Happy Mardi Gras!

Saint Simeon’s always goes over the top celebrating Mardi Gras! We celebrated the occasion with a parade of employees dressed in fun costumes. Employees went throughout the building, adorning Residents with Mardi Gras beads. We also held Mardi Gras parties and crowned a Mardi Gras King and Queen. Congratulations to our Mardi Gras royalty, King Ed Cizek and Queen Nancy Crayton!
“She has not been here very long, but has made quite an impression already. Not only has she learned her very detailed position, but she has also managed her work in the department with knowledge and confidence especially when her department director has been out.

On the afternoon of January 13, we had Resident move from the Cottage to Assisted Living with his family member. On Amy’s way home after work just a little after 5:00 p.m. that same day, she saw the Resident sitting in the Dotson Center Assisted Living entrance area and decided to sit down and talk to him.

He was very sad because he wasn’t very familiar with the building and had never actually been given a tour. Even though it was already after business hours, Amy set her belongings aside and took this gentleman on a tour while telling him all the wonderful things he could do more easily while living inside the building at Saint Simeon’s.

When the tour was over, our Resident felt much better because someone took the time to be with him.” — Donna Mayotte, Executive Administrative Assistant

“I started in December and really love getting to know the Residents and their families. I came from Hillcrest Hospital, where I didn’t have a chance to get to know patients and their families as long-term as I do here.

I grew up in Sand Springs and graduated from Charles Page High School. My family means the world to me. I am always spending time with my mom, sister, grandpa, grandma, and nephew. We make any excuse to get together and eat and drink. All of us girls love cooking and try to make Grandpa fat.

My nephew, Jax, is 4 and is pretty much my entire life. I appreciate that I can hang out with him and then give him back to my sister. He’s the only grandkid or great-grandkid in my family who lives nearby, so he’s pretty spoiled.

After graduating from high school, I started college at the University of Central Oklahoma in Edmond. At that time, I was studying speech pathology. However, I realized it wasn’t the best fit for me and moved back to Tulsa a couple years later. When I first moved back, I worked at Arvest Bank. Then I started at Hillcrest, where I worked for 7 years until I left in December. I started as a CNA there and eventually became a unit clerk, working on the general
medical surgical floors and then helped open the stroke unit.

My dream is to go back to school and get a business administration degree so that I can run a rehab hospital or nursing home.

I love the culture of Saint Simeon’s. It’s a very warm, welcoming culture – from the Residents to their families to the staff. You feel like this is a place you can call home. A Resident’s family member who just moved their loved one in told me that people are so willing to help her and her loved one and they never get annoyed at all the questions. It’s great to see that the staff has so much compassion. I can tell that people aren’t just coming in to work a shift; they’re truly caring for others.

In my free time, I hang out with my family. I’m a binge Netflix watcher. Some of my favorite shows are Gilmore Girls and Gossip Girl (those two are my guilty pleasure), Lost, Prison Break, and the Walking Dead. In the summer, I love camping and fishing at Keystone Lake.”

THE TULSA ZOO IS HOLDING THE FOLLOWING 3-WEEK SERIES THAT MAY BE OF INTEREST TO SAINT SIMEON’S RESIDENTS AND THEIR FAMILIES:

NATURE’S GRAND ADVENTURES: BIRDING BLITZ
6421 E 36TH ST. NORTH, TULSA
DATES: MAY 7TH, 14TH, AND 21ST FROM 1:00 P.M. TO 4:00 P.M.

Share the wonder of nature with your grandchild in this choose-your-own-adventure style series! Grandparents and grandkids will rediscover nature in a way that brings old-school exploration together with today’s tech. Adventurers will enjoy hands-on learning experiences at the zoo while choosing which path their journey will take next. During Nature’s Grand Adventures: Birding Blitz, get ready to go BIRD BRAINED as we explore the lives of our avian friends. Topics COULD include feather and beak investigation, bird identification, migration, or Bernoulli’s Principle (how birds fly!) but it will be up to you to decide. Grandchildren must be 5 to 12 years old. Grandparents can be any age! Registration if for one grandchild and one grandparent for all three classes in the series, $30 for Zoo Friends members and $40 for non-members. More information and registration at: tulazoo.org/classes/

VCRS NEEDED!

Do you have a VCR in good working condition you would be willing to donate?

