

Quill of the Hill

Volume 44

Issue 11

November 2009

The Holidays are coming and we are preparing for the Season!

All Residents, Family Members, Friends and Employees of Saint Simeon's are invited to

The Holiday Shoppe

**Tuesday, November 17th
9:00 a.m. to 1:00 p.m.**

Saint Simeon's Common Room

Featuring these Vendors:

- Frosting-unique jewelry ● Essential Luxuries-homemade soaps & lotions ● Cheeky Chic-women's clothing & handbags
- Jane Dough Ornaments-personalized ornaments ● Estee Lauder from Dillard's ● Amberly D.-handbags ● 3creativesisters-cards & note cards ● Avon ● Zella's Boutique
- Zedel International-jewelry ● 3chicksmiche Bags-purses ● Healthy Chocolates ● Stitch in Time-crafts ● Tupperware ● Micah's Christian Jewelry ● Without a Doubt-clothing and gifts ● Longabarger Baskets ● Donna Tiger Art ● DaRosa art work ● Amanda's Hair bows ● Mary Kay ● Faith-Grace-jewelry

***Bring a friend!
Free Gift Wrapping!***



**Join us As We
Deck the Halls...**

Tree Trimming Parties



D Hall-Fri., Nov. 27 at 10:30 a.m.

Memory Center-Mon., Nov. 30 at 1:30 p.m.

Heath Care Center-Tues., Dec. 1 at 10:00 a.m.

Game Room-Tues., Dec. 1 at 1:00 p.m.

Hille Foyer-Wed., Dec. 2 at 3:30 p.m.

Common Room-Thurs., Dec. 3 at 1:00 p.m.

Family and Friends Welcome!



Saint Simeon's Bistro

Daily Hours

9:00 a.m. to 11:00 a.m.

2:00 p.m. to 4:00 p.m.

*Evening of Fine Dining
\$25.00/person - Call 794-1927
For dates and reservations*

Day of Remembrance



Tuesday
November 24, 2009
1:30 p.m.
The Common Room

Please join us as we remember these members of our Saint Simeon's Family who have passed away:

Mary Lou O'Rourke
Ed Hurst
John Collins
Robert Goins
Nancy Clover
Pat Arnold
Johanna Meyer
Mary Blakemore
Robert Lyon
Bill Arkison
Vern Whiteside
Pody Bost
Marilyn Georges
Robert Chitwood
John Snyder
Elizabeth Cole
Faith McLemore
Charles Ware
Mary Eaheart
Margaret Gallimore

James Harvey
Hazel Overall
Louise Totten
Lupacha Price
Arla Hall
Charles Knesek
Fran Lewis
Joe Overall
Ruth Smalley
Veda Terry
Sam Mays
Leita Bradshaw
Greta Heslet
Hazel Speaker
Betty Powers
Wava Altaffer
Claire O'Connell
Ed Tennery
Chris Calhoun
Wanda Gary



Residents: **Are you Using the** **Wellness Center?**

Daily Schedule

9:30 a.m.— Water Exercise
11:00 a.m.— “Dry-Land” Exercise Class
1:00 p.m. to 2:00 p.m.—Open Pool

Call 794-1905 for More Information

Employee Christmas Fund

Expressing Appreciation to Caregivers



This holiday season, the Trustees of the Saint Simeon's Foundation invite you to help us express appreciation to the Home's nurses, nurse aides and psych techs as well as the support staff in dietary, housekeeping, maintenance, life enrichment and administration. Residents, families and friends who wish to express their appreciation for employee efforts may make a charitable donation to the Foundation's **Employee Christmas Fund.**

The individual donations are aggregated and equally divided among the employees noted above, just a few days before Christmas. (The amount awarded to employees new to Saint Simeon's during 2009 is prorated for their time employed.) This holiday bonus is a wonderful “thank you” for their dedicated efforts throughout the year.

