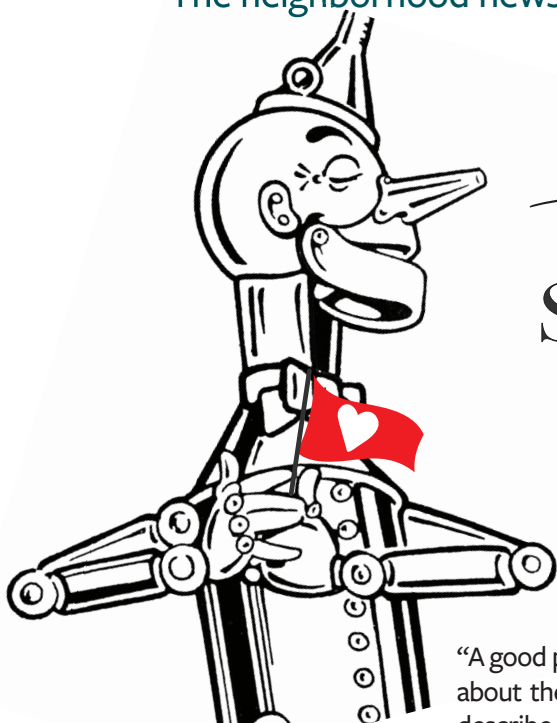


The Trail MIX

The neighborhood news from Trinity Woods | Issue: February 2022



The Tin Man SOCIETY DINNER

February 22, 2020 at 6:00 PM
In Speaker Jill Donovan,
Founder and CEO of Rustic Cuff
In Westerfelt Hall at Trinity Woods



“A good person brings good things out of the good stored up in their heart.” When I think about the Trinity Woods Tin Man Society this verse from Luke 6:45, is the best way to describe it. The Society takes its name from the Tin Man in the Wizard of Oz. The Tin Man proved by his actions that he indeed had a heart. The wise wizard encouraged him to have a testimony to match his big heart.

When the Tin Man Society was established in 2013, sharing good deeds was exactly its purpose. The Society was created by members as a way to share their good fortune with others and to ensure the mission of Trinity Woods endures. It is a legacy giving program that recognizes donors who support Trinity Woods through their estate plans, will, or gifts of assets. Learn more about legacy giving options and becoming a Tin Man Society member on page 3.

“The Tin Man Society is our way of acknowledging a donor’s commitment to the future of Trinity Woods,” said Steve Dickie, CEO. “Making a legacy gift reflects the donor’s ongoing commitment to our mission. It enables a person to act on their convictions and make a difference for years to come.”

This year we are excited to showcase this special Society to the entire community. On Thursday, February 22, Trinity Woods invites all community members and supporters to attend a special event with guest speaker Jill Donovan, founder and CEO of Rustic Cuff.

Jill Donovan can be described perfectly as passionate and purposeful. She is not only the founder of Rustic Cuff but author of *The Kindness Effect*. Jill’s heart for people and community has allowed Rustic Cuff to give hundreds of thousands of dollars to communities and charitable causes.

Learn more about leaving a legacy and about *The Kindness Effect* at this very special evening that celebrates the Trinity Woods Tin Man Society. For more information or to attend the event, contact Heidi Garrett at 918.346.6671 or hgarrett@trinitywoodstulsa.com.



Trinity Woods

Belong. Believe. Become.

In this issue:

Tin Man Society
Leaving a Legacy

February Wellness

Maintain Don’t Gain Results
Way to go Trinity Woods!

New Neighbors

Meet Mary, Norma, and
Don and Chris!

CELEBRATION OF BLACK HISTORY MONTH



Faith is taking the first step even when you don't see the whole staircase.

-Martin Luther King, Jr.

By Weldon Tisdale, Chaplain

February marks Black History Month, a tribute to African American men and women who have made significant contributions to America and the rest of the world in the fields of science, politics, law, sports, the arts, entertainment, and many other fields.

No one has played a greater role in helping all Americans know the Black past than Carter G. Woodson, the individual who created Negro History Week in Washington, D.C., in February 1926. Woodson was the second Black American to receive a PhD from Harvard—following W.E.B. DuBois by a few years.

