

# The Trail MIX

The neighborhood news from Trinity Woods | Issue: September 2021



## Growing and Serving Everyone in the Spirit of Christ

By Steve Dickie, CEO Trinity Woods

As the mission of Trinity Woods expands, we feel compelled to explore what's next for our community. For the past 15 years, the question "What's next?" has been clear. As we enter the next chapter, we are evaluating several ideas and options. One topic that keeps rising to the top of every discussion is diversity and inclusion within the organization.

More and more organizations are learning that a strong business is one that includes people with diversity of gender, race, and cultural background. In this article, I am hoping to outline three ways Trinity Woods is advocating for more diversity and inclusion.

**At the Board level.** While there is gender diversity on the Board, there is not ethnic diversity. The Governance Committee is exploring ways to increase diversity by recruiting ethnic minorities to serve on the Board.

**On the staff level.** The need for effective training on cross-cultural communications and sensitivity as well as implicit bias is important. Hiring managers and leadership are undergoing training to deepen their understanding of the benefits of a more inclusive and diverse team.

**At the community member level.** As a ministry we are asking those we serve: "How could our community be more inclusive? Can we promote diversity in a way that would enrich our lives as well as the lives of others?"

A Task Force is exploring options for the development of the adjacent property owned by Trinity Woods. The purpose is to provide suggestions to the Board for how the property could be used. This includes considering how our mission can touch a more diverse demographic group.

In the months ahead I will report back on the next steps that our Board envisions. In the meantime, please join me in praying for Trinity Woods that we may find new and innovative ways to grow and deepen our commitment to serve all people in the spirit of Christ.



## Trinity Woods

Belong. Believe. Become.

### In this issue:

#### Community Life

Come to the Health and Wellness fair! It won't be the same without you.

September  
Wellness Events  
Highlighting the CLC

New Neighbors  
Meet Mary, Bud and Dee!

By Weldon Tisdale, Chaplain



# Introduction to Forgiveness

## I want you to think of a time when you heard these words: “I forgive you.”

As you think back on that moment, I’m sure it is filled with a lot of loaded emotions. The fact that you had to ask for someone’s forgiveness means you did something wrong and probably hurtful. To have uttered the words “will you please forgive me?” required a lot of humility and a deep-seated brokenness. When the person granted you forgiveness, it was probably a relief. The moment was probably filled with unusual grace as the relationship turned toward reconciliation.

But saying the words “I forgive you” doesn’t end the journey. The forgiver must regularly put that forgiveness into practice by treating the person in a way that they don’t deserve. And the forgiven person must embrace the truth of forgiveness, believing their sin no longer stands as a barrier toward reconciliation.

### Complicated and Essential Forgiveness

Forgiveness between two people is beautiful. But it is also complicated. When forgiveness is granted, the forgiven person must often live in the insecurity of wondering if they are really forgiven, working toward reconciliation, and dealing with the nagging question: “Are we okay?”

What about forgiveness when it comes to our relationship with God? The core message of Christianity is the hopeful message that a holy and righteous God grants complete forgiveness to sinful human beings. This is the reason Jesus died. This is what makes grace amazing: the fact that I received something beautiful I did not deserve. And it is this forgiveness that makes the difference between heaven and hell.

TO BE A CHRISTIAN MEANS TO  
FORGIVE THE INEXCUSABLE  
BECAUSE GOD HAS FORGIVEN  
THE INEXCUSABLE IN YOU.

*C.S. Lewis*

But it also transforms a Christian’s identity. It changes relationships with others. It informs how we handle hurts and pain. Your understanding of forgiveness is foundational to your relationship with God and with other people. Get this wrong, and it negatively affects a host of issues. Ultimately, forgiveness is about letting go of the anger and your desire for revenge.

It is critical that we know we are forgiven and because we are forgiven, we should in turn offer forgiveness to others.

**Google**  
Reviews ★★★★★

**facebook**  
Reviews ★★★★★

## Reviews Wanted!

### You are our best advertising.

Our team works hard everyday for our community members and their families. If you have enjoyed your experience, please take a moment to share a positive review with others.

### Sample Review.....

“The people make the neighborhood! Don’t get me wrong, these people can be competitive about pickleball. I mean they are CRAZY good! The cast of characters in this community are the best kind - from the staff to the residents. I love working at Trinity Woods.”

