

The Trail MIX

The neighborhood news from Trinity Woods | Issue: July 2021



The Good Samaritan Fund **Love** Your Neighbor as Yourself.

Neighbor Helping Neighbor.

By Bonnie Polak, VP of Development and Public Relations

One of my favorite parables in the Bible is about the Good Samaritan. I find this story fascinating and truly inspiring. This seemingly short story in Luke, chapter 10 is less than 10 verses but is so powerful – especially when it comes to serving in the spirit of Christ.

When we decided to change the name of the Supplemental Aid Fund to the Good Samaritan Fund, almost instantly the discussion turned to this story and this name. The Good Samaritan Fund is about helping people whom you do not know and who will never be able to repay you. I cannot think of a better definition of serving in the spirit of Christ.

Each year we ask our community members and generous supporters to give to this very special cause. Over the past few years this Fund has become one of the most urgent and critical areas of need for the people living here.

I wish I could introduce you to each of these precious people and their grateful families. They are your caring neighbors who have poured their lives into others and into OUR community. Now, through no fault of their own, they find themselves in financial need.

At Trinity Woods we are committed to extending care and compassion to qualified elders who are no longer able to pay for the full cost of their care. I hope you will take time to consider a gift to the Good Samaritan Fund. Now more than ever, the power of your generosity will change lives.

If you would like to be part of this ministry called the Good Samaritan Fund, I encourage you to fill out the enclosed envelope or visit our website to make a donation.



Trinity Woods

Belong. Believe. Become.

In this issue:

Vibrant

Making it easier to engage in
Wellness.

July Wellness Events

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

New Neighbors

Meet Rob, Scampy, Tom and Eileen!



The Benefits of Giving

By Weldon Tisdale

NEVER WORRY ABOUT
NUMBERS
HELP ONE PERSON AT A
TIME. AND ALWAYS START
WITH THE PERSON
NEAREST YOU
MOTHER TERESA

The most unbelievably beatitude in the Bible is: “It is more blessed to give than to receive” (Acts 20:35). These words, quoted by Paul, who is quoting Jesus, are not found in any one of the four Gospels, but are none the less genuine. In fact, the Gospels only preserve a fragment of the sayings and doings of our Lord. Giving secures more real happiness than receiving, and besides, is more Godlike and blesses forever.

While I totally believe, “it is more blessed to give than to receive,” I have often felt that it was more blessed to receive than to give. I tend to believe I am not the only one who has thought this. But away with my warped style of thinking! Most people will agree with me that the act of giving is a good idea in itself.

When you give more to others, it will have a direct positive effect on your mental wellbeing. Sometimes people think of wellbeing in relation to what they have – be it their income, job, car or even a home. However, what they may not know is that the way we think and the things we do have a great impact on our mental health and wellbeing.

We all know giving helps others, whether we volunteer for organizations, offer emotional support to those around us or donate to charities. But did you know that helping others is actually good for you? Studies show that giving can boost your physical and mental health. (Cleveland Clinic, “Why Giving is Good for your Health”)

Research says that people who give support to others have lower blood pressure than people who don't. Researchers also say that people who give their time and treasure to help others through community and organizational involvement have greater self-esteem, less depression and lower stress levels than those who don't.

So, if you want to experience these excellent benefits associated with giving, consider giving this month to the “Good Samaritan Fund” at Trinity Woods. You will not only help others, but you will also feel the positive side effects of giving while serving in the Spirit of Christ.



Did you know the
BARGAIN BASEMENT
supports the
Good Samaritan Fund?

Open most Fridays 11:30 a.m. - 3:30 p.m.

Check your Wellness Calendar for dates.

Run by Trinity Woods community members and all proceeds benefit the Good Samaritan Fund.



Announcing the New Member Engagement Technology

Viibrant

By Jennifer Rawlings, Your friendly Viibrant Guru

The wait is almost over! We are scheduled to launch Viibrant to the Trinity Woods community in August. We will have several training sessions scheduled throughout the month to get everyone acclimated to the new system. Starting in July, the technology ambassador group will be participating in the first training sessions of the software. They will learn all the bells and whistles of the Viibrant platform and will be eager to share all the information with their neighbors. It has been a while since we first introduced Viibrant so you may be wondering what is Viibrant all about?

What is Viibrant?

Viibrant is a technology system specifically configured for senior living communities through one centralized management dashboard.