The employees of Saint Simeon's are blessed to serve Residents and Families who openly express their appreciation for the quality of care provided by the staff all throughout the year. Occasionally, gifts of cash or other items are offered by Residents, family or supporters to individual employees as a “thank you.” These expressions of appreciation to individual employees are very thoughtful. However, to help assure that each Resident receives the same compassionate and quality care, individual employees are not allowed to accept gifts or gratuities.

If you choose to make a donation to the Foundation's **Employee Christmas Fund**, please place your contribution in one of the gift boxes located in each area of the home. The gift boxes will be placed throughout the Home starting on Friday, November 27th and will remain out through Tuesday, December 15th. You may choose to mail a check or charge your donation to your Visa, MasterCard, Discover or American Express. Please mail your check or credit card information to Saint Simeon's Foundation, Attn: Employee Christmas Fund, 3701 N. Cincinnati, Tulsa, OK 74106.

Please call Stephen Mason,
Saint Simeon's Foundation,
at (918) 794-1937 if you have any questions.

News From the Auxiliary

The purpose of the Saint Simeon's Auxiliary is to enrich and enhance the lives of the Residents of Saint Simeons.

Successful Oktoberfest!

Music, food and fun were in abundance at the annual Oktoberfest Party sponsored by the Auxiliary!

Kudos to **Brenda Haesloop**, event chair, for her work coordinating this wonderful evening.



A delicious variety of German fare - complete with bratwurst, sauerkraut, and homemade apple strudel - was prepared and served in all dining areas of the Home. Many thanks to Ashwin Shrinivas and the Morrison staff for their efforts.

The **German American Society Singers** provided the entertainment in the Valley View Dining Room as Residents enjoyed their meal.

A special thank you to **Hildegard Schaffrin** who had everyone "dancing in the aisles." Her enthusiastic dancing put everyone in a festive mood.



Oktoberfest at Saint Simeon's would not be complete without the music of the **Stoops**, who also entertained Residents in the Health Care Center and the Memory Center. Everyone enjoyed singing and "chicken dancing."

It should be noted that a number of staff members demonstrated amazing (and previously unknown) skill in "chicken dancing!"

In addition to Brenda and Hildegard thanks go to volunteers **Mary Dotson, Rita & Ed Lenfestey, Pat Martin, and Sue Thompson**. Also thanks to the **Saint Simeon's Staff Members** who helped with the event.



Simone II brought her own "chicken" to the party!

Next Auxiliary Meeting:

Tuesday, November 10, 2009

1:00 p.m. Smith Conference Center

We will be discussing plans for the Residents' Christmas Parties in December

All Residents, Family Members & Friends of Saint Simeon's are welcome to join the Auxiliary. Come to the meeting and learn about our programs & activities!

**For information contact:
George Harrington at 664-8047**



"Team" Saint Simeon's Supports the Alzheimer's Association's Memory Walk 2009

An enthusiastic group of Saint Simeon's employees, their families and Auxiliary members met on a beautiful Saturday morning in October at the ORU campus for the annual Memory Walk in support of the cause to end Alzheimer's disease.

We appreciate those who donated their time to participate in this event!

Welcome to Those Who Have Joined Our Family!



- Garland Johnson*
- Frances Lazar*
- Richard Tomasi*
- Stanley Wotuck*



HAPPY BIRTHDAY!!

- 11/1 Lillian Knight*
- 11/5 Portia Preston*
- 11/6 Virginia Fast*
- 11/8 Craig Doennecke*
- 11/9 Monroe Galbraith*
- 11/9 Elizabeth Turnbull*
- 11/10 Nan Balman*
- 11/20 Richard Tomasi*
- 11/20 Nelda Torkelson*
- 11/27 Carl Smith*

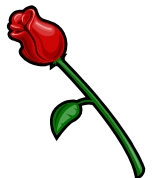


Memory Center Family Support Group

Administrative Conference Room
Thursday, Nov. 19th at 2:00 p.m.

