

The Trail MIX

The neighborhood news from Trinity Woods | Issue: October 2021

Spiritual Wellness – An Important Part of a Healthy Lifestyle!



Trinity Woods

Belong. Believe. Become.

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Trinity Woods Chapel,
a space of solace

October

Wellness Events

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New Neighbors

Meet Sharon!

What exactly is Spiritual Wellness? Simply put, it's about being connected to something greater than yourself. One of the amazing things about spiritual wellness is that the pursuit of it is unique for each person. Spiritual practices should support who you are and give you a framework for navigating each stage of life. Many people prefer to practice kindness and gratitude, while others exercise their creativity or are mindful about connecting with nature and others. And for many at Trinity Woods it includes faith and religious practices.

“Whether it’s organized religion or belief in a higher power that brings comfort, spiritual wellness fills an important role for many people that goes deeper than just attending worship services,” said Weldon Tisdale, Trinity Woods Chaplain. “It’s an opportunity to socialize, learn and grow, as well as gain comfort through some of life’s more difficult moments.”

For Trinity Woods, spirituality and wellness are woven deeply throughout the fabric of the community, connecting residents with a sense of “belonging.” The common ground and relationships fostered help heal broken hearts, soothe the mind, bring warmth and caring relationships, and even have an impact on individual health.

“Different stages of life bring different needs, and things we didn’t have time for while managing careers and family can become more important. Many times, we put off spiritual wellness, but it really is an important part of a healthy life,” said Weldon.

At Trinity Woods there is a strong focus every day for community members and employees to practice the seven dimensions of wellness. Putting spiritual practices into place now and making sure you have spiritual support will go a long way toward helping you age well in mind, body, and spirit. For tips on Spiritual Wellness, see page 2.



By Weldon Tisdale, Chaplain

The Chapel at Trinity Woods

Are you grappling with life and all its intricate and sometimes painful details?
Do you need a place where you can escape for a few moments to center your
thoughts, refocus your mind or find comfort in times of crisis?

The Chapel at Trinity Woods is a great place to meet those needs. It is located in the Fleming Center building between the administrative offices and Felt House entry. It is available for all to use.

There are regularly scheduled programs in the Chapel such as Bible studies, worship and memorial services, or it can be used for quiet reflection, meditation and prayer. We are fortunate to be in an environment where faith, wellness, and healing work hand in hand.

The Chapel is a non-denominational spiritual place where community members, patients, families, visitors, employees, and volunteers can find solitude and comfort in moments of stress or pain. Over the years, the Chapel has become an inclusive place where people, irrespective of their faith, have found a haven – a place where despair and hope are expressed and healing can begin.

Donated by Dr. Lawrence and Mildred Lacour, the Chapel was designed specifically to be an environment of comfort when people are grappling with issues that directly affect one's health and well-being. In the process of coping with crises, guilt, loneliness, pain, anxiety, fear of death or fear of some other loss, the Chapel allows individuals to focus on spiritual strength and encouragement.

THE CHAPEL AT TRINITY WOODS IS AVAILABLE
24 HOURS A DAY AND 7 DAYS A WEEK. WE INVITE
ALL TO TAKE A MOMENT AND QUIET YOUR
SPIRIT IN THIS SERENE ATMOSPHERE WHERE ALL
ARE WELCOME TO
BELONG. BELIEVE. BECOME.

Tips for Spiritual Wellness:

1. **Breathing** – Focus on your breathing and how it can bring great awareness to your body and life.
2. **Gratitude** – Looking for both small and large graces in each day can add meaning and positivity.
3. **Wonder** – Allow yourself to be amazed by the world and the people around you.
4. **Creativity** – Find new ways to express yourself and challenge yourself to experience new things.
5. **Kindness** – Give others the benefit of the doubt or make that extra little gesture in order to increase your capacity for compassion and empathy.
6. **Releasing** – Lighten your physical and emotional loads by letting go of excess possessions and expectations, as well as old resentments or wounds.
7. **Connecting** – Make new connections with people and be intentional about maintaining good relationships with family and old friends.
8. **Resting** – Give yourself permission to slow down and create a little oasis in your day to rejuvenate yourself.
9. **Making music** – Add rhythm and energy to your day by humming, singing or playing an instrument, even if you can't carry a tune.
10. **Being who you are** – Say yes to the things that bring you joy and say no to those that don't. It doesn't matter what other people think of you.

Source: American Society of Aging



By Jennifer Rawlings, Your friendly
neighborhood Viibrant Guru

Viibrant

the New Member Engagement Technology

After lots of training, editing, and adjusting, the time is finally here! We are launching Viibrant this month to the Trinity Woods community. We have several training sessions scheduled throughout the month to get everyone acclimated to the new system. The training sessions will be separated for Apple users, Android users, and desktop users. There will be several community members at each Viibrant training session to help answer questions and guide you along the way.

