RESIDENTS WERE TREATED TO A SPECIAL VALENTINE’S DINNER ON FEB. 10.

This elegant Valentine’s dinner was made possible through the generosity of Donna and Jerry Clack.

Tables were decorated with flowers, tablecloths, and candles, and Residents were served the following from Morrison’s Senior Dining:

**APPETIZER:** Shrimp Cocktail

**MEAL:** Pork Roulade and Prime Rib, Mashed Purple Potatoes, Dinner Rolls, Ratatouille

**DESSERT:** Tiramisu

Thank you to Morrison’s and Mr. and Mrs. Clack for making our Valentine’s extra sweet!

Many thanks to Donna and Jerry Clack for generously making possible the Sweetheart Dinner! We’re so glad you were able to join us for this special evening.

Residents Louise Treadway, Magie Hutson, and Geraldine Sanders looking lovely for the Sweetheart Dinner.
GETTING TO KNOW:

Juan Ferrera
LIFE ENRICHMENT ASSISTANT/TRANSPORTATION

“Juan picked up my mother at the airport on December 26th well after business hours. My mother spent the Christmas holiday with my brother and his family in Austin. Her flight returned on Friday, December 26th, but there was a three-hour delay in getting back to Tulsa. I was out of town with my family, so there was no one in Tulsa to pick her up. Juan monitored the flight schedules and drove out to the airport to get her after his normal working hours. He could have left her to her own devices, but he did not. I can’t tell you how much I appreciate his kindness to my mother. He went above and beyond the call of duty. It is always a pleasure to see someone take such ownership in their job. I whole-heartedly endorse Juan for the Caring Champion award!”

-Family member Martha Cordell

“Because of Juan’s language skills, he has been helpful when we have a Resident or employee whose primary language is Spanish. He also assisted with translations for families at the schools his children attended. Juan is a wonderful resource for Saint Simeon’s and for this country.”

-Education Director Kathy Hinkle

“I was born in Honduras in Central America. My family lived in the city of San Pedro Sula, which is the second most important city. It has many factories and is referred to as the ‘Honduras Capital of Industry’. I moved to the United States when I was 26 years-old to join my wife, who was already a citizen, and I became a citizen 11 years ago. That was no easy task. I had to demonstrate some ability to read and speak English (my first language is Spanish) and answer a series of questions about this country’s history and government.

I moved my family to Oklahoma from New Jersey. I had been working in a warehouse there, but I wanted a better place with better schools to raise my children. It was far more expensive to live in New Jersey. I like my job
here. Tulsa is a nice place to live and to work. People treat you with respect.

I started working for Saint Simeon’s in 2003. My first job here was in Housekeeping (now called Facility Services). I knew that what I really wanted to do was be a driver, so I transferred to Saint Simeon’s Adult Day Center and drove their bus, picking up participants and taking them home. When the decision was made to close the Center, I came back here to work in Life Enrichment, and transportation was still my main job. Most of my trips are taking Residents to doctor appointments. When I am not driving, I help with the Residents’ activities, primarily ‘one-on-one’ activities with Residents in the Health Care Center.

I have driven across the United States from New Jersey to California. The waves are very different at the beaches on the West Coast versus the East Coast. Honduras is a beautiful country with beaches on the Pacific and Atlantic oceans. I would like to live there again someday when I am old and can retire. In my dreams, I live close to the ocean, swimming every day and swaying in a hammock.

My wife, Sandra, is a Tulsa Public Schools Cafeteria Manager, and I have two daughters. Karen is in her second year at Northeastern State University in Tahlequah. She is working toward a degree in Business. Karina works in the City Hall building downtown for an internet networking company with customers from all over the world. When they are contacted by clients from Spanish speaking countries, Karina can function as a translator. My wife and I made sure when our children were growing up that they were able to speak Spanish as well as English.

We would speak Spanish at home and they spoke English at school and with their friends.

As a family, we enjoyed visiting Six Flags Amusement Parks in several states, and our favorite vacation place was Padre Island in Texas. We have extended family in Dallas that we visit regularly. We have an energetic Maltese dog named Lola. We attend the Centro de Adoracion Familiair Christian Church. I enjoy watching ‘football’ (what we call soccer) and my favorite team in Honduras was El Mounstrouo Verde (The Green Monster).”
Dear Residents, Families, and Friends of Saint Simeon’s

I wrote on the subject of meditation five years ago. It seems to me to be time to revisit that topic. Some of this is recycled, some new. I believe it to be of great importance and benefit to us all!

