

# The Trail MIX

The neighborhood news from Trinity Woods | Issue: June 2021



## Welcome to the Neighborhood! Trinity Woods



### Trinity Woods

Belong. Believe. Become.

#### In this issue:

##### What, Why, How?

Read about the new name change and the reasons for it.

##### June Wellness Events

Mark your calendars with this month's listing of happenings.

##### New Neighbors

Meet Margaret and Jessica!

## A place where neighbors become family.

Oklahoma Methodist Manor reveals its new name...Trinity Woods! After months of research and focus groups where we heard "it just feels neighborly" we have landed on a name that conveys our compassion for our neighbors and faith roots.

"Even though we've changed our name, at our core, being kind and serving in the spirit of Christ, has not changed at all," said Steve Dickie, CEO.

For 65 years OMM has been a place where our kindness and faith are only matched by our love of community. Since our opening with a single building housing 25 seniors, we have been constantly redefining ourselves to meet the needs of those we serve. Today, we are proud to offer a full continuum of care serving nearly 400 residents.

"Trinity" acknowledges our faith-based heritage and the connection between mind, body and spirit as well as faith, hope and love. "Woods" comes from our practice of using tree names for different campus locations - Cypress Grille, Charter Oak Restaurant, Crestwood, etc.

While our new, more contemporary name of Trinity Woods celebrates this organic evolution, we still hold dear to our history as Oklahoma Methodist Manor.

A photograph of Steve Dickie, CEO, speaking at a podium. He is wearing a red cardigan over a light blue shirt and glasses. Behind him is a screen displaying the text "Leading with integrity Christian values—not his Christianity." and a graphic of hands.

# What, Why, How?

By: Steve Dickie, CEO

Our community has undergone a significant transformation in the last 10 years and we felt it was time for a change.

I am proud to announce that we are changing our brand name and corporate identity from Oklahoma Methodist Manor to Trinity Woods. This is an exciting time! While the Board, leadership and the community members have been working on the name change for the past year, this might be new news for some. I wanted to take time to give you some additional information.

The name change is a result of a rebranding effort designed to mirror the growth and transformation of our organization. Throughout the history of this organization, we have been focused on caring for seniors in the spirit of Christ. As a result of this effort, OMM has become a regionally recognized community that provides high quality care. Our new identity has been designed with our community members, families, employees, and history in mind.

## ***Why is the name changing from Oklahoma Methodist Manor?***

We want our name to accurately represent who we are today. Oklahoma is an overly broad term for the area we serve; Methodist often confuses people who believe we are open only to Methodists when, in fact, we welcome people of all faiths; and Manor is a dated term that does not effectively communicate the friendly neighborhood feel that exists here.

## ***Is Trinity Woods under new ownership?***

No, we remain a separately incorporated not-for-profit, single site, senior living community governed by an independent board. The board meets monthly and is responsible for upholding the mission and setting strategic direction for the organization. Basically, we have a new name with the same leadership and vision.

## ***Is the Methodist Church still part of Trinity Woods?***

Yes. This community was founded by Methodists who believed the cause of serving elders was worthy of their best effort. We value our heritage as an organization founded by the Oklahoma Conference of the United Methodist Church. The desire to serve in the spirit of Christ is still the backbone of who we are today. We are legally and financially independent of the Oklahoma Conference of the United Methodist Church but have representatives from the Conference serving as non-voting members of the Board.



**Just like Fred Rogers welcomed his television family at the start of every program, Steve Dickie welcomes the Trinity Woods community members to hear OMM's new name. The term "neighbor" is used in the Bible where God instructs his people to "love your neighbor as you love yourself" (Lev. 19:18). This is a fitting description of the community found here at Trinity Woods.**

I hope this provides you with more information and brings you up to speed on where we are and how we became Trinity Woods. However, if you would like to discuss this further, please feel free to contact me at [sdickie@trinitywoodstulsa.com](mailto:sdickie@trinitywoodstulsa.com).

A handwritten signature in red ink, reading "Steve Dickie".



# The Power of a Name

By Weldon Tisdale

Philippians 2:9-11 Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow.

“Sticks and stones may break my bones, but names will never hurt me,” is something we used to say as children to convince ourselves that names were “just words” and had no power over us. The truth, of course, is just the opposite. Names are much more than labels given to distinguish one person, thing or organization from another. Names, good or bad, are loaded with emotion and meaning and are very important to us.

We take great care in choosing names for our children, our businesses, our organizations and our pets! When you name something, it immediately becomes more recognizable, more knowable and more manageable.

**Names are an incredibly important part of our identity. They carry deep personal, cultural, familial, and historical connections.**

If names were just identification tags, it would probably be more efficient and less confusing to assign everything a number. A number, however, is the most impersonal and insulting name of all!

