Western Days Fast Approaching

Western Days 2018: *Wear Your Boots to Celebrate our Roots* is fast approaching on Tuesday, September 11, 2018. This year’s event will be the 22nd annual celebration that has become an anticipated evening for Saint Simeon’s Residents, their friends and families, and for loyal friends and supporters. We anticipate over 700 members of the Saint Simeon’s family gathering in Western casual fashion to celebrate Saint Simeon’s deep roots.

We hope you will join in our efforts with a sponsorship gift toward Western Days 2018: *Wear Your Boots to Celebrate our Roots*. Your Western Days gift helps bridge the annual gap of approximately $400,000, allowing the tradition of superior care to continue.

Not only will your generosity be put to good use at Saint Simeon’s, but we promise an evening full of fun, exciting auctions, live music, and a delicious meal. We will celebrate in our traditional Western casual style! To buy tickets or for more information, visit www.westerndaysevent.com or call Lisa Gray at 918-794-1977.

Meet Lisa and Tom Schooley, Western Days Event Chairs

Lisa and Tom are long-time friends of Saint Simeon’s. They were introduced to Saint Simeon’s when Lisa’s grandparents lived there, and since that time, they have served on the Western Days committee and as Auction Chairs and Patron Chairs. Western Days is their favorite event in Tulsa. “We love the...continued on page 5.”
“My 7 weeks here (plus the 2 weeks last October) have made me really appreciate a number of folks – particularly Amanda, Tina, Lindsey, Christina, Angela, Jeff, Brenda, and others. I believe Juanita should be recognized, however, because she is so considerably conscientious. Whenever I needed help with anything, if Juanita was anywhere on the grounds, she would almost certainly be the one who came first; she would always check for things that needed to be done beyond what I had called about. She recognizes that things can be done right and wants to do them.”
— Bill Hinkle, Resident

“I was raised in Denver, Colorado and moved here in ’92. My mom, dad, two of my sisters, and one of my sons still live in Denver. My husband’s family is from Oklahoma, so that is what brought us here.

Growing up in Denver, my husband and I actually lived around the corner from each other and went to the same grade school, but we don’t remember meeting as children. We met while we were both working in the kitchen in a nursing home when we were 19 or 20. We’ve been married for 39 years in November.

We have 3 children, 9 grandchildren, and one great-grandchild who is 6. One of my sons lives in Denver, my daughter is in Tulsa, and my other son is in Broken Arrow.

I really enjoy the Residents. My job is to take vitals, transfer Residents, change Residents, and interact with them. It’s nice working just 10 minutes from home – I live in Sperry. I work the 3 to 11 p.m. shift.

Before coming to Saint Simeon’s, I worked various places in security, as a maid, and as a housekeeper in a hotel. I also worked at Zebco in Tulsa building grills. When the company moved to China, they paid for us to go to school, so I went for my CNA. I always wanted to be in the medical field.

After Zebco, I did home health for 14 years. I also worked at two other nursing homes while I was doing home health. When I first started working at Saint Simeon’s in 2012, I still had a second job in home health. I quit home health in 2014 and started only working at Saint Simeon’s.

In my free time, I go to the casino and play cards. I used to go fishing quite a bit. I also enjoy spending time with my grandkids.”
“I would like to nominate security officer Mike Burris. Recently Mike recognized a potential problem that could have directly affected the security of our campus. Without instruction, he took appropriate actions and made the right phone calls to ensure the security of our campus remained high. Well done, Mike!” — Tadd Weese, Director of Operations

“I have been at Saint Simeon’s for eight years. I started here as a contract employee and then became an actual employee in 2012. I work all shifts here at the front gate.

I pretty much know everybody who is supposed to be here. Once a new Resident moves in, I get to know the family right away. If you can’t answer certain questions when you get to this gate, you won’t be getting in.

I work all different shifts here. I have worked several different jobs. I’ve worked at apartments, the Port of Catoosa, and as a supervisor for Enterprise Rental Cars.

I’m from Baltimore originally, and I finished high school and some college in Salt Lake City, Utah. I’ve been working practically all my life. While living in Salt Lake, I was a printer for 15 years. When I moved to Oklahoma, I started working security with a company in Muskogee. When that company closed, I became a CNA coordinator at an adult day center in Muskogee. I had about 2-3 jobs at that time.

Once I left the adult day, I said I was not going to work around seniors anymore because I really couldn’t handle seeing them pass away. I moved from Muskogee to Broken Arrow and started job hunting in the Tulsa area, and Saint Simeon’s was the place that came up. I thought I wouldn’t get close to anybody here because I’d be working the front gate, but I have gotten close to some people. I like the staff, the Residents, and the family members. It’s a fun job.

