GETTING TO KNOW
JIM DEMPSTER

This year’s Western Days Pioneer Spirit Award Recipient is Saint Simeon’s Resident Jim Dempster. Jim has lived in one of the Saint Simeon’s cottages since 2009. Jim is part of Saint Simeon’s Resident Library Committee. He also volunteered for a great number of years as a Gilcrease Museum Gillie, serving as a front desk greeter, welcoming people from all over the world to the museum. Jim also started a husbands’ support group for men whose wives were experiencing memory loss issues.

Jim loved being able to live close to his wife, Maxine, for six years in a Saint Simeon’s Independent Living cottage while she was cared for in the Memory Center. Outside of Saint Simeon’s, Jim and his late wife, Maxine, have one son, Charlie, who lives in Bloomington, Illinois. Jim and Maxine moved to Tulsa from Iowa in the 1950s when he began a career in marketing for FACET Enterprises, a DuPont Company. Jim’s twin sister, Jean, still lives in their Iowa home town.

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GET YOUR TICKETS TO
WESTERN DAYS 2015
CELEBRATING SAINT SIMEON’S
Where Caring Really Matters

The deadline to buy individual tickets is September 1.
To purchase your tickets, visit www.WesternDaysEvent.com, or call 918-794-1977. Individual tickets start at $75.
"Tracie had already worked 16 hours that day (7-3 and 3-11), but I asked him to stay a little extra to help me and he did! Thank you, Tracie, for your dedication to your job and Saint Simeon’s."

— Brenda Thompson, LPN/Clinical Support

“I was born in Oklahoma City. We actually lived in Guthrie, which is where I grew up. My dad, Ledrew Durley, was a Deputy in the Logan County Sherriff’s Department. My mom, Linda Durley, attended Langston University after raising us kids and received her Bachelor’s in Health Care Administration. She later went back to school and became a Registered Nurse (RN). Her mother, my grandmother, was also a nurse. My mom worked at Tulsa’s Osteopathic Hospital (now the OSU Medical Center). She also did a lot of home health nursing and was the administrator for a nursing home in Guthrie. Both my parents are now deceased.

I attended Guthrie High School. I worked as the Lead Cook at the Stables Café, a Bar-B-Que Restaurant in Guthrie. The café had been a horse barn. When folks came to town, they left their horses there while they went about their business. Guthrie is famous for being the first capitol of Oklahoma and has many historical buildings. The downtown area is the largest Historic Preservation District in the nation.

I also drove a Yellow and Checker Cab off and on starting in 1997. I moved to Tulsa in 2000 and..."
after my mom passed away. Tulsa had been her home, and we used to visit here and I knew that I liked it. I live just three miles away, near Apache and Harvard. I have my two sons living with me, and we share a home with my sister, Ruth, and her two girls, Kendra, 11, and Malinda, 9. My son Robert is 6 months old, and Jordon is 18 months old. Things are never dull at our house! When I’m off work, I like to stay home and spend time with my boys. We enjoy watching TV together. Also, I’m planning on getting them flash cards so I can start teaching them.

I want the Residents to feel like this is their home. Just like at any home, sometimes things need fixing, and I like to fix things. This comes in handy in the HCC. Lots of people come to me for help. I worked for Cox Communication for a short period, so I know how to install cable and get TVs to work. Recently there was an ‘Out of Order’ sign on one of our mechanical lifts, but I figured out that it was just a problem with the battery. I like action packed movies. My favorite TV show is ‘Grey’s Anatomy.’ I follow the Dallas Cowboys. I enjoy listening to trap house music – that is hip hop and rap mixed together. I also like soul music.

I got my certification as a CNA in 1996 while I was working at a nursing home in Sand Springs. I found out about Saint Simeon’s at a Job Fair at Union High School and came to work here in October 2012. I work the second shift (3-11) in the Health Care Center.

Working at Saint Simeon’s is the best job I have ever had. I like helping people, taking care of people, and making their lives better. In the future, I would like to become an LPN and then maybe an RN.”

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When asked what makes Saint Simeon’s a special place to live, Jim said, “Saint Simeon’s is a beautiful place with all the trees, flowers, and nice facilities, but what really makes it special are the employees. They are amazing.”

