

The Trail MIX

The neighborhood news from Trinity Woods | Issue: January 2022



Opening in the Crestwood Building Medical Clinic on Campus



Trinity Woods

Belong. Believe. Become.

In this issue:

New Medical Clinic

2022 Member Council

January Wellness

Moving forward in 2022
and being well.

New Neighbors

Meet Jim and Linda Pat, Margaret,
Jerry and Latricia!

Trinity Woods is excited to announce the opening of a new medical clinic on campus. “We are very pleased to announce a new phase in the partnership between Trinity Woods and the OSU Center for Health Sciences for the clinic,” said Steve Dickie, CEO.

The clinic is located on the bottom floor of the Crestwood building just outside the Spann Wellness Center west entrance. The location, which used to be the salon, has been completely renovated to accommodate its new purpose. In addition to primary care visits, the space will be used for lab draws, Podiatry and Audiology.

“The area has been remodeled with new walls, doors, lighting and plumbing,” said Jesse Stark, Trinity Woods, Project Coordinator. “The new space includes a private reception area that is spacious and quiet, an exam room, and a private physician consultation room.”

Along with the clinic we are pleased to introduce Dr. Marinn Rank, D.O. as the new physician on campus. Dr. Rank earned a Bachelor of Science in Psychology graduating with honors from OSU. She attended Oklahoma State University College of Medicine and did her specialty training in the Oklahoma State University Family Medicine Residency Program. She is Board Certified by the American Board of Osteopathic Family Physicians. Dr. Rank serves as Assistant Clinical Professor of Family Medicine in the Oklahoma State University Center for Health Sciences Family Medicine Residency program.

The new clinic will officially open its doors later this month. The central location will provide easy access for all community members. The clinic will be open from 1-5 p.m. on the 2nd and 4th Thursday of each month. To schedule an appointment or learn more about utilizing Dr. Rank, contact Lupina Fry at 918.346.6618.

LEAVE IT BEHIND AND MOVE FORWARD



By Weldon Tisdale, Chaplain

“But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.” Philippians 3:13b-14

The beginning of a new year is an opportune time to start afresh. Don't let 2022 just be another year of moving forward – make it a year of leaving some things behind. Past hurts, failures, pains, decisions... are often weights that hinder our ability to move forward. Even good things that are energy drainers could potentially need to be left behind. If you have done something you thought was meaningful without getting meaningful results, maybe, it's time to leave it (or them) behind as well.

Actually, any unnecessary weights or baggage should be left behind. Sometimes that includes individuals who have become baggage by occupying too much of your time, space, and energy, unnecessarily. Leave them behind and love them from a distance.

Ultimately, the most difficult thing to do is move forward when you are totally focused on the past.

As one who was intimately aware of hurts, pains, beatings, and shipwrecks in life, the Apostle Paul

- Don't look back; you are not going that way.
- The past is your lesson; the present is your gift; the future is your motivation; therefore, **KEEP MOVING FORWARD!**
- The past is a place of reference not a place of residence.
- Don't stumble over something behind you.

teaches us the importance of forgetting past things and moving forward. He encourages us to press on towards a greater prize.

Just a reminder: faith is the key element for moving forward. Your heavenly Father did not create you to live a life of mediocrity – you were created to live life in the faith lane. The faith lane is not to be mistaken for the 'fast lane' because often it is just the opposite. Patience will be required as you embark on the new.

There is so much more ahead of you than behind you. Like Paul, let it go, leave it behind and move forward.



Front Row
(left to right)
Bill Moorer,
Shirley Frizzell,
Chuck Hanna,
Phyllis Rhodes

Back Row
(left to right)
Glenna Hertzler,
Rollie Rhodes,
Sue Duncan,
Paul Hockett,
Jenneth Sheeler,
Howard Rhodes,
Charlotte Frazier,
Fred Elder

Member Council 2022

By Jennifer Rawlings, Your Friendly
Neighborhood New Year Goal Setting Guru



Be WELL

IN THE NEW YEAR

What if your health and well-being were your job? What if it was your top priority? It is the time of year when most people set their goals and then want to see instant results.

I encourage you to resist the temptation to give up, especially if you don't see immediate results after the first two weeks. Your health is a work in progress. You must find what works for you. Your success is built upon failures and trials. Never quit when you are struggling; you only fail when you quit. As long as you are working toward your goal, you are making progress. It doesn't matter how slow or how fast you are going as long as you keep going. You are worth it!

If your health is something you think about every day or even if it is something you only think about when you have to, you are still making progress by thinking about it at all. Your health is the product of small choices you make every day. Remember skipping one workout or eating one dessert doesn't make you unhealthy

and doesn't derail your goals. However, skipping a workout more often than not and fueling your body with processed foods will take you farther and farther away from your healthy goals for well-being!

