

The Trail MIX

The neighborhood news from Trinity Woods | Issue: November 2021

Over 65 Years of
**neighbor.
helping
neighbor.**

By: Steve Dickie, CEO

What exactly does that mean - neighbor helping neighbor? Neighbors play an important role in our community and our lives. Throughout your life I am sure interactions with neighbors has meant many things – borrowing a cup of sugar, babysitting, yard chores, or sharing a meal. But when you live at Trinity Woods, it means so much more.

When we did the research for our new name, people used terms like “neighbor” and “kindness” to describe the community. I remember thinking, “Isn’t that interesting but not surprising.” We have always been a community where love of and kindness to others defines our very essence. Like the traveling stranger in the parable of the Good Samaritan, we have all been “beaten up” by the world around us. We have all been abandoned “on the side of the road” of disillusionment, loneliness, or despair. All of us need others to show us grace and mercy.

Since announcing our new name, I have been overwhelmed by seeing this “neighbor” persona in action. Just last month, I heard story after story of neighbor assisting neighbor when a storm knocked out the power in one of the buildings on campus. Neighbors going door-to-door to check on each other, neighbors walking flights of stairs to bring others meals.

I think of the group of widows who live on campus who share a deep friendship. In fact, they describe each other as “a best friend.” When I asked about the length of their friendship, they told me they had only met since living at Trinity Woods. Isn’t that amazing, discovering your best friend in life here?

I could go on and on about our community members and their stories of friendship and kindness – or as we call it “being neighborly”. That is what living at Trinity Woods is all about – neighbors helping, welcoming, and extending grace to others. I think our ads say it best “everyone being welcome just comes naturally...seems like the Christian and neighborly, thing to do.”



Trinity Woods

Belong. Believe. Become.

In this issue:

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Tulsa Symphony and more

New Neighbors

Meet Angela and Adrena!



By Weldon Tisdale, Chaplain

The gift of

G R A C E

G o d ' s R i c h e s A t C h r i s t ' s E x p e n s e

“For it is by God’s grace that you have been saved through faith. It is not the result of your own efforts, but God’s gift, so that no one can boast about it.” Ephesians 2: 8-9 (The Good News Translation)

Our whole existence - salvation, forgiveness, repentance, regeneration, etc. is totally based on God’s grace. Our entire Christian walk is solely and completely founded on God’s grace. The amazing thing about grace is that it is – “free.” It is the “gift” of God.

Grace simply defined is God’s unmerited, unearned, undeserved favor. That is, grace is God doing good for us which we do not deserve and cannot earn. It is not for sale and cannot be purchased. It is God’s gift to humanity.

Recently, in one of our Christ Conversations sessions, community member, Andy Ewing reminded us of the acronym G.R.A.C.E. – God’s Riches At Christ’s Expense. Meaning we as believers have access to all that the Father has and does because of the price Jesus Christ paid for our lives.

When we accept Jesus Christ, we receive the gift of grace. It cannot be purchased. There is not enough money, gold, silver, platinum, oil, Bitcoins, or stocks...to buy God’s grace. Simply open your heart and receive Christ.



Please join the entire Trinity Woods community as we honor and give thanks for those among us who have served faithfully in defending the freedoms we all cherish here in the United States of America. Please plan on coming to honor those to whom we owe so much. And...God bless America!



A Senior Fitness Test: Measure It so you can Manage It



By Jennifer Rawlings, Your Friendly
Exercise Measuring Guru

Have you ever told yourself that you are “too old to exercise?”
The reality is we are all too old NOT to exercise. The average life expectancy continues to increase, and you are living proof of that!

Your ability to enjoy those years will depend greatly on how well you maintain your physical dimension of wellness. How will you know how you are truly doing if you don't take the opportunity to measure it?

One way to measure the physical dimension of wellness is by taking the Senior Fitness Test (SFT). The SFT is a series of seven tests that assess the functional fitness of older adults. Taking the tests helps to set physical and personal goals. Did you know the SFT is not only about the physical component of wellness? The whole Wellness Team will look at the results and will plan programming and classes based on the functional ability and the interests of our community members. So, taking the SFT is beneficial for everyone!