To Woodson, the Black experience was too important simply to be left to a small group of academics. Woodson believed that his role was to use Black history and culture as a weapon in the struggle for racial uplift. By 1916, Woodson had moved to DC and established the “Association for the Study of Negro Life and Culture,” an organization whose goal was to make Black history accessible to a wider audience.

Woodson was a driven man whose only passion was history, and he expected everyone to share his passion. This passion led Woodson to create Negro History Week in 1926, to ensure that school children be exposed to Black history. Woodson chose the

second week of February in order to celebrate the birthday of Abraham Lincoln and Frederick Douglass.

“Real education means to inspire people to live more abundantly, to learn to begin with life as they find it and make it better,”

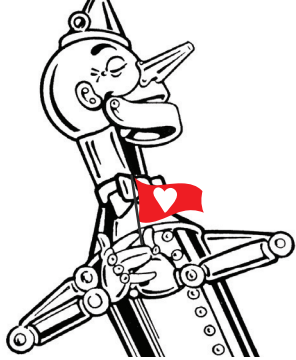
-Carter G. Woodson-

Woodson had two goals: One was to use history to prove to white America that Blacks had played important roles in the creation of America and thereby deserve to be treated equally as citizens. In essence, Woodson—by celebrating heroic Black figures—be they inventors, entertainers, or soldiers—“hoped to prove our worth, and by proving our worth”—he believed that equality would soon follow. Ultimately Woodson believed Negro History Week—which became Black History Month in 1976—would be a vehicle for racial transformation forever which was his second goal.

Black history is American history.



What if you could choose your neighbors? What if they were already your friends? We know that our members and families are our best reference. This month we are announcing the 2022 Member Referral Program. Refer a friend and receive \$2022 toward monthly service fees for both of you, if they move in! Contact Nadine Barnes or Kristi Hinesley today for more details about the Referral Program! 918.574.2590



By Bonnie Polak, VP of Philanthropy
and Community Engagement



Legacy Gifts and Becoming a Member of the Tin Man Society

What does it mean to leave a legacy? Simply put it means leaving your mark on the future and making a contribution to future generations. What a powerful thing to do something that will bring joy, peace or security to people you may never know.

At Trinity Woods individuals who leave a legacy gift are part of our Tin Man Society. Each member of the Society will be part of this community long after they are no longer living here. Imagine helping a future neighbor at Trinity Woods that you don't even know and who has not even selected Trinity Woods for their home yet.

WAYS TO LEAVE A LEGACY:

- **Will or Revocable Living Trust:** Designate a specific or percentage amount to go to Trinity Woods a contingency bequest names Trinity Woods to receive the remainder and residue of your estate if other beneficiaries are deceased or cannot inherit.
- **Current gifts that establish a permanent endowment.**
- **Charitable Gift Annuity:** You donate your cash or appreciated property in exchange for a fixed income (with rates based on your age) for the rest of your life.

- **A Charitable Remainder Trust** pays you income for life. With a Unitrust there is the potential that your income could increase over time with growth in the trust. An annuity trust pays out a fixed amount each year based on the value of the property donated at the time it is gifted.
- **Insurance Policy:** You can give your life insurance policy to Trinity Woods and receive a charitable income tax deduction. Then make deductible contributions each year that we may use to pay the premiums. You can also designate Trinity Woods as the beneficiary of your life insurance policy.
- **Beneficiary designation on IRAs, CDs, commercial annuities, savings accounts, and savings bonds.** Also, if you are 70½ or older, you can make a gift of up to \$100,000 to Trinity Woods from your IRA to meet your annual distribution requirement. By making an IRA charitable rollover gift, you are able to avoid taxes on the IRA distribution while supporting our charitable mission.

By doing any of the above, one becomes a member of the Tin Man Society. I encourage you to think deeply about the areas of your life where you can leave a lasting legacy. Trinity Woods is a community of kind, compassionate people and through your generosity, others will be able to experience it for years to come.



Measure It so you can Manage It

THE CHALLENGE RESULTS ARE IN!

By Jennifer Rawlings, Your Friendly
Neighborhood Measuring and Managing Guru

This year's Maintain Don't Gain Challenge was a huge success! We are excited to report the Trinity Woods community is definitely up for this annual fitness challenge. Each year as a Wellness Team we like to brainstorm what we can do to help our community members and employees set and reach their health goals.

