At Saint Simeon’s, a group of talented and dedicated seamstresses called A Stitch in Time meets weekly to assemble teddy bears, sew blankets, and prepare various items for the General Store at Western Days. Recently, the group of Residents decided to give back to the community through donating their hand-made items to Crosstown Learning Center, a child care center in north Tulsa.

In December, A Stitch in Time made 82 teddy bears, which they delivered to Crosstown. The bears were distributed to all of the children in the program during their Christmas party, and there were enough bears that even siblings of the children were all able to get a bear too!

Over the last few months, the ladies have been preparing beautiful, soft blankets for the children at Crosstown. In March, they delivered the blankets and even met an adorable baby in the program. We’re sure she and all of the other children at Crosstown will sleep peacefully knowing that there are sweet older adults at Saint Simeon’s who are thinking of them!
GETTING TO KNOW:
Taconna (Larae) Dean
CERTIFIED NURSE AIDE/HEALTH CARE CENTER

“I am nominating Larae Dean for exceptional customer service for a new Resident in the Health Care Center. I was visiting with the new Resident’s daughter, who was very anxious waiting for the arrival of her father from Missouri. After the daughter greeted him, I walked up, introduced myself, saying, “My name is Donna and adding, I am so glad you are here,” with a big smile. He looked right at me, and I could see the stress beginning to disappear from his face. Just then a wonderful aide, Larae Dean, came right up to the Resident’s side, and said, “My name is Larae, and I will be taking care of you.” The new Resident said, “You are all so nice.” Larae gave him a big smile again and said, “Yes, we are all lovable.” We all laughed (as well as the daughter) and then, there was no uncertainty or stress left in him. He had come home. With that smile and comment, Larae gave comfort, a feeling of well-being, and earned the Resident’s trust to move to Saint Simeon’s. Congratulations to Larae for doing her job so well.”

-Donna Mayotte, Executive Administrative Assistant

“I came to work at Saint Simeon’s last August, and I love working here. Saint Simeon’s is wonderful. The Residents, family members and my coworkers are like a family. As long as I can make a Resident’s day, that makes mine!

Before coming here, I worked at another nursing home in their dietary department. There, I decided that I needed to get back to my real passion, which is nursing. I felt drawn to nursing when I took care of my grandmother until she died. I went to Tulsa Technology Center and became a Certified Nurse Aide. I am thrilled to be nominated as Kris’s Caring Champion and intend to live up to it.

I was born in Columbus, Ohio and grew up there. I was an only child. My grandmother, Mary Dukes, raised me and was really a mother to me. She died when I was 16, so I moved to Tulsa, where I had family. I graduated from Webster High School and have now been in Oklahoma for eight years.

After graduation, I attended the University of Oklahoma. A close friend and I decided that we wanted to try living someplace other than
Oklahoma, so we each got a job and saved $5,000 so we could move to Austin, Texas. We found a place to live and I got a job in telemarketing. I later returned to Oklahoma to help a family member who was having problems.

I have a 2-year-old son named King Watson. He is exciting, enthusiastic, and just plain wonderful! He is also the best thing that could ever have happened to me. Raising King has made me wiser, more responsible, and more caring. He has truly made me a better person.

My son’s grandmother (his dad’s mother), Valisa Watson, is another mother figure in my life. She opened her home to King and I, and we have lived with her for two years. My mom’s sister, Tayna Dean, also helped raise me. Since I was an only child, her children became like my brother and sisters, and I am very close to them. God works in mysterious ways, because when my ‘brother’ Gregory Hines died unexpectedly, that was the same time I found out that I was expecting. Gregory had proposed to someone, but they knew she could not carry a baby. He had always wanted a son, and it turned out that I was going to have a son. Gregory had been the only boy in my family, but by the time God called him home, King was on the way to taking his place as the boy in the family.

I live only two minutes from Saint Simeon’s – I could even walk here! When I am not working, I am hanging with my son and we go all sorts of places – Incredible Pizza, various parks, Bounce U, etc. I’m a big basketball fan – I love the Cleveland Cavaliers and LeBron James. Wings of a Dove Christian Church in Sapulpa is the church I belong to.

