Dear Residents, Families, and Friends of Saint Simeon’s,

Among the wonderful things we get to experience at Saint Simeon’s are musicians who come here and perform. We have been blessed with many talented folks who bring their years of experience in singing or playing instruments and delight our residents and staff with their talents. It is not unusual to stroll by the Common Room and hear a Country/Western group, or Ernestine Dillard singing Gospel songs, or a Jazz ensemble. You might happen by the Diesenroth Bistro and hear some boogie-woogie piano or a crooner with guitar singing all the hits. There are all kinds of genres of music and all kinds of instruments. It really is great fun and entertainment for all.

Over the past two years, we have had the very good fortune to be beneficiaries of a grant that provides for members of the Tulsa Symphony Orchestra to come, often as duos and trios, to perform both in the Common Room and in the Memory Center. Our residents get to hear these world class musicians up close and personal! My wife and I have been Tulsa Symphony Orchestra season ticket holders for many years, but it is an extraordinary experience to listen to various configurations of clarinet, violin, harp, viola, piano – you name it, in a more intimate setting. Yes, there are some classical pieces performed; but there are many hymns and contemporary tunes as well. The most unusual grouping so far was a bassoon trio! It was, of course, amazing.

I love not only listening to all these musicians and vocalists, but also seeing the joy our residents experience as they hear tunes from their own era and beyond. I see eyes sparkle with joy and glisten with tears. I see minds and hearts engaged in melody and memory. Music truly is the universal language.

Mostly, I give thanks to God who has blessed us with people who have dedicated their lives to writing, singing, and playing music. I am grateful that those people share their talents with us and bring happiness to those who live and work here. I am also grateful that Saint Simeon’s is the type of place that is a destination for such people!

God’s Peace be with you,
Fr. Bill+
Thank you to the generous Residents, Trustees, Family and Friends who have made Christmas extra special for Saint Simeon’s frontline or hourly employees. As of December 14, 2018 130 gifts were received toward the Saint Simeon’s Employee Appreciation Fund. Many Saint Simeon’s employees are creative in how they intend to put this generosity to good (and fun!) use. Here are some responses:

**Jezreel Dagum, Security,** is going to spend his money on Christmas gifts for his nephew, nieces, mom and dad.

**Shelah Frometa, Assisted Living,** is going to use her money spending quality time with her family, especially her mom, over the holidays.

**Commica Morris, Healthcare Center,** will be spending her money on her joy, her beautiful baby granddaughter, on her first Christmas.

**Lisa Gray, Foundation,** is going to donate part of her money to Oklahomans for Equality, take her husband to dinner at Outback (his favorite!), and buy a new faucet for their kitchen sink.

Thanks, sincerely, for giving and for sending numerous cards, sentiments, and encouragement to Saint Simeon’s hardworking team.
Joy has worked for Saint Simeon’s for a little over three years. She leaves her house at 4:30 AM to stop at McDonalds for her ice coffee and takes her time getting to Saint Simeon’s. This is her “me time” where she enjoys Christian music and sermons.

She enjoys the Saint Simeon’s environment, the people who work and live here. She is a people person, and Joy is happy to interact with everyone who comes through the gate. Joy indicated there is something special about Saint Simeon’s.

Joy grew up in Henryetta, Oklahoma and went to school in Henryetta, the Fighting Hens. Troy Aikman, quarterback for the Dallas Cowboys, also attended Henryetta High School and was four years behind Joy in school.

For 13 years, Joy went to work as an assistant director for ToysRUs in Texas. She decided to leave retail. A friend who worked in security was complaining to Joy how there were so many call offs on the weekend and he was fed up. She told him if she worked for him she wouldn’t call off and he hired her. Joy worked in security for many years in Downtown Dallas and was promoted to Senior Ops for the next 14 years of her career.

Joy’s mother was diagnosed with dementia and she decided to move to Oklahoma to help take care of her. She feels Saint Simeon’s has educated her on ways to treat her mother, by not only talking with the nurses but attending the in-services offered at Saint Simeon’s. She likes to learn new ways to help her mom. Her mother is now 93 and they attend church every Sunday where her mother has been the pianist for as long as she can remember.

Joy has two brothers, one who died at age 65 due to a heart attack in 2014. Her father also died at age 65 in 1985 with heart issues. Joy has an older brother is 10 years older than she. Joy is looking forward to a trip to Disney World with her sister-in-law. They stated a tradition soon after Joy’s brother passed away and go on a vacation annually to help stick together and stay in touch.

Joy has an Amazon parrot named Calvin. He has formed a bond with her mother because they spend most of their time together.

Joy likes to watch movies with her mom and enjoys reading Christian books and the Bible. She used to play tennis and won 3rd place in state. She tries to get out and play but it is difficult as a caretaker. She and her mother are sports fans. Joy’s favorites are baseball and basketball. She also enjoys watching YouTube videos. She says they have really saved her cooking with examples of how to cook in a crock pot.
GETTING TO KNOW

I’m the son of Louise White. My name is Mark Phillips. I live in Missouri and had been concerned about how my mother was doing. After seeing Commica provide above and beyond service to not only my mother but to other residents I am at peace. If these type of facilities had more people like Commica, people would be at ease leaving their love ones.

Mark Phillips, Son of Resident

I’m Louise White’s daughter Sheila P. Commica made me feel so comfortable with my mother; we’ve had some quiet phone calls. She is really a big help making everything so peaceful with my mother’s stay.

Sheila P., Daughter of Resident

COMMICA WILLIAMS
CNA/CMA/UNIT CLERK

Commica has worked for Saint Simeon’s for nearly 5 years. She thinks of Saint Simeon’s as her home away from home. She loves that its family orientated with residents and staff. She has worked in this field for a long time and been to many facilities but this one is the only one that makes it feel like home away from home.