We view this challenge as an important opportunity for setting goals in the holiday season and conscious of your body composition and diet. The goal is to help members and employees recognize and understand that weight is composed of multiple factors. We often get too

caught up in the number on the scale rather than considering aspects of muscle mass and body fat. The challenge was not merely based on weight. The challenge was for participants to maintain or lose body fat over the holiday season. To meet the challenge, you could not gain 5 lbs or more of body fat.

While the results are still coming in for the Trinity Woods employees, we can inform you that the Trinity Woods community members met the goal this year as 96% of those participating successfully completed the challenge. A total of 56.7 lbs of muscle was gained and 105.5 lbs of fat was lost over the holiday season! That makes this wellness challenge our most successful one yet. Way to go TW Community!

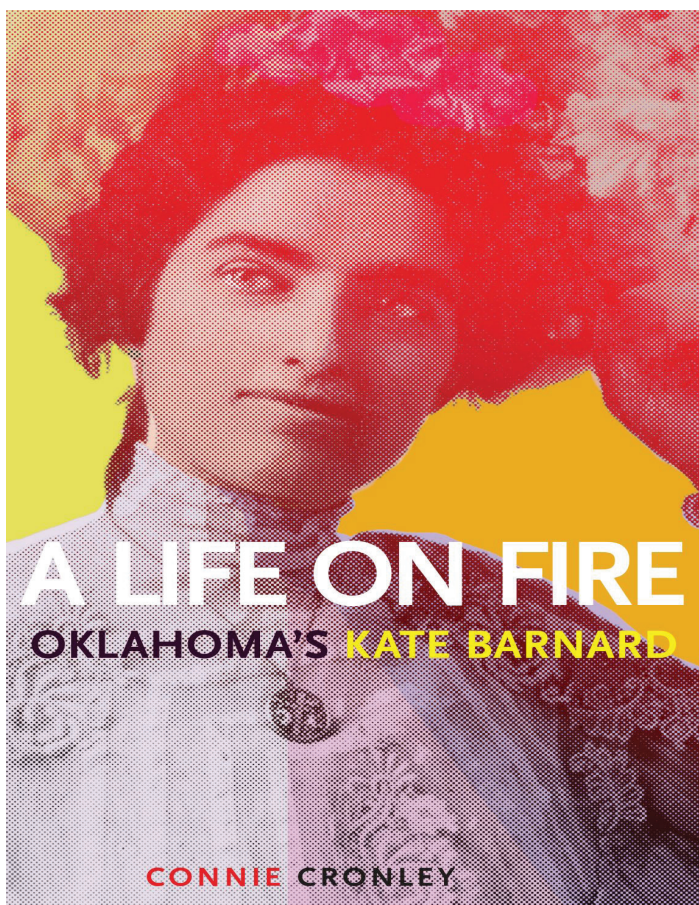


♥♥♥ February Events

Local Author Night: Connie Cronley: *A Life On Fire:*
Oklahoma's Kate Barnard
Thursday, February 3 at 7 p.m. in Fleming Center
No reservations necessary.

A Life on Fire is Connie Cronley's biography of Kate Barnard (1875–1930), a fiery political reformer and the first woman elected to state office in Oklahoma 1907—almost fifteen years before women could vote. She was a national celebrity, known as “The Good Angel of Oklahoma,” a progressive reformer who shaped the state's policies for public education, child labor, penal reform, and modern care for patients in mental health hospitals, jails and prisons. But then she took on the “Indian Question,” the theft of Indian estates, a precursor of the Osage murders in *Killers of the Flower Moon*. Corrupt legislators and grafters closed ranks and destroyed her and her state office. She is arguably the most important woman in Oklahoma history. Books will be available for purchase and signing for \$30 cash or check.

Connie Cronley is the author of three books of essays and co-author with the late Edward Perkins of *Mr. Ambassador: Warrior for Peace*. She is an enrolled citizen of the Cherokee Nation of Oklahoma.