The Gospels tell us on several occasions that Jesus would go off by himself to a quiet place to pray. Often, after Jesus had been preaching, teaching, and healing, he would “duck out” some place where he could be alone. It was important for him to be refreshed by quiet time with God. I often refer to this as Jesus recharging his spiritual batteries.

We too often neglect this important aspect of our spiritual health. It is true that like Jesus and the disciples, our souls need refreshment and renewal as well. Worship is a great aide in this, and I, of course, highly recommend it. But worship is a corporate activity. We also need individual quiet. We need to go to that quiet place to consciously be reconnected with the source of our being.

Prayer and meditation are to our souls what time off from work and recreation are for our bodies and brains. The good news is that this activity can be done daily if you desire. All you need to do is set aside some time to be by yourself in a quiet place, away from distractions. Prayer is a good way to begin this time. Get your concerns for yourself and others out on the table. That way, you can set them aside and be freed to simply be present with God.

That brings me to meditation. Here, I am using the word “meditation” to refer to being quiet and present with God. Being quiet not only means refraining from speaking, but also being silent of “mind chatter.” This will take some practice, but is worth the effort! Try to set aside 20 minutes to just be silent before God. Your mind will resist this mightily, bringing before you all the cares and concerns you have. As they appear, you will need to gently set them aside, knowing those things are already known to God. Spend this time simply being with God, quietly and consciously. Just let God love on you a bit!

Sometimes it is helpful to visualize God loving you. Perhaps you could feel God’s arms surrounding you in love and joy. Or maybe you can see yourself bathed in God’s light, being warmed and energized by it. After a while, you’ll find you don’t need the visualizations anymore.

If you will make time in your life for prayer and meditation, a wonderful thing happens: you become much more centered in your daily life. You have the spiritual energy necessary to do the things you need to do and to resolve problems and issues. Problems and issues that do arise have less power to affect you personally, and when you become proficient in prayer and meditation, they have no power to affect you personally (no, I’m not there yet). Most importantly, you live in the assurance of God’s continuing presence in your life. With that assurance, you are truly free to live.

Blessings to you,
Fr. Bill Holly †
We recently had a visit from Living Design, the company that does the quarterly maintenance on our two aviaries. The technician arrived in the afternoon because he spent the morning at the Tulsa Zoo. Living Design works with several zoos across the country in their breeding program of species threatened with extinction. Whenever they visit Saint Simeon’s, they remove any chicks and “trade out” some of our adult birds for new birds. We eventually will get to see all of the varieties they have in their breeding flocks.

Currently in our Ice Cream Parlor Aviary and Memory Center Aviary, we have Orange Cheek Waxbills, Green Singers, Gouldian Finches, Shafttails, Orange Weaver, Diamond Doves, Society Finches, Red Cheek and Zebra Finches. Here’s a little background from Living Design on some of them.

The Ice Cream Parlor Aviary has a pair of Gouldian Finches – the ones with many colors. They are native to the plains of Australia where they live in colonies. They are the easiest ones to tell the male from the female. As is often the case in the bird world, the colors of the male are noticeably more brilliant than the female. But they’ve got nothing on our peacocks!

The Society Finches (tan/white) have never existed in the wild but were created by the Chinese to raise the babies of other birds because they are such good parents. Males and females look alike, so they always place three birds with us in the hopes that we’ll get a pair. We have three in the Memory Center Aviary.

The tiny Orange Cheek Waxbills are native to Africa. They are quiet but social birds and get along fine with any other birds. Orange Cheeks are also a threatened species and can no longer be imported into this country. They are in the Ice Cream Parlor Aviary.

Both Aviaries have a Green Singing Finch. Like many birds, they are threatened by the loss of habitat. They are native to Africa and now illegal to import. Living Design raises them as part of their breeding program to preserve them for future generations.

The Shafttail Finches are in the Ice Cream Parlor Aviary. They are an elegant gray with a dark bib and their long sharp tail ends in a shaft, hence the name. They are another example of birds so difficult to tell males from female that they always put in three and let them figure it out. When preparing to nest, the male will hold a piece of nest material in his bill and bob to the female.

