

The Trail MIX

The neighborhood news from Trinity Woods | Issue: August 2021



Come one! Come all!

By Bonnie Polak, Vice President of Development and Public Relations

It is with pure joy and excitement that we announce the official opening and ribbon cutting ceremony for the Trinity Woods Community Life Center. This 14,000 square foot building is a dream come true for many on campus.

“We have talked and prayed for this for many years,” said Steve Dickie. “Our community members, their families and our Board have dreamt of this day and what this will bring to campus. The design and construction have been done with the seven dimensions of wellness in mind and now we are ready to see it in action.”

The opening of the Community Life Center signifies the completion of a major campus redevelopment project made possible by generous donors to the Generation-to-Generation Campaign. This \$30.4 million investment not only brought us this new heart of the community, but it also created a new assisted living building, added two memory-care assisted living houses, a new main kitchen, the Cypress Grille and Tranquility Wellness Spa.

“There will be a dedication ceremony, tours of the building and, of course, refreshments,” said Jennifer Rawlings, VP of Wellness. “We have been working with a group of community members for months to plan this event. Several groups are setting up vignettes that will preview the types of programming that will take place in the Community Life Center.”

We invite everyone to attend this special Ribbon Cutting Event on Tuesday, August 3 at 9 a.m. We are hosting special guests, community members, donors, and current and past families as we celebrate the opening of this new hub for Trinity Woods.



Trinity Woods

Belong. Believe. Become.

In this issue:

Community Life Center

Where fellowship and engagement
come together.

August Wellness Events

Summer School is in session.
Pick your classes!

New Neighbors

Meet Mary Lynn, George and
Marjorie!



Introduction to Forgiveness

By Weldon Tisdale, Chaplain



The famous saying goes “To err is human; to forgive, is divine.” The very nature of humans is to get angry and feel resentful towards those who have hurt us or did some harm to us in any way. We tend to remember the undesirable actions of others which impacted us and made us feel bad. Forgiveness is the act of overcoming the feeling of resentment or revenge for the person who has done wrong actions.

We all make mistakes. So, when we learn to forgive others, we can also seek forgiveness when we wrong or hurt others. If we can forgive others, we in turn can learn to forgive ourselves in situations of self-guilt. Thus, the virtue of forgiveness helps us come out of the feeling of self blame.

If the people who are close to you betray or hurt you, you may find it most difficult to forgive them. Sometimes the extent to which your trust is breached determines the ease or difficulty in forgiving. But it is true that the more easily we forgive the other person, the less likely we shall suffocate ourselves by keeping bad intentions for the wrongdoer. We need to let go so that we do not stay annoyed and offended for long. The ability to forgive gives us a sense of freedom and makes us suffer less and feel less misery and pain.

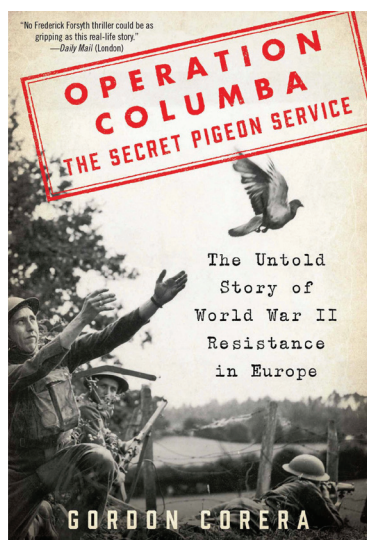
Forgiveness helps us get rid of hard feelings that occupy our mind and heart and eat away at our peace of mind. Forgiveness is a way to self-fulfillment. People who can readily forgive others are much more responsible and satisfied inside than those who keep grudges against others and develop feelings of enmity.

Jesus said, “If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.” Matthew 6:14-15 NLT

So, if you need forgiveness, you must first be willing to forgive.

August Book Club

By Phyllis Rhoads



The August Book Club is August 17th at 7 p.m. in the Fleming Center. Join your Trinity Woods neighbors to discuss *Secret Pigeon Service: Operation Columba, Resistance and the Struggle to Liberate Europe* by Gordon Corera. Michelle Place of the Tulsa Historical Society and Museum will be the facilitator.