-Bonnie P.

**Disclaimer - this is a sample. It’s not real.**

**It’s just made up for the purpose of this ad to show an example. But Bonnie P. (we have no idea who she is) totally stands by her statement about the pickleball players.**



By Jennifer Rawlings, Your friendly  
Health and Wellness Fair Guru

*Come join us!*

# Health and Wellness Fair

We are excited to extend an invitation to community members and friends for the Annual Health and Wellness Fair! Come celebrate in our new venue and learn about offerings from Trinity Woods and the surrounding community! The Trinity Woods Annual Health and Wellness Fair will be held on Thursday, September 23rd from 10 a.m. to 2 p.m. in Westervelt Hall in the Community Life Center.

*Mark your Calendar!*

**SEPTEMBER**

**23**

**From 10 a.m. - 2 p.m.**

The Trinity Woods Wellness Team takes pride in providing members, family, and employees opportunities to improve general health and wellness through the promotion of the seven dimensions of wellness. I strongly believe that the everyday choices we make can help us live healthier and happier lives. This special event will help all of us increase our knowledge about health matters, explore fun ways to eat healthier, improve our level of physical fitness, and more. We feel that the Health and Wellness Fair plays a key role in helping the community achieve whole person wellness.

At the Fair you will have the opportunity to meet multiple health and wellness experts including but not limited to Centenarians of Oklahoma, Oklahoma Senior Games, Coffee Bunker, Premiere Popcorn, and One Less Stress.

Trinity Woods is excited to host this annual event and we look forward to seeing you on September 23rd.

## NEW READING OPPORTUNITIES COMMUNITY LIFE CENTER



**Have you seen the reading room and all the shelves filled with new and interesting periodicals? Make sure you stop by the CLC and check it out.**

### NEWSPAPERS WE SUBSCRIBE TO INCLUDE:

- Wall Street Journal - Weekly/Weekend edition
- USA Today - Weekly
- Tulsa World - Sunday and Wednesday

### MAGAZINES WE SUBSCRIBE TO INCLUDE:

- Reader's Digest
- Martha Stewart Living
- National Geographic History
- Archaeology
- WWII History
- Birds & Blooms
- Pioneer Woman
- Oklahoma Today
- Life
- Midwest Living
- Southern Living
- Travel & Leisure
- Better Homes & Gardens
- Saturday Evening Post
- Outdoor Oklahoma

**If you are interested in donating a magazine, please leave your magazine on the desk in the Crestwood Library. Please make sure it is a current issue. If selected, a label will be made to cover the donor's name. For questions contact Carolyn Ehlers, Librarian.**





# A Memory from September 11

By Jenneth Sheeler, Trinity Woods Community Member

September 11, 2001, began before sunrise for me and five crew members as we met at Tulsa International Airport. Even in dim light our B-25 World War II combat veteran “Old Glory” sparkled like a freshly polished silver tea pot. We loaded our luggage, maps and charts; completed a walk-around inspection then boarded for our flight to Rhode Island. As our pilot and copilot did their preflight check list, the rest of us sipped our coffee and discussed the battle history of our aircraft.

We were anticipating the crowd of WWII veterans and their families who were eagerly awaiting our arrival in Providence. We would spend a few days there visiting the aging “fly boys”, taking them on flights and allowing them complete access to the bomber. There would be tears, reminiscing and vivid recall of horrifying events. Our entire crew was totally dedicated to honoring these veterans with love, respect, and gratitude while they, in turn, would thank us for one last time to see, hear, touch and smell the aircraft that took them back to a time when they were young men with all the dreams young men dream.

We taxied to the runway and lifted off into a magnificent sky - what a glorious day this would be! The world was bright and beautiful as we flew past the St. Louis Arch. We did not need radio communication once we cleared Tulsa airspace, so we were flying VFR (visual flight rules). I was in one of my favorite positions, the nose gunner surrounded by plexi glass. The view is breathtaking.

The bomber was strictly military, no creature comforts and of course not pressurized, so we flew at low altitudes where there was adequate oxygen, and we wouldn't freeze to death. We shuddered to imagine the discomfort of the original crew! We had a planned fuel stop at a small airport just east of Indianapolis where we could use the restrooms and grab another cup of coffee to enjoy with the chocolate chip cookies I always made for the flights.



