Dust off your boots and spurs – Western Days 2015: Celebrating Saint Simeon’s, Where Caring Really Matters will be held on Tuesday, Sept. 15, 2015 at Central Park Hall at Expo Square. Saint Simeon’s Western Days 2015 will mark the 19th annual milestone of this fundraising event to benefit Saint Simeon’s Foundation. This year’s event will support operations of Saint Simeon’s Episcopal Home.

June Patton and David Hogan, Event Chairs, are rounding up the ranch hands for this year’s event, with Donna and Will Farrior, President of the Saint Simeon’s Foundation Board of Trustees, serving as Patron Chairs. The event chairs, along with about 70 committee members, attended the dynamic Western Days Kickoff Party at The Restaurant at Gilcrease Museum on Monday, March 2.

Karen and Rick Garren have been selected as Honorary Chairs and will be celebrated for their long-time volunteerism and support of Saint Simeon’s. David Hogan introduced Karen and Rick, saying, “Saint Simeon’s could not ask for better friends. Almost since the beginning of the Western Days fundraising effort, Karen and Rick have been a vibrant part of its success.”

This year, the Pioneer Spirit Award will be presented to Saint Simeon’s Resident Jim Dempster. Jim exemplifies the spirit of volunteerism, serving on the Saint Simeon’s Library Committee, and also having served as a number of years as a Gillie, Gilcrease Museum’s volunteer program. Jim also started a husbands’ support group for men whose wives were experiencing memory loss issues.

“At Saint Simeon’s, operation costs mean a beautiful campus in a park-like setting, individual attention to Residents in addition to fulfilling their healthcare needs, a highly-trained and experienced nursing team, and extras including an on-site therapy dog, Resident programs such as the gardening club, the wellness center and therapy pool, and even the birds and peacocks,” said Will Farrior during the Kickoff Party. “Saint Simeon’s is special, thanks to our donors and friends.”

For more information about Western Days 2015, visit www.westerndays2015.com or call 918-794-1977.
“Gail is a dream come true for translation when needed. She became our translator for a Resident when that Resident could no longer speak English and could only speak Spanish. Gail was also very good to calm the Resident when Nursing needed assistance. She volunteered for a few shifts after her job was over to be one-on-one with a Resident, speaking to her in Spanish and then translating her answers to the nurses. Gail also is on top of cleanliness in the Memory Center and takes great pride in her job. Way to go, Gail.”

-Pam Gourd, RN/Charge Nurse/MC

“I work mainly as a Housekeeper in Homes 1, 2, & 3 in the Memory Center, but I go anywhere I am needed and have worked in most areas. My job is essentially “detailing” the rooms like you would a car. The only difference is that we do it every day so things are always nice for the Residents.

I came to work here in May this past year. Before that, I had done some home health work and also worked in medical records. I was in school to become a Certified Nurse Aide, but I didn’t have a baby sitter or a car, so I had to drop out. I do a lot of volunteer work as a translator with Hispanics in Tulsa and at my children’s school, where I also help with fundraising.

Someone told me about Saint Simeon’s. They had a lot of good things to say about this place, and I thought it would be a good place to work. I love getting to know the Residents – their history and their background. I especially appreciate the memory display cases outside each bedroom in the Memory Center and the display shelf outside each bedroom in Dotson Assisted Living. Just looking at what is displayed there tells such a story about the resident. One of our Residents even had a book displayed that he had written.

I grew up in West Tulsa and attended Robertson Elementary School, Clinton Middle School and graduated from Webster High School. There is no place quite like West Tulsa. Everybody knows everybody, and it just feels
like home. My mom, Judy Gibson, was a Tulsa Public Schools Head Custodian and she also volunteered for anything she could help with at the school, where she often put her artistic talent to use. My dad, Oliver ‘Tex’ Gibson, bought and sold things at antique stores and flea markets. He also sang at bars. Both of them died in 2003. My mom had crippling arthritis and my dad died of a heart attack.

My experience with my parents helps me be more sensitive with Residents who may be feeling pain. Some can cry out or tell you they are hurting, but with some, you need to pay attention and you can just tell.

In my family, there were seven sisters and six brothers. We still see each other all the time. One of my sisters has been the Staffing Coordinator at Colonial Manor for nine years. Another is the Activity Director at the Sand Springs Nursing Home. One of my brothers was adopted when he was literally left on our door step. He couldn’t speak English when he came to live with us. He now travels with a circus or goes to state fairs working in the midway games. I have discovered that I actually have a family member currently working here: Mark the Hairdresser in the MC is my cousin. I also have a famous family member. My great-great-grandfather was a chewing tobacco pioneer and rode with Billy the Kid!