Between 1941 and 1944, as part of a spy operation code-named “Columba,” the Allied forces amassed sixteen thousand highly trained homing pigeons and dropped them across Nazi-occupied Europe. The messages flooded back written on tiny pieces of rice paper tucked into canisters and tied to the legs of the birds. These messages were sometimes comic, often tragic and occasionally invaluable-reporting details of German troop movements and fortifications, new Nazi weapons, radar systems and even the deployment of the feared V-1 and V-2 rockets used to terrorize London.

Who were the people who provided this rich seam of intelligence? Many were not trained agents nor, with a few exceptions, people with any experience of spying. At the center of this book is the ‘Leopold Vindictive’ network – a small group of Belgian villagers. They were led by an extraordinary priest, Joseph Raskin – a man connected to royalty and whose intelligence was so valuable it was shown to Churchill, leading MI6 to parachute agents in to assist him.

A powerful and tragic tale of wartime espionage, the book brings together the British and Belgian sides of the Leopold Vindictive’s story and reveals for the first time the wider history of a quirky, quarrelsome band of spy masters and their special wartime operations. It is a book not so much about pigeons as the remarkable people living in occupied Europe who were faced with the choice of how to respond to a call for help.



**By Jennifer Rawlings, Your friendly
Community Life Center Guru**

The Community Life Center (aka the CLC to the cool kids) will be the heart and soul of the emerging vision of redefining aging at Trinity Woods, a vision that places a high value on fellowship and engagement. The Community Life Center will cement the legacy of whole-person wellness at the core of the Wellness Team's mission.

It is a place where community will be built, and fellowship happens.

It is a place where people from across the campus will gather - relationships will be not just created but cultivated and sustained.

It is a place where anything can happen - billiards, reading, music, coffee talks, singing, learning and more!

This new space brings so much excitement not only to the members that live at Trinity Woods but to the Wellness Team. We have been longing for this space to help us support active aging and redefine what it means to age. This space allows our community to truly come together in a way not possible before. There will finally be enough room for everyone to gather, no matter where you live on campus.



"I am excited about seeing the smiles of all members and seeing lifelong friendships rekindled. I am excited to offer a variety of classes and to be able to help members participate in all the new and exciting classes offered in the CLC." **Delisa Gray, Fitness Coordinator**

A new place that brings us all together. Community Life Center

Here is what the Wellness Team is looking forward to once the Community Life Center Opens!



"The CLC will allow Holliman members to be neighbors once more with their new and lifelong friends! Having neighbors close will enrich their lives every day." **Victoria Treiber, Holliman Center Wellness Coordinator**

"Opening the CLC is exciting because it will be a great place for people to gather on campus. It will be a new "hub" of events! I am most looking forward to seeing programs on the new larger stage." **Maggie Duncan, Wellness Administrative Support**



"The CLC is an important place for the people I serve because it will provide a space for a variety of activities that can help us redefine aging. I am most excited to further expand and implement our recreational activities such as ping pong and billiards." **Josh Cunningham, Fitness Coordinator**

"Space and inspiration. Space for everyone, a community space where multiple gatherings can occur in proximity and promote connections. Inspiration for new programs, new gatherings, and new endeavors." **Irene Brown, Life Enrichment Coordinator**



"This is such an exciting time for Trinity Woods! The CLC will give everyone who lives in this wonderful community a chance to come together in love, support and fellowship!" **Stacy Vance, Tranquility Wellness Spa Coordinator**

"The CLC, at the heart of the community, will allow everyone to easily come together, rekindle old friendships and hopefully develop new ones." **Lupina Fry, Wellness Nurse**



Getting Smarter Everyday. Together.

Summer School

Trinity Woods Summer School is in full swing! All classes are taught by your Trinity Woods neighbors. Be sure to be a part of these unique learning opportunities. RVSP on the Wellness Reservation Form.



Car Talk (July 26)

Andy Ewing, longtime Muskogee car dealer, taught a fantastic Car Talk with question and answer session in July. Thank you, Andy, for sharing your knowledge with all those who participated.



Introduction to Tai Chi

Thursdays, August 5, 12, 19, and 26 at 2 p.m. Fleming Center

Tai Chi is a mind-body exercise consisting of slow, continuous, and circular movements performed in a graceful manner. It produces concentration and helps in stress reduction. While tai chi is very good to help with balance and posture, it also places emphasis on your mental ability and health rather than muscle power. It is a lot of fun to learn and you can start tai chi no matter your level of fitness.