Please join us on Thursday, November 18 as we shoot for 50% participation in the 2021 Senior Fitness Test! Call Josh Cunningham at 918-346-6682 to sign up!

THE
ONLY BAD
WORKOUT
IS THE
ONE THAT
DIDN'T
HAPPEN



It's back!

Maintain Don't Gain Challenge



Just in time for the holidays, we are hosting our annual “Maintain Don't Gain Challenge” for community members and employees at Trinity Woods. This six-week challenge runs from November 22nd to January 3rd and encourages weight maintenance and healthy habits during the holiday season.

Our goal is to help you stay motivated and on track with all the temptations of holiday goodies around during the holidays. Call Josh Cunningham at 918-346-6682 to be part of this challenge!

November Events

Thankful for November Learning Opportunities!



Saturday with the Symphony

Saturday, November 6th at 2 p.m. in Fleming Center

No reservations necessary.

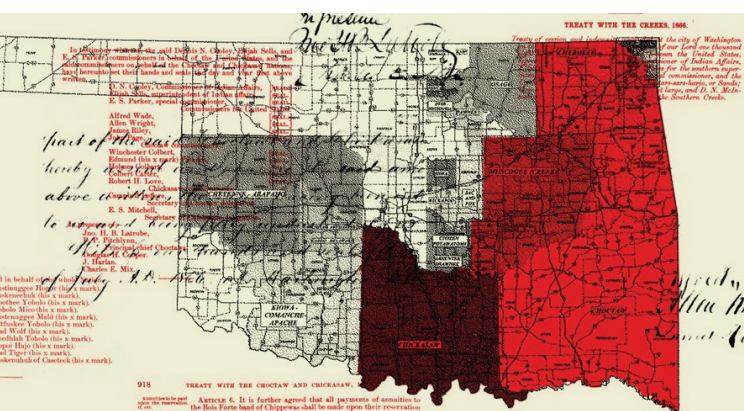
Some of the top musicians in Tulsa will be with us for an intimate chamber music concert featuring several instruments and composers who may be new to you. This program will broaden your musical horizons and introduce you to some new favorites. Don't miss this special opportunity for world class music right at your doorstep! The program will feature: Hindemith: Duos for Clarinet and Double Bass; Jessie Montgomery: Strum for String Quartet; George Walker: Lyric for Strings; Dohnányi: Sextet for Violin, Viola, Cello, Clarinet, Horn and Piano.

Lifelong Learning in November:

McGirt v. Oklahoma and Its Impact on Eastern Oklahoma with The Honorable Greg Frizzell

Friday, November 12th at 2 p.m. in Fleming Center

No reservations necessary.



On July 9, 2020, the U.S. Supreme Court decided in the McGirt v. Oklahoma case that Congress had never formally disestablished the Muscogee (Creek) Reservation. Writing for the majority, Justice Neil Gorsuch stated: "Today we are asked whether the land these treaties promised remains an Indian reservation for purposes of federal criminal law. Because Congress has not said otherwise, we hold the government to its word." In the past 16 months, many Oklahoma state court convictions have been vacated on the principles of McGirt because the state courts lacked jurisdiction to try criminal cases involving Indians. Our special guest speaker, Judge Frizzell spends a large part of each day immersed in cases resulting from the McGirt decision. He will be an excellent guide as we make sense of this major Supreme Court decision directly affecting Oklahomans.

Judge Gregory Frizzell of the U.S. District Court for the Northern District of Oklahoma was nominated by President George W. Bush in 2007. Prior to that, Judge Frizzell had served 10 years as an Oklahoma District Court Judge, after several years in private practice. He also is the son of Trinity Woods community member Shirley Frizzell.



Lifelong Learning in November:

Discovering a Few Fascinating Personalities in Oklahoma History

Monday, November 8th at 3 p.m. in Fleming Center

No reservations necessary.

