Saint Simeon’s Resident, Staff, and Donors Bring Hope to the Homeless… AND Their Pets!

Every Monday Residents gather in the Wellness Center to bag 300 pounds of dog and cat food into little bags. These small bags are easy to distribute to the homeless for them to give their pets (that means they bagged more than 15,000 pounds in 2015!).

Residents Vern Stanton and Paul McGraw and Wellness Director Mary Nole visited the Shelter to drop off donations from our Christmas drive for dog donations.

The Animal Welfare Shelter now depends on the contributions from our Residents each week! In December, Saint Simeon’s did a dog food and supplies drive so we could help out even more. Together, we collected over 350 pounds of dog food, monetary donations, along with several blankets, collars, leashes, dog toys, and more!

Residents Paul McGraw, Pat Page, and Izzy Levine volunteering in the Wellness Center to stuff dog food into smaller bags.

Thank you to everyone who donated!
“Jeff has exemplified Saint Simeon’s core values of dedication and compassion by visiting one of the residents of the HCC who was temporarily away from Saint Simeon’s to receive special care. While away, this resident was very homesick and his family couldn’t visit as much. Karen Stanhope arranged for Jeff to have lunch with him one day, but until recently, I was unaware Jeff has been going back on his days off to visit with him and has kept him from being so homesick. Thank you, Jeff. I am proud to be your manager.”
—Scott Tenney, RN/HCC Manager

“On my visit to a Resident at the LTAC, he mentioned he loved Saint Simeon’s but really missed Jeff. He was very sad that he would not be at Saint Simeon’s for the holidays. Later that week, before Thanksgiving, we took up a steak dinner and pecan pie and Jeff surprised him with it at lunch time. Jeff stayed and assisted him, visiting and making his day so very happy. His daughter called to tell us what a difference that made for her dad. I then found out that Jeff continued these visits with him on his days off. What a loving, compassionate man!”
—Karen Stanhope, Director of Admissions

“I work as a Restorative Aide in the Health Care Center. That means that I do follow-up therapy with Residents who have been receiving services from one of the Occupational, Physical, or Speech Therapists. I have orders to follow telling me what to do to maintain or improve their condition. I get to exercise with Residents! I also help motivate them to go to our Wellness Center so they can also improve on their own. I get to be in the pool with Residents! I have seen Residents who were no longer able to stand or walk on land get in our 90 degree Therapy Pool, stretch their legs, and eventually walk again.

I also help the Residents in other ways. I weigh them and I fix their wheelchairs every now and then. I’m on the Falls Committee which is an Interdepartmental Team that investigates whenever there is a fall to determine ways to prevent that Resident from falling again. I’m on the Tree of Dreams Committee. If a Resident has something they used to really enjoy and would love the chance to experience it one more time, then the Tree of Dreams is the place to make that wish come true. The most recent request involved a Resident who had
GETTING TO KNOW

been a ballerina. We arranged for ballerinas from the Tulsa Ballet to come and visit her. They represented different countries (China, Russia, and the U.S.). She wore her ballerina shoes when they came to see her.

I was born in the Bronx in New York City. When I was 2 years old, my family moved to the Caribbean islands which was the home land of my mother, Miguelina Parrilla. We lived on St. Croix in the Virgin Islands until I was 10 years old. My future step-dad, Jose Parrilla, came back to see family in St. Croix and met my mom. They ended up getting married, so we moved back to the U.S. to Oklahoma, first Bixby, then Tulsa, then Collinsville. He is a Crew Chief for American Airlines, running a team that fixes the planes. I had three half-brothers and one half-sister. I lost one of my half-brothers in a car crash when I was 9.

I graduated from Owasso High School and promptly joined the Army. I wanted to travel and I wanted to go to college. The recruiting station promised me both. Germany was where I spent most of my tour. My first deployment only lasted a month because I had sleep apnea and was keeping the entire barracks awake. For my second tour, they made sure that I had a C-Pap Machine.