Instructor: Julia Couch, Certified Tai Chi Instructor



Chrismon Workshops:

Keeping Christ in Christmas

Fridays, August 6, 13, and 20 at 3 p.m.

Community Life Center -

Howard Plowman Classroom

Christmas is coming, sooner than we think. Are we ready? To add to our Trinity Woods Christmas decor, a Chrismon Tree, decorated with handmade ornaments of Christian symbols, has been recommended. Come learn and see what a Chrismon is, what various symbols mean, and then make them. No artistic experience required.

Instructors: Rev. Guy Langston, United Methodist minister, and Elizabeth Bartlett, Crafter Extraordinaire and the founder of the Manor Bears.



August Birthdays at Trinity Woods

Bob Hyer.....1
Versa Bailey.....3
Jeanne Bewley.....3
Bob Cable.....4
Rosemary Frew.....4
Paul Dick.....5
Florence Lorenz.....6
Ginger Anderson.....8

David Maddox.....10
Tom Simmons.....11
Bob Mansfield.....11
Barbara Harrill.....12
Skip Johnson.....12
Tom Freeman.....14
Dotty Bean.....15
Nita Boring.....15
Susan Williams.....17
Kay Owens.....18
Minnie Trompeter.....20
Jeannie Westfield.....21

Cindy Ziegler.....22
Carolyn Hart.....25
Joann Derr.....26
Mae Timmons.....26
Elma Briggs.....27
Helen Moorer.....27
Billie Payne.....27
William Kimmel.....29
Judi Krehbiel.....29
Bill Moorer.....29
Marcia Seba.....30



How America Invests
Monday, August 9 at 3 p.m.
Community Life Center -
Trudy Plowman Classroom

A basic look at the personal investing behavior of 5 million retail households over a recent five-year period. This class will provide an understanding of personal investor behavior and how investors typically react during sharp market increases and declines. You will learn about stocks and bonds and at the end of the class you'll be able to dazzle your friends with the simple answer to "What in the world is a bitcoin?"

Instructor: Mike Reynolds,
 CPA and MBA



Boomwhackers and More!
Wednesdays, August 11 and 18
3 p.m. to 3:45 p.m.
Community Life Center -
Howard Plowman Classroom

Get in touch with your inner child AND make beautiful music! Boomwhackers are color-coded tuned percussion tubes, with which anyone can make music, whether you read music or not. You will also get to play with a plethora of hand-held percussion instruments from many countries and maybe even make your own! Come try out all of these amazing instruments and exercise your brain and your body. It will be great fun!

Instructor: Linda Cypert, retired Early
 Childhood Educator



News from Our Solar System:
The Search for Life
Mondays August 16 and 23, at 3 p.m.
Community Life Center -
Trudy Plowman Classroom

People have always dreamed of finding life on another planet and recent discoveries have made that dream seem more possible. This class will be an update on new understandings that are coming from experiments on Mars. Then we will look at other places in our solar system where there is a greater likelihood of harboring some form of life.

Instructor: Don Hertzler,
 Emeritus Professor of Chemistry
 at Southwestern Oklahoma State
 University

August Anniversaries

Carl and Donna Cartwright.....8/5/1952
 Don and Becky Neuhaus.....8/6/1966
 Stan and Gayle Teter.....8/8/1987
 Chuck and Sandy Hanna.....8/17/1968
 Don and Glenna Hertzler.....8/17/1963
 Warren and Lynette Danskin.....8/20/1972
 Ken and Ruth Weston.....8/24/1963
 Bob and Jane Mansfield.....8/28/1960
 Bill and Helen Moorer.....8/28/1960



In Memory of

Dorothy Setser.....6/26/2021
 Frank Douglass.....6/28/2021
 Richard Davis.....7/8/2021
 Gary Yeck.....7/8/2021
 Jean Jolly.....7/12/2021
 Patsy McCance.....7/16/21

Welcome to the Neighborhood!



Mary Lynn Gilbert

Mary Lynn Gilbert Villa

Mary Lynn is settling into her villa and is enjoying meeting all her new neighbors. She is originally from Oklahoma City, OK and attended Oklahoma State University where she studied English. She has called Tulsa home on and off since 1961 but she officially moved back to stay in 1987.