There seemed to be an unusually high number of aircraft in the skies as we approached the Indianapolis area. We activated radio communication before we entered Indianapolis air space. All we could hear was the urgent-sounding voices of air-traffic controllers directing all planes to land immediately, almost nose to tail, with no explanation for the orders.

I crawled through the small tunnel to the cockpit where I took a safer landing position behind the pilot and buckled in. When we had visual contact with Indianapolis International, the scene was bizarre. All types of aircraft parked in never-seen positions. Our landing strip, which had no control tower, was straight ahead. We touched down and, instead of the ground crew directing us to the usual refuel position, we were brought right up to the small ground crew building on the tarmac. The flag man yelled up to the pilot's open window, “Shut the engines down immediately. We are at war!”

We hastily exited the aircraft. Not another word was spoken. As we entered the small building, a television was blaring loudly and on the screen we saw the second plane impact the World Trade Tower. At that moment I could not comprehend the magnitude of horror I was witnessing. I and my beloved country were changed forever.

## September Birthdays at Trinity Woods

John Holt.....1	Myrna “JJ” Snediker.....8	Dan Bissett.....16
Betty Sue McNabb.....1	Earl Smith.....9	Sandra Falkenstein.....17
Mike Rodehaver.....1	Angela Denny.....10	Richard Ziglar.....22
Warren Danskin.....2	Peggy Jackson.....10	Margaret Ellison.....24
Freda Coffey.....3	Kenneth Johnson.....10	Virginia Gray.....25
Hank Kiely.....4	Betty Baxter.....12	Johanna Boshuizen.....27
JoAnn Bingham.....6	Eleanor Shirk.....13	Gary VanFossen.....27
Jane Estus.....7	Theresa Gormley.....13	Jack Cearing.....29
	Duane Treat.....13	Cherlyn Sunflower.....29
	Barbara Lilienthal.....14	Betty Pearson.....30

# Make a plan to come!

# September Events



**Wade Daniel, Piano**  
**Thursday, September 9 at 7 p.m.**  
**Community Life Center - Westervelt Hall**

Wade Daniel will be here to share beautiful inspirational music with us on our new Steinway piano. A native Texan, Wade has been active as a pianist, vocalist, music teacher, and music minister for over 35 years. He holds Master of Church Music and Master of Music degrees from Southwestern Baptist Theological Seminary. Wade has served at First Baptist Church in Bartlesville since 2009. He has performed nationally and internationally, recently with the Bartlesville Symphony. Additionally, he has produced 10 recordings.



**Eicher Thursday: Supper, Socializing and Super Music**  
**Thursday, September 16 at 6 p.m. (music begins at 6:30 p.m.)**  
**Community Life Center - Westervelt Hall**  
**Reservations Required**

Shelby Eicher and his son Nathan host the very popular “Eicher Wednesdays” at the Oklahoma Jazz Hall of Fame in Tulsa. They play with some of the very best jazz, swing, bluegrass, and country artists every week. Now they’re bringing “Eicher Thursday” to Trinity Woods! We’ll enjoy a casual evening of music, food, and socializing. Beans and cornbread will be the fare, along with brownies and ice cream for dessert. Your fellow community members will serve you buffet-style. Then you can sit down and visit while you enjoy the food and the music! Reservations required to ensure there is enough food.



**Meray Boustani and Joseph Arndt**  
**Thursday, September 30 at 7 p.m.**  
**Community Life Center - Westervelt Hall**

These two outstanding artists will present a program including sacred classics like “The Lord’s Prayer” as well as music by Rodgers and Hammerstein. Meray Boustani is a frequent soprano soloist with the Tulsa Chorale and has also performed with Tulsa Opera, Land of Enchantment Opera, Oklahoma Bach Choir, Tucson Masterworks Chorale, Canterbury Voices, and Light Opera Oklahoma. She is an adjunct faculty member at the University of Tulsa School of Music. Joseph Arndt came to Tulsa in June 2015 to become full-time organist/choirmaster at Saint John’s Episcopal Church. He received a Master of Music degree from The Juilliard School and a Bachelor of Music degree from Westminster Choir College. He has received prizes in several national organ competitions and has performed organ recitals in such prestigious venues as St. Patrick’s Cathedral (NYC) and the Piccolo Spoleto Festival (Charleston, SC).