Jim said his favorite place to spend time on campus is his cozy cottage. He enjoys spending time on his back porch in the afternoon reading a book under the shade of trees. Some of his favorite activities at Saint Simeon’s include exercise classes in the Wellness Center and the monthly Men’s Club.

Jim will be honored on Tuesday, Sept. 15 at Western Days 2015: Celebrating Saint Simeon’s, Where Caring Really Matters.
Dear Residents, Families, and Friends of Saint Simeon’s

Every year about this time, I like to pass along parts of a report I give twice yearly to the joint meeting of the Saint Simeon’s Home and Foundation Board of Trustees. Here are some highlights of the Chaplaincy program and activities from the Thanksgiving, 2014 through April 22, 2015:

• **Worship Services**
  
  Holy Communion is celebrated on:
  - Sunday 10:00 a.m. in the Chapel
  - 1:30 p.m. in the Memory Center
  - Wednesday 10:00 a.m. in the Chapel
  - 10:30 a.m. in the Memory Center

  Morning Prayer is offered
  - Tuesday 9:30 a.m. in the HealthCare Center

  I also provided services on Christmas Day, Maundy Thursday, and Good Friday during this period.

  Attendance figures: for the period as stated above, we have had 99 services with a total of 2,091 in attendance. During this period, we have averaged 104 in attendance each week.

• **Music in the Chapel:** My guitar is holding up! I find it interesting to create guitar accompaniment for hymns that were intended to sung with piano or organ. It sometimes gives them a very different feel, which is fun!

• **Why do the chapel chairs seem so oddly arranged?:** Although they have been arranged like they are for several years now, you may have wondered why. I have made space for wheelchairs to be placed throughout the chapel so that our residents who need them aren’t necessarily forced to sit in the back.

• **Bible Study:** There are two offerings each week: Tuesday 3:30 p.m. in the Skyview dining room and Thursday at 10:30 a.m. in the Memory Center. There are usually 7-10 in the Skyview dining room, and the Memory Center group usually ranges from 15 – 20.

• **Pastoral Care and Counseling:** Pastoral care and counseling is provided as needed and desired. I visit residents and staff in the hospital, and of course, am available day or night for all emergencies. It is my practice to attend the deaths of residents, day or night, when it is possible for me to be there.

• **Employee Benevolent Fund:** Through the generosity of contributors and with the assistance of the Episcopal Diocese of Oklahoma, a discretionary account has been established which allows me to provide assistance to employees that experience an emergency need. This fund is separate from Saint Simeon’s Episcopal Home and is administered by me under the direction of the Comptroller of the Episcopal Diocese of Oklahoma. We’ve had quite a need for this recently as some of our folks have had to deal with significant hardship. Thank goodness for the generosity of donors! The weight I am able to lift off the shoulders of these folks is quite significant.
When life is not coming up roses  
Look to the weeds  
And find the beauty  
Hidden within them.  
— L.F. Young

Have you been wondering what that “monster plant” growing out of a rock in Oxley Circle is? It is called Common Mullein or Wooly Mullein. Yes, it is a weed. Yes, we know it is a weed. But such an interesting weed that we are letting it have its “day in the sun.”

Mullein is a biannual plant which means it lives for two years. Of course, that is more than an annual which only lives for one year and less than a perennial which lives for many years – often longer than the person who planted it. Mulleins like to grow in “waste” places – areas that have been cleared or burned. It is considered to be a pioneer plant, which means it is one of the first plants to grow in a place that has burned or otherwise been disturbed.

Last summer, our Mullein grew a rosette of leaves close to the ground. The bluish green leaves are large and soft – like a Lamb’s Ear Plant. So soft that hummingbirds sometimes use the leaves to line their nests. We didn’t even notice it growing there in the rock. The rosette survived the winter, and this summer, it shot up and added a flower spike, making the whole plant about 10 feet tall. Over the summer, tiny yellow flowers appear on the stalk, but only a few at a time. After all, it is a weed – it doesn’t have to look glamorous for a living.

On the other hand, it puts out thousands of seeds. One plant may make over 100,000 seeds, and they can survive almost any conditions and last up to 100 years. No wonder we have one growing at Saint Simeon’s!

