Residents, families, staff, and volunteers had a great time at the annual Ice Cream Social at Saint Simeon’s on May 26. The party featured live music, color guard by a Boy Scouts troop, and plenty of ice cream!
For the first time, we had so many nominations for one person (Ashley) that we couldn’t print them in their entirety! Here are some excerpts.

“Having Ashley in my life is the answer to my prayer!!”
— Kay Herring, Dotson Family Assisted Living Center Resident

“Ashley is the BEST co-worker and TEAM PLAYER I’ve ever worked with, and I’ve been here 11 years and worked with a lot of good aides. This beautiful person is amazing!”
— Patrice Tharps, CNA/Dotson AL

“Ashley is a very helpful person. She is willing to go out of her way to assist others with their problems. She is an assist wherever she works.”
— Peggy Null, Dotson AL Resident

“Ashley is such a Super Star. She not only does her job as a CMA but she also helps the CNAs even when she is on the Med Cart. She has such a happy and caring spirit. We love her tremendously. Thank you, Ashley, for being a part of the Dotson AL Team.” — Loretta Young, Unit Clerk, Dotson AL

“Ashley is a very, very hard worker, always busy doing something positive for someone. She is very helpful to all the Residents. She also helps the other workers with a smile.” — Paulettta C., Private Duty Sitter

“Ashley is awesome. She is great at her job, no matter what the task. If you have a need, she will jump in and help until the task is done and is efficient in every way. No matter how the day transpires, she has a kind word and quick smile for everyone.” — Honey West, LPN, Staff Nurse, Dotson AL

“I got introduced to nursing because both my grandparents, Delores and Ernest Lenon, were diabetic and I helped take care of them. I learned how to check their blood sugar and give them insulin, if needed. I was with them when they both went through dialysis. I came to Saint Simeon’s in 2014 because it has such a great reputation, both as a place to work, as well as a place to live. My grandmother was a Registered Nurse at Hillcrest in their surgical unit for 30 years.

I was born and raised in Tulsa, living in the Union and Glenpool areas.
I attended both Union High School and Glenpool High School. I was recruited from Union to Glenpool to play on their softball team. But for my senior year, I went back to Union so I could graduate with my friends. There were about 1,000 students in my Union senior class.

I enjoyed playing softball. I started when I was 7 and played until I graduated. I was on a traveling team and that took me to lots of cities, like Los Angeles, St. Louis, Indianapolis, Chattanooga, Denver, Las Vegas and Dallas. I played in a college-level recruitment tournament in Denver. This was specifically for the chance to be recruited and earn a scholarship.
GETTING TO KNOW

My parents, Lori and Chaing Benjamin, both worked in the salon industry, and my father also worked in sales. I had my first job in a salon at the age of 14 – sweeping up hair and folding towels. I have one sister, Delores, and she worked as a Licensed Practical Nurse (LPN) for a while.

I have lived on every side of Tulsa and like the east side the best, where I have been for about five years. My husband, Stanley Ervin, works here for Morrison as a Dietary Aide in the Memory Center.

I met my husband 12 years ago at another facility because his sister (now my sister-in-law), Kamisha Williams, worked there. I also became friends with his mother, who was a Dietary Aide there. We met when he came back to Tulsa.

We have four boys. The oldest is my stepson, Amari, who is 15. Next oldest is my son, Kodi, who will be 14 on the 14th. Then there are the two sons we had together, Miltwan, who will be 10 in July, and the youngest, Ashton, who is 5. Miltwan is playing basketball for the first time this year. Amari and Kodi go back and forth between baseball and basketball. Everyone goes to Eastland Baptist Church near our home, and I join them when I'm not working. Everyone is doing really well in school. The two oldest boys live part of the year with Kamisha’s mom in Michigan. My oldest, Kodi, also lives with his dad for part of the time. He will be going to Lewis and Clark High School next year. My mother-in-law lives with us, which is a blessing, and I have two wonderful sisters-in-laws!

We have a wonderful dog, a female pit bull named Foxy, plus an aquarium full of fish. We bought five fat belly mollies. Now we have about 20 of them.

I like all music and find it very peaceful and relaxing. I enjoy watching sports. The OKC Thunder is my team, and I hope to go to one of their live games sometime. We usually watch movies (like The Avengers) at home but enjoy taking the family to the drive-in. We can all be very comfortable in the car, have a big screen, and for those who haven’t been to a drive-in in a long time, the sound comes through the radio, not the little speakers you used to hang on your car. Much better.

