Harvest Moon Festival Delights Residents and Families

On a warm Sunday at the end of October, Saint Simeon’s Residents and their families enjoyed the Harvest Moon Festival on the Saint Simeon’s grounds. Families had plenty of activities to keep them busy – everything from horse-drawn carriage rides, pumpkin painting, balloon animals, face painting, a performance by the Shelby Eicher band, and more. Nearly 200 people attended.

Many thanks to Wirick Resources, LLC and the Wirick Family for their gracious gift making possible the Harvest Moon Festival 2014.

Resident Christmas Parties
FAMILIES ARE WELCOMED!

ASSISTED LIVING CHRISTMAS TEA
Friday, December 5th - 3:00 p.m.
Valley View Dining Room
We will be serving tea, sweets and savories, and Santa will be on hand for greetings and photos. RSVP required – 918-794-1903.

HEALTH CARE CENTER COFFEE WITH SANTA
Saturday, December 6th - 10:00 a.m.
Health Care Center Bishops’ Plaza
Join us for musical entertainment, holiday treats, and photos with Santa!

MEMORY CENTER CHRISTMAS PARTY
Saturday, December 6th - 1:30 p.m.
MC Common Area
Holiday treats, musical entertainment, and photos with Santa.
GETTING TO KNOW:

Kanisha Townsend

CERTIFIED NURSE AIDE/HEALTH CARE CENTER

“Kanisha felt strongly about helping a Resident learn to enjoy our pool. This Resident showed some interest but was hesitant. Because of Kanisha, the Resident was more comfortable about going to the Wellness Center, and Kanisha also helped motivate her in the pool. The Resident was so happy she said, ‘I could just cry I feel so good!’ This Resident is now looking forward to going to the pool every week and hopefully may start walking on her own.”

— Jeff Centeno, Restorative Aide, HCC

“I’m a Certified Nurse Aide, working the first shift in the Health Care Center. An important part of my job is assisting the Residents with their Activities of Daily Living. Another important part of my job is talking to them, really getting to know them, and becoming a friend to them.

I moved here from Michigan a year and a half ago. I live right down the street, and I used to drive by to try and see what was behind the gate. One day I just decided to google it to find out, and after I did, I prayed about it, and then put in my application. I started working at Saint Simeon’s in August. Before that, I was a Home Health Aide and before that, I was an Office Assistant at the Food Bank of Eastern Oklahoma. In Michigan, I also worked in factories, welding, packaging and shipping and ran a line crew. One of the products we handled was Gerber Baby Food – particularly their Puff Balls.

I was born in Grand Rapids, Michigan and grew up living sometimes with my dad, Willie Townsend, in Grand Rapids and sometimes with my mom, Kim Wheeler, in Big Rapids. She had a farm, and we raised pigs, cows, horses, and chickens. For fun, we had a turtle farm with different habitats for each kind of turtle or tortoise. Sometimes I think my mom had all this stuff just to keep us six kids occupied!

Growing up, I wanted to be a doctor. On the farm, when the animals would pass away, my dad would teach me how to dissect them. He taught me how the arteries work and the names of the various organs. Then he would freeze the carcass and after a month or so, he would take it out and we would do it again to see how much I had learned and could remember.

I have one brother and five sisters. One lives here in Oklahoma, and the others are back in Michigan.
My mom has worked 16 years at the Wolverine World Wide Factory. They make shoes for the Army, Air Force, and other military branches, as well as for Hush Puppy Shoes. My Dad owns his own construction business and builds houses.

I attended schools in Big Rapids and graduated from Big Rapids High School. After graduation, my mom wanted to move somewhere new, so I volunteered to come with her to Tulsa. I have two daughters. Arlayshia (Arley) is five years old and my ‘Bookey Down Baby’. Valentine is three years old and is my ‘Sassy Lady’.

When I’m not working here, I’m enjoying my kids, cooking, cleaning and gardening (roses and vegetables). Having a vegetable garden is something I got from my Mom. We raised corn, tomatoes, cabbage, peppers, and cucumbers to store for the winter.

I love to read books of all kinds and especially to read to my kids. I’ve traveled to Maryland and New York. My mom was adopted, and when she found her biological relatives (on Facebook), we took a summer trip to meet them in New York. I also went on a missionary trip to Sun City, New Mexico. Someday, I would like to travel to the Bahamas.

Since I haven’t been in Tulsa very long, I am still visiting churches to find the right one for us. I want to get my Bachelors and Masters in Nursing and own my own Health Care business someday. I would love to open a little clinic out north that could provide transportation and affordable care for everyone.