I have three daughters. Candy Gibson, is an artist in Hot Springs, California. She has a daughter, Gabrillaba, a 1-year-old who has the same birthday as her mother. My daughter, Jessica, is on the honor roll at Eugene Fields Elementary School. She loves art and books and is in the sixth grade. She wants to go to the same school as I did and when she grows up, she wants to be a Justice of the Peace. My daughter, Salma, is 9 years old and in the second grade. She is my ‘off the wall’ child and loves to sing and dance.

When I am not working, I spend time with my daughters. I take them to movies, parks, museums and the zoo. I love watching Spanish Novellas on TV and all Spanish music. Jessica loves Twilight, both the books and the movie. Salma always wants to watch the movie Grease on TV and dance to the music.

I have traveled to Mexico several times to visit family members and also spent time in Honduras and Guatemala in Central America. I grew up attending the Carbondale Assembly of God with my parents and grandparents. It was an English-speaking congregation. I also used to travel with a Spanish-speaking congregation to Topeka, Kansas for the Assembly there. I actually took Spanish in school, but I flunked! Instead, I pretty much taught myself Spanish by studying a Bible that had English and Spanish side by side.

Now that my girls are older, I do want to go back to school and become a Certified Nurse Aide. And I’ll always try to do what my Mother and Grandmother taught me – if you see a need, jump in and lend a hand!”
Dear Residents, Families, and Friends of Saint Simeon’s

Let's talk about fear. No way to ease up on this subject and no need to! We all live our lives with a steady diet of fear. We are afraid of so very many things — or even everything! Fear is our constant unwanted companion, and in my opinion, the root of all that is negative and wrong with our lives. That steady diet I referred to is mostly all our news through whatever means we get it: newspaper, television, online resources, or just word-of-mouth. All sources tell us of every conceivable bad thing that can possibly happen, and if we want to devote all our time to consuming this diet, we’ve got 24/7 access at our fingertips! No wonder depression is so rampant. I am reminded of the lyrics of a song back in 1969-70, “Reflections of My Life,” by a rock group called The Marmalade.

“The world is a bad place
a bad place, a terrible place to live.
Oh but I don’t want to die …”

But we don’t need just news stories to feed our fear. We are quite capable of supplying ourselves of all kinds of things to fear: other people’s opinions about us, sickness, loss of any kind — things, people, relationships, jobs; we fear change, authority, strangers, neighbors, the unknown. Pretty much anything that exists in the world around us or just in our minds can be a focus for our fear.

I stated earlier that fear is the root or source of the negative in our lives, because I believe it to be the primary feeling to all subsequent negative feelings and thoughts we have about ourselves, others, and even God. Anger/rage/hate, mistrust, resentment, envy, paranoia, embarrassment, racism, feelings of unworthiness, guilt, I can go on and on. Basically, we respond to fear in negative ways and in ways intended to protect us from that which we fear. If you can think of a negative feeling or attitude you have experienced about yourself, others, events, anything at all, you can trace it back to a fear.

So all you have to do is remove fear from your life, and you have peace, joy, harmony, and love for all with nothing to worry about! Aye, there’s the rub. How in the world can you possibly remove fear from your life? We actually need it, don’t we? Isn’t it healthy to have some fear? And, isn’t the fear of God the beginning of wisdom?

Tune in next month … .

Blessings to you,
Fr. Bill Holly †
St. Patrick’s Day (March 17th) has come and gone again for another year. I bet that you saw a Shamrock or two! These plants are a symbol of Ireland and therefore a symbol for St Patrick’s Day – the day when we are all honorary Irish. There are a variety of plants that people think of as Shamrocks. We have one variety growing in a raised bed on the Memory Center patio and they are hardy even through our worse winters - amazing for a plant with such delicate leaves and flowers.

The name Shamrock is derived from the Irish word seamrog and means simply “little clover.” According to legend, the Shamrock was a sacred plant to the Druids of Ireland because its leaves formed a triad, and three was a mystical number in the Celtic religion, as in many others. St. Patrick used the shamrock in the 5th century to illustrate the doctrine of the Holy Trinity when he introduced Christianity to Ireland.

The shamrock became symbolic in other ways as time went on. In the 19th century, it became a symbol of rebellion, and anyone wearing it risked death by hanging. It was this period that spawned the phrase “the wearin’ o’ the green.”

The original Irish shamrock is said by many authorities to be none other than white clover, a common lawn weed originally native to Ireland. It is a vigorous perennial with three leaves. Occasionally, a fourth leaflet will appear, making a “four-leaf clover,” said to bring good luck to the person who discovers it. There are approximately 10,000 three-leaf clovers for every four-leaf clover. In addition, each leaf is believed to represent something – Faith, Hope, Love and Luck!

