Third Annual Harvest Moon Festival a Big Hit

Saint Simeon’s hosted its third Harvest Moon Festival on Sunday, Oct. 25. Residents and their families enjoyed perfect fall weather as they listened to the music of the Shelby Eicher band, drank hot apple cider, and munched on popcorn and cotton candy. Visiting grandkids especially enjoyed the scavenger hunt, pumpkin painting, and the costume contest.

Many thanks to the Wirick Family for their gracious gift making possible the Harvest Moon Festival 2015.
“Steven is a very good CNA and helped me out a lot. He always asked me if I had any questions or needed any help. He showed me how to do the work first and then let me do it by myself. He cared for the Residents a lot and was a great role model.”

— Steven Xiong, Tulsa Tech Student

“I learned a lot working with Steven. This is why: He was super informative. He was relaxed. He was kind to the residents and also me! He was dedicated. He was willing to spend the time to teach me.”

— Joseph Aaron Bryant, Tulsa Tech Student

“I work in the Health Care Center, usually on G-wing, on the 3 p.m. to 11 p.m. shift, and I’ve been here since August. Before that, I worked as a Certified Nurse Aide (CNA) and Intensive Care Tech in an acute care hospital where one of our most important jobs was watching the heart monitors. Since I live just five minutes from here, I drove by Saint Simeon’s a million times but never thought about working here. I knew that it was a retirement community but I didn’t realize that CNAs were employed here until I was referred by my current boss, Scott Tenney, Health Care Center Nursing Manager. He knew me because I had previously worked for him at a post-acute care facility.

I was born in Waco, Texas. My mom, Gina Roll, was a stay at home mom. My dad, Robin Roll, worked as a manager of an auto parts store. They separated when I was 4, and my mom later married my step-dad, Dan Henderson, who is an air traffic controller and now teaches at the academy in Oklahoma City where they live. I have a step-sister, Megan, who lives here in Tulsa and works at St. John’s in medical coding and billing.

I started working at a Pizza Hut right out of high school. The local nursing home posted signs saying that they were starting CNA classes. My mom had a friend who is a nurse, and she thought becoming a CNA would be right up my alley, so I started classes at the
nursing home. The training lasted three months, Monday through Friday, 8 a.m. to 5:00 p.m. The first part was all classroom work. The second part, I was paired with a CNA on the floor. Later, the State came there to give us the written and skills test. As soon as I passed it, I was given a $1 raise. At the time, I really appreciated making more money being trained to be a CNA than I was making in my part-time Pizza Hut job.

I met my wife, Jessica, while we were both hanging out with friends at the beach in Galveston. She was from Houston, and I was living in Austin at the time. We now have three boys. Malakai is 8, mechanically inclined and very into engineering and building things like cars. Michael is 7 and more into the arts, drawing and coloring. Mason, 5, wants to be a chef. Any time someone is in the kitchen, he wants to help cook, mix things and do the dishes. All three enjoy playing together, but they have their own likes and dislikes and for the most part, three different personalities.

We are home schooling the boys. Jessica, of course, has the main responsibility for this. My job is in the mornings when she says, ‘Dad, take these boys outside and run around with them!’ I like doing outdoorsy stuff with them: fishing, hiking, playing Frisbee, etc. We also take our dog, a Red Heeler named Elsa, for her walks. We enjoy fish and are now down to one 80 gallon square/hexagon aquarium that fits great in a corner of the room – lots of tropical fish and aquatic plants. We also have a baby box turtle that we have named Donatello after one of the Teenage Mutant Ninja Turtles.

My life is pretty busy right now, but I do enjoy my job and I enjoy helping others, like the Tulsa Tech students, learn to become CNAs. I tell them that we don’t always get direct recognition, but deep down, you know that you helped relieve someone’s pain, you made someone laugh, you

Help BRIGHTEN the holidays for seniors in need!

Saint Simeon’s Residents and their family members have the opportunity to “adopt a senior” from Dec. 3 - 14. A “Senior Tree” will be in the Dotson Family Assisted Living Center lobby with the names of seniors to adopt. You may either buy the gifts mentioned on the ornament and bring them back to Saint Simeon’s, or donate $25 and Saint Simeon’s will buy the gift on your behalf. Donations can be dropped off at the Dotson Assisted Living Front Desk.