Valentine's Celebration

Friendship, Community, and Love

Thursday, February 10, in the Community Life Center

4:30 P.M. - Mocktails in the Lobby

5:00 P.M. - Westervelt Hall opens for
dinner followed by entertainment

RSVP on the Wellness Reservation Form by February 2.
Ticket Cost: \$18 per person and may be charged to your
Trinity Woods account.

After enjoying mingling and mocktails in the Ruth Westervelt Lobby, take a seat for an extra special (gluten-free) menu of Avocado Crab Salad with Lemon Vinaigrette, 4 oz Filet with Red Wine Demi-glace, Porcini Risotto, Baby Carrots, and Raspberry Lemon Mousse Duo. Then relax and enjoy the music of Denise Hoey and her trio. They will perform favorites from the Great American Songbook and more. A native Tulsan, Denise's music credits include headlining at the Alabama Theater, Myrtle Beach, SC., the national tour of the Cole Porter Review “I Get A Kick Out Of Cole” and starring on cruise ships across the globe in her solo show “As Long As I'm Singing”. For 20 years Denise made her home in “Music City” (Nashville, TN,) singing at The Grand Ole Opry and sharing the stage with legends like Martina McBride, Garth Brooks, Trisha Yearwood, and Vince Gill. This will be an extra special evening for all to enjoy!



Saturday with the Symphony
Saturday, February 12 at 2 p.m. in Fleming Center
No reservations necessary.

Musicians of the Tulsa Symphony will be back to bring us a musical gift of chamber music, some to broaden your musical horizons and some to soothe your soul:

Vivian Fung: Pizzicato for String Quartet
 Françaix: Woodwind Quintet No. 1 for Flute, Oboe, Clarinet, Bassoon, and Horn
 Schubert: String Quintet in C for 2 Violins, Viola and 2 Cellos

Don't miss this special opportunity for world class music right at your doorstep!

Special Bonus! On Friday, February 4, at 2 p.m. in Crestwood Theatre, celebrated music educator Ron Wheeler will present "Learn What You'll Hear" to teach us about the these three pieces, share musical samples, and tell us what to listen for when we host Saturday with the Symphony. No reservations necessary.



Eicher Thursday: Supper, Socializing, and Super Music
Thursday, February 24 in the Community Life Center,
Westervelt Hall

Tickets required. Members are free. Guests are \$7.
RSVP on the Wellness Reservation Form.

6:00-6:45 p.m. Buffet Supper & Socializing

Since it was such a hit, we're bringing back the menu of ham and Swiss croissant sandwiches, red and green grapes, and eclairs for dessert. Yum!

6:45-7:30 Program

Fiddler Shelby Eicher will now be joined every month by his wife, singer Janet Rutland! This month Shelby and Janet will share the stage with fingerstyle guitarist extraordinaire Tommy Crook. Inducted into the Oklahoma Music Hall of Fame in 2007, Crook has played with many artists including J.J. Cale, Chet Atkins, Merle Haggard and Leon Russell.

**February Birthdays
 at Trinity Woods**

Norman Dietert.....	1
Mary Ann Kirk.....	3
Nevin Loerke.....	4
Suzanne Sartin.....	5
Chris Hoose.....	6
Renea Hudson.....	6
Linda Cypert.....	9
Verna Matheny.....	13

Becky Neuhaus.....	13
Shirley Patterson.....	15
Margaret Audrain.....	16
Vic Hairston.....	17
Bill Kirwin.....	18
Sally Percy.....	18
Lillian Wetzold.....	20
Beth Dunkin.....	21
Richard Hedger.....	23
Anne Johnson.....	23

Stella Schwartz.....	23
Judith Coles.....	24
Don Hoose.....	24
Martha Niceswanger.....	25
Helen Blankenship.....	26
Mike Williams.....	26
Shirley Carle.....	27
Mel Pearson.....	28

February Anniversaries

Rev. David and Claudia Thomas.....	2/5/2016
Don and Jackie Green.....	2/6/1953
Don and Chris Hoose.....	2/6/1960
Tom and Anna Freeman.....	2/6/2014
Jan and Bernie Skinner.....	2/21/1981



In Memory of

Jerri Brownlee.....	12/25/2021
Mardell Campbell.....	12/28/2021
Irma Droske.....	1/2/2022
Anna Bertilaccio.....	1/7/2022
Johanna Boshuizen.....	1/8/2022
Duane Treat.....	1/9/2022
Alberta Fisk.....	1/12/2022

Welcome to the Woods!