Make your health a priority to make your life better. Being well is not a punishment to your body, it is something you are doing that is good for you. Celebrate, embrace, and be proud of being well. It's all about your mindset.

Love yourself and allow the struggle to help you grow. Enjoy the process; remind yourself of the small wins and focus on where you want to go. You owe it to yourself to do the best you can and invest in you!



INTRODUCING the Trinity Woods new Marketing and Sales Team

Trinity Woods recently announced the restructuring of the Sales and Marketing Department. We have reassigned some responsibility and added a new sales representative. This reorganization will allow us to better promote the overall Trinity Woods community and offer a more personalized sales approach.

In the new structure Bonnie Polak will serve as the Vice President of Philanthropy and Community Engagement. In this role she will continue to be responsible for philanthropy but will extend her public relations role to include marketing the community and oversight of the two-person sales team.

"I am eager to be part of this team," said Bonnie. "We are at an exciting time for Trinity Woods not just because of our new name and brand but all of the new amenities we have to offer. Trinity Woods is an amazing community of caring and kind people. I look forward to our team sharing that with others."

Nadine Barnes and Kristi Hinesley are the Trinity Woods sales representatives and will work with prospective members to showcase the community. Both have extensive senior living sales experience and expertise to highlight the heart and neighborly feel of our community. Nadine has served the Trinity Woods community

for the past 10 years and Kristi comes to us from another senior living community. The structure will be a true team approach allowing each of them to help prospects find their perfect home on the Trinity Woods campus.

This next year we look forward to introducing more families to this great community. We know our current members are our best reference so if you know of someone looking for their new home, please reach out to Nadine and Kristi. Remember there are incentives for referrals and rewards if your friends join our community!

January Events

Star-Making with Tulsa Youth Opera
Tuesday, Wednesday, and Thursday,
January 4-6 at 5:00-8:00 p.m.
Community Life Center, Howard Plowman Classroom
No reservations necessary.

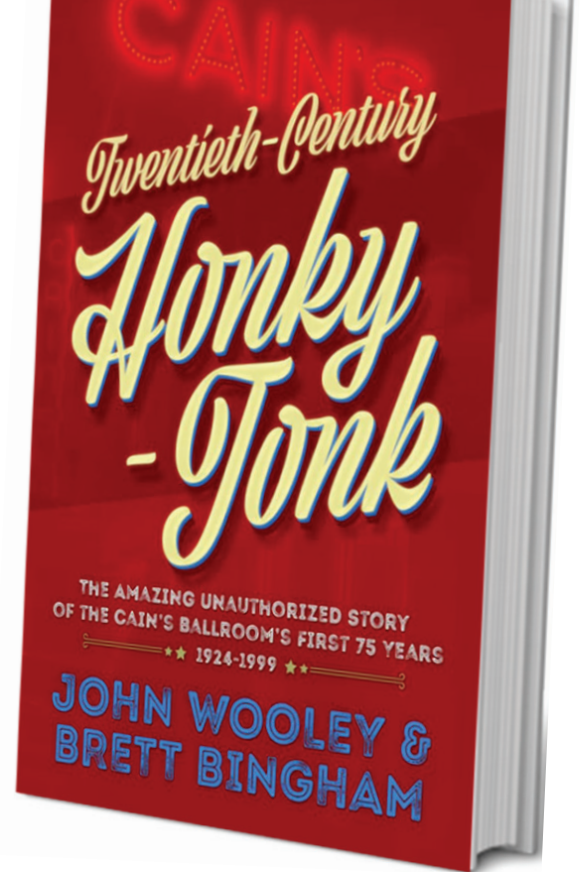
Be a part of the show! Join the cast of Tulsa Youth Opera in cutting out and decorating stars to adorn the walls of Westervelt Hall for the performances of Amahl & the Night Visitors. This will be a chance to create and to interact with these talented young people who will be performing for us. Come and go as your schedule permits.

Amahl and the Night Visitors



Tulsa Youth Opera at Trinity Woods: Amahl & the Night Visitors
by Gian Carlo Menotti
Friday, January 7 at 7:30 p.m. and
Saturday, January 8 at 2:30 & 7:30 p.m.
Community Life Center, Westervelt Hall

This one-act, fully staged opera in English tells the story of Amahl and his mother as they encounter the three kings who are journeying to bring gifts to the baby Jesus. It is an inspirational story of faith, told from the perspective of a child. Admission is free but tickets are required. If you have not already received your tickets, please call the Reservation Hotline (918-346-6689) to see if any more space is available.



Local Author Night: John Wooley and Brett Bingham
Twentieth-Century Honky-Tonk:
The Amazing Unauthorized Story of the Cain's
Ballroom's First 75 Years
Tuesday, January 18 at 7:00 p.m. in Fleming Center
No reservations necessary.