SAVE THE DATES!

SAINT SIMEON’S CHRISTMAS PARTIES

ASSISTED LIVING TEA WITH SANTA
Friday, December 11 * 2:30 p.m. - 3:30 p.m.
Dotson Center downstairs dining room

HEALTH CARE CENTER PARTY
Saturday, December 12 * 10 a.m.- 11 a.m.
Health Care Center Bishops’ Plaza area

MEMORY CENTER PARTY
Saturday, December 12 * 3 p.m. - 4 p.m.
Memory Center Common area
Dear Residents, Families, and Friends of Saint Simeon’s

“... ’tis the season to be grumpy, grr-grr-grr-grr-grr-grr-grr-grr-grr!”

Yep. It’s that time of year again. The roads are more crowded. The stores are more crowded. Everybody seems to be in a hurry, including you. The hurrier you go, the behinder you get. For all the cheery decorations and music, it seems people’s faces are reflecting a different feeling - grumpy! Then you realize that you’re wearing a grumpy face too! Whaaaat? This isn’t the way it’s supposed to be! You didn’t sign up for this! What about “peace on earth, goodwill towards all?” What about joy and love? Where’s the “happy holiday?” WHERE’S MY HAPPY HOLIDAY, #@%^-it!!!

Of course, dear reader, I know this has never happened to you. Yeah, me either. But for all those other people we know out there who get caught up in the negative side of the holiday spirit, I’ve got a really wonderful little activity that will yank us, um, I mean them, right out of that downward slide! It really takes very little effort and yields amazing results!

As I’m out and about, either driving down the highway or making my way through the mall, I just start desiring for each person I pass to have a wonderful and blessed day! Now I don’t go up to folks, get in their faces, and say, “Have a wonderful and blessed day.” That would be more creepy than joyful. I do, however, quietly, in my heart, want for them all the blessings each may desire. I truly wish for them happiness and joy that very day. I do this for everyone. I do this for all the people in every car I pass on the road. An amazing thing happens. My spirit begins to lift. I feel happy. I feel joyful. The little things don’t bother me at all. Traffic is backed up, moving at a snail’s pace, and I don’t care. I become more patient, more tolerant, less hurried and harried! All of this is happening within me, regardless of what is happening outside me.

That’s the secret, you know. Happiness and joyfulness, peace and love - these are things that take place within us. They are always there, but to experience them, you have to let that river flow. I leave you with this from a song written by Larry E. Williams and made popular by the Bellamy Brothers:

![Song lyrics]

Christmas Blessings to you,
Fr. Bill Holly
“Society grows great when old men plant trees whose shade they know they shall never sit in.”
— Greek Proverb

“The best time to plant a tree was 20 years ago. The second best time is now.”
— Chinese Proverb

Don’t weep for me, Saint Simeon’s*

Saint Simeon’s is blessed with many beautiful trees. Some of the native trees (hickories and oaks) pre-date the existence of Saint Simeon’s when this land was a working cattle ranch. Some of our trees were likely planted when Saint Simeon’s first came into existence some 55 years ago. Over the years, thanks to donors, others have been and are being added in memory of or in honor of someone. Finally, trees will continue to be planted here because the proverbs above are as true today as the day they were first written down.

In addition to our many familiar shade or flowering trees, we have added some unusual weeping varieties. A weeping tree is one where the branches and/or leaves droop downward. Most of these trees do not have this habit normally but are the result of mutations. They often are grafted onto the rootstock of a standard tree and don’t get as tall as the standard tree.

Many people are attracted to weeping trees because they add grace to the landscape. Some varieties seem to even generate emotion. The Morton Arboretum in northern Illinois describes some of their weeping trees. “The Camperdown Elm is a weeping type and causes many people to feel somber or forlorn. They are found in cemeteries or old estate gardens. Other weeping types are so strangely shaped, they seem like creatures from outer space. One is the Weeping Larch tree. It reminds some people of Phyllis Diller on a particularly bad hair day. There is a Weeping Blue Spruce that could well have been a creation of Dr. Seuss. It almost always stops visitors in their tracks.”

