

The Trail MIX

The neighborhood news from Trinity Woods | Issue: December 2021



You're Invited! Christmas in the Woods

It's beginning to look a lot like Christmas on the campus of Trinity Woods. Lights, holiday programs and of course – Christmas in the Woods! We are excited to bring back this holiday favorite from years past. Mark your calendar for Thursday, December 9th from 6:00 to 8:00 p.m. It will be a night of good old fashioned holiday fun.

"I couldn't be more excited that we are able to host Christmas in the Woods this year," said Steve Dickie, CEO. "I love this event. It brings community members, their families and Trinity Woods employees together in a way that truly embodies who we are as a community – good friends and caring neighbors."

After a four year break due to construction and COVID this year is sure to be a night to remember. Christmas in the Woods is a campus-wide celebration for the whole family. In addition to great food at several venues, horse-drawn carriage, entertainment and the beautiful living nativity, there will also be a candy shop, photos with Santa Claus and an elf scavenger hunt!

"Everyone talks about how amazing Christmas at the Manor was and how it was the highlight of the season. I am excited to now be part of Christmas in the Woods," said Jennifer Rawlings, VP of Wellness. "Trinity Woods community members, families, friends, and employees are all encouraged to attend this event, that is sure to put us in the holiday spirit!"

To purchase tickets visit the Crestwood Concierge or Holliman Center Receptionist - ticket prices are \$12 members, \$15 guests, and \$7 children ages 3-12. Children under 3 are free. Tickets may be charged to your member account. For more information call 918.346.6614.



Trinity Woods

Belong. Believe. Become.

In this issue:

Christmas in the Woods

An evening full of family fun for all.

December Wellness

Dealing with holiday stress and welcoming family and friends living with dementia.

New Neighbors

Meet Allison and Tina!





TAKE CONTROL OF THE HOLIDAYS – **OVERCOMING HOLIDAY STRESS**



By Weldon Tisdale, Chaplain

Philippians 4: 6 “Don’t worry about anything; instead, pray about everything..” (NLT)

This scripture is direction given from the Apostle Paul for dealing with stressful times and certainly, the holiday season often brings unwelcome guests like, stress and depression. And it’s no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few. At times, holidays will bring back memories of loved ones passed on often adding an additional level of coping. But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

TIPS TO PREVENT HOLIDAY STRESS AND DEPRESSION:

Acknowledge your feelings. If someone close to you has recently passed or you can’t be with a loved one, realize that it’s normal to feel sadness and grief. It’s okay to take time to cry or express your feelings. You can’t force yourself to be happy just because it’s the holiday season.

Reach out. If you feel lonely or isolated, seek out community, religious events or other social activities. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

Be realistic. The holidays don’t have to be perfect or just like last year. As families change and grow, traditions and rituals change. Choose a few to hold on to and be open to creating new ones.

Set aside differences. Try to accept family members and friends as they are, even if they don’t live up to all your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Offer them “grace” because chances are they’re feeling the effects of holiday stress and depression, too.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don’t try to buy happiness with an avalanche of gifts.

So, take control of the holidays. Do not allow them to become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays. And remember, **“Do not worry about anything, instead pray about everything.”**

Adapted from MayoClinic.org article



A Christmas Service at Trinity Woods

offered by Boston Avenue United Methodist Church

Tuesday, December 21 at 10 a.m. in the Fleming Center

Led by Boston Avenue ministers including Rev. David Wiggs, along with a group of outstanding college-age singers, this meaningful service will include Christmas carols to hear and sing, Scripture readings and pastoral reflections. All Trinity Woods members, regardless of church affiliation, are welcome to attend this special service.

No reservations necessary.



By Jennifer Rawlings, Your Friendly
Neighborhood Holiday Guru

Dementia Friendly

During the Holidays



The hustle and bustle of the holiday season is upon us, and you may be wondering what is it going to be like this year? Will it be “normal?” Will it be different? This is probably true if your family has a loved one living with dementia. One thing is certain, the holidays will still come, and they will still be celebrated.

