WE LET THE GOOD TIMES ROLL AT SAINT SIMEON’S

The annual Mardi Gras Parade and parties at Saint Simeon’s were a big hit for both Residents and staff. Each year, staff members begin planning their costumes and floats months in advance. The morning of Mardi Gras, staff members parade around all areas of Saint Simeon’s, playing music, entertaining Residents, and distributing Mardi Gras beads.

In the afternoon, Residents enjoy parties in their respective areas, where they enjoy live, New Orleans-style music, King Cake, and the crowning of a Mardi Gras King and Queen.
Shealah frometa
CNA in Assisted Living

“I started working at Saint Simeon’s in February 2017. I really enjoy all of my Residents and coworkers. Ever since I started working here, I’ve said, ‘Teamwork makes the dream work.’ We all work together, and it makes a difference.

When I came to work here, it was a big career change for me. Previously, I worked in mental health with adolescents. It was time to make a change. It was time for me to give to someone I hadn’t yet given to. Even if the Residents don’t remember my name, they remember my voice and my face, and that means a lot. I am a nurturer, so everything I do is nurturing. I have fun with my Residents.

I’m a grandmother and even a great-grandmother. In my free time, I spend a lot of time with my family. I do a lot of cooking (even though I don’t really like doing it!). But I do it for family. In the past, I’ve enjoyed going on vacations with my family to Florida.

I had a family emergency come up last year in April, just a couple months after I started working here. I had to be away for a couple weeks. Saint Simeon’s was very supportive of me. I remember Loretta Young answering the phone when I called to share about the situation, and she said, ‘We will do whatever you need.’

It meant a lot that everyone was so supportive to me during a difficult time, and made me realize what a great place this is.”

“Recently in Assisted Living, we encountered a situation when the agency staff was a No Call No Show, leaving only a CMA on Assisted Living. Shealah volunteered to stay. It is different when you plan to work a double shift than when you get thrown into it by process of elimination. She took very good care of the Residents. Thank you so much, Shealah, for being a team player! You exemplify the Saint Simeon’s spirit, and you help make my job easier.”

— Brenda Thompson,
Nurse 16
“Just before Christmas, a Resident needed to be transported to a hospital in another city for specialized care. Gary, along with Juan Ferrera, volunteered to make the long drive, knowing that once they got to the hospital, they would have to wait in the emergency room with the Resident until an admission was arranged. They would not be coming home until long after dark.

Thank you, Juan and Gary, for your commitment to Resident care and safety and for your patience and good humor in a difficult situation!” — Chris Gruszczki & Lindsay Fick

“I love everything about working here – especially the Residents. They make my day, and they tell me I make their day. If I’m off on vacation for a while, they tell me that I’m not allowed to take off time anymore because they miss me.

I’ve been at Saint Simeon’s since September 2010. Before coming here, I worked as a porter at Hard Rock Hotel. I am originally from Tulsa but moved to the Dallas area when I was young and attended high school there. I moved back to Tulsa in 2008 because my mom was having health problems, and I wanted to be closer to her.

I love singing and dancing, as you can tell if you come by the Memory Center. I have a karaoke machine at home. In my free time, I also like going bowling with my son and trail walking. I especially like the trails at Mohawk Park, where you can see deer in the evenings. I’m an outdoorsy person. I like fishing, and I used to do quite a bit of hunting.

I have two sons. One is 27 and lives in Dallas. He has two children. My granddaughter will be 3 soon, and my grandson is almost 1. My younger son is 11 and lives in Miami, Okla. with his mother.

I really enjoy working in the Memory Center. It’s amazing how many of the Residents can remember certain things so well. For example, when we’re playing trivia, some of the Residents will know every single answer.

When I first started working at Saint Simeon’s, I was a floor tech. I had that position for a year or two. I was able to move in to my position with Life Enrichment because every time I would clean in HealthCare, Stephanie Colbert noticed I would dance to the music and entertain the Residents. She mentioned this to Chris Gruszczki, and she asked me to join the Life Enrichment staff.

It makes sense that I have a job where I get to make others smile, because in high school, I was voted ‘most likely to be a clown.’ During the holidays, I dressed up in a lot of funny outfits, and the Residents really enjoyed that.”
Dear Residents, Families,
and Friends of Saint Simeon’s

There is a wonderful word that comes to my mind at this time. It is a word that has been lost, or at least obscured, by common usage. That word is “discipline.” When you say “discipline” to most people, they immediately think of punishment. If you are called before a Board of Discipline, it’s usually not going to be a pleasant experience. You get sent to the principal’s office to be disciplined because you did something wrong. Discipline is painful or onerous. It is designed to make you rue the day you did or failed to do something you shouldn’t have or should have done!

Actually, discipline is a beautiful word that has to do with being taught and being a disciple, a student. The learning involved in discipline is more focused, and has the sense of being formed. A course or program of study that trains one in a profession is a discipline. So when I went to seminary, I began a discipline designed to form me into a clergy person. So it is with the discipline of law or medicine or education or music. You understand that the discipline does not end with the completion of a degree or certification. A discipline is a life-long endeavor that involves practice and continuing education.

It is in this sense that we are to understand the term “Lenten discipline.” During the Church Season of Lent, it is common to take on a discipline. This may be a course of study, reading, prayer, a change in diet, or a change in behavior. It may involve volunteer work, abstaining from something you’ve become too dependent on, or any number of things that you have decided you would like to embrace during Lent. To be a true discipline, it would be something that would help you in learning more about yourself, perhaps your relationship with others, and your relationship with God. What it definitely should not be is some kind of self-imposed punishment to make up for what you believe to be your failings during the past year.