See if you can find these weeping trees at Saint Simeon’s.

Gazebo Courtyard:
Weeping Dogwood,
Weeping Yaupon,
Weeping Japanese Maple

Reflections Courtyard:
Two Weeping Redbuds and two Weeping Japanese Maples

Not classified as a “weeping tree” but resembling it since its leaves and branches somewhat hang down is the Walking Stick Tree, also called the Corkscrew Hazelnut Tree. It is in the Reflections Courtyard.

*Apologies for my rendition of the song. Don’t Cry for Me, Argentina from the musical, Evita.

There will be NO FLORA & FAUNA MEETING in December.

MESSAGE GIFT CERTIFICATES AVAILABLE!

This Christmas, give the gift of massage. Call Pam Martin, Saint Simeon’s message therapist at 918-378-4208 to order your gift certificate.

December 2015
Change

Change is all around us. From the changing of the seasons to the twists and turns of daily life, we are all immersed in change. How we embrace or reject change makes all the difference.

This morning I read a heartwarming account on Facebook: a woman who was moving into a nursing home and about to see her room for the first time had this to say:

“Happiness is something you decide on ahead of time. Whether I like my room or not doesn’t depend on how the furniture is arranged, it’s how I arranged my mind. I already decided to love it. It’s a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open I’ll focus on the new day and all the happy memories I’ve stored away, just for this time in my life.”

I love this woman’s attitude! She challenges me to look at “how I arrange my mind” when I face change. In fact, her outlook reminds me of something the Apostle Paul wrote: “Give thanks in all circumstances, for this is God’s will for you in Christ Jesus.” (1 Thess. 5:18)
SPECIAL ANNOUNCEMENT
ABOUT CHRISTMAS MEAL

Please RSVP with Attrell at 918-794-1903 by Dec. 18 if you and your family would like to join your loved one at Saint Simeon’s for the Christmas Meal, which will be served Dec. 25 at 11:30. Tickets are $12.

Welcome to our Family!

Yvonne Brandon
Catherine Doyle
Stanley Doyle
Nola Fenix
Nora Ferguson
Robert McGuire
Ronald Norris
Eleanor Parr
Troy Rice

HAPPY BIRTHDAY
December

12/1 Mason Bamberger
12/6 Otto Doner
12/9 Ruth Kraemer
12/12 Joi Salisbury
12/13 Janet MacLeod
12/14 Barbara Chitwood
12/17 Anne Kirst
12/18 Claudine Duren
12/18 Emily Jackson
12/22 Anna Harris
12/25 Harold Strickland
12/28 Patty Flint
12/31 Arline Oliphant
12/31 Mable Rice

WE REMEMBER
IN OUR PRAYERS

Peter Koeff
Rena Koppelman
Robert Schlenker
William Waller

"Let's help out some doggies!"

Donations for the Dogs of the Homeless

Saint Simeon’s is collecting donations for the dogs of the homeless of Tulsa. All donations will be given to the Tulsa Animal Welfare Shelter and then distributed to homeless individuals with dogs. Donations are being collected in boxes located at the Administration and Dotson Assisted Living entrances from Nov. 23 – Dec. 21.

We welcome donations of bags of dog food, blankets, treats, toys, collars, leashes, food bowls, combs, and brushes.
Our Friendship with Saint John’s

On Oct. 21, a group of Residents and staff members from Saint Simeon’s visited Saint John’s Episcopal Church for their weekly “Music at Saint John’s.” They had a chance to hear the music of esteemed international organist Cristiano Rizzotto followed by a performance by Saint John’s own Music Director, Organist/Harpischordist Joseph Arndt.

Just a few days later, on Oct. 25, Saint John’s Youth Director Paula Rule and three members of the youth group came to Saint Simeon’s to volunteer at the annual Harvest Moon Festival, a fall festival for Residents and their families. They led one of the scavenger hunt stations and had a great time interacting with Residents and children.

Saint Simeon’s and Saint John’s continue to benefit from a long-standing friendship!