We have over 1100 VHS tapes of movies our Residents love and watch daily, but the last VCR player rolled off the production line in July 2016, so they are becoming hard to find. Please contact Chris Gruszczak at cgruszczak@saintsimeons.org or 918-794-1940.
Dear Residents, Families, and Friends of Saint Simeon’s

We have a cat. Actually we have two, but this story is primarily about our more recent addition to the household that we named Merlyn. Merlyn is certainly part, if not all Maine Coon breed, that came into our lives as a stray kitten a couple of years ago. He is a delightful animal, always very content, and as we keep our cats inside, he has never tried to get out. So when we were very surprised to find out from our house sitter while on a recent vacation that due to a mishap with a door blowing open one night, Merlyn disappeared. We were very worried as the woods behind our house are filled with wildlife, including coyotes. When we returned home a couple of days after he went missing, we called and called, left out food, and posted pictures on our neighborhood Facebook page. I saw him one evening after dark in the back corner of our property and called to him, but there was no response, and he ran off. My wife, Marlo, also saw him one evening, but ran away from her as well.

Marlo is a great researcher and she immediately sought all information she could find about cats that run away. She discovered that inside cats who have a timid disposition like Merlyn, if they get outside the house, sometimes run away and when they do, they change, becoming fearful of everyone and everything, including their owners! They go into full survival mode, in a sense, forgetting who they are and where they’re from.

When we had not seen him for a week, we began to be fearful that he had met his demise! I bought a video security camera that records movement even at night, and discovered that he was still coming around in the middle of the night, as was a possum that was also helping itself to the cat food we were leaving out for Merlyn! Then, three weeks to the day he had run away, I saw some video showing that he had actually come up to our back door during the day. It was again after dark that same evening when I went out to call. This time, there was a response from the back corner of the yard. After call and response for a few minutes, he finally came up to me and after a bit, I was able to pick him up and bring him into the house. At first he was disturbed and seemed to be feeling trapped. However, within 30 minutes, he was completely “back” with us, interacting and playing as if he had never left. He remembered who he was and who we were. It has been that way ever since.

As I reflected on this story, I remembered a story Jesus told that we call “the Prodigal Son” (Luke 15:11-32). It is a story about a young man who leaves home, goes to another country, and forgets who he is. When all goes terribly wrong, he begins to remember and returns home to find his father waiting with open arms. The connection was wonderfully accurate even to the part of the older brother being disgusted with the return of the younger brother and how happy everyone was to see him. Rudy, the “older brother” cat, hissed and growled at Merlyn when he came back inside the house!

Pierre Teilhard de Chardin, a Jesuit priest, philosopher, theologian, geologist, and paleontologist, has been quoted as saying, “We are not physical beings having a spiritual experience; we are spiritual beings having a physical experience.” I believe this to be true, not because de Chardin said it (which is disputed), but because I believe the teachings of Jesus point us to that realization. Perhaps, in our human journey, we are overcome by fear and, in full survival mode, have forgotten who we are and where we come from. Jesus taught us to remember that there is One who is waiting for our return … with arms wide open.

Blessings to you,
Fr. Bill Holly †
I bet there was a time you believed in the Tooth Fairy. I even think I kept believing so the Tooth Fairy would continue to come while I was sleeping and replace the baby tooth under my pillow with a whole quarter! I never really thought about what the Tooth Fairy did with all those teeth...

The only other fairy I remember was Tinker Bell in the story of Peter Pan. I may have been too old by the time I saw the Disney movie version in 1953 to really believe in Tinker Bell, but I clapped anyway so that her light wouldn't go out! Now I discover that I’ve missed a whole world of fairies. And that is not even counting all the Tinker Bell movies in recent years with her various fairy friends.

I’m talking about the fairies who may “live” in our gardens and certainly live in our imagination. They have also gone by other names – pixies or sprites and were first called ‘fays’ in western European folklore. They were believed to perform secret acts of kindness and sometimes a little mischief too.

In the United States, the idea of creating a Fairy Garden to attract Fairies to visit and take up residence has been around for more than 100 years. They were first introduced in 1893 at the Japanese Pavilion at the Chicago World’s Fair. These were actually Bonsai dish gardens, but after The New York Times did a feature on these miniature creations, their popularity took off. In some parts of the world, the tradition of preparing a fairy garden with various miniature accessories has been passed down from one generation to the next.