Mary Davis – Crestwood

Mary Davis – Crestwood

This month we welcome Mary Davis to the neighborhood. Mary was born and raised in New Mexico. She grew up mainly in the small town of Gallup and is a graduate of Gallup High School. She is one of 13 children - eight boys and five girls.

She met her late husband, Tim, when he was in the Air Force and stationed in Gallup. They were married for 65 years and had three children. Her favorite thing to do is read. "I can get lost in a book and miss a whole day," said Mary. "I love all books, especially books on history."

She spent most of her life raising children and being a homemaker. Prior to retirement she worked for Gulf Stream, an aerospace company, in Mustang, OK. She first started delivering the mail and then moved to department that handled all the blueprints for the planes. "I just loved working there because I enjoy being around people."

She moved to Tulsa and selected Trinity Woods to be closer to her daughter. Mary loves the location of her new home and thinks the food is wonderful. "There is a lot to do here." She is looking forward to getting into an exercise class and attending Bible study.

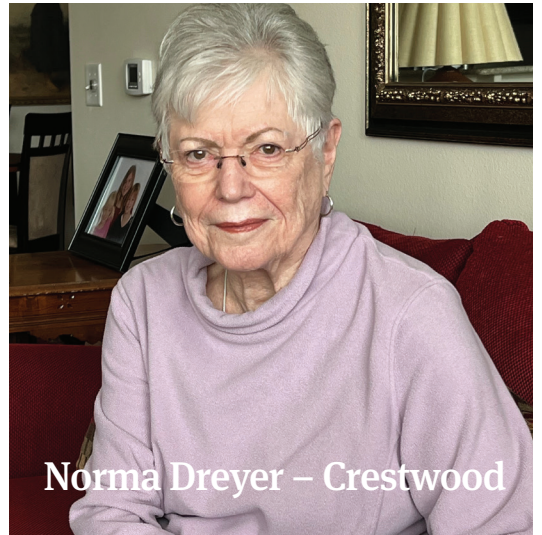
Norma Dreyer – Crestwood

Norma Dreyer was born in Hayes, KS but was raised in Burbank, CA. She received her bachelor's degree in English from the University of Redlands in California and her master's degree in English from University of Oklahoma. Norma and her late husband, Ed, moved to Tulsa in 1971. They were visiting family and liked it so much they stayed.

Norma and Ed both were lifelong educators. Norma spent 27 years as a librarian in Tulsa Public Schools. She worked at several locations throughout the district with middle and high school students. She has always loved books and enjoyed sharing her love of reading with students.

A fun fact about Norma is that when she was in college, she was part of the concert choir and toured with the group performing Amahl & the Night Visitors. She was excited to attend the performance last month by the Tulsa Youth Opera, who performed the same show. "I really enjoyed it and found myself being overwhelmed with good memories."

In her spare time Norma enjoys cross stitching, playing bridge and reading. She is happy to be at Trinity Woods and is looking forward to meeting more people and getting involved.



Norma Dreyer – Crestwood



**Don & Chris Hoose
Crestwood**

Don & Chris Hoose

Meet Don and Chris Hoose! The Hooses have been married for 62 years (on February 6th) and are pleased to be settling into their new home at Trinity Woods. They met when Don was an engineering student working for a firm where Chris was the "blueprint girl." Prior to retiring they owned and managed a company specializing in high-tech fin tube and fin pipe manufacturing.

Don was born and raised in Tulsa and graduated from Will Rogers High School. He attended the University of Tulsa and where he received a petroleum engineering degree. Don enjoys fishing, spectator sports, and being part of Green County Mustang Club. Don was honored as the Distinguished Alumnus in 2016 by the University of Tulsa.

Chris was born and raised in Grove, OK and graduated from Grove High School. She attended business school in Tulsa. She enjoys playing bridge, being part of the Garden Club and traveling. They love to travel and even took a trip around the world, which has been one of their favorite adventures.

Don and Chris have two sons who live in Tulsa – one who runs the family business, and the other is a chiropractor. They love spending time with them and their four grandchildren.