When I got out of the Army, I wanted a job where I could help people and one that I could get trained for the fastest so I could start working as soon as possible. I went to work for Interim and took their training to become a Certified Nurse Aide. While working at a senior facility in Owasso, I met my future wife, Danna, who was the LPN there. We have two kids – Tyler Elliott is 17 years old and in training to manage a Pizza Hut while he is still in high school. Kara Elliott, 14 years old, attends the 8th Grade Center in Owasso. She is a musician, already plays the clarinet, and is learning to play the guitar.

I started working at Saint Simeon’s in 2013. I had done my clinicals here when I was getting my CNA training and remembered how much it impressed me. Later a friend of mine working here at that time said that I should come and apply. I recognized that some of the same Residents I got to know doing my clinicals were still here.

I am currently taking my basic courses at Tulsa Community College working toward a goal of becoming a Physical Therapist. I hope to eventually transfer to the University of Oklahoma. To be a Physical Therapist, you are now required to get a doctorate. I can work toward this goal because of the benefits the Army provides me.

I enjoy watching “The Walking Dead,” “Survivor” and “Game of Thrones.” I am learning to play the guitar and brushing up on my Spanish. The Spanish will come in handy because we are getting married in March and have plans for a honeymoon cruise leaving from Galveston, with stops at Cozumel Island (Mexico), Kingston, Jamaica, and the Cayman Islands.”
Dear Residents, Families, and Friends of Saint Simeon’s

Growing up in the Episcopal Church, I quickly discovered that confession was an important part of worship. Every Sunday service, whether it was Morning Prayer or Holy Communion, had a corporate confession built into it. It seemed that we reserved the most poetic language we could muster for the prayer of confession. I’ll never forget the language of the confession prayer in Morning Prayer Rite One, which retained the original Elizabethan English:

“Almighty and most merciful Father, we have erred and strayed from thy ways like lost sheep, we have followed too much the devices and desires of our own hearts, we have offended against thy holy laws, we have left undone those things which we ought to have done, and we have done those things which we ought not to have done. But thou, O Lord, have mercy upon us, spare thou those who confess their faults, restore thou those who are penitent, according to thy promises declared unto mankind in Christ Jesus our Lord; and grant, O most merciful Father, for his sake, that we may hereafter live a godly, righteous, and sober life, to the glory of thy holy Name. Amen.”

1976 Book of Common Prayer, pp 41-42

The purpose of confession is not so much to admit to God our short-comings. I’m quite certain God has been well aware of them all along. The purpose, it seems to me, is to admit this to ourselves. As an individual, I need to be aware that we as a community, and I, individually, have not lived into the commandment of love given to us by Christ. In other words, it’s pretty difficult to work on a problem you won’t even admit exists!

As a spiritual discipline, I encourage all to take stock from time to time, perhaps even daily, of the ways in which you have “left undone those things which we ought to have done, and done those things which we ought not to have done.” This is not a time to heap condemnation on ourselves. Quite the contrary, it should be a time of honest soul-searching that results in an acknowledgement of our need of Divine aid and assistance. Perhaps you might think of it as spiritually washing your face before bedtime.

Such a spiritual discipline will yield much fruit. Your rest at night will be much better. Your energy the next day will greatly improve. Solutions to problems will come easier. Patience with yourself, and others, will increase. You will discover that, in fact it is true: confession is good for the soul!

Blessings to you,
Fr. Bill Holly †
WHY A LOYAL UNIVERSITY OF OKLAHOMA GRADUATE LEARNED TO TRULY APPRECIATE OKLAHOMA STATE UNIVERSITY

First a short history lesson. In the mid-19th century, approximately 80% of the U.S. workforce was farmers and artisans, but most colleges only offered a traditional classical education. Some educational and political reformers thought that there should be institutions of higher education that also provided "Practical Learning in the Agricultural and Mechanical Arts." A bill was passed that granted thousands of acres of federal land to each state that would then be sold and the proceeds used to establish such colleges. This became known as the Land-Grants College Act.

The act is for "each State which may take and claim the benefit of this act, to the endowment, support, and maintenance of at least one college where the leading object shall be, without excluding other scientific and classical studies, and including military tactics, to teach such branches of learning as are related to agriculture and the mechanic arts, in such manner as the legislatures of the States may respectively prescribe, in order to promote the liberal and practical education of the industrial classes in the several pursuits and professions in life."