Until recently, I didn’t have a car, so education was not a possibility but now I’m on the waiting list to start a nursing program. Meanwhile, I keep our LPNs busy, asking them to show me how to do things and why it is done that way, just like my dad used to teach me.

I’m a Rhythm and Blues, Soul kind of girl. Growing up, I was in cheerleading and softball and have now become a basketball fan. If football is on and I’m with a group of people, I’ll watch it.

I like everything about my job. I love the Residents. I love my co-workers. I love daily meeting somebody’s needs. I am only 23 years old but feel very blessed to have a wonderful job and a family that loves and supports me. I thank Jesus every day for everything. Even the struggles make it all worthwhile.”
Dear Residents, Families and Friends of Saint Simeon’s,

“Anyone can count the number of seeds in an apple, but only God can count the number of apples in a seed.” – Robert H. Schuller

Jesus spoke often of seeds and planting and harvest to describe the Kingdom of God. It made sense to an agriculturally based society. Jesus had a talent for taking ideas that would normally be difficult for our feeble minds to comprehend and place them in a context of daily life that everyone understood. Even as we have moved from agriculture to industry, most people are familiar enough with seeds and soil to understand Jesus’ message.

Seeds are such small, insignificant things. They are hardly worth our attention when you consider that size seems to mean so much to us. We are impressed by bigness. Jesus pointed out again and again that a small seed produces a mighty bush or tree. A single grain of wheat could produce “a hundredfold.” The seed represents a vast potential that is truly amazing. There is, however, a catch. The seed must die in its present form to become that which God envisions.

This is the way of the Kingdom of God. This is the way of life. The one option we do not have is to remain the way we are. In fact, we discover that whenever we try to hold on to things “the way they were,” we actually experience more difficulty, pain, and suffering. Life is about growth, change, and newness emerging from the old. We absolutely must let go of the seed and let it pursue its destiny.

Every seed is a gift from God. It comes into this world for one purpose: to die to itself so that it may become something far greater. Even God the Son embodies this principle as proclaimed by the Apostle Paul,

“Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death—even death on a cross.” Philippians 2:5-8 (NRSV)

Christmas is a season of gift giving! Every gift is a seed. We give it, and we let go of it. It may be something we buy. It may be something we make. It may be something we do or write or say. The part it plays in someone’s life is up to them – and God. May the gifts you give produce a hundredfold. May the gifts you receive do the same. May the gift that you are become all that God envisions.

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

What a severe yet master artist old Winter is...
No longer the canvas and the pigments, but the marble
and the chisel.  ~John Burroughs, “The Snow-Walkers,”

One of the joys in winter is catching a glimpse of
the deer that live in the woods surrounding Saint
Simeon’s. When the trees drop their leaves, they are
more visible. At dusk, our deer family (two
fawns this spring) is sometimes seen on the top
of the hill east of the Memory
Center. In the early morning,
they are sometimes spotted
just outside the fence behind
Cottages 4, 5 and 6. That seems
to be a path they follow and
since this is where they get the
closest to be seen, we further
entice them by scattering corn
and providing a salt lick block
on the fence. Deer (and other
herbivores) use salt licks to get
essential nutrients like calcium.
These occur naturally in the
wild and animals will travel
miles to reach them. Oklahoma
has an extraordinary salt lick
called the Great Salt Plains.

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Great Salt Plains State Park
is one of Oklahoma’s most unique state parks.
The barren landscape is comprised of salt left
over from an ocean that covered Oklahoma in
prehistoric times. The saltwater lake in the park,
Great Salt Plains Lake, is about half as salty as
the ocean. This is also the home of the Salt Plains
National Wildlife Refuge and the only known site
in the world where unique selenite crystals with
hourglass inclusions are found. The entire refuge
is designated as critical Whooping Crane habitat
for use during the fall and spring migrations of
America’s tallest bird.

Before the first frost, we move
inside plants that can’t survive
an Oklahoma winter outside.
This includes two Lemon Trees
in pots. Check out the size of
the lemons on the tree in the D-wing
Dining Room. One of the lemons
looks like it could make a whole
pitcher of lemonade!

We also brought in our two
Tree Hibiscus from the Memory
Center Courtyard. They are
spending the winter in the MC
Hearth Room. We accepted a
recent donation from Share Carr
of two beautiful plants that she
didn’t have room to bring inside.
I’m caring for them at home this winter (I did
have room) and look forward to everyone seeing
them next spring when they will go outside to
our courtyards. One is a beautiful woven trunk
Shrimp Plant and the other an unusual Double
Flowering Salmon Hibiscus.