What will I learn in the training session?

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

If you don't own your own computer or tablet, you should still attend a training session. Come learn what Viibrant is all about and see how it can work for you! We are excited to share this Wellness Engagement Technology with you. Contact Jennifer Rawlings at jrawlings@trinitywoodstulsa.com or 918.346.6663 with any questions.

Join us for training sessions.

October 1st



Android Users
1:30 p.m.

October 8th



Apple Users
1:30 p.m.

October 22nd



Desktop Users
1:30 p.m.

October 29th



ALL Users
1:30 p.m.



Spotlight on Westervelt Hall

This month we are showing off the Nelda Westervelt Stage. Here are some fun facts about the stage and lighting in Westervelt Hall.

- Named after John Westervelt's wife Nelda
- 50 colored stage lighting fixtures
- 9 Standard colors on the Stage lighting fixtures that can be programmed for multiple options
- 12 spot light fixtures
- Sound and lighting can be controlled from anywhere in the building via mobile app
- Capability to connect 16 microphones and instruments on stage
- Broadway production-style stage curtain
- 380 square foot stage area
- Fully retractable 4K projection system

Let's do this! October Events



Eicher Thursday: Supper, Socializing and Super Music!
Thursday, October 7 in the Community Life Center
Westervelt Hall. Doors open at 6 p.m. and music begins
at 6:30 p.m. Reservation Required. Free for community
members and \$7 for member guests.*

National Fiddler Hall of Fame inductee Shelby Eicher and his son Nathan on bass will be back to bring the Jazz Depot to Trinity Woods! We'll enjoy another casual evening of music, food, and socializing. We'll have a good fall menu of grilled cheese sandwiches and tomato soup with dessert to be announced and your friendly Trinity Woods neighbors will serve you buffet-style. Then you can sit and visit while you enjoy the food and the music!

This month, Shelby and Nathan will be joined by Scott McQuade on piano. A professional musician for over 30 years, Scott has performed with numerous world-renowned jazz artists. Originally from Winnipeg, Manitoba, Canada, he has been a major part of the Tulsa music scene since 2008. They'll be playing familiar jazz favorites for our enjoyment!



**Tulsa District 9 Discussion - Senator Dave Rader and
Representative Carol Bush**

Thursday, October 14 at 2 p.m. in the Fleming Center

Our two legislators for our District will be here to bring an update on what's going on in the state legislature and talk about issues that affect you. They will also answer your questions. Dave Rader has been our Senator since 2016. He has lived 47 of his 63 years within the boundaries of our District and attended the University of Tulsa, majoring in Mechanical Engineering while playing football as a quarterback. He presently serves as Chair to the Senate Republican Caucus, as well as Vice Chair to the Appropriations Committee and Select Committee on Redistricting. He sits on the Finance Committee, Public Safety Committee, Energy Committee, Appropriations Subcommittee on Health and Human Services. A native Tulsan, Carol graduated from Oral Roberts University and, prior to running for office, served a decade as executive director of the Tulsa Crime Prevention Network, the non-profit that put police and neighbors together to make us safe. Elected to the House in 2016, she serves on the following committees: Chair of Children, Youth and Family Services, A&B Health, Judiciary - Criminal, State and Federal Redistricting Tulsa County Subcommittee, Transportation.



October Birthdays at Trinity Woods

Roberta Hairston.....	1
Leroy Milton.....	1
Merideth Yoakum.....	2
Frances Conkling.....	4
Shirley Hockett.....	4
Donna Keener.....	4
Phillele McBrayer.....	6
William Jennings.....	7

Doris Piatak.....	9
Joann Bass.....	10
Robert Rainey.....	10
Mary Stubbs.....	10
Bobbie Ziegler.....	10
John Marquis.....	11
Bill Bailey.....	12
Ruth Burch.....	13
Janis Chilcoat.....	13
Alice Dewhurst.....	14
Carolyn Ehlers.....	14
Leonard Stubbs.....	14
Mary Damewood.....	15
Dan Nickel.....	15
Sarah Jenkins.....	16
Margie Thomas.....	16
Jane Waters.....	16
Joe Gormley.....	17
Carol Tobler.....	17
Marilyn Wilson.....	18
Marita Morgan.....	19
Martha Swezey.....	20
Betty Miller.....	24
David Thomas.....	26
Sue Duncan.....	27
Jan Evans.....	27
Bruce Nixon.....	27
Virginia Kingsolver.....	31



Fall Festival!

Thursday, October 21 at 5 p.m.