My extended family has regular reunions (used to be every year and now every other year), and I always go. Sometimes we have had over 100 family members in attendance. I’ve traveled to the various states where different families live, including Florida, California, North and South Carolina, New York, Michigan, Louisiana, and wherever we go next. I much prefer to fly to these places than drive.

My hopes for the future? I want to become a Registered Nurse and work in pediatrics. And I want King to grow up to be a great son, learn to keep his mind focused to see things through and someday be a strong, loving man.”
Dear Residents, Families, and Friends of Saint Simeon’s

Last month, I described the prevalence of fear in our daily lives. My belief is that any negative feeling or thought we experience can be traced back to some fear to which we have attached ourselves. I ended with the notion that if we could just remove fear from our lives, we could have peace, joy, harmony and love for all.

“But, Fr. Holly,” you may ask, “don’t we need to have some fear in our lives? Doesn’t fear actually protect us from harm? In fact, aren’t we even supposed to fear God?”

The fear I’m referring to is psychological or emotional fear. The adrenalin rush when confronted by danger is a part of our human chemistry. We often call that fear, but that is our natural protective reaction springing into play. The “fight or flight” reaction, as it is sometimes called, gives us the ability to try and get ourselves out of harm’s way, either by removing the agent of harm, or removing ourselves from the situation.

When psychological or emotional fear takes over in a dangerous situation, it’s usually not a good thing. We are often unable to act. We are “frozen in our tracks.” I think of the story in the Old Testament of Lot and his wife fleeing the destruction of Sodom and Gomorrah. They had been warned by an angel of the Lord to flee from the area and not look back or they would be destroyed. So they fled, except that Lot’s wife looked back upon the destruction, and she turned into a pillar of salt (Genesis 19:1-26). This seems to me to be a good analogy of psychological fear: Lot’s wife is so consumed with fear by what she is witnessing that she is unable to move!

This is how we experience fear in our lives – we are not able to act. We are not able to deal effectively with various issues in our lives. We become paralyzed. There is not the strength physically or emotionally to be present to life, to our situation in life, to others.

As for the “fear of God” – I think the psalmist (Psalm 111:5-10) and the author of Proverbs 9 are not referring to the kind of fear we have been looking at. It seems to me the word “awe” better describes the state of mind and being, known as the “fear of the Lord.” When one comes to understand through experience, the wonder and majesty of God, one may appear paralyzed, but is far from it. That one is VERY present to God, and completely engaged in that moment. True wisdom does, indeed, begin there!

Well then, how are we to deal with this psychological, emotional, paralyzing fear I’ve been going on about? Like I said at the end of last month’s Chat – tune in next month . . .

Blessings to you,
Fr. Bill Holly †
“The best remedy for when we are afraid, lonely or unhappy is to go somewhere where we can be quiet, alone with nature and God. Because only then do we feel that all is as it should be and that God wishes to see us happy, amidst the simple beauty of nature.”

~Anne Frank

Bradford Pear, redbuds, flowering plums and others are all green now except for the plum trees whose leaves are naturally a deep purple.

One young tree started putting on quite a show this year. That is the Jane Magnolia growing near the old Assisted Living entrance and pictured here with its tulip shape blossoms that are pink on the outside and a delicate white inside. Like other magnolias, the blossoms are also heavenly fragrant. It was planted in honor of the Auxiliary Presidency of George Harrington. George was involved for years with improving Saint Simeon’s landscape so it was appropriate that he selected an unusual tree to add to our community. Mary Lou Havener with MB Garden Landscape chose the site so, of course, it is in a perfect location for the best blooms – full morning sun and under the canopy of a nearby tree for some afternoon shade. That would also be my choice of how I would want to live!

I learned on the Internet that the Jane Magnolia is one of eight magnolia “Girls” developed at the U.S. National Arboretum in the 1950s. They are well-loved for their ability to thrive in a variety of soils and to tolerate summer heat and drought conditions, as well as chilly winters and springs.” Our Jane Magnolia tree will eventually grow to be about 15 feet tall.