The support group is an opportunity to meet with others facing similar challenges and dilemmas and to share thoughts, feelings and ideas for coping. The group is led by Chris Gruszeczek, Life Enrichment Director.

We Remember in Our Prayers Those Who Have Departed this Life



- Christopher Calhoun*
- Mary Eaheart*
- Margaret Gallimore*
- Howard Shipp*

Getting to Know: Denise Fack & Brenda Read

We had a tie for Employee of the Month, Denise Fack in Maintenance and Brenda Read, Administrative Assistant. They are two of our most outstanding employees and have both been recognized and interviewed before. Here is a little of why we are so grateful that they are at Saint Simeon's.



Brenda & Denise

Both Brenda and Denise were nominated for their outstanding contribution to the success of our very important annual fund-raiser, Western Days.

Brenda's contribution was implementing new computer software to handle all Western Days record keeping including the online auction, donations, registrations and credit card purchases, as well as training a team to use the program the night of the event. She always does an amazing job for Western Days, which has become an almost year-around effort, but this year it was especially challenging. Brenda rose to the occasion and skillfully handled all her Western Days responsibilities leading up to the actual event and then made the very important functions of tracking the bids and quickly and efficiently letting folks pay for and pick up the items they have successfully bid on in as timely and efficient manner as possible! She made it all work better than ever.

Denise's contribution was her amazing job of organizing, recruiting, and cooking for the Western Days General Store. More and more attendees make this their first stop because they know this is the one place where they can take home something that night handmade by Saint Simeon's employees. This includes primarily food (the majority of the offerings) and some craft items. By now, guests know to look for their favorite cinnamon rolls, pie, cake, or bread. Denise baked all week-end and then stayed Monday evening to use Saint Simeon's ovens to bake 30 dozen cinnamon rolls. She got to bed at 2:00 am Tuesday morning but then was here at work bright and early getting all the goods packaged and priced. When the last guest left the Fair Grounds that evening at 10:00, Denise was still there working in her Maintenance job.

Denise and Brenda say that they appreciate the acknowledgement of their efforts but that they couldn't have done it without all the employees and volunteers who helped! Saint Simeon's is so lucky to have these two fine employees – thank you Denise and Brenda for all you do.

Western Days' Proceeds to Fund Memory Center Makeover

Thanks to the efforts of Event Chairs Lucy and John Barker along with the 2009 Advisory, Patron and Steering Committee members and the support of generous sponsors, donors and bidders, Western Days 2009 generated more than \$460,000 in net proceeds! This breaks last year's record setting event by more than \$100,000. After the first of the year, the Home will begin a \$500,000 remodel of the six homes in the Memory Center.



Mark your calendars now for Tuesday, September 14, 2010 as we make plans to celebrate the Home's 50th Anniversary at Western Days 2010!

Roots n' Shoots n' Critters *Written by Kathy Hinkle*

Our **Golden Retriever Simone** is enjoying the new Education Office since its more central location really cuts down on the distance she needs to walk each day. Larger dogs have shorter lives than smaller dogs (why is that?) and Simone is probably pushing 85 or 90 in human years. She identifies with many of the Residents because she too has health challenges. For Simone it is most notably Congestive Heart Failure and Arthritis. Twice a day she takes heart and arthritis medications to keep her comfortable provided by the wonderful people at Chimney Hills Veterinary. Unlike us human beings, Simone enjoys hers pills stuffed inside a weiner which she mostly swallows whole. She recommends Oscar Meyers' Lite turkey/pork/chicken wieners since she is also watching her waistline.



Have you seen the beautiful **Clayton Coss Chainsaw Sculpture** of Simone outside the Ice Cream Parlor? This was one of our big oaks that had been sick for a while and we knew would eventually need to come down. Several years ago when **Eric Adair** passed away here, his family donated money to someday pay for the sculpture. Simone was a particular favorite of Eric and he dropped by to visit his “Ole Hound Dog” everyday.