Community Life Center

Reservations Required. The cost is \$13 for community members and \$15 for member guests. Dining Dollars may be used.*

Fall Festival is back and better than ever! We'll have a delicious meal in Westervelt Hall of BBQ baby back ribs and BBQ brisket, with baked beans, cole slaw, potato salad, and apple pie for dessert. Then we'll move outside (weather permitting) to the Community Life Center parking lot for a foot-stomping, relaxed outdoor concert of classic country music from Gypsy Twang. Gypsy Twang is Sarah Barker Huhn on lead vocals and guitar, Steve Huhn on upright bass, John Williams on vocals, guitar, harmonica, and Kurt Nielsen on mandolin. For our party, they'll be joined by Western Swing Music Society of the Southwest inductee Lee Roy Whisenhunt on steel guitar for a classic country sound. It will be a great evening to celebrate fall!

**In order to accommodate all community members wishing to attend, guests will be confirmed only after the reservation deadline.*

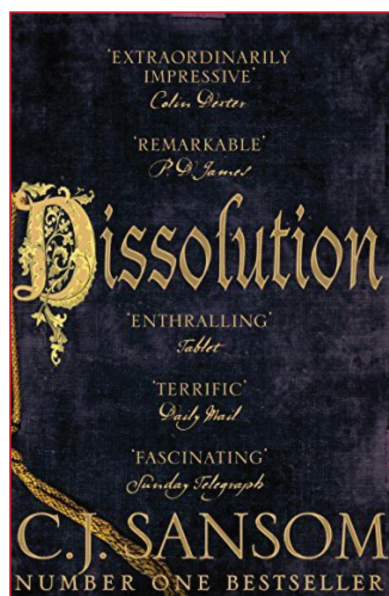


Fall Fright Night at Trinity Woods!

Thursday, October 28 at 7:30 p.m.

Community Life Center Westervelt Hall

After the treats have been passed out, the trunks have closed, and the children have been sent home all sugared up, we will gather for our annual Fall Fright Night. This year, the wonderful Bill Rowland - or should we say "The Phantom" - will be here to provide live accompaniment for the classic silent film, *The Phantom of the Opera*, starring Lon Chaney. Enjoy this chilling tale with live music and, of course, there will be some treats for you!



October Book Club

By Phyllis Rhodes

In October the Book Club will meeting in the Fleming Center on Tuesday, October 19 at 7 p.m. This month's book is ***Dissolution*** by C. J. Sansom and our facilitator is Trinity Woods community member Don Hertzler.

In this historical mystery novel, Henry VIII who has just ordered the dissolution of the monasteries and England is full of informers. The year is 1537 and England is divided between those faithful to the Catholic Church and those loyal to the king and the newly established Church of England. At the monastery of Scarnsea, events have spiraled out of control with the murder of the Royal Commissioner. Thomas Cromwell, Henry VIII's feared vicar general, summons fellow reformer Matthew Shardlake to lead the inquiry. Shardlake and his young protégé uncover evidence of sexual misconduct, embezzlement, and treason. When two other murders are revealed, they must move quickly to prevent the killer from striking again. ***Dissolution*** is an utterly riveting portrayal of Tudor England.

October Anniversaries

John and Marilyn Berry.....10/16/2012
Earl and Joanna Tuers.....10/19/2002
Richard and Barbara Lilienthal.....10/22/1988
Jim and Connie Davis.....10/30/2012

✝ In Memory of

John Pickle.....8/26/2021
Lavonne "Bonnie" Baker.....9/02/2021
James "Lamar" Smith.....9/9/2021
Barbara Harrill.....9/17/21

Trinity Woods Offers Assistance to Afghan Refugees

As reported in the news, Oklahoma will be receiving Afghan refugees. In fact, many have already made their way to Tulsa and have been greeted with true Southern hospitality. The refugees are among those who were evacuated from their homeland, when the United States withdrew from Afghanistan. Trinity Woods is humbled to be part of this humanitarian effort.

"We were contacted by First United Methodist Church and were told their greatest need at this time was rental property," said Steve Dickie, CEO, Trinity Woods. "After discussion with the board and leadership it has been announced that Trinity Woods will be assisting with housing for five Afghan refugee families."

Trinity Woods is leasing several residential properties immediately to our west in the

Dartmoor Subdivision to First United Methodist Church to assist in this effort. Work teams from the church will be responsible for preparing the homes and providing volunteers needed to support the Afghans with readjusting to life here.

"Over the years these properties have served a variety of uses such as storage, parsonages for local pastors, and office space for ministries," said Steve. "As an organization whose mission is serving in the spirit of Christ we took action to see what we could do."