For many families who have someone living with dementia it can add another layer of anxiety. Within the United States, there are at least 5 million people currently living with age-related dementias. To put this into perspective, it's estimated that one out of every six women and one out of every 10 men, living past the age of 55 will develop dementia. So, the odds are that you know someone living with dementia.

At the end of the day most of us do our very best to make sure all our family and guests are happy and are having an enjoyable time. Here are some helpful tips to welcome loved ones and friends living with dementia this holiday season.

Be Flexible

Go into the holiday season knowing it might look different than you think - be flexible with your plans. Changes may be necessary, have a “Plan B”. If your loved one becomes agitated by large gatherings, have a quiet place you can take your loved one to rest. Maybe have family come a few at a time to talk with them instead of all at once. Give them some space if necessary.

Respect Routine

For some living with dementia the holiday season can be disruptive to their daily routine causing them to be uncomfortable or even act out. Routine is highly important for managing symptoms of dementia and any changes to their daily schedule, seeing unfamiliar faces or being in large groups could upset someone with dementia.

Preparing Family

Talk to your family and guests prior to the gathering. Let others know the ways you have found to have successful interactions.

Other things to discuss might be:

- The stage of dementia and what symptoms they might see.
- The daily routine and why it's important.
- Being patient during conversations, without correcting or questioning.
- Don't be offended if he/she forgets you, live in the moment.
- Don't say “don't you remember” or “I've already told you that.”

If your normal family get-together now looks different, that is ok. There are still ways to enjoy this special time of the year. **Just keep it simple.** And most important - remember to take time for yourself. The best caregiver is a caregiver who takes care of themselves as well.

Dementia takes different forms for everyone and people living with dementia can thrive with the support of their family and community. Whether they are able to express it or not they are thankful for you as I'm sure you are thankful for them.

Stats from Dementia facts & figures | Alzheimer's Disease International (ADI) (alzint.org)



**Welcoming Afghans -
Cultivating Home in Unexpected Places.**
Friday, December 3 at 3 p.m. in Fleming Center
No reservations necessary.

This presentation will cover many aspects of Afghan history, culture, and the current displacement many Afghans are facing. We will try to better understand not just what Afghans have experienced, but we will also look through the lens with which they see the world. Ultimately, we will discover how to serve our new neighbors in the most welcoming way possible! We will also have an opportunity for questions and answers at the end of the presentation. Our presenter, Claira White, worked for World Relief and has years of experience living, working and spending time with Afghans.



December Events

Lots of Christmas Music for Your Delight!

No reservations are necessary
for any of the following
music programs.

**Wade Daniel, Piano
Christmas Program**
Thursday, December 2 at 7 p.m.
in Westervelt Hall, CLC

Wade Daniel from First Baptist Church, Bartlesville wowed us in his first concert on our Steinway in September so, by popular demand, he's back with a special Christmas program. Don't miss it!



Sistema Tulsa Elementary Christmas Concert
Saturday, December 4 at 10 a.m. in Fleming Center

Preparatory music students will bring us a holiday program featuring song, dance, ukuleles, and drums. Sistema Tulsa is a program of the Boston Avenue United Methodist Church in concert with community partners, the mission of which is "To nurture community and improve young people's lives through the practice of music." You will be inspired by this talented group of young people from across the city.



**Don Irwin, Piano Christmas Program
Tuesday, December 14 at 7 p.m. in Westervelt Hall, CLC**

Don Irwin has quickly become a favorite performer since his debut at Trinity Woods in 2019. Any time he is in town from his home in Texas, we welcome him for his exciting and varied programs of beautiful arrangements of your favorite popular music from past decades. This Christmas program will be our first time to hear him on our Steinway!



**University United Methodist Wesleyan Handbell Choir
Christmas Concert Thursday, December 16 at 7 p.m.
in Westervelt Hall, CLC**

Nothing says "Christmas" quite like bells. Our talented friends at University United Methodist Church will be here "with bells on" to present a special Christmas program for us.