I’ve been a Certified Nurse Assistant since I was 18 years old. I like being able to help and take care of people. The whole environment is comforting and fulfilling and what the Lord put in my heart to do. I also serve on the Employment Engagement Committee led by Bonnie Gorrell and Abigail Armstrong. We are a group of employees trying to provide insight in how we became so engaged since Saint Simeon’s wants to hire more people who will be like that. In the future, I hope to further my education and become a Licensed Practical Nurse and go on to become a Registered Nurse.
Dear Residents, Families, and Friends of Saint Simeon’s

There have been many times in my life when I have been disappointed. It’s just one of those things in life that everyone has to face, and usually not just once! Disappointment comes when you desire a particular thing or outcome, and it doesn’t come about as you hoped or expected. You might think that the degree of disappointment one feels has to do with how greatly one desires that which does not take place. Actually, the degree of disappointment one feels has to do more with the unwillingness to accept what is. Aye … there’s the rub!

Admittedly, the more you desire something, the less inclined you are to let go of that desire. You are more inclined to hold on to and feel more intensely that disappointment. If you think about it, intensely felt disappointment isn’t something you really want to hold on to. It just doesn’t feel good!

Good news! You can actually let go of disappointment so that you don’t have to suffer with it. However, what you can’t do is ignore it. Disappointment, like any negative feeling is, well, a feeling. It’s there. It would very much like to take you over. Trying to ignore, suppress, or refuse to recognize that it is there, is like trying to ignore an angry child – it’s going to get worse.

So how do you “let go” of disappointment? Actually, you let go by doing the exact opposite of ignoring it. You become very aware of the feeling itself. Forget why you’re feeling disappointment. It’s not important. Concentrate on just feeling the feeling of disappointment. Look at it. Don’t judge it. Don’t even label it. Just experience the feeling. A really strange thing begins to happen. It starts to dissipate. It’s like it is evaporating. Then, just let go of it and turn your attention elsewhere.

When you practice this “letting go” technique, you’ll find you have more energy for other things in your life. This is because your energy isn’t being syphoned off by the negative feeling. Does this work with other negative feelings like anger, sadness, or fear? Yes! It works with all of them. You do, however, have to first become aware that you are holding on to that feeling. Then you can turn your attention to the feeling, apart from what you believe caused it.

If you have any interest in learning more about this subject, I highly recommend the book, Letting Go: The Pathway of Surrender, by David R. Hawkins, MD, PhD. Some may remember I wrote a similar article on this last year. It is one of those important “helps” that bears repeating!

Blessings to you,
Fr. Bill Holly †
Our Peacock Courtyard drama continues. Last month, we had a peahen die, but her eggs survived. Thanks to Kim Donner and Linda Callery, those eggs made it just in time to Linda’s incubator, and three eventually hatched, with two chicks surviving. By this time next year, Saint Simeon’s hopes to have its own incubator, so we will be ready when we need one. The peahen who was sitting on eggs in the Gazebo Courtyard (behind the bushes where the Saint Francis statue is) hatched all six of her eggs. A+ for that. Maybe Saint Francis brought her luck.

For the first time in all the years we have had peafowl, one of her chicks was not like the others. In fact, it is not like any other chick ever hatched here. Previously, all have been little balls of yellow fluff, and within a month, the yellow is replaced with whitish feathers. It is not until six months or so before the colored feathers start appearing if it going to be a male. We really don’t know the sex before then.

But one of her chicks is anything but yellow. It is brown and gray with stripes and other markings. It looks like it wants to become a turkey or a quail. We don’t know what is going on. We were afraid that the mother might reject it, but that was definitely not the case. Instead, she has decided that this special chick is her “Golden Child” and rejected all her other chicks just to care for this special one! We had to remove the others because she would have nothing to do with them and was actually hurting them to make them stay away.

Once again, Kim and Linda came to the rescue. Linda is now raising Best Mama’s (the peahen who died) two chicks and also the five rejected ones. Until Linda was able to take them, those five were spending their days in the Reflections Courtyard and coming inside to spend the night on a heating pad in my office since they didn’t have a mom to keep them warm. Guess who had to catch them each night to bring them inside…

Did you know the chicks sleep under their mother’s breast when they roost in the trees? That keeps them warm and safe from owls or raccoons.

When our chicks reach six weeks old, they are ready for their new homes. The four chicks in the Reflections Courtyard were the first to hatch and were six weeks old by the end of June. We got to enjoy watching them grow up until then.

