THANK YOU to the many supporters, friends, volunteers who made Western Days 2016: Decades of Compassion a success. We celebrated the 20th Annual Western Days on September 13, 2016 under the barn lights of Cox Business Center in downtown Tulsa. Shelby Eicher and his band set the tone for a bright and festive event with nearly 700 guests. The General Store was popular first stop for guests as was the newly presented MosCOWBOY Mule raffle. The silent auction was in fine form and included approximately 75 items procured from donors and local shops and restaurants. A “guaranteed" wine pull and Anna Rutherford, artist, were part of the reception.

CONTINUED ON PAGE 3
“Because of Ashley’s care and attention to detail, she caught my loved one’s bleeding well before there were any serious symptoms. Ashley could tell something was ‘off’ because of her consistent observation, day in and day out, of this Resident’s overall health. We are so grateful for the amazing effort she expends every day for the Residents in her care.”
— Nancy Shively, Family Member

“I have worked at Saint Simeon’s for three months. I love the friendly, welcoming environment that I get to be a part of on a daily basis. It doesn’t just feel like I’m coming to work every day, it feels more like a family.

I was born in Tulsa, but I spent most of my formative years in Wagoner. While I was a senior in high school I decided to go to school to get my Certified Nurse Assistant (CNA) license.

My grandmother is the one who inspired me to enter this field. Growing up she always used to tell me that I had a calling for this type of work. Once I started working as a CNA I realized that her intuition was correct. I feel that caring for others is truly my mission in life. After a few years as a CNA I felt it was time to further my education in this field, so I went back to school to earn my Certified Medication Aide (CMA) certificate. Last year one of my relatives, whom I hadn’t seen in many years, contacted me and offered to financially assist me with getting my nursing license. I am still amazed at her selflessness and feel like she is my angel on Earth.
While I was studying to get my LPN I met a wonderful, lifelong friend with another student who was working at Saint Simeon’s. She told me how wonderful it was and that I would be a perfect fit for their mission and culture.

The most important things in my life are my family and friends. My fiancé and I have been together for almost 9 years. We have two beautiful children together; two boys who are almost 7 and 11 months old. I have also accumulated wonderful friends, who have become family through the years.

My favorite past times are those important relationships in my life. Cultivating and nurturing those relationships gives me the most indescribable joy.

I look forward to MANY more years at Saint Simeon’s upholding it’s mission and serving our wonderful residents.

CONTINUED FROM PAGE 1
Fr. Irv Cutter welcomed guests and The Rt. Rev. Dr. Edward J. Konieczny, Bishop, The Episcopal Diocese of Oklahoma, offered the blessing of the meal. Chairs of the Event, Phyllis and George Dotson, thanked sponsors and supporters of Western Days 2016. They presented Bishop Ed, Honorary Chair, and Lindsay Hurley Fick, President and CEO of Saint Simeon’s and Honorary Chair of Western Days, with special gifts made to Saint Simeon’s in their honor and thanked them for their decades of service to Saint Simeon’s. They also recognized Saint Simeon’s Resident John Brooks Walton as the Pioneer Spirit Award Recipient. Mandy and Blake Atkins, Patron Chairs of the event, were joined by their family and friends. Lisa and Tom Schooley, Auction Chairs, created a memorable live auction and wide ranging silent auction.

Dinner followed and included a delicious meal prepared by Chef Devin Levine, CEC. The crowd watched a special presentation about Saint Simeon’s tradition of compassionate care followed by a live auction coordinated by Jay Litchfield, a professional auctioneer who volunteered his services at Western Days 2016. Lots of Love, an opportunity for guests to lend their financial support of Saint Simeon’s, culminated in gifts to refresh the common areas of Assisted Living Plus. A drawing for a four-course meal for 12 in a private home by Chef Devin Levine concluded the festivities.

As Western Days 2016: Decades of Compassion goes into the record books; it is with sincere gratitude for friends and supporters who made the fundraiser possible. A special thank you to the Residents of Saint Simeon’s who through their volunteer service made Western Days special. The handmade items at the General Store have become a tradition guests look forward to purchasing. Thank you as well to the Residents who supported Western Days with the purchase of a ticket or a donation and those who join in the fun with their attendance.
Dear Residents, Families, and Friends of Saint Simeon’s

One of the most famous passages of the Bible is found in Psalm 46, “Be still, and know that I am God.” Many spiritual writers and teachers, including those not of Judeo-Christian traditions, have turned to that simple sentence as a source of deep insight about our relationship with God. While simple, it strikes a chord within us that is an indicator of profound truth. It is a chord which vibrates through both body and spirit, informing us not only that it is truth, but that this truth is obvious in this world.