It is definitely not winter anymore! By the time you read this, our tulips, daffodils and pansies will have finished their show, as have the amazing Lenten Roses (not really a rose) that started blooming back when winter still had us in its grip. Our glorious spring blooming trees, the dogwoods (pink and white), the crabapples, Star Magnolia, and new baby peachicks should be arriveing soon!

On a separate note, last year, the first peachicks hatched on May 22nd. Things are about to get exciting in the courtyards!
Many thanks to everyone who attended my 6th birthday party on April 7! The party was lots of fun, and we were even able to help other dogs in need. We raised over 200 pounds of dog food, which will go towards the Tulsa Animal Welfare Shelter’s drive for the dogs of the homeless! Great job, everybody!

Once again, our Residents, along with Life Enrichment’s Teresa Reno, made a scrumptious dog cake for me and the other dogs in attendance. It was filled with peanut butter, carrots, and other yummy ingredients. We enjoyed scarfing that down while our Residents and visitors ate chocolate and vanilla cake.

Also in attendance were several local media teams. My birthday party was featured on the cover of the Local page of The Tulsa World on April 8. It also aired on KOTV The News on 6 and KJRH Channel 2. Wow, I’ll try not to get a big head from all of the attention!

Simone
**HAPPY BIRTHDAY**

**MAY**

| 5/3  | Nell Davis    |
| 5/3  | Pat Perrin    |
| 5/3  | Gladys Scott  |
| 5/5  | Edythe Schroeder |
| 5/6  | Bernice Robak |
| 5/10 | Winston Summers |
| 5/12 | Virginia Riley |
| 5/14 | Leonard Luehring |
| 5/19 | Paul McGraw    |
| 5/24 | Dolores Dukes  |
| 5/24 | Emma Herndon  |
| 5/26 | Orval Galley  |
| 5/28 | Rita Bell      |
| 5/29 | Laverne Suite |
| 5/30 | Ruth Shepherd  |

**Welcome to our Family!**

Rita Bell
Kathy Gilbert
Leonard Luehring
Willard Thierry

**WE REMEMBER IN OUR PRAYERS**

Betty Ammann
Lloyd Christensen
Jerome Lyons
William Myers
Katherine Robison

**DID YOU KNOW?**

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

**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.

---

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.

**GOT ACHES & PAINS?**

Try massage therapy! Gift certificates are also available!

Call Pam Martin at 918-378-4208.

**SOCIAL SECURITY AND YOUR FUTURE**

**THURSDAY, MAY 14 AT 6:00 P.M.**

**SMITH CONFERENCE ROOM**

**PRESENTED BY**

Judy Miron, MassMutual Oklahoma

Please RSVP by May 12 at 918-794-1945 or lmorris@saintsimeons.org

**BUTTERFLY GARDEN DEDICATION**

Join us

**SATURDAY, MAY 30 2-3 P.M.**

Gazebo Courtyard
Saint Simeon’s Butterfly Garden in Memory of Marilyn Lane, donated by her husband Don Lane.

RSVP to Kayci Hebard at 918-794-1977.
D-Wing Is Now Assisted Living Plus!

You may have noticed a name change around Saint Simeon’s recently. The area that was formerly called D-Wing (in between the Chapel and Ice Cream Parlor) is now being referred to as Assisted Living Plus. For many years, the wing has stood alone after the old Assisted Living building, which used to be next to it (and contained wings A, B, and C), was torn down when the Dotson Family Assisted Living Center was built in 2009.

This has left many visitors and people new to Saint Simeon’s wondering, “What is D-Wing?”

That’s why Saint Simeon’s has officially renamed D-Wing “Assisted Living Plus.” This name identifies the high level of care offered on this wing and helps people new to Saint Simeon’s better understand the purpose of the wing. Assisted Living Plus truly offers the highest level of Assisted Living of any community in Tulsa, as well as a high staff-to-Resident ratio.

Martha Myers is one of the wonderful Residents living in Assisted Living Plus.

If you know anyone who is interested in Saint Simeon’s Assisted Living Plus, refer them to our Admissions Department at 918-794-1900.