In January of 2021, Trait Thompson began his tenure as Executive Director of the Oklahoma Historical Society, an organization that has been collecting, preserving, and sharing the rich history of our state since 1893. In this role, he oversees the Oklahoma History Center in Oklahoma City, our historic sites throughout the state, the new history museum in the State Capitol and the completion of the Oklahoma Museum of Popular Culture (OKPOP) soon to open in Tulsa. Come meet Trait Thompson and learn more about how Oklahoma's history is being collected and shared in exciting ways.



**Thanksgiving Celebration and
New Member Reception**
Tuesday, November 16 at 2 p.m. in the
Community Life Center Westervelt Hall
Reservations required.

Let's gather to give thanks for the many blessings of our community, including our newest members. We'll meet them; have some fun, homegrown Thanksgiving entertainment; enjoy some tasty Thanksgiving treats, and share a brief liturgy at this important time of year. Be sure to be a part of this fun and meaningful celebration.

What Thanksgiving Means to Me

By Phyllis Rhodes, Member Council President

Simply put it means kindness, gratitude, and thankfulness. As President of Member Council, I often see and hear many stories of how community members help each other and show each other gratitude. Honestly, it is one of my favorite parts of the job!

As we enter the month of thankfulness, I wanted to take time to express my sincere appreciation for our community and all those who live and serve at Trinity Woods. It is with that in mind that I would like to introduce the "Operation Gratitude Challenge." Here is the challenge:

1. **Ask someone to join you for lunch or dinner that you have never eaten with before.** Whether you are new or have lived here for years, people always walk into Charter Oak or Cypress Grille and wonder where to sit. Wouldn't it truly be an act of kindness if we invited them to be part of our table or group?
2. **Write a note to a Trinity Woods employee.** Nothing makes someone feel better than when they are appreciated. Being grateful for those who choose to work here is something I know many of you do all the time, but this month be intentional about seeking out an employee to show them how grateful you are that they work here.
3. **Send a thank you note to a Trinity Woods neighbor or friend.** Our neighbors help us in many ways – whether it's a smile or saying good morning or even checking on us when we haven't been feeling well. Aren't you thankful you live in a community where people truly care about you and your well-being? Take a minute to let them know you are thankful for their thoughtfulness.



Whether you accept my challenge and do one or all three of these suggestions, I hope you take time to truly embrace a spirit of gratitude. The Wellness Team has agreed to help us in this endeavor. There will be thank you cards at the Wellness Reservation Boxes for you to fill out. You may place completed notes for employees or members in the boxes for them to be delivered or you can deliver them yourself to that special person.

For more information on "Operation Gratitude" contact Phyllis Rhodes.

November Birthdays at Trinity Woods

Maggie Morgan.....1	Jenneth Sheeler.....6	Nance Rogers.....19
Lura Wilson.....1	Don Snediker.....6	Don Green.....20
Carol Langdon.....2	Robert Bense.....8	Case Boshuizen.....21
Wanda Stotts.....2	Martha Beauchamp.....11	Becky Cable.....21
Barbara Bowen.....3	Marilyn Berry.....14	Bob Hensley.....23
Lynette Danskin.....5	Wilma Roosa.....14	Nancy Wilder.....24
Tina Pickle.....6	Pat Graf.....15	Jim Colgan.....27
	Joan Whitney.....18	Bernita Howton.....27
	Rollie Rhodes.....19	Terry Seba.....27
	Melba Rice.....19	Bob Doolittle.....29

November Anniversaries

Mike and Susan Williams.....	11/4/1961
Jerry and Carolyn Ehlers.....	11/25/1989
Mike and Jan Reynolds.....	11/27/1965



In Memory of

John Crowell.....	10/5/2021
JJ Snediker.....	10/5/2021
Kenneth Johnson.....	10/8/2021

Trinity Woods Service Awards



5

Years of Service

Laura Hardin, Weekend Concierge, Member Services



5

Years of Service

Erin Montgomery, CMA, Hopson Lane



10

Years of Service

Patricia Marzett, LPN, Marshall-Gaddy House

Neighbor Helping Neighbor

If you have a story that embodies neighbor helping neighbor, please share it with us. From time to time we would like to feature these stories in the Trail Mix or at Town Hall.

Send stories to

bpolak@trinitywoodstulsa.com.