I have five children of my own. My wife Stephanie has three daughters. One of my daughters is a social worker, and another daughter is in the Marines. My wife and I work together on the side to sell furniture from estate sales. We’re also getting ready to flip a home. We buy homes at a cheap price, and then we’ll sell it and make money out of it.

I have 16 grandkids. All of them live in Broken Arrow. I live in South BA – Indian Springs.

I am in a Hot Wheels Club. I collect Hot Wheels – those little cars. I attend a church I love.”
Dear Residents, Families, and Friends of Saint Simeon’s

Have you ever been bothered by your thoughts? You know, when some thought appears in your mind and it kind of takes over. Sometimes, a thought will take you into a drama with someone you know or perhaps have concerns about. The next thing you know, you’re having this inner argument with the image of that person and even getting quite worked up about it! Sometimes, we feel guilty about the thoughts that we have. We may even wonder why that thought came into our mind. We feel responsible for every thought that passes by, especially if it is negative.

Actually, the problem is not with the thoughts that pass through our mind. They have no power or meaning at all. They are like driftwood or other debris in a stream. They are just floating by. It is when we focus our attention on a thought, like grasping onto it, that it begins to get power. That is when you can begin to strengthen the thought with your emotional reaction to it. Somebody says something to you in passing. You may be a bit confused by what they said, and you wonder, “What did she mean by that?” You are feeling a bit disturbed by this and then another thought comes by, “What if she meant that in an insulting manner?” At first you might have had an upset, and then, an angry emotional response to that thought! Now that thought has turned into an episode from a reality television show as it mirrors back the emotion you gave it. You are telling her off in your mind when, actually, she was just complimenting your coat. The problem now becomes that you have associated an angry feeling with that person. If you see that person again, that is the feeling that is likely to come up.

Sometimes our thoughts are like advertisements or searches for items on the internet. If you click on that ad or search for a particular product, suddenly you will get ads for that product every time you get on the internet for any reason. It follows you around. Of course, if you ignore those ads when they pop up, pretty soon they go away. It’s only by clicking on them that you keep the cycle going. So it is with many thoughts. You grasped onto it once or twice and now it keeps coming back. By simply ignoring it, you diminish its power in your life. After a while, it doesn’t show up. It lost all its energy and you aren’t feeding it any more.

Over the years, I’ve quoted the Apostle Paul in his letter to the Philippians many times. In this passage, which I quote here again, he offers some extremely useful advice about how to invest energy into thoughts that bring about God’s peace rather than those that toss us around like emotional rag dolls:

“Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.”

PHILIPPIANS 4:8-9

Blessings to you,
Fr. Bill Holly †
music, people, and of course, the cause!” Tom says.

Tom serves as Executive Vice-Chairman for the Saint Simeon’s Home Board and previously served as Treasurer. He has served on the Board since 2013.

Tom is an Executive Vice President with the Bama Companies. Lisa was previously a buyer with Miss Jackson’s and now works part-time in fashion retail. They are long-time members of St. John’s Episcopal Church.

Meet Tom Mason, Western Days Pioneer Spirit Award Recipient

Tom Mason left quite an impression on Tulsa during his 45-year law career. He graduated from the first graduating class of Edison High School in 1958. He went on to attend the OSU College of Business and graduated in 1966 with his JD from The University of Tulsa Law School.

Tom was active in Reading Volunteers for the Blind, the Kiwanis Club, Sigma Nu Fraternity, the Tulsa County Bar Association, and served as an elder at First Presbyterian Church. He has been inducted into the Legion of Honor Sigma Nu and received the Golden Rule Award for the Tulsa County Bar Association.

Tom was first introduced to Saint Simeon’s way back in 1965, when he was appointed to handle a trust for a Resident. One of his dearest friends, David Griffith, also lived at Saint Simeon’s.

One of Tom’s greatest struggles in life has been developing Parkinson’s disease. He was diagnosed 24 years ago. Tom has been a Resident in the Dotson Family Assisted Living Center since January 2016, where he is able to battle his Parkinson’s through consistent exercise and care from specially-trained staff members.

Each month, Saint Simeon’s veterans gather to chat and recall historical events. We call it the Coffee Bunker. We welcome all veterans to join us the first Wednesday of the month at 10:30 in the HealthCare Center.