You’ll know when you have taken on a good discipline. It has a way of incorporating itself into your life. Instead of being glad Lent is over so you can have ice cream again, you discover that your discipline has led you to new understandings about your life and new possibilities for you to engage in an ongoing way.

This Lenten season, may you discover a discipline that brings you new joy and appreciation for the gift that you are, and the gift that God is to you.

Blessings to you,
Fr. Bill Holly †
Almost everyone reading this has known the frustration of dealing with weeds. That’s not what we are going to talk about. Let’s extend the sentiment expressed in that quote to

**PIGEONS!**

Saint Simeon’s used to have more bird feeding stations than we do now, and we attracted quite a variety of birds. So much so that several years ago a Resident nearing the end of her life in another senior community in Tulsa (without bird feeders) was transported here by her daughter so that she could spend a few hours of each of her remaining days enjoying watching the birds in the Gazebo Courtyard.

And then wild pigeons also discovered the joy of Saint Simeon’s. Pigeon “Tweetie” kicked in and we began to have flocks of pigeons descending several times each day driving other birds away and eating all the food in our birdfeeders. Even though we have drastically reduced their food supply, you can often still see their sentries posted on the roof, and pigeons will fly down to even challenge the much larger peacocks for their food.

Those are what I call bad pigeons – sometimes referred to as “Flying Rats” or Rats with Wings”. So…

“A Flying Rat is a pigeon that is not only in the wrong place, but intends to stay.”

Someday we hope to come up with a solution to reduce our wild pigeon population…

Before the scourge of wild pigeons, for several years, Saint Simeon’s was home to beautiful Fantail Pigeons.

A family member, Bud Martin, who had raised pigeons, knew that this variety preferred walking around rather than flying. Just like the peacocks can fly, but you rarely see them do so. Our Residents (including his mom) enjoyed watching and feeding them. As you can see by the photo, their tails are naturally upright and spread like a turkey. You try to fly with your tail acting as a brake.

Bud built them a home (called a dovecote), which used to be in the Reflections Courtyard. A few years ago, we ceased having Fan-tail Pigeons. Most were lost to raccoons or owls or hawks. Also, as the wild pigeons took over, our tame ones were no match for them. Frankly, we couldn’t have our pigeons even associating with that “rough crowd.”

The time came for the dovecote to be removed. It was just sitting empty and needed to be useful somewhere. We sent out the photo you see (Simone donated her stuffed birds for the shot) and found a home for it through one of our family members, Kim Doner (her Dad is Otto Doner). One of the Wing-it Volunteers (they rehab injured or abandoned birds until they can be released back into the wild) now has it at her home. No better place!
Facilities Management always goes all out for Mardi Gras!
**MARCH**

**MARCH**

**HAPPY BIRTHDAY**

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**COMPLIMENTARY LUNCH AND LEARN**

"How to Differentiate Between Normal Aging and Signs of Dementia"

Presentation by Dr. John H. Schumann, President – The University of Oklahoma – Tulsa

**TUESDAY, MARCH 13 | 11:30 A.M.**

**SAINT SIMEON’S COMMON ROOM**

Please RSVP by March 9 to 918-794-1945 or lmorris@saintsimeons.org.

**Welcome to our Family!**

Everly Flynn  
Evert Gibson  
Loretta Gibson  
J. Hewitt  
David McOcbe  
Jack McGill  
Edward Schroeder  
William Sheehan  
Edna Sinclair  
Jimmie Thomas  
Adolphus Williams

**WE REMEMBER IN OUR PRAYERS**

John Benjamin  
Geraldine Sanders  
Freda Adams  
Catherine Schomas  
Ann Gelino  
Albert Davis  
Geraldine Yockley  
Frederick Graves  
Roger Alkire  
Arleta Wood

**APRIL**

**APRIL**

**HAPPY BIRTHDAY**

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<td>Becky Richardson</td>
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<td>Charlie Fergus</td>
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**EPISCOPAL CHURCH DAY**

Sunday, March 18 at 1:00 p.m.  
Saint Simeon’s Common Room

This will be an enjoyable time for local parishes to gather for a complimentary luncheon, music, and words from Bishop Ed Konieczny, Joseph Arndt, Organist/Choirmaster St. John’s Episcopal Church, will share his musical talent, along with members of the St. John’s choir.  
We welcome you, your family, and friends. Please RSVP to lmorris@saintsimeons.org or (918) 794-1945 by March 14.

**DEMENTIA FRIENDLY TULSA CAREGIVER EVENT**

**WEDNESDAY, APRIL 18 | 8:30-10:30 A.M.**

**SAINT SIMEON’S COMMON ROOM**

Are you a caregiver? The Dementia Friendly Tulsa initiative would love your input on developing our programs. Mayor GT Bynum will offer us an introduction to how dementia affects Tulsa, then we will dive in to how to make Tulsa a more dementia-friendly city.

**PLEASE RSVP TO LGRAY@SAINTSIMEONS.ORG OR (918) 794-1977 BY APRIL 13.**
Once again, over the 2017 holidays, Saint Simeon’s had an overwhelming response for our dog and cat food donations for the homeless in Tulsa to feed their pets.

The total amount of dog and cat food donated was 1,680.4 pounds. We exceeded last year’s amount of food by 24 pounds!

Saint Simeon’s drive for donations for the animals touched many hearts again. Karing K-9’s members donated 774 pounds of food along with collars, leashes, biscuits, treats. Dr. Steven Fooshees’s dental office in Sand Springs collected 237 pounds of dog and cat food. Residents, visitors, families and staff also dropped their donations in our dog house collection stations.

Other donations included a medium size dog crate, dog beds, rawhide chews, food bowls and many toys. The homeless picking up food for their animals are allowed to choose a toy for their pet for Christmas.

A sincere thank you from Saint Simeon’s.