She worked in advertising most of her career at the Tulsa Tribune and later at Benton, Ferguson & Associates ad agency. She met

her husband Rob at Boston Avenue Church, and they will have been married for 50 years in March. They have five children, 11 grandchildren and five great-grandchildren.

Mary Lynn enjoys playing bridge and all card games, as well as reading and cooking. She has two signature dishes that people request most - her Syrian Salad and marinated shrimp. She collects Russian Lacquer Boxes and other antiques. Something that most people may not know about her is that in the summer of 1957 during Oklahoma's Semi-Centennial Fair, she demonstrated a "Radar Range." Most of us know it now as the microwave. She would cook hotdogs to show people how to use it and give samples.

She loves the location of Trinity Woods and the beautiful new buildings on campus. She is looking forward to getting more involved and has appreciated how friendly everyone has been.

George Strella Felt House

Trinity Woods is excited to welcome George Strella to the community. George was born and raised in Salina, KS. He is a graduate of the University of Southern California with a degree in cinema and later received his master's degree in civil engineering from the University of Kansas after going back to school on the GI Bill. George served in the Navy during the Korean War as a Lieutenant Jr. Grade.

George and his late wife Jeanne were married in 1954 and had one son. They moved to Tulsa in 1968 along with Jeanne's identical twin sister and her husband. "They were known as the

Nelton Twins and toured the country playing the piano together," said George.

Prior to retiring George was an engineering partner at Mansur, Daubert, Strella. He is happy to be here and selected Trinity Woods because of its excellent reputation. "I really like the staff and all the community members I have met so far."

George is looking forward to getting more involved but has been enjoying walking around the pond, the concerts, and classes at Spann Wellness Center. His hobbies include gardening and studying the Bible.



George Strella



Ray Standridge

August STARS Employee of the Month

Ray Standridge, Maintenance

- **Tenure:** Start December 2003 – 17.5 Years!
- **Born and Raised:** Hominy, Oklahoma
- **Hobbies:** Hunting and Fishing
- **Favorite Meal:** Pork Chops
- **Fun Fact:** He went 12 years of school without missing one day!
- **Favorite Book:** Any history book
- **Favorite Quote:** Every day is a good day.
- **What his supervisor says:** "Ray has a heart for the residences and members, always looking out for their best needs and always with a kind word when he visits with them." Ty Westlake, Facilities Manager

Marjorie Monnet Crestwood



Marjorie Monnet

Marjorie Monnet joined the neighborhood in July and is enjoying her new home. She is originally from Shawnee, OK and a graduate of the University of Oklahoma with a degree in organ performance. Marjorie met her late husband Ed at OU, he was a fraternity brother of her brother. They were married for 66 years. She has two children, five grandchildren and two great-grandchildren.

Prior to retiring Marjorie worked for Cokesbury for almost 20 years. She traveled to different churches in the tri-state area training them on new educational material. She was also an avid volunteer for her church and other nonprofits that helped children.

In her spare time, Marjorie enjoys cooking, reading, playing games, and traveling. In fact, one of her favorite recipes is her famous asparagus casserole that is a staple at all holiday meals. Her favorite trip she has ever taken was to Scotland and Ireland. Her next big trip will be to take her granddaughter, who is also named after her, to college in the fall.

Marjorie is enjoying her new smaller home at Trinity Woods and how “welcoming everyone has been.” A fun fact about Marjorie is that she is the mother of Trinity Wood’s Life Enrichment Coordinator, Irene Brown.



Welcome Wednesday

Make sure you mark your calendars for Wednesdays at 2pm – it’s a great time to reconnect with neighbors and make new friends.



Service Awards

10

Years of Service

Candy Ramirez,
Dining,
Employee Corner Café

15

Years of Service

Chris Harvey,
Director of Finance



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
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and Public Relations
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**CHANGE SERVICE
REQUESTED**

Never a dull moment at Trinity Woods!



A.



B.



C.



A. John Marquis made a Hole In One at South Lakes.

B. Emily Wood “attending” 75th College Reunion – Smith College Class of 1946, Northampton, MA.

C. Leadership Team participating in the Trinity Woods Independence Day Parade.