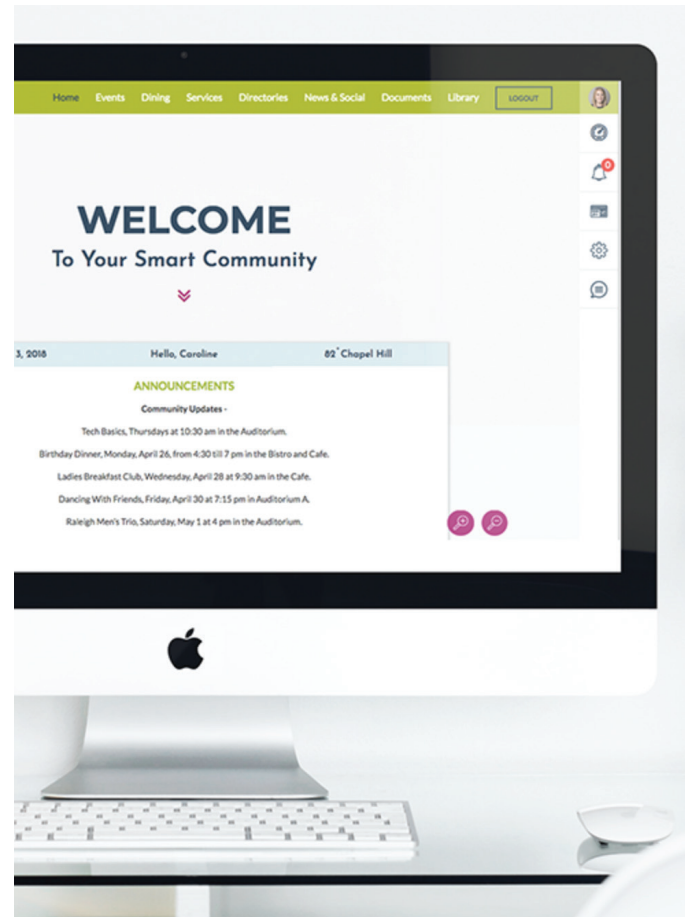
What can I do with Viibrant?

- View and make reservations on the monthly Wellness Calendar.
- Register for upcoming events, programs, and fitness classes.
- Communicate with other community members.
- Access directory of community members with photos.
- Submit important forms – replacement badges or absence notification.

What if I don't have a computer and/or tablet?

- Paper options will still be available. The monthly Wellness Calendar and Reservation Sheets will still be printed and delivered as well as the reservation hotline is available. If you are interested in Viibrant but don't have a computer – no problem! You can access to the Viibrant online platform in the Member Computer Lab located in Crestwood.

You will be able to do all of these items from one place, on whatever device you use. Also, there is still time to be a technology ambassador to help your fellow members feel comfortable with this new system. Contact Jennifer Rawlings at jrawlings@trinitywoodstulsa.com or 918.346.6663. Be on the lookout for more information!



Welcome to the Neighborhood!



Rob and Scampy Rainey

Rob and Scampy Rainey - Villas

Rob and Scampy Rainey were born and raised in Oklahoma City but have lived in midtown Tulsa for the past 51 years. They have been married for 59 years although their relationship was at first one-sided. You see, Scampy’s father was Rob’s dentist and Rob boldly informed him that he too would become a dentist and marry his daughter. When Scampy, who was in 8th grade at the time, was told of Rob’s plans, her response was “Yuck! No way!” Six years later they were thrown together at a dance and the rest is history!

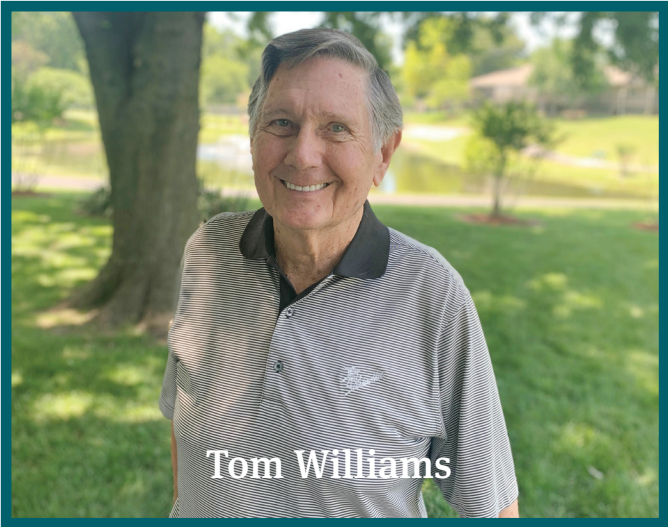
Rob studied marketing and finance at the University of Virginia and Oklahoma City University and pursued a career in the investment business, retiring from Morgan Stanley. Scampy studied mathematics at the University of Oklahoma and then stayed home with their two sons. One son now lives in Alexandria, VA and the other is a Tulsa attorney.

The Rainey’s enjoy bridge, pickleball, hunting, fishing, sewing, and weaving, and spending time with their three grandsons. You may wonder how Scampy got her name when her given name is actually Sarah Adrienne. Sadly, Scampy’s mother had lost four babies in the ten years since Scampy’s older sister was born. Her pregnancy with Scampy required her to be admitted frequently to the hospital. As a result, all of her parents’ friends referred to the soon-to-be-born baby as “The Scamp”. When she was born, they added the “y”!