## September Anniversaries

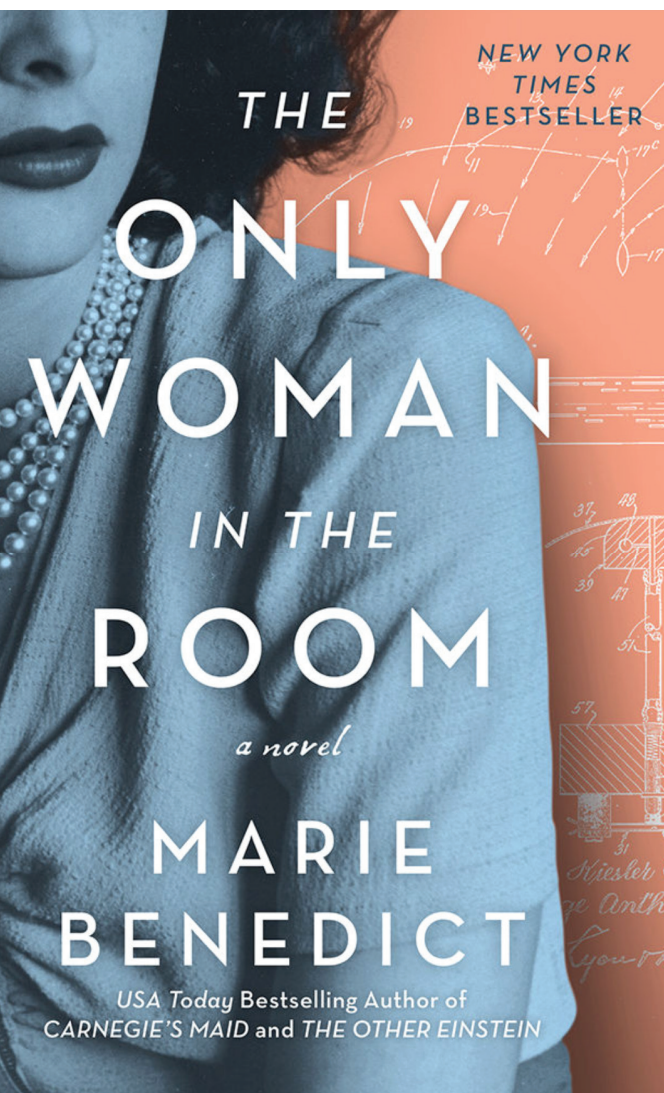
Milton and Pat VanDerwiele.....9/1/1956  
 Richard and Dolores Hedger.....9/5/1955  
 Bob and Judie Coles.....9/11/1965  
 Ralph and Marita Morgan.....9/27/1953



## In Memory of

Johnnie “Curt” Miller.....8/4/2021  
 Barbara McClintock.....8/6/2021  
 Louise Reid.....8/7/2021  
 Carol Speirs.....8/15/2021  
 Don Lemley.....8/16/2021  
 Monnie Baxter.....8/18/2021  
 Pearl Rhoads.....8/20/2021  
 Norma Pulliam.....8/24/2021





## September Book Club

By Phyllis Rhodes

### *The Only Woman in the Room*

By Marie Benedict

Hedy possessed a stunning beauty. She also possessed a stunning mind. Could the world handle both?

Hedy Kiesler is lucky. Her beauty leads to a starring role in a controversial film and marriage to a powerful Austrian arms dealer, allowing her to evade Nazi persecution despite her Jewish heritage. But Hedy is also intelligent. At lavish Vienna dinner parties, she overhears the Third Reich's plans. One night in 1937, desperate to escape her controlling husband and the rise of the Nazis, she disguises herself and flees her husband's castle.

She lands in Hollywood, where she becomes Hedy Lamarr, screen star. But Hedy is keeping a secret even more shocking than her Jewish heritage: she is a scientist. She has an idea that might help the country and that might ease her guilt for escaping alone—if anyone will listen to her.