She grew up in Muskegon, Michigan and went to Muskegon High School. When she was in 11th grade in high school she started a job program for CNA. Soon after she graduated from high school she began to work as a CNA.

Her family relocated to Oklahoma from Michigan when her father past away 7 years ago. She worked in nursing homes in Tulsa and had a bad experience. She started looking for new employment. One of her aunts works in the school district close to Saint Simeon’s. Her aunt would always drive by Saint Simeon’s and would say she would love to see one of my family members here. So she brought Commica to apply at Saint Simeon’s.

She has been married for 4 years and has 3 children and 1 step child. About a year ago they became grandparents. Their grandchildren are their joy and life. Commica loves sports and watching the games. She loves spending time with their grandchildren.
A STITCH IN TIME

Saint Simeon’s Stitch in Time group, a merry group of Saint Simeon’s handiest Residents, delivered over 220 handmade stuffed animals just before Christmas. In person deliveries were made to the Crosstown Early Learning Center, the Northside Police Station and the Fire Station on Peoria and 36th Street North. Mary Newman, daughter of the late Ruth Newman, longtime Saint Simeon’s Resident, will deliver stuffed animals to a non-profit group helping area community members who are homeless. Stitch in Time works on their projects throughout the year and helps the General Store at Western Days and various non-profits in the area.

LIVE UNITED
United Way
Tulsa Area United Way Partner Agency

Saint Simeon’s committed itself to yet again another great cause for the month of October. Our partnership with the Tulsa Area United Way organization is something we have been involved with for many years. United Way helps in three key areas to support others in the community; Education, Health/Safety, and Financial Stability. Saint Simeon’s takes great pride every year helping give back to such a worthy organization. During the month of October United Way sent a representative to visit with our employees about the opportunity to contribute. On this day Pledge Cards were available to contribute. We also held a Bake Sale and Halloween Dress Up contest. Thank you to everyone who was able to participate as we were able to raise $4,190.42. Congratulations are also in order for Jennifer Nix, for 1st Place in our Halloween contest. You can also see that Fr. Bill Holly and Simone took part in the day’s festivities and our friends in the Memory Center.

Yoga

Thanks to the generosity of the Hardesty Family Foundation, the Wellness Center has been offering yoga to our residents for months now, and the size and popularity of the class increases every week. Just recently, we started offering yoga in the evenings to staff as well.

The history of yoga dates back to 3000 B.C. and originated in India. Yoga was developed as a way to achieve harmony between the heart and soul on the path to divine enlightenment. Many people do yoga today as a way to relax the body and the mind, however it does more than stretch your muscles and help you become more flexible. Researchers found that yoga outperformed aerobic exercise at improving balance, flexibility, strength, pain levels among seniors, menopausal symptoms, daily energy level, and social and occupation functioning.

Most people are intimidated by yoga, but it’s a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation ranging in intensity levels. Today, you can often find yoga classes varying from “Yoga for Relaxation and Meditation” to help end a stressful day or teach breathing techniques, to “Yoga for Weight Loss” which combines the more difficult poses with increased heart rates.
### Deaths

- Arling Christensen
- Anna Lou Harris
- Anice Alexander
- Emma Baker
- John Beyhan
- Ormand Decker
- David Deffenbaugh
- Helen Erickson
- Marian Jones
- Mac McCrory
- Sharon McMillan
- Lee Simpson
- Adora Smithen
- Billie Walker

### January Birthdays

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Doris Stanton</td>
<td>Jan 2</td>
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<tr>
<td>Rose Gillig</td>
<td>Jan 3</td>
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<tr>
<td>Doris Whitecotton</td>
<td>Jan 3</td>
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<td>Bob Mcguire</td>
<td>Jan 6</td>
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<td>Adele Garren</td>
<td>Jan 7</td>
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<td>Deborah Childers</td>
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<tr>
<td>Len Yarborough</td>
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<tr>
<td>Cindy Millar</td>
<td>Jan 11</td>
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<tr>
<td>Eleanor Smith</td>
<td>Jan 15</td>
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<tr>
<td>Arlen Pryor</td>
<td>Jan 17</td>
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<td>George Carver</td>
<td>Jan 19</td>
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<td>Bishop Cox</td>
<td>Jan 24</td>
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<tr>
<td>Virginia Franklin</td>
<td>Jan 25</td>
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<tr>
<td>Bill Fry</td>
<td>Jan 26</td>
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<tr>
<td>Delores Betz</td>
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### February Birthdays

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<td>Tom Mason</td>
<td>Feb 2</td>
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<tr>
<td>Johnnie Standridge</td>
<td>Feb 4</td>
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<tr>
<td>Jean Saylor</td>
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<tr>
<td>Mary Lamons</td>
<td>Feb 6</td>
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<tr>
<td>Lois Fick</td>
<td>Feb 7</td>
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<tr>
<td>Dorothy Findley</td>
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<tr>
<td>Irene McWha</td>
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<tr>
<td>Elizabeth Blue</td>
<td>Feb 21</td>
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<tr>
<td>Eleanor Gillock</td>
<td>Feb 23</td>
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<tr>
<td>Doreen Causon</td>
<td>Feb 26</td>
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</tbody>
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Thank you to the Residents, family, and friends who made the Residents' Christmas Parties warm and jolly. On the cover, Santa Claus and George Carver.
Saint Simeon’s is a mission of
the Episcopal Diocese of Oklahoma

Saint Simeon’s Episcopal Home
3701 Martin Luther King, Jr. Blvd.
Tulsa, OK 74106-6450

CHANGE SERVICE REQUESTED

Wirick Music Series
Healthcare Center  //  Bishop’s Plaza  //  10:30am Fridays