I’m looking over a four-leaf clover
That I overlooked before.
One leaf is sunshine, the second is rain,
Third is the roses that grow in the lane.
No need explaining the one remaining
Is somebody I adore.
I’m looking over a four-leaf clover
That I overlooked before.

“‘I’m Looking Over a Four Leaf Clover” by Mort Dixon

Shamrocks recently donated by Carol Crews to the Saint Simeon’s Friends of Flora & Fauna.
Hey, everyone! In case you haven’t heard, my 6th birthday is right around the corner! My actual birthday is on April 1 (and that’s no April Fools’ Joke), but we’ll be celebrating on Tuesday, April 7th at 2:00 in the Saint Simeon’s Common Room. I’d love to see as many Residents, family members, and friends of Saint Simeon’s, as possible!

Sometimes, people ask my “human,” Kathy Hinkle, what I need for my birthday. The truth is, I don’t need anything! I’ll unabashedly admit that I am one of the most spoiled dogs in the universe! I have literally hundreds of people to pet me, I have a different handkerchief to wear every day of the year, and I have tons of toys to play with! (though I really just prefer to play with one toy: my yellow duck!)

So, instead of hoarding more belongings for myself, I thought, Why not do something for other dogs?

This year, my birthday wish is to help the dogs of Tulsa’s homeless population. Did you know that many homeless people own dogs, and they often put the needs of the dogs above their own? That’s why it’s a huge help when we can provide food to these special dogs! If you would like to bring a birthday gift to my party, please consider bringing a bag of dog food. All donations will be taken to the Tulsa Animal Welfare Shelter to be given to Iron Gate, a ministry to the homeless.

In December, Saint Simeon’s collected dog food and more for the same ministry, and I’m proud to announce that we were able to contribute nearly 500 pounds of dog food to these homeless dogs! I’m so excited to see what we can do for the dogs this April!

Also at my birthday party will be some of my dog friends from Caring Canines. So there will be plenty of doggie love to go around to everyone who attends!

I hope to see you on Tuesday, April 7 for a very memorable birthday party!

*The March Quill listed an incorrect date for Simone’s birthday party. April 7 is the correct date.*
CALLING ALL CRAFTERS!

Yeehaw, cowpokes! It’s time to gear up for Western Days 2015: Celebrating Saint Simeon’s, Where Caring Really Matters! This year, we want to have the best General Store ever, and we need your help!

Do you have crafted items you’d be interested in donating to the General Store? Whether you’re a painter, a fruit canner, a knitter, a baker, or something else – we will gladly accept your crafted goods as a donation to our store.

To donate crafted items to the General Store, contact Carolyn Blair at cbleir@saintsimeons.org or 918-794-1977.

SOCIAL SECURITY AND YOUR FUTURE

PRESENTED BY
Judy Miron of Mass Mutual

Did you know that you don’t have to take your Social Security retirement benefits at age 62? Or even when you stop working? Learn how to get the most out of your Social Security!

THURSDAY, MAY 16 – 6:00-7:00 P.M.
SAINT SIMEON’S SMITH CONFERENCE ROOM

Join us for drinks and bites. Open to all Residents, families, and guests.

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

CALL FOR RESIDENTS’ PHOTOS!

Do you have a fun photo of a Saint Simeon’s Resident from “years gone by”? We’re hoping to play a “Guess the Resident” photo game in an upcoming issue of the Quill!

Email photo to lmorris@saintsimeons.org, or call Lindsay at 918-794-1945 and she can arrange to scan your printed photo.

WE REMEMBER IN OUR PRAYERS

Leta Black
Thomas Buckley
Charles Cred
Monique Jones

WELCOME TO OUR FAMILY

Ruth Carter
Lois Fick

HAPPY BIRTHDAY

April

4/5 Leslie Campbell
4/7 Reece Boone
4/10 Marjorie Dew
4/10 Virginia Lutman
4/16 Dorothy Gizzi
4/22 Louise Gruntmeir
4/23 Geraldine Sanders
4/28 John Walton

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.
Let the Good Times Roll! Saint Simeon’s Residents and staff celebrated a grand Mardi Gras! The day began with staff members marching through the campus with homemade floats and costumes. In the afternoon, Life Enrichment threw parties in every area of Saint Simeon’s.

Laissez les bons temps roulez!

Residents Mable Rice and Izzy Levine were crowned Mardi Gras Queen and King.

Resident Yolanda Thompson between Thing 1 and Thing 2 (staff members Attrell Redricks and Juan Ferrera).

Life Enrichment staff members went all out for Mardi Gras, organizing Dr. Seuss-themed costumes. This group of employees is what makes Mardi Gras, and so many other events at Saint Simeon’s, so special!