The Chaplains’s Chat…continued from page 4

- Participation in Local and Diocesan Events: I attend meetings of our Tulsa Clericus (monthly gathering of regional Episcopal clergy), Holy Monday (the Monday before Easter) Reaffirmation of Ordination Vows at the Cathedral in Oklahoma City, the Diocesan Clergy Conference, our Regional Delegate meeting in preparation for Diocesan Convention, and of course, the Convention itself. I serve on the Standing Committee of the Diocese of Oklahoma which is important to the business both of our Diocese and of our national church. I also have attended local ordinations and the installations of clergy in congregations. These activities are important ways in which I not only live out my local and diocesan responsibilities; they are also times when I represent Saint Simeon’s to my brother and sister clergy, and to lay leaders in our community and in the Diocese of Oklahoma.

- Chaplain’s Chat: The monthly article I write for the Quill gives me an opportunity to reflect on many topics during the year.

God’s Blessings to you, 
Fr. Bill Holly †
TAKING ME OUT TO THE BALL GAME!

The Residents had a fantastic time at a Tulsa Drillers’ game during a June outing. They not only enjoyed the game and perfect weather, but they also indulged in classic ballpark grub like hamburgers and hot dogs!

Staff member Juan Ferrera, Resident Roger Aikire, Volunteer Kim Tateno-Smith, and Resident Paul McGraw.

Resident Izzy Levine, Resident Edward Czak and staff member Teresa Reno.

Turtle Power!

As you know, Saint Simeon’s is home to creatures of all kinds, including turtles and tortoises. In June, we celebrated these shelled creatures by holding our second annual Turtle Party! Residents indulged in “turtle-themed” treats, watched turtle races, and interacted with the turtles.

Who’s the fastest turtle? Turtles race toward treats during the turtle races.

Volunteer Cassie Reno introduces Resident Marjorie Dew to a turtle.
HAPPY BIRTHDAY
August
8/2  Katherine Mills
8/3  Scotty Brainerd
8/3  Kay Herring
8/8  Roshen Framjee
8/9  Maurice Forrester
8/12  Marie Millar
8/15  Clyde Buchanan
8/20  Veda Duncan
8/20  Grant McCabe
8/24  Peggy Null
8/30  Patricia Bartlett

Welcome to our Family!
Betty Clawson
Nancy Crayton
Charles Duffy
Felicia Hare
Margaret Hunt
Charlie Johnson
Katherine Mills
Lucille Musgrove
Peggy Nelson
Harold Strickland

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

STORIES OF HISTORIC SKELLY MANSION
Presented by Saint Simeon’s Resident
John Brooks Walton, Tulsa’s most famous living architect

SATURDAY, AUGUST 8TH  2:00 P.M.  Please RSVP by calling 918-794-1945.
Space is limited. Free to the public. Book signing to follow presentation.

alzheimer’s association
CAREGIVER SUPPORT GROUP
SUMMER OF CARING!
THURSDAY, AUGUST 27
6:00-7:30 P.M.
GINA SIDES, SAINT SIMEON’S MEMORY CENTER MANAGER
“Understanding a Typical Day of Someone with Dementia”
SAINT SIMEON’S SMITH CONFERENCE ROOM
QUESTIONS?
Call Lindsay Morris at 918-794-1945.
*This group meets the 4th Thursday of each month throughout the year.
GUESTS ARE WELCOME!
COLD DRINKS AND COOKIES WILL BE SERVED.
WE REMEMBER IN OUR PRAYERS
Sophie Gorski
Loretta Jones
SAINT SIMEON'S HELD ITS ANNUAL POOL PARTY ON MAY 20 IN THE WELLNESS CENTER. RESIDENTS, FAMILY MEMBERS, AND STAFF ALL HAD A GREAT TIME PLAYING IN OUR WARM-WATER THERAPY POOL, SIPPING ON TROPICAL DRINKS, AND ENJOYING EACH OTHER’S COMPANY.

Pat Fowler and Adele Garren enjoy tropical drinks poolside.

Gary Coleman and Bernice Roback making waves in the pool.

Mary Ruffin, Martha Myers, and Sue Stamo enjoying each other’s company.

Father Bill Holly and Yolanda Thompson showing off their dance moves.