ANNUAL POOL PARTY and SWIMSUIT FASHION SHOW A BIG HIT

Each summer, Wellness Director Mary Nole and her staff put on one of the biggest parties of the year— the Pool Party! June 30 was the sixth annual Pool Party. At the party, guests enjoyed tropical drinks and snacks, water guns and other pool toys, fun music by “D.J.” Father Holly, and more.

A new addition to this year’s party was the “Scoot and Loot” game. Dozens of plastic eggs filled with money were dropped into the pool. Staff members were teamed with Residents to grab as many eggs as they could, and in total, the teams walked away with $200 cash.

Prior to the Pool Party, Mary Nole held a Swimsuit Fashion Show in the Bistro. Staff, Residents and volunteers modeled dozens of swimsuits that could then be purchased.
"Abigail did an amazing job planning, coordinating, and executing this year’s National CNA week for Saint Simeon’s. As you can imagine, there are a lot of moving parts involved in making almost 100 CNAs feel special, and Abigail, along with Doris Wells, pulled it off. Thank you so much for your creativity, time, and effort." — Bonnie Gorrell, Director Human Resources

“I have worked at Saint Simeon’s for one year. The mission of the organization has really resonated with me. In my position, I get to have a positive impact on the employees’ lives, and that filters down to the Residents.

I was Tulsa born and raised. My family moved to Skiatook when I was in high school, and I graduated from Skiatook High School. I attended Oklahoma State University and earned a degree in Human Resources.

After finishing college, I moved to Durant and started a job in banking. However, I really wanted to move back to Tulsa, so I was very glad when I found this job, which enabled me to move back. I have a relative who has lived here for four years, Martha Myers, so I was familiar with Saint Simeon’s. When I saw the job listing, I thought it would be a perfect fit for me, and it has been."
I’m the youngest of four children. I have two older brothers and an older sister. My mom has always been a huge influence on me. I also grew up with two great step-parents – I was very lucky. Resident Martha Myers – who I call ‘Aunt Mar’ – was like another mom to my mom. A few years ago, my mom moved her here from Edmond so she could be closer to her. She’s the only maternal grandmother I’ve ever known.

I will be getting married to my fiancé, Alex, in October at the Hidden Porch in Catoosa. The way we met was a ‘perfect place, perfect time’ kind of thing. We will have been dating five years in September. He proposed to me in May 2015. He’s an OU fan, so we’re a house divided. Since he’s such a big OU fan, I knew he loved me when he moved to Stillwater for me a few years into our relationship. Then we moved to Durant together. I finally dragged him back home to Tulsa last year.

When I was at OSU, I played flute and piccolo in the marching band. I’m the third generation in my family to be in the OSU band: my grandfather played, and my mom played flute and piccolo. While in the band, I got to go to Texas Tech for an away game. I was also there for the 2012 Fiesta Bowl in Arizona, where they defeated Stanford.

One of my biggest memories from OSU band was when we came to Tulsa for an away game. We had been awake since about 4 a.m. to rehearse. The game was supposed to start in the evening, but the start time was delayed until past midnight due to lightning delays. We didn’t leave until 4 a.m.!

One of my favorite past times is watching collegiate football. I’m into any sport OSU is playing. I also like the Thunder. As far as my other hobbies go, I’m secretly an 80-year-old lady on the inside. I knit, crochet, sew, and cross stitch. I want to learn how to quilt. My grandparents made me a baby quilt, a college quilt, and a wedding ring quilt. My fiancé and I will take pictures wrapped up in the wedding quilt on our wedding day. Those quilts are very meaningful to me.

I’m looking forward to going on a cruise to Mexico for our honeymoon!”
Dear Residents, Families,
and Friends of Saint Simeon’s

There are occasions in life where each of us individually, and sometimes collectively, are confronted with events that are very difficult. They strike to the heart of our fears and hurts and often provoke us to intense feelings of anger. The darkest places in our hearts are then revealed. Sometimes, people succumb to these dark places, and the results are acts such as road rage and lynch mobs. In the most severe cases, a nation can be taken over by this darkness, as was the case in Nazi Germany.

Our language is very informative. How many times in your life have you said, “I am very angry,” or “I am very hurt,” or “I am afraid”? We never say, “I am experiencing” anger, hurt, or fear. We actually identify with those negative feelings and essentially say that is who we are! When we do that, we are not truly present. In a spiritual sense, we become unconscious. The negative feeling takes over our life and our identity. In some cases, this can be disastrous!

Jesus often spoke of keeping awake, keeping watch, so the thief can’t break into your house. I believe he was addressing this very issue of our misidentifying ourselves with our negative feelings. This was one of his key points in coming to understand and participate in the Kingdom of Heaven. It is always important to acknowledge our anger, hurt, and fear. We do that by paying attention to the presence of those feelings as they occur apart from what we think caused them. Hint: those feelings were already there. The event that we think caused them actually just opened the door and let them out.

Having acknowledged a negative feeling, we can further strengthen our conscious presence by engaging positive feelings and activities as a responsive alternative to the negative. I turn to Saint Francis of Assisi, one of the great spiritual masters, who gives us a wonderful blueprint for doing this:

**A PRAYER ATTRIBUTED TO SAINT FRANCIS**

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.