Join authors John Wooley and Brett Bingham for a look at their new book about a Tulsa icon. It was supposed to be a car dealership. Instead, it became one of the most famous American music venues of all time. For the first time ever, all the secrets of the hottest honky-tonk of the 20th Century, the Cain's Ballroom, are revealed, in the words of the people who made it happen.

Spanning the famed venue's first 75 years, from 1924 through 1999, Twentieth-Century Honky-Tonk tells it all, from Bob Wills and His Texas Playboys—who became a national sensation with their clear-channel ballroom broadcasts—to U2, the Police, and Van Halen. Books will be available for purchase and signing at a cost of \$20, cash or credit card accepted.

John Wooley is a writer, novelist, lecturer, filmmaker, and radio and TV host who specializes in the movies, literature, and music of the 1930s and '40s as well as other pop-culture history. Brett Bingham has managed and booked dozens of musical acts, specializing in western Swing. Currently, he's the business manager for Bob Wills' Texas Playboys under the direction of Jason Roberts.



Eicher Thursday
Thursday, January 13 in the
Community Life Center, Westervelt Hall
Tickets required. RSVP on the weekly
Wellness Reservation Form.

Young Talent Discovery Night: Tulsa Opera's Traveling Voices
Thursday, January 27 at 7 p.m. in the
Community Life Center, Westervelt Hall
No reservations necessary.

6:00-6:45p.m. Buffet Supper of Philly cheese steak sandwich, chips, cookie and a drink.

6:45-7:30 p.m. Program featuring Fiddler Shelby Eicher his wife, vocalist Janet Rutland, along with pianist Scott McQuade.

Members of Tulsa Opera's Filstrup Resident Artists will perform a concert of musical theatre and opera. The evening will include selections from Tulsa Opera's upcoming production of Emmeline by Grammy Award-winning composer and Tulsa Opera Artistic Director, Tobias Picker. Come enjoy the amazing voices of these talented, young professionals from all over the country.

January Birthdays
at Trinity Woods

Frances Baber.....1	Ken Weston.....8	Junella Simmons.....19
Emily Capehart.....1	Dorothy Gibbons.....9	Judy Marquis.....20
Vicky Langston.....1	Hal Bockelken.....12	Gerry Randall.....22
Margie Herndon.....2	Jill Hoilien.....12	Anne Belt.....24
Mike Reynolds.....4	Mary Duffy.....13	Rev. Guy Langston.....25
Mary Pearson.....5	Pat DeLong.....14	Latricia Lingenfelter.....28
Myrna Dahlstrom.....6	Patricia Michael.....14	Linda Santiago.....28
Rev. Carl Cartwright.....7	Mary Alice Claybaugh.....15	Alberta Fisk.....29
	Opal Douglass.....17	Joan Nightingale.....30
	Constance Houghton.....19	

Editor's Note: A couple of birthdays were inadvertently left off the December birthday list, please allow us to extend a belated Happy Birthday to Anna Richardson on December 6th and Bill Shortridge on December 9.

January Anniversaries

Gary and Dorothy VanFossen.....1/1/1959
Ken and Leota Johnson.....1/3/2003
Paul and Shirley Hockett.....1/14/1955
Terry and Marcia Seba.....1/17/1969
Bill and Versa Bailey.....1/20/1951
John and Judy Marquis.....1/24/1959

✝ In Memory of

Theresa Gormley.....11/13/2021
Audrey Ewing.....11/22/2021
Lucille Esau.....12/1/2021
Earl Tuers Jr.....12/3/2021
Barbara Dawson.....12/7/2021

Welcome to the Woods!



Jim and Linda Pat Colgan
Patio Home

Trinity Woods is excited to welcome the Colgans. Jim and Linda Pat joined the neighborhood recently and have been enjoying getting to know everyone. They are originally from Duncan, OK and have been married for 61 years.

Jim and Linda Pat met in high school. Jim's mom was Linda Pat's first grade teacher. They started dating when she was a senior in high school and married three months after graduating from Duncan High School.

Jim received his Business Administration and Juris Doctorate degrees from The University of Tulsa. He spent most of his career in the savings and loan industry working as the president for State Federal Savings & Loan in Tulsa and then later Landmark Savings & Loan in New Orleans, LA. Prior to retirement Jim served as the Tulsa Field Director for Housing and Urban Development. He was even awarded National Field Office Director of the Year in 2003 at a ceremony in Washington, D.C.

Linda Pat has been a career volunteer serving her children's schools, church, and Little Light House. She is most proud of her service to Habitat for Humanity where she volunteered for 12 years. Currently, Linda Pat is the Congregational Care Minister for Asbury United Methodist Church.

