The Return of Art Expressions.

Starting in May, Jenny Nemec returned to Saint Simeon’s for weekly Art Expressions sessions. Each Friday, residents create with Jenny and she returns the next week with the residents’ thoughts and comments on their own artwork written on the piece, for memory and reflection.

(See more on page 2)
Art practices like painting and drawing can improve senior’s physical and mental health by improving cognitive function, mood, and motor skills and increasing social interaction and self-expression. It can even help with pain relief as you focus more on creativity and less on pain. Drawing and painting are light physical activity that engages the fingers, hands, and arms and promotes circulation and improves dexterity.

Jenny visits weekly on Friday afternoons at 1:15 p.m. in the Memory Center and 2:30 p.m. in Assisted Living. For more information, ask a Life Enrichment staff member and don’t forget to follow Saint Simeon’s on Facebook and Instagram.

June Teaching Kitchen – Superfood: Yogurt

Residents always enjoy the monthly Teaching Kitchen provided by our Morrison Living team. June’s superfood was yogurt, so residents were treated to a presentation on the benefits of yogurt and built yogurt parfaits with fresh fruit, granola, and a variety of other toppings.
Dear Residents, Families, and Friends of Saint Simeon’s,
Pray From Where You Are

While on vacation in June, my sister and I became members of the 45x90 Club. We visited the exact place where 45 degree N latitude and 90 degree W longitude meet in a corn field in Poniatowski, Wisconsin. I was intrigued to know exactly where I was.

Luke wrote, “Jesus was praying in a certain place” (11:1). What can we learn from praying in “a certain place”? I remember visiting a parishioner in another skilled nursing facility. She was interested in people and could usually be found near the nursing station. As her health declined, she became bedbound. She didn’t like being out of the flow of people interacting and she didn’t want to be in bed. She desired healing. She imagined herself getting up like the paralyzed man whose friends brought him to Jesus or like the man ill for 38 years lying beside the pool at Beth-zada (Mark 2:11, John 5:8).

Even though her desire was for healing, she prayed from “a certain place”: “Dear Lord, here I am in bed.” God knew where she was. Her prayer told God she knew where she was. I believe God met her there and continued to be present with her in that certain place.

Sometimes it is tough to admit where we are. It’s tough to make a transition from independent living and health to Saint Simeon’s—short or long term. It is tough to let go of people and things that are important to us. It’s tough to be honest about how we really are.

What is your “here I am” prayer? Dear God, I am grieving. Dear God, I am sick. Dear God, I am lonely. Dear God, I don’t know if I can continue. Dear God, I am OK. God knows where we are. Our prayers tell God we know where we are. God meets us and continues to be present with us no matter where we are.

Jesus’ disciples witnessed Jesus “praying in a certain place.” That prompted them to ask him to teach them how to pray. We can join those disciples, pray from our certain places, using the words Jesus taught them: “Father in heaven, hallowed be your name. Your kingdom come. Give us each day our daily bread. And forgive us our sins, for we ourselves forgive everyone indebted to us. And do not bring us to the time of trial.” (Luke 11:2-4 NRSV).

Pray from where you are! Expect God to meet you there!
IN MEMORIAM

Jane Aker
Nancy Holly
Maryann Kamstra
William Kelley
John Pollard
Michael Ready
Jean Saylor

THE MCCOY’S CELEBRATE THEIR 68TH WEDDING ANNIVERSARY

Billy and Jodie McCoy were both born and raised here in Tulsa. They met at Will Rogers High School, where Billy played the trumpet in the marching band and Jodie kept her eye on her crush by watching him from up high in the bleachers using her binoculars to see him marching on the football field. Jodie wore red shorts one day and that was the day Billy started keeping an eye on her, too! They dated their junior and senior years of high school and got married in a little courthouse in Sapulpa after they graduated.

At the courthouse, they needed two witnesses, so they grabbed two painters who were working on the roof of the courthouse and had them sign their marriage license. It was July 6th, 1953.

On July 6th, 2021—68 years later—the McCoys celebrated their anniversary here at Saint Simeon’s. *Happy Anniversary, Billy and Jodie!*

Kris’s Caring Champions

Heather Hartner, *LPN, Admissions Nurse*

“I would like to nominate Heather Hartner. Heather is always cheerful and willing to help. She comes to the table with a positive attitude and a plan on how to fix what the issue may be. She works hard to complete her own job duties and remove any pressure from her coworkers. She is a very valued part of this team. I am grateful for her refreshing and uplifting spirit.” —Mariah Kimball

Bonnie Wilson, *Dining Services*

“I wanted to nominate Bonnie Wilson. One of our Assisted Living Residents slept late, was late to breakfast and missed coffee and breakfast. When I approached Bonnie and asked her if we had any breakfast left, she told me that it had all been cleaned up, but she offered to make eggs, bacon and toast. Bonnie did it with a smile and was so kind. The resident was able to enjoy breakfast and appreciated Bonnie going the extra mile! Thank you Bonnie for always serving our residents with kindness and a smile!” —Debbie Wilkins

Kelli James, *Marketing Coordinator*

“I would like to nominate Kelli James. She has been such a wonderful addition to our team! She always has great insight, opinions, and is ALWAYS willing to help with whatever I may need or anyone else may need. She is awesome at her job and constantly looking for ways she can make things better when it comes to our ads, social media, etc. She has an upbeat attitude and really is just a joy to work beside. I am glad she is here!!” —Mary Jackson

Also Nominated: Shemeia Adams and Shawna Scott, Facilities Services