Labels on New Clothing

When Residents first move in, staff takes all their clothes to the laundry to be labeled. As new items are purchased, if families will bring the new items to nursing to get labels before putting them in the Resident rooms, it will prevent items becoming lost. Thank you!
Blessings of the Animals

OCTOBER 8, 2018

Once again, Father Holly is offering the Blessing of the Animals on Monday, October 8, 2018 at 10:00 a.m. in the Common Room at Saint Simeon’s.

Father Holly welcomes pets of all kinds. In the past, he has blessed dogs, cats, lizards, snakes..... just bring your pet.

Please call Donna Mayotte at Saint Simeon’s, 918-794-1925 to let us know you will be joining us.

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**Dog/Cat Food Donation Drive 2018**

Saint Simeon’s is very excited to sponsor our 4th annual dog/cat food drive for the pets of the homeless in Tulsa. We partner with the Tulsa Animal Welfare Shelter to donate the food for distribution. The winter months are especially hard on the dogs and cats due to their need to have more food to keep warm.

The donated food is re-bagged by Saint Simeon’s Resident Volunteer club into two-pound bags to distribute to the homeless for their dogs and cats twice weekly at Iron Gate when the men and women come to have their evening meal. At least 600 pounds of food are distributed weekly.

Last year’s donations at Saint Simeon’s totaled almost 1,700 pounds. We had many toys, leashes, collars, blankets, bowls and even a medium size dog house donated as well.

Our dog house donation stations placed at the Dotson Center Assisted Living entrance as well as the double doors to Administration, will be available from Monday, November 12th thru Friday, December 21st.

We sincerely appreciate your support for the dogs and cats again this year.

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**Simone’s Visit Schedule**

**Monday, Wednesday, and Friday**
2:00 – 4:00 p.m.

Touring throughout Saint Simeon’s

**Tuesday, Thursday, Saturday and Sunday**
2:00 – 4:00 p.m.

The Ice Cream Parlor/Gazebo Courtyard
**September**

**Happy Birthday**
- Gene Ker  Sept 3
- Edris Rogers  Sept 5
- Mike Beyhan  Sept 5
- Eloyse Smith  Sept 7
- Patsy Allen  Sept 8
- Rozella Bozarth  Sept 12
- Virginia Atwood  Sept 13
- Vernon Stanton  Sept 14
- Oliver Stallcup  Sept 18
- Robert Snow  Sept 23
- Anne Heisler  Sept 27

**October**

**Happy Birthday**
- Martha Myers  Oct 8
- Betty Jean Paul  Oct 8
- Edna Sinclair  Oct 20
- Marian Pelt  Oct 20
- Dannye Domnick  Oct 26
- Lucy Eller  Oct 27
- Betty Adams  Oct 28
- Mary Craig  Oct 29

**We Remember in Our Prayers**
- Willene Hobson
- Bobby Hobson
- Alen Ott
- Franc Chajecki
- Jean Venable
- Joseph Tate
- Doyle Allen
- Edythe Schroeder
- Katherine Mills

**Alzheimer’s Association**

**Caregiver Support Group**

**Thursday, Sept 27**
6:00 P.M.

**Saint Simeon’s Smith Conference Room**

Free and open to families of Saint Simeon’s and members of the community who have loved ones with dementia. Complimentary dinner is served.

Please RSVP by Sept 24:
918-794-1977

**Are You or Your Family Member A Veteran or The Widow of A Veteran?**

Come learn about benefits available through the Veterans Administration.

**Steven Juett // Project Veteran Assistance**

**Tuesday, September 25, 2018 // 2:00 P.M.**

Saint Simeon’s Smith Conference Center

Steve Juett is an advocate for Veterans, who can help determine if you are eligible for benefits and assist with submitting claims to the VA. Project Veteran Assistance, Inc. offers free help to Veterans, their widows and families.

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**Welcome to our Family!**

- Billie Walker
- Laverna Cobb
- James Perry
- Emma Baker
- Len Yarbrough
- Arlene Pryor
- Glenn Brumbaugh
- Wilburn Majors

**Christmas Parties!**

**Save the Date!**

- **Health Care Center Christmas Party**
  - **Saturday, Dec 8 — 10:30 A.M.**
  - In the Common Room

- **Memory Center**
  - **Saturday, Dec 8 — 1:30 P.M.**
  - In the MC

- **Assisted Living Tea with Santa**
  - **Friday, Dec 14 — 2:30 P.M.**
  - In the Common Room

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**September / October 2018 7**
Thank you, CNAs!

We recognized our CNAs recently through a cookout, door prizes, and plenty of hugs! Saint Simeon’s couldn’t provide such amazing care without you!