Welcome Heidi!



Trinity Woods is excited to welcome Heidi Garrett to the team! Heidi is the new Executive Administrative Assistant to Steve Dickie, CEO, and Bonnie Polak, VP of Philanthropy and Community Engagement. She was born in California but was raised all over the US because her father was in the military. She is a graduate of Kellyville High School and is currently attending Penn Foster College for her Bachelor of Science in Business Administration. Prior to taking on this new role Heidi was an Event Coordinator at the Tulsa City-County Library. “I am excited to learn more about Trinity Woods, take on new opportunities and challenges, and truly get to know the amazing individuals that make the community a great place,” said Heidi. She has been married to her husband Matt for 22 years and they have one son named Ian.

FUN FACTS ABOUT HEIDI:

- » **Favorite Book:** *The Body in the Library* by Agatha Christie
- » **Favorite Fast Food:** In & Out Burger
- » **Hobbies:** Quilting, word puzzles and reading mystery novels

February STARS Employee of the Month

Melissa Dimanochie, CMA, Marshall Gaddy House



- » **Start Date:** July 2016
- » **Born:** Mississippi
- » **Raised:** Killeen, TX
- » **Wanted to be as a Kid:** Nurse
- » **Hobbies:** Reading Urban Fiction
- » **Described by Friends:** The funny one!
- » **Favorite Book:** To Kill A Mockingbird
- » **Favorite Family Recipe:** Chili
- » **Favorite Things about Trinity Woods:** “The elders I care for and my coworkers. It’s a blessing every day that I am able to care for my elders.”
- » **What her supervisor says:** “If they gave out gold medals for dedication and hard work, Melissa would have a collection. She is an exceptional member of our team. Not only does Melissa light up and enrich our elders lives with her positivity and enthusiasm she also inspires her coworkers. She is an integral part of our team and I value her loyalty and commitment to the Trinity Woods mission.” – Sadie Krywickie, Memory Care Manager



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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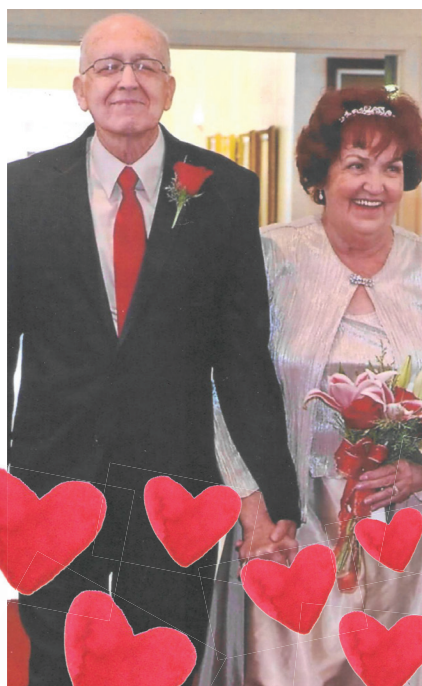
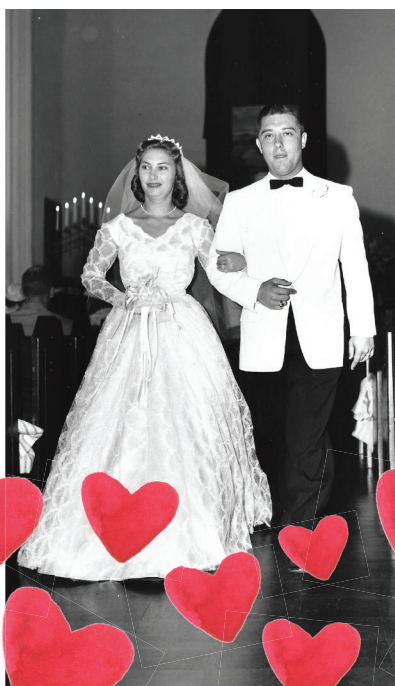
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CHANGE SERVICE
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 *Love is in the air!*
Can you identify these Trinity Woods couples?



Couples: (from left to right) Jerry & Carolyn Ehlers, Jerry & Latricia Lingenfelter, Howard & Phyllis Rhodes, and Sean & Nadine Barnes.