Trinity Woods Says Farewell to Melanie Fugatt

Retirement Party | Wednesday, November 10 | Crestwood Theater
From 1pm to 2pm (come-and-go)



This month we are wishing Melanie Fugatt, Director of Member Services, a happy retirement. She has served our community with compassion and professionalism for the past decade.

“Serving at Trinity Woods has been a joy,” said Melanie. “No two days are ever alike because no two people are exactly alike. That is what makes it so much fun!”

Melanie describes her time with our community members as “a very precious part of my life.” She will always remember the community members and the employees that she has worked with throughout her tenure.

“I knew beyond a shadow of a doubt that God had directed me to Trinity Woods and from that day until now, it has been my sincere desire to serve each and everyone in the spirit of Christ,” said Melanie. “The members have taught me many things and for that I am most grateful. I’ve observed the way they handle life’s most difficult challenges with acceptance and grace. And these are life lessons that I will never forget.”

As this new chapter begins for Melanie she is filled with joy and excitement as she and her husband Barry move forward in this new world of retirement together. We thank and wish Melanie a restful and joyous retirement with family and friends.

November STARS Employee of the Month

Gary Stanphil, Dietary Aide, Marshall-Gaddy House



- **Start Date:** August 2019
- **Born and Raised:** Buffalo, OK
- **Wanted to be as a Kid:** A T-Rex
- **Favorite Holiday:** Halloween
- **Free Time:** Loves spending time with his two puppies named Ozzie and Bandit.
- **Favorite Thing about Trinity Woods:** The members!!
- **What his supervisor says:** “Gary is a pleasure to have on the dietary team. He is dedicated and truly cares to serve the residents in memory care.” – Elizabeth Misak, Dietary Manager

Welcome to the Woods!

Angela Denny – Crestwood

Join me in welcoming Angela Denny to the Woods! Angela is a life-long Tulsan and is a graduate of Will Rogers High School. She attended Oklahoma State University and received her degree in psychology. If her name sounds familiar it might be because she was a realtor in the Tulsa area for over 40 years.

“It was all about building relationships, not just selling homes,” said Angela about her love of being part of the real estate community. “I sold people their first home, then their second and many times I would sell their children homes many years later.”

Angela is excited to get involved in all that Trinity Woods has to offer – from Thursday night concerts to Spann Wellness Center classes. She knows that “God led her here and she is looking forward to developing new friendships.”

In her free time, she enjoys gardening, reading historical fiction and listening to classical music. Her favorite artist is her daughter, who is a professional clarinetist. She has two daughters and five grandchildren.



Angela Denny

Adrena Mahu – Crestwood

Adrena Mahu, pronounced A-dree-na, is settling into her new home and reconnecting with friends at Trinity Woods. Adrena was born in Lebanon, IL but grew up in Huntington, WV. She is one of five daughters and was the first and only one to attend college.

“I have always loved to learn, and I begged my parents to let me attend nursing school after high school,” said Adrena. Her parents agreed and she later went on to receive her Bachelor of Science in Nursing from University of Missouri and a Master’s in Nursing Administration from George Mason University in Virginia.

She came to Tulsa in 1996 to visit her son and after a few years of visits, they convinced her to stay. Throughout her nursing career that spanned over 50 years, she served in many capacities – hospital care, program director for children with disabilities and a parish nurse at Asbury United Methodist Church. She has a passion for education and working with people to achieve their potential.



Adrena Mahu

Adrena has two sons, who live in Tulsa and 10 grandchildren. She enjoys reading, playing the piano, golfing, and taking walks around campus. So far, she has engaged in yoga class, line dancing and attended concerts.



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REQUESTED



Save the date for

CHRISTMAS IN THE WOODS

Thursday, December 9th, 6 to 8 p.m.

It's back – Christmas in the Woods! After taking a hiatus during construction and the pandemic, Trinity Woods is excited to announce we are once again hosting this holiday tradition. All Trinity Woods community members, families, and employees are invited to attend this Christmas extravaganza! Be watching for more details about this Trinity Woods special event and purchasing tickets.