Tom Williams - Villas

It’s wonderful to welcome back Tom Williams, who moved from Crestwood to Montereau a few years ago and now is back in the neighborhood. He is truly a part of the brick and mortar of this community as he did a bricklaying job at Trinity Woods 57 years ago!

Tom studied mechanical engineering at Tulsa Junior College and the University of Tulsa and earned his PhD in the School of Hard Knocks. Although he was born just two miles from Trinity Woods at 9th and Yale, his career, in which he began as an aircraft mechanic in the U.S. Navy and ended as an aircraft manufacturing engineer, took him to Connecticut. A widower, Tom has one daughter, two grandchildren, and two great-grandchildren.



Tom Williams



July Birthdays at Trinity Woods

Barry Wilder.....	1
Stuart Lawrence.....	3
Bob Marks.....	3
Lou Felts.....	4
MaryAnn Bless.....	5
Sharon Geis.....	6
Jan Steffensen.....	6
Shirley Frizzell.....	8
Gayle Teter.....	8
Bernie Skinner.....	8
Marjorie Martin.....	9

Gloria McCurdy.....	9
Jan Skinner.....	9
June Brown.....	11
Audrey Ewing.....	11
Peggy Ziglar.....	11
Kay Brown.....	13
Patricia Wood.....	14
John Berry.....	16
Fredrick Barclow.....	17
Page Parker.....	18
Ken Johnson.....	19
Jean Jolly.....	19



Eileen Walker

Eileen Walker - Felt House

Eileen Walker was born in Pawnee, OK and raised in and around Tulsa as her father, a United Methodist pastor, served several churches in the area. She started college at Northeastern Oklahoma A&M in Miami, OK, where she met her husband. She and Robert Lee Walker were married 69 years, prior to his death in October of last year.

Eileen worked as a registered nurse in Albuquerque, NM and Tulsa. In 1992 she was recognized with a Nursing Excellence Award for exemplary performance in the area of professional nursing from Hillcrest Medical Center. She raised three children, who are now living in Tulsa, Virginia, and Connecticut: two preachers and one teacher.

An avid reader, Eileen looks forward to finding out about and taking advantage of all that's available at Trinity Woods!

July Book Club

By Phyllis Rhoads

The Book Club will meet Tuesday, July 20 and Mary Helen Stanley*, a longtime book reviewer in Tulsa, will be facilitating the discussion about the autobiography *Up Till Now* by William Shatner.

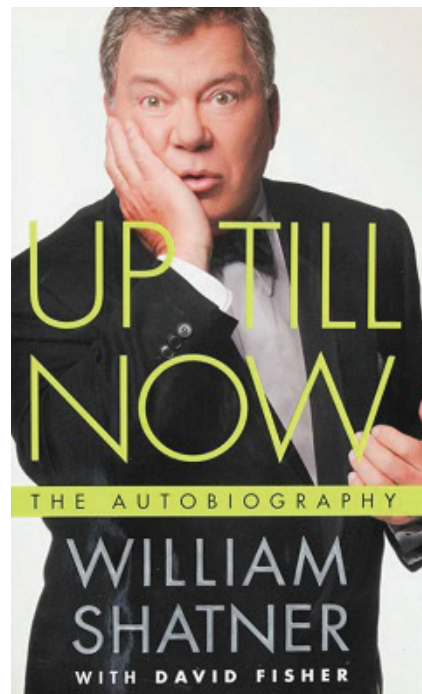
After almost 60 years as an actor, William Shatner has become one of the most beloved entertainers in the world. He has always been willing to take risks for his art. In *Up Till Now*, Shatner sits down with readers and offers the remarkable, full story of his life and explains how he got to be, well, everywhere.

William Shatner is probably most famous for playing Captain Kirk of the USS Enterprise on *Star Trek* from 1966 to 1969 and in seven *Star Trek* movies. He also played a Police Sergeant in *T.J. Hooker* from 1982 to 1986 and has worked as a musician, producer, director, and celebrity pitchman, most recently for Priceline.com. He has won two Emmys and a Golden Globe for his role as attorney Denny Crane on the TV drama *Boston Legal*.

From the very start, Shatner took his skills as an actor and put them to use wherever he could. He straddled the classic world of the theater and the new world of television, whether stepping in for Christopher Plummer in Shakespeare's *Henry V* or starring in a classic episode of *The Twilight Zone*.

In this touching and very funny autobiography, William Shatner reveals the man behind these unforgettable moments, and how he's become the worldwide star and experienced actor he is today.

*Mary Helen will be turning 100 years old in July. Feel free to bring her a card to celebrate this special day.