## Trinity Woods Service Awards



# 10

**Years of Service**

Melanie Fugatt,  
Director of Member Services



# 10

**Years of Service**

Jesse Lenzey, Jr.,  
Cypress Grille Server

## September STARS Employee of the Month

**Crystal Creekmore, Human Resources**



Crystal Creekmore

- **Start Date:** February 2019
- **Born:** Tulsa, Oklahoma
- **Raised:** Mounds, Oklahoma
- **Education:** Mounds High School and Northeastern State University
- **First Job:** Grocery Store Clerk
- **Wanted to be as a Kid:** Scientist, to cure cancer
- **Favorite Thing about Trinity Woods:** It is rewarding to work alongside people whose work improves the quality of life for others.
- **What her supervisor says:** "Crystal was faced with the overwhelming responsibility of being the only

person left to manage HR and payroll after her co-worker resigned and I was compelled to take extended medical leave. The absence of help left her doing the work of three people and ensuring that everyone in the organization was paid, all while managing all the other tasks assigned to HR. She never complained or felt sorry for herself; she simply rolled up her sleeves and took care of all 220 employees that work at Trinity Woods with grace and dignity." Bill Peterson, VP of Human Resources.

# Welcome to the Neighborhood!



## Mary Ziegler – Crestwood

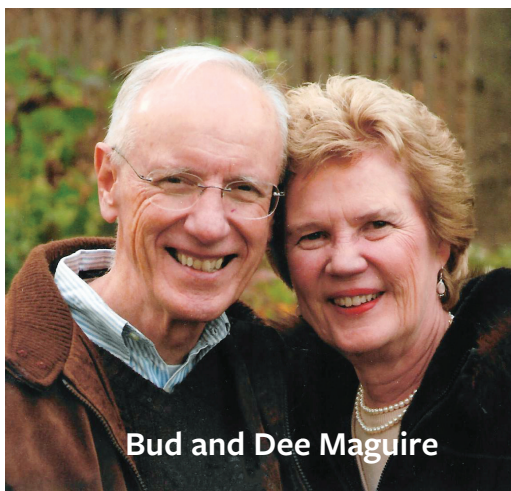
This month Trinity Woods welcomes Mary Ziegler to the neighborhood. Mary is originally from Tulsa, OK and grew up in the Whittier Square area. She graduated from Marquette High School and went on to attend Creighton University in Omaha, NE, where she received her Master's in Education.

Mary taught middle and high school students in Tulsa Public Schools for 20 years, prior to retiring. After she retired, she fully engaged as a volunteer for Hillcrest Medical Center and the Tulsa City-County Library, where she served for 10 years in various capacities.

In her free time Mary enjoys reading mystery novels and keeping up with her family and its history. If her name sounds familiar, she comes to Trinity Woods with family connections, her brothers and their spouses are also community members. She is excited to get involved and has enjoyed meeting so many interesting people.

## Bud and Dee Maguire – Crestwood

Bud and Dee Maguire are thrilled to be in their new home at Trinity Woods. "We looked at several communities and this just felt comfortable and like home," said Dee. The Maguires are originally from Ft. Scott, KS and are high school sweethearts. They met on a sledding trip and have been together ever since. This year they celebrated their 65th wedding anniversary.



They both attended the University of Kansas and are big Jayhawks fans. Bud received his degree in medicine and Dee in education. Bud was a Lieutenant in the U.S. Coast Guard and was stationed in New London, CT. After the service they were ready to move closer to home. Bud did his residency at the University of Oklahoma in pediatrics which ultimately led them to Tulsa, where they have lived for over 50 years. Bud was a pediatrician in Tulsa prior to retiring. Dee was a homemaker and taught kindergarten. After retiring they became active volunteers at their church, St. John's Episcopal, and other civic organizations in town.

Bud and Mary enjoy reading, playing tennis, and traveling. They have three children, one boy and two girls, all of whom live in Oklahoma. They are grandparents to seven grandchildren and five great-grandchildren. They love how friendly everyone has been and are looking forward to all the upcoming concerts and events on campus.



## Trinity Woods Leadership Team

**Steve Dickie**  
CEO

**Jim Ginther**  
Senior VP of Finance

**Dennis Graham**  
Chief Operating Officer

**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**  
VP of  
Health Services

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

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## Dedicating the Community Life Center