The Reflections Courtyard peahen flew over the roof into the Gazebo Courtyard and was seen arguing and fighting with the other peahen. We didn’t have an official translator present, but it may have been along the lines of, “Come get your darn chicks! I am sick and tired of having them follow me and my family around. They are your responsibility, and you need to step up and take care of them!”

Welcome to the peafowl soap opera.
Saint Simeon’s Resident Honored with Leadership Award

All of us at Saint Simeon’s are delighted for Resident Lois Gatchell, who was honored with the LIFE Senior Services Legacy of Leadership Award at an awards ceremony on May 26. Lois has brought about much civic and social change in Tulsa during her 96 years. She served as the first executive director of both the Community Relations Commission and the Margaret Hudson Program and was one of the first female deacons in the Episcopal Church in Oklahoma.

Among her many accomplishments, Lois helped establish the Margaret Hudson Program to offer teen mothers a blend of healthcare education, childcare education, tools to plan for the future and academics – the same core offerings the program continues to provide today.

In addition to having a career that made a great difference in the lives of so many, Lois also raised three children – Doug, Martha and Laurie. She also has two grandchildren and one who passed away and two great-grandchildren.

We are blessed to have Lois as one of our Residents!

Jeremiah Ruddle Honored as Goodwill Industries Achiever of the Year

Saint Simeon’s is extremely proud of Security Officer Jeremiah Ruddle, who was recently honored with the Goodwill Industries of Tulsa’s Achiever of the Year Award! Below are some excerpts from The Tulsa World article written about his achievement:

“Ruddle turned to Goodwill Industries of Tulsa and its Tulsa-WORKS program, which is designed to provide training and job search assistance for those with barriers to employment.

Ruddle has been working on the security team at Saint Simeon’s Senior Community for eight months.

He chose security because he felt it would provide him with a sense of purpose, something he said he feels every day on the job. ‘He does a great job and always has a positive attitude. I don’t think I’ve ever seen him in a bad mood, and that’s contagious,’ said Ruddle’s supervisor, Joy Tipton.”
**HAPPY BIRTHDAY**

--- JULY ---

| 7/4       | Norman Brewer       |
| 7/6       | Norma McCreery      |
| 7/7       | Joanne Allison      |
| 7/7       | Ruth Boone          |
| 7/7       | John McCrory        |
| 7/10      | Pat Page            |
| 7/13      | Billie Johnson      |
| 7/17      | Kathryn Gilbert     |
| 7/18      | Lawrence Coats      |
| 7/19      | Bernhardt Proft     |
| 7/19      | Bobbie Stauss       |
| 7/20      | Kathleen Beard      |
| 7/25      | Otto Doner          |
| 7/25      | Fannie Brown        |
| 7/25      | Dick Walsh          |
| 7/28      | Victoria Lopp       |
| 7/30      | Mitzi Bowman        |

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**WANT TO HAVE A POOL PARTY?**

CONTACT MARY NOLE AT 918-794-1905

Families can reserve on any Saturday or any evening for a nominal charge (a lifeguard must be present).

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**Welcome to our Family!**

Joseph Butts  
Ronald Chance  
Jack Long  
John McCrory  
Robert Rayner  
Minna Lo Squires

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**WE REMEMBER IN OUR PRAYERS**

Catherine Benedict  
Laura Blakewell  
Barbara Chitwood  
Juanita Correll

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**alzheimer's association**

**CAREGIVER SUPPORT GROUP**

**THURSDAY, JULY 28**

6:00-7:30 P.M.

**SAINT SIMEON’S SMITH CONFERENCE ROOM**

3701 MARTIN LUTHER KING JR. BLVD. TULSA

Complimentary dinner will be provided.

Please RSVP by July 25: Lindsay Morris at 918-794-1945 or lmorris@saintsimeons.org.

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**FAMILY SWIM**

Family swims are **JULY 30** and **AUGUST 27** in the Wellness Center from 9 AM – 12 NOON!

We welcome all Resident families to join us for a fun time!
Have you heard of the Tree of Dreams?

The Tree of Dreams is a program that exists to help make Residents’ dreams come true! Do you or your loved one have a dream? Maybe it’s a helicopter tour, a night out at your favorite restaurant, a fishing trip … Let your imagination run wild! The Tree of Dreams Committee wants to help make that dream come true!

Simply contact Lindsay Morris at 918-794-1945 or lmorris@saintsimeons.org to submit your Tree of Dreams request!