O Divine Master, grant that I may not so much seek
To be consoled as to console,
To be understood as to understand,
To be loved as to love;
For it is in giving that we receive;
It is in pardoning that we are pardoned;
It is in dying to self that we are born to eternal life.

Blessings to you,
Fr. Bill Holly †
This is the final episode of Saint Simeon’s Peacock Soap Opera (at least for this season!).

**EPISODE ONE (June “Quill”)** began with eggs laid, hatching after 28 days, and adorable peacocks running around in the courtyards. Except for one peahen that lost her life while still nesting. Those eggs were rushed to an incubator and later hatched.

**EPISODE TWO (July “Quill”).** Things got interesting. One peahen hatched six eggs with one chick very different from any others we have ever seen here. She rejected all her other typical yellow chicks to care for the special one, gray/brown with markings.

**THE REST OF THE STORY.** Sadly, one by one, our chicks were captured by a predator: a hawk. This has not happened before, but it may just be that no hawk ever picked this hill (and our courtyards) to carefully monitor at just the right time. We’ve had raccoons and possums come over the roof into the courtyard and eat eggs or chicks, but there was always evidence left behind. Plus, coincidentally in June, there was a hawk seen repeatedly circling overhead. I even stopped one day in the parking lot to admire how beautiful it was, never connecting that it might be interested in our peacocks.

Each time, it would have happened in an instant, so no one witnessed anything. I really hoped that our “special chick” might be spared. It had natural camouflage, was smaller than the other chicks, and stayed very close to its Momma. But it was the last to disappear, and now we’ll miss seeing what it would have looked like all grown up. Somewhere, there is a nest of well cared for baby hawks (called eyas)…
This year’s Pioneer Spirit Award Recipient, who will be honored at the 20th annual Western Days on Sept. 13, is John Brooks Walton, Resident. John is known locally as Tulsa’s most famous living architect and is author of several books, including *One Hundred Historic Tulsa Homes*.

John grew up in Ponca City and moved to Tulsa when he received his architecture degree and married Margaret (Mag) Alice Stanley. John is a graduate of Oklahoma State University School of Architecture and studied under the renowned architect John Duncan Forsythe.

John not only designed houses for his architectural clients but purchased and restored historic houses. Some of these, including the Simpson House and Skelly Mansion, became home to the Waltons.

In 2003 when he was 74, John began his artist’s career in the medium of acrylic on canvas. “Walton’s Line” by Oklahoma poet laureate Francine Ringold was written for John and artfully describes his unique painting style. Dozens of his paintings line the walls of his apartment and the Assisted Living Plus dining room at Saint Simeon’s.

SAINT SIMEON’S IS DELIGHTED TO HONOR JOHN BROOKS WALTON AT THIS YEAR’S WESTERN DAYS.
HAPPY BIRTHDAY
AUGUST

8/2 Katherine Mills
8/3 Kay Herring
8/3 Mary Jo Brainerd
8/4 Justin Noble
8/8 Ann Gelino
8/8 Mary Ann Slama
8/8 Roshen Framjee
8/9 Maurice Forrester
8/12 Marie Millar
8/14 Vera Parr
8/20 Grant McCabe
8/26 Stanley Doyle
8/27 James Cathey
8/29 Fred Graves

WE REMEMBER
IN OUR PRAYERS

Patricia Bartlett
Robert Brush
Nora Ferguson
Orval Galley
Janet MacLeod
Bobbie Stauss

alzheimer’s
association

CAREGIVER SUPPORT GROUP

THURSDAY, AUGUST 25
6:00-7:30 P.M.

SPEAKER: CATHY SULLINS,
ALZHEIMER’S ASSOCIATION

TOPIC: BEHAVIORS IN
ALZHEIMER’S DISEASE

SAINT SIMEON’S
SMITH CONFERENCE ROOM

Complimentary dinner
will be provided.

Please RSVP by August 22 to
Brenda Haesloop at 918-855-1502
or bhaesloop14@att.net.

Welcome to our Family!

John Beyhan
Dr. Harold Callnohn
Fred Graves
Danna Meador
Justin Noble
Schuyler Sharp
John Shields

SAINT SIMEON’S FOUNDATION
20TH ANNUAL
WESTERN DAYS
2016
DECADES OF COMPASSION

TUESDAY, SEPTEMBER 13, 2016 - 6:00 - 9:00 PM
TULSA’S FOX BUSINESS CENTER - 100 CIVIC CENTER
TICKETS START AT $25
PATRON SPONSORSHIP AVAILABLE FROM $300 - $300,000.

FAMILY SWIM

AUGUST 27
IN THE
WELLNESS
CENTER

9 AM - 12 NOON!

WE WELCOME ALL RESIDENT FAMILIES
TO JOIN US FOR A FUN TIME!
Only at Saint Simeon’s will you find an annual Turtle Race! Each year, we gather all of the turtles from our courtyards and watch them race. Typically one turtle realizes there is food at the finish line and takes the lead … albeit, very slowly!

Did you know that Saint Simeon’s has 21 box turtles? (there may be more, but that’s as many as we could find for the race). Earlier this year, Girl Scout Troop #490 made a beautiful scrapbook for our turtles. They named every turtle in the courtyards and marked their shells with the first letter of their names! The scrapbook, found in Kathy Hinkle’s office, lists all of their names.

During the race, Residents were assigned letters corresponding to each turtle. Turtle “T,” the turtle assigned to Mable Rice (pictured here), came out victorious!