Stillness is important to “knowing.” Children sometimes have to be told to be still before you can teach them or give them instructions, or help them. When they are jumping, running, laughing, or fidgety, there is no listening going on at all! That actually doesn’t change when we get older. There is often no one to tell us to be still!

It is when we experience stillness, that very deep stillness and quiet, that we are most open to God. Most of the time, we aren’t really still. Even if our bodies aren’t moving, our minds are busy, frantic, and racing from one thought to the next. Our minds are full of worry, stories, and mostly noise. We can’t hear God, because there’s too much noise going on inside our heads! We need to be still!

When our minds are still, we can experience that deep stillness within that is actually the source of our being and our connectedness with God. That is when we are truly present to God. We mistakenly think that when our minds are active and noisy we are most present, but our experience with ourselves and with others should be strong indicators that this is not the case. We cannot truly be present and listening unless our minds are still.

Stillness, then, makes us truly present and with presence, we can experience and know our true selves. There, we find peace and joy in just being. We’re suddenly open to knowledge that comes from the peace “which passes human understanding,” the peace of God. In other words, we are being still, and knowing that God is God.

Unfortunately, there is a catch. We have spent our lives letting our mind have free reign to run where it will. It does not want to be still! It is rebellious, self-centered, and very spoiled. It does not go willingly into the stillness. It will remind you of all your problems, most of which don’t actually exist, because they are, well, in your mind. It will go through the list of your past failures and fill you with fear and anxiety about future ones that will take place if you don’t listen only to it. How can we get this loud, obnoxious, petulant child to be still? That, of course, is a topic for another article.

Blessings to you, (and stay tuned)
Fr. Bill Holly †

FR. HOLLY’S

I have received many comments from folks who were disappointed that my lavender soap was not available this year at Western Days and that the peppermint soap ran out too quickly. While my soap is ONLY available to the public during Western Days, I am extending its sale and making available both lavender and peppermint. The cost is the same: $5.00 a bar, which goes to our Western Days fund raiser for this year. If you are interested in purchasing this soap, please email me at bholly@saintsimeons.org or call me at 918-794-1906. Please let me know what kind and how many bars.
In response to my invitation last month for volunteers to help with our Flora and Fauna (plants and animals), Resident Vernon Stanton is now feeding the beautiful saltwater fish and invertebrates in our two aquariums. Under the Sea is the company who does all the other work to keep our tanks clean and all living things healthy. Each aquarium already has a Nemo (Clown Fish) from the movie, Finding Nemo. With the popularity of the recent movie, Finding Dory (Dory is a Blue Tang), there will be increased demand for Blue Tangs. Fortunately, they have recently been successful at breeding them in captivity for the first time.

Fall is my favorite season and October is my favorite month. Of course, we could talk about the striking fall colors of some of our many trees at Saint Simeon’s but that’s just what you would expect. Let’s go a different direction and talk about a tree which has very subtle fall color. Its leaves turn bronze before dropping – you’d swear that the tree was dying – and they cover the ground with a rust-colored carpet. We have seven of them growing at Saint Simeon’s. First resident or family member who can tell me the location of all seven gets to choose a prize. I really do have several for you to choose from…

The tree I’m referring to is the Bald Cypress. They will all be “bald” by the time you are reading this – but, then so will a lot of other trees so that’s no help.

Jack Ward, who chaired our Auxiliary Landscape Committee for several years and was also Auxiliary President, was the first to introduce Bald Cypress to Saint Simeon’s. Jack died several years ago. I so wish that he were still living and we could attend Master Gardener Meetings together. Jack was a Master Gardener and he is one of the reasons that I’m becoming a Master Gardener. I understand now why he chose the Bald Cypress because it is an Oklahoma Proven Tree. That means that the faculty in the Department of Horticulture and Landscape Architecture at Oklahoma State University “recommend it as a tree well-adapted for use across Oklahoma”.

What is most unusual about the Bald Cypress is that it is a deciduous conifer. There are very few of these. It is a conifer (has cones) like a pine tree but loses its leaves in the fall like an oak. Its favorite place to grow is southern swamps – that’s why it is the state tree of Louisiana. In that kind of wet environment it will even grow knees from its roots, but it can also grow in dry conditions.

The Internet says this about the Bald Cypress. “This tree has inspired much poetry and prose over the centuries due to its melancholy and mysterious appearance. Longfellow refers to its “towering and tenebrous boughs” that “waved like banners that hang on the walls of ancient cathedrals” in his 1847 poem, Evangeline. Naturalist John Muir in his book Thousand-Mile Walk refers to “the dark, mysterious cypress woods which cover everything” and states that “night is coming on and I am filled with indescribable loneliness.”