Many of our community members are stepping forward to see how they can help. At this time, we are unsure of the other household and personal items that will be



needed but as that information becomes available, we will make sure it is shared.

Should you have questions or want more information about getting involved, please contact Jennifer Lupinacci, FUMC Outreach Coordinator, at 918-592-3862 x 1112.

Trinity Woods Service Awards



10

Years of Service

Michael "Bird" Barnett,
Chef Cypress Grille



10

Years of Service

Dorothy Mayhue,
CMA, Holliman Center

October STARS Employee of the Month

Alicia Castillo, Catering Coordinator



Alicia Castillo

- **Start Date:** April 2008
- **Born and Raised:** Mexico
- **Favorite Family Recipe:** Pozole, Enchiladas, Tamales and Tacos!!
- **Favorite Sport to Watch:** Figure Skating
- **Fun Fact:** On June 13th, 2013, she became an American Citizen.
- **Favorite Verse:** The Lord is my helper; I will not be afraid. Hebrews 13:6
- **Motivation:** The community members are my family and I love making them smile, feel respected and loved.
- **What her supervisor says:** "Alicia is a dedicated hard-working member of the Trinity Woods family who strives for perfection. She goes out of her way to ensure the satisfaction of the members and staff alike. Alicia is energetic while motivating and encouraging her fellow co-workers. She is very engaged and passionate about her work." Dennis Graham, COO.

Welcome to the Woods!



Sharon Miller

Sharon Miller – Patio Homes

We are excited to welcome Sharon Miller to Trinity Woods. Sharon was born and raised in Leon, KS. She is a huge fan and graduate of Kansas State University, where she received her degree in education. She moved to Tulsa in the mid-50s and attended the University of Tulsa, where she received her degree in speech pathology.

Sharon spent most of her career working for W.L. Walker Oil Company in accounts receivable. She was married to her late husband Curt for 25 years. He was a resident in the Health Center, and she was very grateful for the loving care he received. They have two children and one grandchild.

She is still exploring campus but is enjoying decorating her new home. Sharon chose Trinity Woods because of its midtown Tulsa location and the continuum of care options. She has appreciated how friendly all the other community members and employees have been. Recently she has taken up the hobby of napping – she says this is the first time in her life she has allowed herself to just slow down and do what

she wants, when she wants. She enjoys reading fiction crime stories and is looking forward to trying some classes at the Spann Wellness Center and attending the concerts.

Trinity Woods Introduces new Director of Dining Services!



Richard Applegate

Richard Applegate is the newest member of the Trinity Woods Dining Service Team. Richard comes to Trinity Woods with over 15 years of culinary experience. He has spent his career working in the kitchen in some capacity or another. “I am passionate about my work and my goal is to make sure that dining at Trinity Woods is the best that it can be.”

His background includes executive chef at a senior living community where he had oversight of all daily operations of the food and dining. Richard has also been featured on the noon Channel 6 cooking segment showcasing his talent and love of food. He has served as the chef for a catering company and a local casino and resort.

“I chose Trinity Woods because I like this type of environment and I have heard great things about this community,” said Richard. “I am looking forward to getting to know everyone and showing them my home style, made from scratch cooking with love.”

Fun Facts about Richard Applegate

- **Born and Raised:** Tulsa, Ok
- **High School:** Will Rogers High
- **Family:** Married with three children - a son and two daughters
- **Interesting Fact:** When I'm bored, I like to tie flies for fly fishing
- **Proudest Accomplishment:** Opened a BBQ restaurant in Southern Texas
- **Wanted to be as a Kid:** Pitcher for the Atlanta Braves
- **One Meal Forever:** Steak and potatoes
- **Friends Describe Him:** Very caring and loyal
- **Favorite Family Recipe:** Pork and corn soup
- **Favorite Movie:** Field of Dreams
- **Favorite Quote:** “Grown men can learn from very little children for the hearts of little children are pure.” Black Elk of the Oglala Sioux



Trinity Woods Leadership Team

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CEO

Jim Ginther
Senior VP of Finance

Dennis Graham
Chief Operating Officer

Bill Peterson
VP of Human Resources

Bonnie J. Polak
VP of Development
and Public Relations
Editor

Jennifer Rawlings
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REQUESTED**



YOU'RE INVITED

Thursday, October 28 from 6:30 to 7:15 p.m.

Community Life Center and the Community Life Center parking lot

This year we are excited to host a Trunk-or-Treat for Trinity Woods' family and friends. Invite your grandchildren, nieces, nephews, or special children in your life to dress up and show off their costumes. Employees are encouraged to bring their children for this special event! Members can sign up to decorate their car trunk, golf cart or a table (inside the CLC) to pass out candy. Join us for this Trinity Woods family fun night!