sisters, Arnitia and Kim. We’re each three years apart, and I’m the oldest. As the big sister, I did a lot of the cooking and cleaning for them. Since I live alone, I don’t do much cooking at home, but every Sunday, I’ve started cooking for my sisters. I have a daughter, Teya, who is married and lives in Plano, Texas. She is a graduate of the University of Texas in Houston and works in physical therapy. She is currently at home because she recently had a little girl – my first grandchild! My son, Dale, lives in Tulsa and is working at Cardigan’s Restaurant. He attended Platt College to become a Pastry Chef.

I enjoy doing a little knitting and watching TV crime investigation shows like CSI, as well as reality shows and Snaps. I like watching a variety of movies – especially scary ones. I’m not a pet person. Maybe I’ll have a fish someday. I like listening to all music, but my favorites are old Blues songs. I like watching all basketball games. I haven’t been yet, but I’d like to go to a Tulsa Shockers (WNBA Team) game.

I haven’t done much traveling around. I’ve been to Texas many times since my daughter and a cousin and an aunt live there. Morrision’s sent me to Colorado for a month to help at one of their facilities there. My high school class has a reunion trip every five years, and the last one was to Vegas. Someday, I would like to go to New York City and Chicago and anyplace in California.

If I could have my dream job, it would be to open my own little restaurant and provide home cooking. I love cooking. I love to prepare food that people like to eat. It makes me feel good when I hear that the Residents enjoyed something!”

---

**Western Days 2014 ... continued from page 1**

developer of Oklahoma Jazz Hall of Fame, North Tulsa Heritage Foundation, the Greenwood Cultural Center and the Business and Industrial Development Corporation in an effort to preserve the rich history of the Greenwood District.

An addition to Western Days this year was a game called “Money on the Line.” Guests could purchase a clothespin for $20, and at the end of the evening, Jim Bender dropped all of the clothespins off of a platform into a bucket. One clothespin was drawn as the winner, and that guest received half of the earnings from the game.

Funds raised from Western Days 2014 will support operations of Saint Simeon’s, including helping to provide a highly trained and experienced nursing team, magnificently landscaped courtyards, a resident-driven gardening club, and more.
Dear Residents, Families and Friends of Saint Simeon's,

Lately, I've been hearing a lot of a new catch-phrase that's been going around. When someone does or says something that they might be a little embarrassed by, they say, "Don't judge me." For instance, I might say this if I had just ordered a double scoop ice cream cone instead of a single scoop. It's a humorous phrase, intended to indicate that one knows one probably should have said or done otherwise. Like most such humorous phrases, it says a lot about the undercurrent of our society. We're all pretty sure we are being judged by somebody else all the time.

Judgment is a scary word. Presumably, someone who is in a position to judge you has some impact on your life, and usually not in a good way. With judgment there is always an underlying threat which puts us at dis-ease. Yes, a court judge can judge in your favor, but until that verdict is given, there's that threat hanging over your head. There are indeed people in our lives that judge us and their judgments can indeed have a negative impact on our lives. The religious notion of judgment just magnifies all that anxiety and fear we carry around. As human beings, we've figured out that it's better to be the judge than to be the judged!

In his letter to the Romans, the apostle Paul writes, "Let us therefore no longer pass judgment on one another, but resolve instead never to put a stumbling-block or hindrance in the way of another." Romans 14:13. Paul makes this statement after examining the various ways members of the Church judged each other over all kinds of practices regarding fasting, abstaining from meat, which days are more important, etc. The fact is, people like to judge others. Paul rightly proclaims that judgment belongs only to God.

We aren't called to judge others. We are called to proclaim good news to others. That good news includes a new way of understanding God's Judgment. To that end, I leave you with the words of the hymnist Frederick William Faber:

There's a wideness in God's mercy like the wideness of the sea;
there's a kindness in his justice, which is more than liberty.
There is welcome for the sinner, and more graces for the good;
there is mercy with the Savior; there is healing in his blood.

There is no place where earth's sorrows are more felt than up in heaven;
there is no place where earth's failings have such kindly judgment given.
There is plentiful redemption in the blood that has been shed;
there is joy for all the members in the sorrows of the Head.

For the love of God is broader than the measure of the mind;
and the heart of the Eternal is most wonderfully kind.
If our love were but more faithful, we should take him at his word;
and our life would be thanksgiving for the goodness of the Lord.

Blessings to you,
Fr. Bill Holly †
Autumn is a second spring when every leaf is a flower.
~Albert Camus

The Life Saver Plant is another one of the unique plants from Bustani Plant Farm. It is growing in the flower bed in the Reflections Courtyard next to the little rock path to the trellis, which has a Flowering Blue Butterfly Pea vine growing on it. It is a small enough plant that we will try bringing it in for the winter and transplant it outside next spring. It is hard to tell in the photo, but each flower looks like strawberry life saver!

Our September Friends of Flora and Fauna meeting had a variety of “guests” in addition to the Residents, family members, volunteers and Simone in attendance. We met Gon, a Bearded Dragon, who is about two feet long, Fredrika, a beautiful black and white cat, as well as Rocky, the increasingly more independent peachick. Rocky was three times as big as he was a month ago – and he now has some new little siblings. Our first peahen to hatch her eggs this year (May) hatched three more on September 15! This is awfully late in the season to be starting a family, but our courtyards offer some protection from the weather.