Jerry Ehlers.....	20
Paul Hockett.....	23
Earl Tuers.....	23
Karen Daniel.....	24
Dorothy VanFossen.....	24
Elizabeth Bartlett.....	26
Dixie Bell.....	26
Dorothy Setser.....	26
Ruth Watson.....	26
Gordon Everage.....	27
Donna Shirley.....	27
Carolyn Shumaker.....	29
Glenna Hertzler.....	31



July Anniversaries

Frank and Opal Douglass.....	7/4/1964
Norman and Ann Dietert.....	7/18/1959

In Memory of

Meredith Gentry.....	6/4/2021
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July Wellness Events



Trivia Night:

Who will be the trivia champions?
Thursday, July 8
at 7 p.m. in Fleming Center
RSVP on the Wellness Reservation Form.

Come enjoy a fun night with friends, new and old. Name the top five sounds children imitate. Finish the lyric to songs. Who said “Mr. Gorbachev, tear down this wall?” These are the kinds of challenges that will be posted on the screen and read aloud by Josh Ritchey, our entertaining master of ceremonies from Live Event Trivia. No one will be put on the spot – each team combines their ideas to decide on the answers, which are submitted in writing.

Make your reservation and we will put you on a team. Part brain game, part entertainment, all fun – don’t miss it!



Bartlesville

“Shop or See” Trip
Tuesday, July 13,
departing at 10:00 a.m. and
returning by 4:30 p.m.

RSVP on the Wellness Reservation Form.

Will it be Dillard’s or Dewey for you? We’ll start with a delicious Italian lunch topped off with dessert at Luigi’s Restaurant in Bartlesville. Then you get to choose: two hours of shopping at the Dillard’s Clearance Center with its amazing bargains OR an hour and a half of seeing the sites in historic downtown Dewey: the Tom Mix Museum (admission \$5), Dewey Hotel museum (admission \$4), and antique shops. Cost of this trip is \$33 for lunch and transportation. (Cost does not include museum admissions.)



Concert: Venable-Barton Duo
Thursday, July 15
at 7 p.m. in Fleming Center
RSVP on the Wellness Reservation Form.

Harpist Lorelei Barton and pianist Cathy Venable, two musical souls reuniting after many years, are pleased to present an evening of classics, show tunes, and folk music. Their list of talents includes harp, flute, voice, and piano. They will keep you guessing as to which combination of instruments will come next in the program!

July STARS Employee of the Month



Carri Matheson

Carri Matheson, Executive Administration Assistant

- **Tenure:** Started January 2020
- **Born:** Oklahoma City, OK
- **Raised:** Edmond, OK
- **Education:** Edmond Memorial High School and Oklahoma State University
- **Favorite Thing about Trinity Woods:** The people! The community members and staff and all who visit are a pleasure to be around.
- **What her supervisor says:** “Carri’s friendly smile and ‘can do’ attitude have a positive influence across the campus. Her administrative support touches every staff member and Board member. We are fortunate to have her as part of the Trinity Woods team!” Steve Dickie, CEO.



Service Award

5

Years of Service

Melissa Dimanochie,
Caregiver – CNA,
Marshall-Gaddy House



Meet Britani Chappell

Trinity Woods is excited to introduce Britani Chappell, Director of Assisted Living for the Holliman Center. Britani comes to Trinity Woods with vast experience in healthcare and the senior living industry. Previously she served as the Executive Director for another community in Owasso and Claremore.

Britani is a graduate of Northeastern State University in Tahlequah, OK where she received a Healthcare Administration degree. One of the things she enjoys most about her work is knowing what she does impacts lives.

“I wanted to work for Trinity Woods because it is a place where you are more than just your title,” said Britani. “You are a part of a family that values who you are as a person. My goal is to have both members and employees living their best life while at Trinity Woods.”

Britani’s office is located on the first floor of the Holliman Center just off the lobby. Make sure you stop by to welcome her to the Trinity Woods neighborhood!

Get to know Britani

- **Wanted to be as a Kid:** A Baker
- **Friends Describe Her:** Loyal, creative, and enthusiastic.
- **Hobbies:** Camping, rock crawling with Jeeps, riding motorcycles, and world travel.
- **First Job:** Braum’s ice-cream server.
- **Favorite Fast Food Chain:** McAlister’s
- **Favorite Family Recipe:** New York Style Cheesecake
- **Proudest accomplishment:** Putting myself through college and graduating early.
- **Favorite Book:** A Treasury of Irish Fairy and Folk Tales by Various Authors
- **Favorite Quote:** “Life moves pretty fast. If you don’t stop and look around once in a while, you could miss it.” – Ferris Bueller



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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
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and Public Relations
Editor

Jennifer Rawlings
VP of Wellness

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CHANGE SERVICE
REQUESTED



Men's Shindig mahem!



Major MahJongg battles.



Pickleball Tournament!

Summer fun in the
Neighborhood