Names are an incredibly important part of our identity. They carry deep personal, cultural, familial, and historical connections. They also give us a sense of who we are, the communities in which we belong, and our place in the world. Names can convey positive characteristics or negative attributes. Names give meaning and purpose to things.

hello  
my name is

**Trinity Woods**

**The significance of names and naming of things is timeless.**

Since the beginning, when God paraded the animals before Adam and said, “name them”, the power of a name has been relevant. Maybe not as much as it was at one time, but still extremely powerful. Names are so significant that God gave His Son, a name above all other names, JESUS. For it is in and through that Name that so many seemingly impossible things can be and have been done.

So, it is in the name of Jesus that we decree and declare that the new name of the organization, formerly known as Oklahoma Methodist Manor, shall cause a transformative shift for every area of the Trinity Woods organization. May barriers be removed, limitations eliminated, and people be united in His name through our mission of serving in the spirit of Christ.

# Welcome to the Neighborhood!

## Margaret Boudreau Ellison - Villa



Margaret Ellison is a native Tulsan and is a graduate of Bishop Kelly High School. She has lived in Tulsa most of her life and grew up on 28th Street across from the Tulsa Tennis Club, along with her four sisters. She briefly left Tulsa to attend college in St. Louis, MO at Fontbonne University where she earned a degree in Fine Arts.

Prior to retiring Margaret was the Director of Development for San Miguel School in Tulsa. A small private middle school that is dedicated to helping children from challenging environments. “I loved seeing what the kids could accomplish and being part of their lives. It was a small school so you got to know the kids very well,” said Margaret.

Margaret’s claim to fame is, she once met Mother Teresa of Calcutta when she visited Tulsa in May of 1976. Her parents were asked by the Bishop to pick her up at the airport and Margaret went along. “It was truly amazing. When I shook her hand, I knew instantly I was touching the hand of a saint.”

Margaret has two grown daughters and six grandchildren, who call her GiGi. She attends the Church of Saint Mary in Tulsa. Margaret is thrilled to be here and loves how welcoming and kind everyone in the community has been to her.

## Jessica Gledhill – Felt House

Jessica Gledhill was born and raised in Utah. She grew up in a small town near Salt Lake City. Jessica is a graduate of the University of Utah with a Bachelor’s in physics and a Master’s degree in social work.

She moved to Oklahoma after college for an internship at Tulsa Psychiatry Clinic and when she finished the internship, they offered her a fulltime position. She stayed in Oklahoma much longer than she planned, working in private practice and eventually at Family & Children’s

Services as a Director for Research and Training, where she managed several federal grants. “I liked helping children who had experienced trauma and I felt like that job allowed me to continue to learn.”

She is settling into her new home nicely and appreciates the “friendliness of the residents and staff.” In her free time, she enjoys reading murder mysteries and novels about current events and politics. Jessica is a member of All Souls Unitarian Church in Tulsa.



### June Birthdays at Trinity Woods

Connie Davis.....	2	Charlotte Frazier.....	17
Virginia Hebermehl.....	2	Tony Krehbiel.....	18
Phyllis Rhodes.....	2	Howard Rhodes.....	19
Sandy Hanna.....	7	Jan Reynolds.....	22
Don Hertzler.....	7	Milton VanDerwiele.....	22
Pearl Rhodes.....	7 (Turning 100!)	Pat VanDerwiele.....	23
June Cleverdon.....	10	Ann Lackey.....	24
Ray Dotson.....	14	Mary Blankenship.....	25
Dolores Hedger.....	14	Diane Fallis.....	25
Don Neuhaus.....	14	Rich Lilienthal.....	26
DJ Malone.....	15	Nan Herber.....	29
		Donna Cartwright.....	30



# Committing to Healthy Habits

By Jennifer Rawlings, Your friendly neighborhood Wellness Guru



When life is challenging everything, it is important to take control of everything you can, which means taking control of your nutrition, fitness, and health, so you can respond to anything else life throws your way. Establishing a routine and healthy habits creates a foundation that will help you take on whatever life throws at you.

## Tips to Establish A Healthy Routine

**Wake up 30 minutes earlier.** There is nothing worse than waking up late and starting your day off on the wrong foot. To change this habit, be intentional and set your alarm for 30 minutes earlier than you “have to be” up. Instead of waking up tired and anxious each day, why not take control of your mindset, priorities, and time? Begin to build healthy habits that will serve you for years to come.