MARK YOUR 2015 CALENDARS: August, Downtown Tulsa, Purple Martin Invasion! That’s all you need to put for now. More details when the time gets closer. Chris Gruszczki and I went this year and enjoyed supper with members of the Audubon Society before going outside at 8:30 p.m. to witness the hundreds of thousands of Purple Martins descend on downtown Tulsa. For a period of about two weeks each evening, they gather in large flocks from miles around and roost in trees downtown. This is in preparation for their winter migration to South America. Then one morning, they know it is time and off they go. The Double Tree Hotel has been “ground zero” the last few years, but this time, their focus switched to Cathedral Square. We found a good site to watch in the Christian Science Church parking lot. You would think with that many birds, that one or two would have noticed our two Purple Martin Bird Houses that were donated years ago by former Chaplain, Father Norris, and former Resident, Tom Freeman. Not one single Purple Martin has ever moved in!
Yeehaw! That’s what this dog is saying after yet another successful Western Days fundraiser! On Sept. 9, I had a great time “cowgirlin’ up” with more than 700 of my closest friends at Western Days 2014: OKLAHOMA! Our Home is Grand! This year, I “worked” registration, and all of my friends were able to pat me on their way into the event. If you were there, you may have noticed the special cowboy bandana I was wearing that Resident Marie Millar made for me especially for Western Days!

Also in September, my buddy Rocky and I made a public appearance at the Wild Fork restaurant in Utica Square. In case you haven’t heard the story of Rocky, he is a peacock that hatched miraculously (after his momma had already left her eggs to go after one chick that hatched) a few months ago at Saint Simeon’s. He hatched after being placed under a makeshift incubator, and I was one of the first things he saw! Naturally, since I am also yellow and fluffy, Rocky thought I was his momma! Even though Rocky has since been adopted by Barbara Ann Bartlett, daughter of a Resident, he still visits Saint Simeon’s regularly. Barbara Ann and Kathy Hinkle, my mom, thought it would be a fun idea to show ‘the public’ what good friends a peacock and a Golden Retriever can be! So they took us for brunch at the Wild Fork. Many of the restaurant guests and staff took pictures of us, and we were most definitely the talk of Utica Square that fine September morning!

Also, I want to welcome everyone to join me for the 2nd Annual Saint Simeon’s Blessing of the Animals! (details below). Yes, I did get blessed last year, but it never hurts to have an annual blessing from our wonderful Chaplain, Father Holly. Be sure to bring your pets to receive their own blessings!

Simone

You and your pet are invited to

The Blessing of the Animals
Saint Simeon’s Common Room • Monday, Oct. 6 at 10:00 a.m.

The Tulsa area community is welcomed to join us for this special service conducted in remembrance of St. Francis of Assisi’s love for all creatures.

Questions? Contact Lindsay Morris at 918-794-1945 or lmorris@saintsimeons.org.
Welcome to our Family!
Marilyn Bamberger
Wanda Burks
Anne Kirst
Ruth Shepherd

WE REMEMBER
Jeanette Chucker
Mary Rowin
Lewis Taggart
Alvera Zwart

If you no longer wish to receive the Quill by mail or if you wish to switch to a color, e-newsletter subscription, please contact Lindsay Morris at lmorris@saintsimeons.org or 918-794-1945.

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

ADMIT ONE
The Assisted Living front desk sells meal tickets. Guests should bring their tickets to the dining room. The server will ask for the ticket before presenting a plate.

RESIDENT CHRISTMAS PARTIES – FAMILIES ARE WELcomed!

<table>
<thead>
<tr>
<th>Assisted Living Christmas Tea</th>
<th>Health Care Center Coffee with Santa</th>
<th>Memory Center Christmas Party</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, December 5 - 3:00 p.m.</td>
<td>Saturday, December 6 - 10:00 a.m. Join us for musical entertainment and photos with Santa!</td>
<td>Saturday, December 6 - 1:30 p.m. Holiday treats, musical entertainment, and photos with Santa.</td>
</tr>
<tr>
<td>Valley View Dining Room</td>
<td></td>
<td></td>
</tr>
<tr>
<td>We will be serving tea, sweets and savories, and Santa will be on hand for greetings and photos. RSVP required – 918-794-1903.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

HAPPY BIRTHDAY
October

| 10/8 | Martha Myers |
| 10/10 | Bernice Vaverka |
| 10/12 | Emalene Clanton |
| 10/13 | Tom Crewson |
| 10/14 | Roger Alkire |
| 10/29 | Mary Craig |

Fall Mini-Mart
October 10 • 12:00-3:00 • Dotson Center Lobby

October 2014 PAGE 7
“Making Safe Decisions Regarding Senior Driving”

Complimentary Lunch & Learn
TUESDAY, OCT. 7 • 11:30 A.M.
Saint Simeon’s Smith Conference Room

Come learn about a program specifically designed to help your family by providing you with a “roadmap to success” in your quest to overcome the challenges of an older driver’s safety.

Special Guest Speaker:
Imane Rose of Select Life Management

Please RSVP by Oct. 2 at 918-794-1945 or lmorris@saintsimeons.org.

Saint Simeon’s Presents the
Harvest Moon Festival
SUNDAY, OCTOBER 26, 2014 • 2:00 TO 4:00 P.M.
Saint Simeon’s grounds – 3701 Martin Luther King, Jr. Blvd.

A party for the entire family, featuring horse-drawn rides, pumpkin painting, balloon animals, face painting, live music, games, light refreshments, and more.

Questions? Call Becky at 918-794-1903.