Clayton Coss also carved a new puppy beside her – **Simone II** who at seven months is already as tall as “mature” Simone. Simone II is growing up and being trained to step in when Simone retires. **Donna Mayotte**, Executive Administrative Assistant, is her primary caregiver (the puppy is often by her desk there in Administration) and the puppy also spends time with **Dara Harris**, Unit Clerk in the Memory Center and **Stephanie Fink**, our Dietician. They are all providing wonderful care and training for our special puppy.

Can your dog top this? A Golden Retriever holds the **Ripley's Believe It or Not** record for picking up and holding five tennis balls in its mouth at once...

Welcome Bobbi Smith

Bobbi Smith is our new Foundation Administrative Assistant. She was born in Illinois, raised in Florida, and as an adult moved to Virginia. Nine and a half years ago she came to Tulsa to be close to her daughter and granddaughter and her brother. She has a background in marketing and customer service. Although her previous work has been the a “corporate” environment, she notes she is truly looking forward to working for and with Saint Simeon's in a non-profit environment which benefits so many people with love, care and respect. Bobbi serves as president of her neighborhood association and is a committee member of the Sales Tax Overview Committee for the City of Tulsa. She has been assigned to the subcommittees that oversee expenditures for the Parks and Public Safety and Education.



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



It is often difficult to begin doing the thing you need to do to remedy your current situation. It doesn't matter whether or not what you need to do is difficult. It could be quite easy, but just takes effort to get started. Take exercise, for instance. I know I need exercise. I know that I need to go to the YMCA at least three times a week and climb up on that treadmill and later that stationary bike for a total of 45 minutes. The actual doing of it is not difficult. In fact, it's rather easy! It's even pleasant, as I listen to some good music or an audio book. The hard part is actually getting to the "Y." Usually, I have just come home from work, I'm tired, and all I want to do is relax. Yet, I know that I will feel better and have a whole lot more energy, physically AND mentally, if I will only go spend that 45 minutes getting and sustaining an increased heart rate. It seems strange, doesn't it, that the remedy for being tired is to expend energy.

Our spiritual and emotional life is like that as well. Into each life, a patch of "bad luck" will appear. Actually, you can count on this happening from time to time. One thing after another seems to go wrong. You take a fall, tear your rotator cuff, and have to go through painful and expensive physical therapy. Then you come down with the flu. You just get over that when a lightning strike fries the electronics in your washer and dryer, your garage door opener, and your A/C thermostat. It takes the repairman four tries to finally get the washer and dryer fixed, which, by the way, the critical component is NOT covered by the warranty and will cost you \$400 to repair. Finally all of those things are repaired or replaced, and a car runs into you while you are stopped, smashing the back of your new car and pushing it into your spouse's car which happens to be in front of you. Your reaction to all of this might very well be, "What's wrong?!! Why is all this happening to me?" You can start to get into a pretty bad frame of mind pretty quickly. And guess what happens then? Yep – more bad stuff.

The quickest way out of this is really quite simple. Help somebody else. That's right – find someone you can help in some way. Be of service to others. Oh, yes, it is often hard to get started, just like that exercise thing. You may not feel like doing it, but it is the shortest path between bad luck, and everything being right with the world again! It seems strange, doesn't it, that the remedy for a patch of bad luck is to help someone else who is having a patch of bad luck.



God's Blessings to you,
Fr. Bill+

Thanksgiving Reminder

*Family members -It's time
to make your reservations for
Thanksgiving Dinner at Saint Simeon's!*



**Call Becky at 794-1903
by Friday, November 20**

Holiday Guest Meals are \$12

SAVE THE DATE

Christmas Parties—Sponsored by the Auxiliary

*All Residents , their families and friends
are invited
on Saturday, December 12th*

Health Care Center

10:00 a.m. - Common Room

Assisted Living

1:30 p.m. - Common Room

Memory Center

3:00 p.m. - Memory Center



SAINT SIMEON'S

**Saint Simeon's Episcopal Home
3701 North Cincinnati Avenue
Tulsa, OK 74106-1599**

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