— Morrill Act signed into law by Abraham Lincoln on July 2, 1862

Oklahoma has two land-grant colleges. The First Territorial Legislature established Oklahoma Agricultural and Mechanical College (now Oklahoma State University) in Stillwater in 1890. Seven years later the Colored Agricultural and Mechanical College (now Langston University) for African Americans was established in Langston. The mission of all land-grant institutions was to provide instruction in agriculture and mechanical arts, conduct agricultural research, and deliver researched, fact-based information to farmers, gardeners and the public.

In order to reach as many people as possible, an Extension Center from the University was established in each county. Later, the Oklahoma Master Gardeners Program was developed to help the County Extension Centers meet the demand of providing consumers information.

Here are just a few of the ways you can take advantage of this wonderful resource.

There is a world of information at the very consumer-friendly Master Gardeners Website TulsaMasterGardeners.org. You can do your own research with the various links provided, ask questions by e-mail or use the Telephone Helpline (918) 746-3701.

Perhaps you have already seen the Master Gardeners Display at the Tulsa State Fair or Home and Garden Show. But have you visited the OSU Tulsa County Extension Service Building at the Fairgrounds, 4116 E. 15th St.? You can get answers to your garden or lawn questions in person from Master Gardeners. It helps to bring a sample of what you are concerned

...continued on page 6
about. Visit the Demonstration Gardens that encircle the building or the library of resource material and take home free OSU Fact Sheets on almost any topic related to horticulture in Oklahoma. How long (if ever) has it been since you did a soil test on your yard? This is the place to do that – charge of $10.

There are wonderful 45 minute programs that the Master Gardeners provide to elementary schools. Never any expense for the school, all materials included. Just a sample of the nine topics available: Seedy Side Show, Six-legged Super Heroes, Soil Detectives, Something to Sprout About and Worms to the Wise. Do you know a school whose students would enjoy learning some science and having fun at the same time?

What does this have to do with Saint Simeon’s? I was allowed to apply for, and when I was accepted, to participate in the 2015 Master Gardeners Program. Our classroom training was provided by local OSU Extension Staff with the assistance of State Specialists from OSU. After training is completed, there is an internship program for one year.

I passed the final exams in December and in January started my year of internship. Thank you, Saint Simeon’s!

Thank you for giving to the Employee Christmas Fund!

Sincerely,
Saint Simeon’s Staff

Thanks to the Employee Christmas Fund Donors, $67,565 was raised, and the bonus was given to front-line employees just before Christmas.
**February**

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**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.

**SAINT SIMEON'S ART SHOW**

**THURSDAY, FEB. 18, 2016**

FROM 1:30 P.M. TO 4:00 P.M.

IN THE BISTRO, THE LIBRARY & THE LIVING ROOM

**alzheimer's association**

**CAREGIVER SUPPORT GROUP**

**THURSDAY, FEB. 25**

6:00-7:30 P.M.

**SAINT SIMEON'S SMITH CONFERENCE ROOM**

3701 MARTIN LUTHER KING JR. BLVD. TULSA

Complimentary dinner will be provided.


**Welcome to our Family!**

Charles Haines
John Howell
Tom Mason
Irene Tillman
Dick Walsh
Marilyn Wilson
Sam Wilson

We would love to have any art work the residents or staff produced at any time in their life and in any medium (woodwork, needlework, stained glass, paint, pencil, etc.)!

Please contact Teresa Reno in Life Enrichment if you have any pieces you would be letting us borrow for the day at 918-794-1932.

**WE REMEMBER IN OUR PRAYERS**

Dr. Reece Boone
Herschell Daney
Ginger Read
Hello 2016

Each New Year, the Wellness Center at Saint Simeon’s hosts a Resolution Party for Residents and staff. This is a time where Residents and staff can sign up for the great classes offered in the Wellness Center, like water aerobics, get moving, sock it to me, stretch and strengthen, and circuit training. During this year’s Resolution Party, Residents enjoyed seeing the unveiling of a new addition to the pool – a huge, inflatable “rubber ducky!”