Employee Appreciation

It is this time of year we all count our blessings –family, friends, our health. It is also the time of year that we say "thank you" to the employees of Trinity Woods.

As you may know our policy at Trinity Woods does not allow employees to accept individual gifts or tips throughout the year, but this time of the year we actively reach out to our community and solicit donations for the Employee Appreciation Fund. This year the residents of Trinity Woods are leading the charge and inviting you to express your gratitude and give thanks to those special people who are here each day to serve.

Enclosed is an envelope to give to this fund. It's not too late. Please consider a gift to express your gratitude for the wonderful Trinity Woods Team.

December Birthdays at Trinity Woods

Aurora Jackson.....	2
Royce Brooks.....	3
Linda Watts.....	3
Kathryn Brownfield.....	4
Fred Elder.....	4
Ken Tobler.....	5
Ruth Ann Odom.....	6
Jerri Brownlee.....	7
Stan Teter.....	8
Thelma "Toots" Rollins.....	9

Bud Maguire.....	10
Richard Willhour.....	10
Jessica Gledhill.....	11
Roger Goodson.....	11
Ralph Morgan.....	11
Paul Norris.....	14
Al Sowards.....	14
Catherine Hardy.....	15
Jane Mansfield.....	15
Joanna Tuers.....	15
Buddy Fallis.....	19
Jo Kirtley.....	22

Holly Parks.....	23
Barbara Doolittle.....	24
James Nelson.....	25
Anna Bertilaccio.....	26
Jim Davidson.....	28
Iline Mayrose.....	28
Dianne Rodehaver.....	28
Fred Dove.....	29
Doris Smith.....	30
Andrena Mahu.....	31

December Anniversaries

Howard and Phyllis Rhodes.....	12/7/2013
Ron and Dixie Bell.....	12/28/1957

✝ In Memory of

Alice "Anita" Dewhurst.....	10/24/2021
Jeannette Foster.....	11/5/2021
Jan Evans.....	11/5/2021
Bob Marks.....	11/9/2021

Trinity Woods Service Awards



5

Years of Service

Kelsey Knouse,
Chef Charter Oak



10

Years of Service

Lisa McFalls,
Health Administration



25

Years of Service

Eve Hargrove,
CMA, Holliman Center

Trinity Woods Welcomes a New Member Services Director



We are pleased to announce Carri Matheson is the new Member Services Director for Trinity Woods. Many may be acquainted with Carri, she has served as the Executive Administrative Assistant to Steve Dickie.

“I am excited for this new opportunity,” said Carri. “My favorite thing about working here is the interaction with our members. I hope to create an

environment where members will feel comfortable and welcome when they need assistance.”

Carri joined the Trinity Woods team as the Executive Administrative Assistant in January of 2020. She worked with Steve Dickie and Bonnie Polak. She has a Bachelor of Science in Elementary Education and Early Childhood from Oklahoma State University and taught for many years before leaving the teaching field to raise her children. She served on the Camp Loughridge Board of Directors for eight years and the Union Schools Education Foundation Board of Directors for five years.

“We are pleased to have Carri on the team,” said Dennis Graham, COO. “She has great customer service skills and I know she will work well with our community members.”

Carri and her husband Brad have been married for 28 years and have lived in Tulsa for 26 of those years. They have four boys – Isaac, Jack, John and Sam. Carri and her family attend Life Church South Tulsa and serve on the Host Team.

December STARS Employee of the Month

Shanetta Edwards,
CMA/CNA in Buehler Place



- **Start Date:** June 2019
- **Born and Raised:** Okmulgee, OK
- **Education:** Conners State College
- **Wanted to be as a Kid:** Stand Up Comedian
- **Favorite Sports Team:** Dallas Cowboys
- **Collects:** Refrigerator Magnets
- **Favorite Quote:** Be humble, be hungry and always be the hardest worker in the room.
- **Favorite Thing about working at Trinity Woods:** That I can put a smile on someone's face, especially a resident.
- **What her supervisor says:** “Shanette is truly one of the best and most dedicated employees. Her smile, personality, heart, and love of the elders shines every time I see her. I feel very fortunate that she is part of my team!” Tammy O'Steen, Buehler Household Manager.