**Begin gratitude journaling.** Remember that extra time you just gave yourself? Use that time in the mornings to start your day with gratitude. Grab a blank notebook, a sticky note or get a dedicated gratitude journal; whatever you choose, just use it. Take five minutes and reflect. Write down three things you are grateful for. They can be big or small, lifechanging or things you take for granted, just write them down. Reading these entries back to yourself and reflecting will start you off with the right mindset everyday.

**Move daily.** After you have practiced your gratitude journaling, it is now time to move. Movement does not have to be an intense workout. Intense workouts work for some people but some people just need to move naturally. The point is to just get up and move.

When you build these three things into your healthy routine, you will feel a massive sense of accomplishment before you ever leave your house. This accomplishment leads to increased productivity throughout the day, a positive mindset, and less stress throughout the day.

*Why not give it a try and see where it takes you?*

### Anniversaries

Vic and Roberta Hairston.....6/1/1953  
Mel and Mary Pearson.....6/1/1955  
Barry and Nancy Wilder.....6/2/1961  
Ken and Charlotte Frazier.....6/3/1972  
Case and Johanna Boshuizen.....6/8/1955  
Tony and Judi Krehbiel.....6/8/1963  
Leonard and Mary Stubbs.....6/10/1956  
Ron and Ginger Anderson.....6/13/1954  
Dan and Mary Bisett.....6/15/1963  
Rob and Scampy Rainey.....6/16/1962

Ken and Carol Tobler.....6/16/1961  
Skip and Anne Johnson.....6/24/1955  
Guy and Vicky Langston.....6/25/1965

### In Memory of

Jeannie Kolakowski.....4/15/2021  
Donald Duntley.....4/29/2021  
Alma Peck.....5/9/2021  
Alta Looney.....5/11/2021  
Carolyn Lippincott.....5/19/2021  
Betty Phares.....5/22/2021

# June Wellness Events



## Richard Miller Guitar Concert

Thursday, June 10  
at 7 p.m. in Fleming Center  
RSVP on the Weekly Reservation Form.

An artist equally at home on the concert stage and in jazz clubs, Richard Miller's repertoire ranges from standard classical guitar works to the Brazilian equivalent of American ragtime. He has toured South and Central America as well as the U.S. in both classical recitals and with Latin Jazz bands. We're pleased to be on his tour schedule as he travels from his home in California.



## Birdwatching Trip to Oxley Nature Center

Wednesday, June 30  
at 9:30 a.m.-12:00 Noon  
RSVP on the Weekly Reservation Form.

Rain or shine, we'll head to beautiful Oxley Nature Center for birdwatching in a wilderness paradise just outside of downtown. We'll enjoy a 45-minute guided birdwatching walk on the level dirt trails. Those who prefer to remain in the Visitor Center and birdwatch from the window or deck may do so. Cost of this outing is \$9 per person.



## What's Happening with Oklahoma's Birds?

Thursday, July 1  
at 1 p.m. in Fleming Center  
RSVP on the Weekly Reservation Form.

Join Audra Fogle from the George Micksch Sutton Avian Research Center to learn more about what's happening with Oklahoma's birds. Audra will update us on Sutton's most recent findings about Tulsa's Bald Eagles, Oklahoma's resident songbirds and how this local organization is working to give two of North America's most endangered birds a fighting chance for survival on the planet.

## June STARS Employee of the Month



David Kruse

### David Kruse, Charter Oak Cook

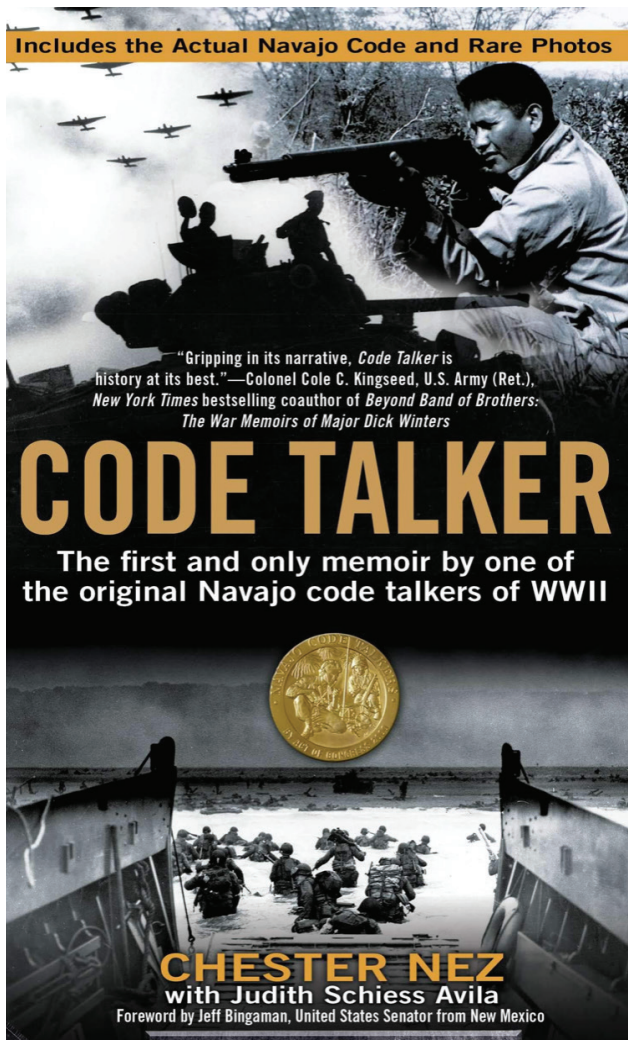
- **Tenure:** Started in August of 2019
- **Born and Raised:** Tulsa, OK
- **Fun Fact:** Expecting a little girl in July, MaKenna Lynn
- **Favorite Thing about Trinity Woods:** Learning to make meals just the way the members want and making it better every time.
- **What his supervisor, Chef Kelsey Knouse, says:** "Working with David is a pleasure. He brings a lot of energy to the kitchen and has an eye for detail."