We have the beginning of a Fairy Garden in the Turtle Garden next to the Chapel. It is already populated with several Fairies as you can see in the picture. There is even a peacock hiding in the grass. Watch for future installments. Maybe we’ll be able to attract some real fairies...
SAINT SIMEON’S EMPLOYEE APPEARED ON WHEEL OF FORTUNE

Saint Simeon’s Foundation Administrative Assistant Nicole Graham appeared on ABC’s Wheel of Fortune on March 7 and won $12,050. Nicole had to go through quite a process before being accepted as a contestant on the popular game show. She started out at the auditions that were held at the Hard Rock Hotel and Casino in the fall of 2016. “They drew my name at random, and I played a few games and interacted with the host,” Nicole said.

Shortly after that, she got an email from Wheel of Fortune saying that she was being called back for round two of auditions. During that round, she played simulated games, puzzles and also a written test. “Two weeks after that round, I received a letter in the mail saying I had been accepted as a contestant and would appear on the show in two to 18 months,” Nicole said.

Just two weeks before her episode was filmed, she was contacted about the date of the filming. She then had to book a flight and hotel. “It happened so fast; it was a surreal experience,” Nicole said. “I didn’t even have time to get nervous. It was the fastest 20 minutes of my life.”

Many Residents watched Nicole during the original airing of the show on March 7, and Life Enrichment also gathered Residents who missed it to view a recording.

Guest Cottage Now Available at Saint Simeon’s
Saint Simeon’s is proud to now offer one of our cottages as a guest suite to visitors of Residents for the cost of $65/night for 1 guest. Each additional guest is $10/night. One meal ticket per guest per day is included in the cost.

Cottage 5 (Guest cottage) features:
- 1 bedroom, 1 bath
- 2 twin beds
- Queen sleeper sofa in living room
- Microwave, oven, range, refrigerator, breakfast nook, flat screen TV with cable

To reserve the cottage, please call 918-794-1903.
HAPPY BIRTHDAY
— APRIL —

Marcelle Richardson | 4/1
Marjorie Dew | 4/10
Albert Davis | 4/11
Louise Gruntmeir | 4/22
Geraldine Sanders | 4/23
John Livingston | 4/23
Doyle Allen | 4/25
Charles Fergus | 4/29
Nancy Crayton | 4/30

WE REMEMBER IN OUR PRAYERS

Claudine Duren
Dick Walsh
James Smith
Louis French
Mary Brainerd
Mary Dillon
Mary Ruffin
Paul McGraw
Robert Scott

Welcome to our Family!

Alpha Clapp
Betsy Warner
David Deffenbaugh
Emily Mehaffie
Gene Stephens
Georgia Vandervoort
Gerda Moore
Mark Elliott
Ruth Means

iPod Project

We are looking for volunteers who are familiar with iPods and downloading music to help with the new Music for the Ages program, which will provide Memory Center Residents with personalized iPods.

Also, if anyone has used iPod Shuffles to donate, we will be happy to receive them. If you would like to help load iPods or would like to donate an iPod, please contact Chris Gruszczki at cgruszczki@saintsimeons.org or 918-794-1940.

ALZHEIMER’S ASSOCIATION

CAREGIVER SUPPORT GROUP

THURSDAY, APRIL 27
6:00-7:30 P.M.

SAINT SIMEON’S SMITH CONFERENCE ROOM

Complimentary dinner will be provided.
Please RSVP by April 21 to Brenda Haesloop at 918-855-1502 or bhaesloop14@att.net.

IF YOU WOULD LIKE TO JOIN YOUR RESIDENT FOR THE MOTHER’S DAY MEAL, PLEASE CONTACT ATTRELL AT 918-794-1903 BY MAY 1.

Mother’s Day Meal

Happy Easter!

If you would like to join your Resident for the Easter meal, please contact Attrel at 918-794-1903 by APRIL 3.

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.
Parkinson’s Walk and 5K

Saint Simeon’s will be participating in the Parkinson’s Walk and 5K at the ORU Mabee Center on Sunday, April 23 at 2 p.m. The event is free to participate in; donations are encouraged. To join our team, visit parkinsonoklahoma.com/rally, click on “Click Here to Explore our Upcoming Walks,” click on Tulsa, search for the Saint Simeon’s team, and join us! Simone will be there!