The Colgans have three children – two sons and a daughter. They are also Pappa and GiGi to three grandchildren and one great grandchild. They are excited to get more involved in campus life this month and experience all the things Trinity Woods has to offer.

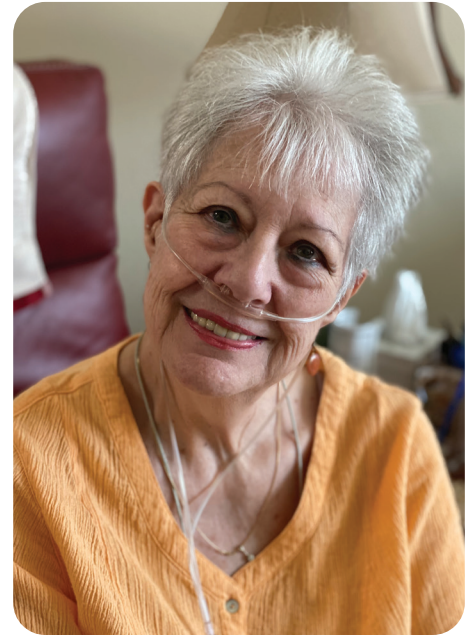
Margaret Newendorp – Crestwood

Margaret is originally from Okmulgee, OK but most recently lived in Golden, CO for the past 11 years. She moved back to Oklahoma to be closer to her family. Margaret selected Trinity Woods because she has been a "lifelong Methodist and loved the facility and people."

Margaret attended Oklahoma City University and received her degree in elementary education and later her Master's degree.

Prior to retiring Margaret served as the PTA President at her children's school, a Sunday school teacher, children's choir director and tutored elementary students. The majority of her career was spent in a school classroom as a teacher. "Teaching allowed me to use all my talents in art and music as well as be with kids."

Margaret is a collector of small tea pots, artwork, and angels. She has several hobbies: from needle work, to macramé, to bowling she "has tried them all." She is still learning the campus but is hoping to find a bridge group and get involved.



Jerry and Laticia Lingenfelter – Crestwood

The Lingenfelters are excited to be settled in their new home at Trinity Woods. Jerry and Laticia most recently moved from Claremore, OK. They have been married for 62 years and have two children.

Jerry is originally from Claremore and is a graduate of the University of the Ozarks in Arkansas. He received his bachelors' in elementary music and went on to get his master's degree in music education. He was a teacher in Siloam Springs, AR for 3 years but spent the majority of his career in Claremore Public Schools. He is an avid trumpet player and played with the Tulsa Community Band for over 10 years. He has even played several performances for the Trinity Woods community.

Laticia grew up in Lamar, AR and attended John Brown University. She received her degree in education and a master's degree from Northeastern State University. Laticia was also a career educator and taught business education at Claremore High School for 27 years. Prior to retirement she was the organist for Trinity Baptist Church in Claremore.

They love their new neighbors and "everyone had been so wonderful." The Lingenfelters are slowly getting involved in more campus activities such as Bible study, yoga and attending concerts. "We are really enjoying all the walking trails," said Laticia.



Trinity Woods Service Awards

5

Years of Service

Cheryl Hrdlicka,
Director of Nursing

Get To Know Emily Rose

We are excited to welcome Emily Rose to the Wellness Team. She is taking the role of Wellness Assistant and will be handling reservations for Wellness programming. She will also be helping implement Viibrant the Wellness engagement portal to the community. We are excited about Emily’s love for photography and her creative skills. The Wellness Team is looking forward to seeing how she can bring different touches to our programs.



- » **Born:** North Carolina
- » **Raised:** Wagoner, Oklahoma
- » **Hero:** My Mom
- » **Favorite Sport:** Soccer
- » **Hobbies:** Sewing and embroidery
- » **Motivation:** Moving forward in life and growing as a person
- » **Favorite Quote:** Don’t stop believing!
- » **Fun Fact:** “Going to Goodwill is my therapy, it is how I recharge.”

January STARS Employee of the Month

Candy Ramirez, Cook, Employee Corner Cafe



- » **Start Date:** August 2011
- » **Born and Raised:** Texas
- » **Described by Friends:** Caring, helpful, attentive and does the right thing
- » **Favorite Holliday:** Family birthdays!
- » **Favorite Recipe:** Salsa – Green or Red
- » **Favorite Quote:** “This isn’t Burger King but you can have it your way – upon availability.”
- » **Favorite Thing about working Trinity Woods:** “Doing what I love to do, helping and serving and especially cooking for my employees.”
- » **What her supervisor says:** “Candy is a very caring person. She works tirelessly to ensure superb service to every employee.” - Richard Applegate, Food Services Director.



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

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REQUESTED**



*Thank
You*

Thank you for donating to the 2021 Employee Appreciation Fund! The Trinity Woods Team say Thank You for blessing them this Christmas!