Service Award

**10**  
Years of Service

**Bobby Robinson,**  
Cypress Grille Chef



## June Book Club

By Phyllis Rhoads

History books can list facts about the Navajo Code talkers, but they will never be as true as Mr. Nez's firsthand account. His name wasn't even Chester Nez. That was the English name he was assigned in kindergarten. He was punished for speaking his native language, as the teachers sought to rid him of his culture and traditions.

However, discrimination didn't stop Chester from answering the call to defend his country after Pearl Harbor, for the Navajo people have always been warriors. In this memoir, the 89-year-old Nez chronicles both his war years and his life growing up on the Checkerboard Area of the Navajo Reservation-the hard life that gave him the strength, both physical and mental, to become a Marine. His story puts a living face on the legendary men who developed what is still the only unbroken code in modern warfare.

Although more than 400 Navajos served in the military during World War II as top-secret code talkers, even those fighting shoulder to shoulder with them were not told of their covert function. After the war, the Navajos were forbidden to speak of their service until 1968, when the code was finally declassified. Of the original 29 Navajo code talkers, only two are still alive. Chester Nez is one of them.

This is truly an amazing story that will lead to great discussion.

Join the Book Club on June 15, at 7 p.m. in the Fleming Center. This month's book is ***Code Talker: The First and Only Memoir by One of the Original Navajo Code Talkers of WWII.*** Our facilitator will be TW Community Member Steve Lance.



### Trinity Woods Leadership Team

**Steve Dickie**  
CEO

**Jim Ginther**  
Senior VP of Finance

**Dennis Graham**  
VP of Operations

**Cari Owens**  
VP of Sales and Marketing

**Bill Peterson**  
VP of Human Resources

**Bonnie J. Polak**  
VP of Development and Public Relations  
Editor

**Jennifer Rawlings**  
VP of Wellness

**Jacob Will**  
Administrator of Health Services

**Phone Number:**  
(918) 743-2565

**Website:**  
[TrinityWoodsTulsa.com](http://TrinityWoodsTulsa.com)

**Follow Us on Social Media**





4134 East 31st Street  
Tulsa, OK 74135

**Formerly**  
**Oklahoma Methodist Manor**

Non-profit Org.  
U.S. Postage  
**PAID**  
Tulsa, OK  
Permit No. 1957

**CHANGE SERVICE  
REQUESTED**

## What's with the new newsletter name?

You might be thinking to yourself, "Self, what do you think of this new newsletter name?" Or you might not have noticed it at all. We chose it because we think it best represents the cast of characters that make up this neighborhood....funny, kind, caring, and nutty (just like the nuts in actual trail mix!). Trail Mix is, at its heart, just basic individual ingredients that are a whole lot better when mixed up together. All of the personalities at Trinity Woods are just like that. We are all better together. And that's the truth! If we made up a figurative recipe of all the goings on at Trinity Woods, we think it might look a bit like this.

### **Recipe for "The Trail Mix"**

#### **Ingredients**

- 4 Cups Campus News
- 2 Cups Wellness Tips
- 1 Cup Sweet Neighbors and Staff
- 4 Tbsp Interesting Stories
- 2 Tbsp Inspiration and Heart
- 1 Tbsp Special Events

- Pinch Creativity and Levity
- Dab Fun Facts
- Large Handful Pictures

**Gather all the ingredients in a beautiful setting and mix together, proof and print! The perfect recipe for those who love life on the trail at Trinity Woods.**