After finishing this article and getting close enough for a photo, I discovered that several of our Bald Cypress trees are growing “knees” just as if they were in a swamp – amazing!
SAINT SIMEON’S ANNOUNCES
SUCCESSFUL WESTERN DAYS EVENT

Saint Simeon’s Foundation is thrilled to announce that Western Days 2016: Decades of Compassion was a huge success! The event, held on Tuesday, Sept. 13 at Cox Business Center, marked the 20th annual milestone of the fundraising event benefitting the privately managed, nonprofit, senior living community that is home to men and women of all faiths.

More than 700 people attended Western Days 2016: Decades of Compassion, which featured a marvelous Silent Auction, as well as 48” x 60” original oil painting on canvas by Anna Rutherford, artist.

The evening also featured the traditional General Store stocked with handmade items from Saint Simeon’s residents, and a delicious dinner. In addition, Western Days attendees were entertained by musical performances from Shelby Eicher and the Tulsa Playboys.

Phyllis and George Dotson served as Event Chairs, with Mandy and Blake Atkins serving as Patron Chairs. Lisa and Tom Schooley served as Auction Chairs. The Rt. Rev. Dr. Edward J. Konieczny and Lindsay Hurley Fick were celebrated as Honorary Chairs. Bishop Konieczny has served as Bishop of the Episcopal Diocese of Oklahoma for nearly 10 years and was also honored as being Chairman of the Saint Simeon’s Home Board of Trustees and as Chairman of the Saint Simeon’s Foundation Board of Trustees for 10 years.

Lindsay Hurley Fick joined Saint Simeon’s as President and CEO in 2006. Her decade of guidance and leadership has meant great strides for Saint Simeon’s.

The Pioneer Spirit Award was presented to Saint Simeon’s Resident John Brooks Walton. John is known locally as Tulsa’s most famous living architect and is author of several books, including One Hundred Historic Tulsa Homes. Most recently, John’s skill of painting has been a growing passion, and dozens of his paintings line the walls of his apartment and a dining room at Saint Simeon’s.

Wildcatter Underwriting sponsors of Western Days were Phyllis and George Dotson.


Tool Pusher sponsors included a gift from an Anonymous donor, Phyllis and Steve Anderson, Ellen and Don Atkins, the E. L. and Thelma Gaylord Foundation, and the Ralph and Frances McGill Foundation.

Driller sponsors included gifts from Bank of Oklahoma, John and Lucy Barker, William L. Berry, Debbie Cadieux, David O. Hogan, Don Carlton Honda, George Kaiser Family Foundation, Hardesty Family Foundation, Hille Foundation, Inasmuch Foundation, Caron and Shawn Lawhorn, Mary and Bob Martinovich, ONE Gas, ONEOK, The Oxley Foundation, Trust Company of Oklahoma, and WPX Energy.
### Happy Birthday — October —

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### We Remember in Our Prayers

- Melvin Bailey
- Harold Calhoon
- Bobbie East
- Isadore Levine
- Albert McCall
- Robert Rayner
- Russell Schoenewe

### Welcome to Our Family!

- Delores Betz
- Colleen Brooks
- Pat Cundiff
- Earlene Evans
- Oran Fairchild
- Rose Gillig
- Jacqueline MacLaughlin
- Royse Parr
- Anita Robards

### Alzheimer’s Association

#### Caregiver Support Group

**Thursday, October 27**

6:00-7:30 p.m.

Saint Simeon’s Smith Conference Room

Complimentary dinner will be provided.

Please RSVP by October 24 to Brenda Haesloop at 918-855-1502 or bhaesloop14@att.net.

### Annual Harvest Moon Festival

**Save the Date!**

Saint Simeon’s Eckel Park • Sunday, October 16 — 2 to 4 p.m.

Halloween costume contest for kids, music by Shelby Eicher and friends, pumpkin patch, snacks, and more!

*Generously made possibly by the Wirck Family*

If you no longer wish to receive the Quill by mail or if you wish to switch to a color, e-newsletter subscription, please contact Lindsay Morris at lmorris@saintsimeons.org or 918-794-1945.
Pet Food Donations Needed!

Saint Simeon’s “Dog Days” is coming again this year!

Dry dog and cat food donations for dogs and cats of the homeless in Tulsa will begin starting just before the Thanksgiving holiday. Watch for the colorful donation boxes stationed by the Administration Office and the Dotson Center Assisted Living entrance. All food donated is re-bagged by our Resident Volunteer Club into 2-pound bags for distribution to the homeless by the Tulsa Animal Welfare Shelter. Treats, toys, collars, leashes and bowls are also welcomed as a special gift to the animals for the Christmas holiday season.