The Memory Center Aviary has our only Orange Weaver. Living Design always places a single male because they do not breed in this setting. That may be why he keeps his brilliant color. After breeding, he would lose his color and look like a sparrow. Weavers are also no longer imported.

Both aviaries have a pair of Diamond Doves who successfully hatch and raise chicks – sometimes two at a time. Since they are the only birds we have that use the open nests (not the finch nests at the top), we get to watch the entire nesting process from the parents sitting on the eggs to the chicks hatching, growing feathers, and leaving the nest. These doves are the smallest doves in the world and are from Australia.
It’s true that I have many friends … Facebook friends, friends who are Saint Simeon’s staff members, friends who are Residents’ family members. But my favorite type of friend is a Resident. They are really why I’m here at Saint Simeon’s, after all!

One Resident in particular who has traversed his way deep into my doggy heart over the last few years is Paul McGraw. Paul is very special to me because he cares deeply about one of my most prized possessions – the yellow duck that is often seen hanging out of my mouth! As many of you know, I take the duck just about everywhere, so it has most certainly begun to wear down. When Paul notices new holes appearing in the duck, he comes to visit me with his trusty sewing kit and patches the duck right up! Paul received naming rights for the duck since he is the reason it is still hanging together, and he named it “Seymour.”

Paul visits me every day, or I visit him. I know exactly where his room is. He always carries around with him a little jewelry case filled with pieces of Bacon Flavored Beggin’ Strips. (He gave me an entire case of Beggin’ Strips for my last birthday.)

Recently, Paul had a $5 bill tightly folded up in his lap that just happened to smell like bacon. I just couldn’t resist… I had to taste-test it! Before anyone could stop me, I had the $5 bill in my mouth! However, as soon as Paul told me I shouldn’t have done that, I promptly obeyed him and spit it out. Kathy Hinkle, my “Mom” and Saint Simeon’s Education Director, was watching the entire scene.

Simone

Simone surprises Paul McGraw with a big, sloppy kiss!
**HAPPY BIRTHDAY**

**March**

- 3/8  Betty Brown
- 3/13 Dorothy Engeldinger
- 3/17  Toni Walters
- 3/19  Laura Blakewell
- 3/19  John Heisler
- 3/19  Mary Ruffin
- 3/26  Anne Evans
- 3/26  Hazel Jackson
- 3/26  Mary Melton
- 3/28  Jack Duffield
- 3/29  Margaret Thurman
- 3/30  Jerome Lyons

**BOTANIC GARDENS AROUND THE WORLD**

Presented by Dr. Todd Lasseigne, Director of the Tulsa Botanic Garden

**MONDAY, APRIL 6 AT 6 P.M.**

Open to all Residents, families, and guests of Saint Simeon’s.
Hors d’oeuvres will be served.

Please RSVP with Lindsay at 918-794-1945 or lmorris@saintsimeons.org.

**Welcome to our Family!**

Leta Black
Mae Copeland
Betty Stambaugh
Margaret Thurman

**DID YOU KNOW?**

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

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.

**GOT ACHEs & PAINs?**

Try massage therapy! Gift certificates are also available!

Call Pam Martin at 918-378-4208.

**“HOW TO GET THE MOST OUT OF VETERANS’ BENEFITS”**

Presented by Steve Juett, Project Veteran Assistance, Inc.

**THURSDAY, MARCH 5 AT 6 P.M.**

Saint Simeon’s Smith Conference Room
Open to all Residents, families, and guests of Saint Simeon’s.
Hors d’oeuvres will be served.

Please RSVP with Lindsay at 918-794-1945 or lmorris@saintsimeons.org.
Resident Art Show

On January 29, Residents had the opportunity to show off their artistic talents at an Art Show in Dotson Family Assisted Living Center.

Resident John Walton looks at a painting of himself that was done by a member of the Whiteside Portrait Artists. The group of 12 artists chose Mr. Walton as their subject for the month of January and displayed the portraits during the Resident Art Show.

Resident Geraldine Sanders displays a "Three Bears" pillow that she sewed. Behind her are paintings that she painted and other handiwork.

Resident Paul McGraw shows four of his nature paintings, displayed on the table.