Christmas Meal
The Christmas Meal will be served at 11:30
on Christmas Day. Families may purchase
tickets for $12 each and should RSVP
by Dec. 19 with Becky at (918) 794-1903.

Attention!
There will be NO Roots N’Shoots
meeting in December! We will
resume meeting in the New Year.
Merry Christmas, everyone! As I, Simone, look back on another wonderful year at Saint Simeon’s, I’m reminded of the people (and animals) who have made my life so wonderful thus far. One of those people is Donna Mayotte, Executive Administrative Assistant at Saint Simeon’s. She’s one of the cheerful faces you see as soon as you walk in the doors of the Administration Office.

When I was a puppy (starting at 3½ months old), I lived at Donna’s house and was “trained by the best.” Donna trains her dogs for agility trials, and just about everything I know about manners, I learned from Donna!

While living with Donna, I had the opportunity to live with another wonderful creature: her handsome American-bred German Shepherd Mesa. I quickly discovered that Mesa was the biggest, smartest, most magnificent dog I had ever seen.

Donna said that the breeder she bought Mesa from gave me the best advice on puppies: always let the older dog train the puppy. “At the time I also had an older German Shepherd named Cheyenne who was a registered therapy dog. Between both of them training Simone, I had little to do, other than to teach her that digging holes in the yard was not a desirable behavior,” Donna said.

Nowadays, whenever Mesa comes for a visit at Saint Simeon’s, I act different towards her than I do with any other dog. I have a deep respect for Mesa because of the amazing dog he is. Truly, Mesa is my dog hero.

As we reflect on the end of the year, let’s all think about a couple of people (or, perhaps dogs!) in our lives who have made a great impact on us, and take time to thank them for their contribution.

“Let’s help out some doggies!”

Donations for the Dogs of the Homeless

Saint Simeon’s is collecting donations for dogs of the homeless of Tulsa. All donations will be given to Iron Gate and will be collected in boxes located at the Administration and Assisted Living entrances from Nov. 24 – Dec. 22.

We welcome donations of bags of dog food, blankets, treats, toys, collars, leashes, food bowls, combs and brushes.
Welcome to our Family!

Arling Christensen
Lloyd Christensen
Barbara Helm
Barbara Kelly
Emily Jackson
Savannah Mason
Virginia Riley
Laverne Suit
Nadine Summers
Winston Summers

WE REMEMBER IN OUR PRAYERS

Emalene Clanton
Robert Hagen
Dorothy McDonald
Mary Nelson

HAPPY BIRTHDAY

December

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Help brighten the holidays for low-income seniors in Tulsa!

Saint Simeon’s Residents and their families have the opportunity to “adopt a senior” from Dec. 3 – 16. A “Senior Tree” will be in the Assisted Living lobby with the names of seniors to adopt. You may either buy a $25 gift card to a store like Wal-Mart or Walgreens, or you can make a $25 cash or check donation. Donations can be dropped off at the Assisted Living Front Desk.

CHILDREN’S BOOK DONATIONS

The Saint Simeon’s Library is now taking donations of new or gently used children’s books. The books will be available for Residents’ family members to use while visiting Saint Simeon’s. Donations can be dropped off at the Assisted Living front desk.

Senior Safety and Scam Prevention

With special guest speaker Lori Fullbright

Thursday, January 15 | 10:00 a.m. | Saint Simeon’s Common Room

Crime can happen to anyone, both outside and inside your own home. Fortunately, there are simple measures that you can take to minimize your risk of becoming a victim.

Join us to hear from Lori Fullbright, Anchor & Crime Reporter on the News on 6, as she shares about the latest crime trends and what precautions you can take.

Complimentary refreshments provided. RSVP by January 12: (918) 794-1945
On Nov. 11, Saint Simeon’s held a Veteran’s Day Coffee to honor our many Residents and staff members who boldly served our nation.

RESIDENTS:
- Craig Donnecke
- Maurice Forestier
- Orval Galely
- Charles Howard
- Duke Iseley
- Charles Kingsley
- Charles Lavendusky
- Isadore Levine
- Jerome Lyons
- Dave Maher
- Grant McCabe
- Paul McGraw
- Ralph McNally
- William Myers
- Bernice Robak

- James Smith
- Robert Snow
- Vern Stanton
- Bill Waller
- Fran Warnock

STAFF MEMBERS:
- Jeff Centeno
- Lisa Donahue
- Vincent James
- Elliot Jordan
- Ashton Phillips
- Joshua Smith