Welcome to the Woods!

Allison Fallin – Crestwood

We are excited to welcome Allison Fallin to the Trinity Woods neighborhood! Allison is originally from Philadelphia, PA. Growing up she attended Lower Marian Public Schools, where she was the first blind student. She is a graduate of Eastern Baptist College in St. Davids, PA with a degree in English.

Allison and her late husband, Joe, moved to Tulsa in 2007. She has two children who live in New York and three grandchildren who call her Nana. She is excited to be here and looking forward to getting more familiar with the campus. In fact, she is even helping us make sure our braille lettering is correct throughout the campus.

Prior to retirement Allison worked in New York for the Central Association of the Blind and Visually Impaired in the call center and as a receptionist. “I really enjoyed working and getting to talk to so many different people. I am really a people person,” said Allison.

So far, the best things about living at Trinity Woods are the food and the size of her new home. “The onion rings are great, and the desserts are to die for.” She is looking forward to meeting more people in the community and attending more programs.



Allison Fallin

Tina Pickle – Villa

Tina Pickle is an Oklahoma native. She grew up here and attended Will Rogers High School. She enjoys reading, playing buncos, helping with special events and collecting different types of figurines. Tina has quite the collection of Precious Moments and Belsnickels.

Prior to moving to Trinity Woods, she lived in Catoosa with her late husband, John. Tina and John were married for almost 63 years. They met when Tina was a teenager working a summer job for her uncle in Mississippi. “We met and dated while I was still in high school and when it was time for me to attend college, he proposed. I said yes and never looked back,” said Tina.

Tina and John had several small businesses prior to their retirement, including RuJo Raceway in Catoosa. “At one time we had five small businesses and little kids, it was pretty busy.” She has three children and five grandchildren and one great-grandchild.

She is thrilled to be at Trinity Woods and loves the location in midtown. “I like the friendliness of the community and the variety of the activities available to the residents.”



Tina Pickle



Trinity Woods Leadership Team

Steve Dickie
CEO

Jim Ginther
Senior VP of Finance

Dennis Graham
Chief Operating Officer

Bill Peterson
VP of Human Resources

Bonnie J. Polak
VP of Philanthropy and
Community Engagement
and Editor

Jennifer Rawlings
VP of Wellness

Jacob Will
VP of
Health Services

Phone Number:
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**Formerly
Oklahoma Methodist Manor**



Christmas Memories.....

Hal Bockelken

One year when I was 8 years old, my brothers and I got an Erector set for Christmas. We lived in a two-story house, so we set it up at the top of the stairs and then make a system where we could lower stuff down and bring it back up. We played with that set all day long.

**Jill Hoilien**

I remember when I was in the second grade, and I gave my neighbor and her dad chicken pox for Christmas! My friend recovered quickly but her dad was really sick and too contagious for their usual family gathering. I was their only guest for Christmas dinner.

Joann Derr

When I was a kid, my brother was in the hospital for a long time with Polio. The doctors didn't think he would be able to come home in time for Christmas, but he was determined. Finally, he got better and was able to spend Christmas with us. To this day he is doing good and I just love being around my family during the holidays.

**Don Snediker**

One Christmas Eve when we lived in Pennsylvania, we had our grandkids visiting and all of a sudden there was a knock on the door. I opened it and there was Santa with gifts for all the kids. He even called each child by name. Grandmothers are very special people and have great connections.

Carol Tobler

When I was 4 years old all I wanted was a kitchen play set. In our neighborhood there was a retired minister who would dress up and deliver presents. So, my parents put my kitchen together and put it on the porch for him. Then on Christmas Eve there was a knock at the door and Santa delivered my kitchen!

