

The Trail MIX

The neighborhood news from Trinity Woods | Issue: March 2022



Won't you be
my neighbor?



Trinity Woods

Belong. Believe. Become.

In this issue:

New Independent Living Villas

Tips from the CFO

March Wellness

Finding passion and purpose.
New member reception,
concerts and more.

New Neighbors

Meet Peggy!

This spring Trinity Woods will break ground on three brand new villas for independent living. After evaluating some of the current properties the decision was made to tear down an existing villa and duplex to make room for these new homes.

“We are excited about this addition to our community,” said Dennis Graham, COO. “As with any renovation or new construction project we undertake, these villas will be built with full attention to detail and master craftsmanship in mind.”

While each villa will have unique features and floor plans, the design will keep with the overall aesthetic of the community and other villas. Each villa will offer two bedrooms with large walk-in closets, an open concept living area with a gas fireplace for relaxing with a good book. Additionally the plan offers a private study, two full bathrooms and one-half bath as well as a spacious laundry room. The modern streamlined kitchen will have a large center island with a bar seating area perfect for entertaining. There will be a covered patio, full size two-car garage, and a fully landscaped yard with a sprinkler system.

“As part of this process we welcome the new owner to be part of the selection process. We want them to be able to select the designer colors, finishes, and fixtures, if they choose,” said Dennis. “We expect to be able to build each villa within 120 days and we are excited to work with the resident.”

If you would like more information on the new villas or other independent living options at Trinity Woods, contact us at 918.574.2590. We have several information sessions scheduled for this month!

By Weldon Tisdale, Chaplain



Spring

A Picture of God's Faithfulness

Did you notice something during the height of the pandemic lockdown? When much of the man-made world was forced to hit the pause button, everything in the natural world began to clear up and turn green! Smog decreased, air quality increased, birds sang louder, trees laughed again, and the earth seemingly rejoiced. People stopped but nature did not. Spring still arrived.

Some may say, "What's the big deal? That's only nature," but it means something greater. In our time of recluse, God, in His faithfulness, brought spring. And here we are on the precipice of another spring.

When Noah left the ark in Genesis 8 and 9, God made several promises. He said in 8:22, "While the earth remains, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease." (NASB) God promised that the seasons will continue and that the season of life will always return after winter. The coming of spring is a picture of God's complete faithfulness.

God's faithfulness transcends beyond nature. During the winters of life, His faithfulness remains with us through every trial. God carries us through every one of our hard times. It does not matter the size or depth of our situation; God remains with us. His faithfulness does not allow Him to abandon us.

God does not want us to feel alone or afraid. In Deuteronomy 31:6(c) He says, "...He will never leave you nor forsake you." (NASB) Just like year after year He brings spring, day-in-and-day-out, He stays faithfully with us. Nature keeps going because God upholds it and is faithful to His creation. If He is faithful to His creation, He is even more faithful to us.

No doubt we live in a strange and uncertain time. We do not know what lies ahead, but as you make your way through this strange and uncertain time, look out your window or go for a walk. When you see that everything is turning green, know that God is faithful.

Adapted from [inspiration.org](https://www.inspiration.org)



ASH WEDNESDAY SERVICE

March 2 at 10 a.m.

Trinity Woods Chapel

This service is the perfect way to start your Lenten Season. Chaplain Weldon Tisdale invites you, your family and all employees to experience a brief 30-minute service in the Chapel to celebrate Ash Wednesday.

This is a day recognized as the beginning of Lent, a 40-day period of self-examination and prayer culminating with our celebration on Easter Sunday, April 17th.



WELLNESS

AT TRINITY WOODS...

**By Jennifer Rawlings, Your Friendly
Neighborhood Wellness Guru**

Today's seniors are living longer than ever, and their wellness routines are evolving to ensure each new year brings not only physical health, but also purpose and contentment. That's why Trinity Woods takes a multifaceted approach to wellness. We invite everyone to redefine what it means to live and be well at every age.

Wellness can look different to each individual and there are many factors that can influence each person's wellness. Your beliefs, values, education, traditions, environment and past experiences all shape what wellness means to you.

According to a survey by the International Council on Active Aging, senior living communities are increasingly moving away from a care-first mindset and toward a wellness lifestyle with options for care available. For the Trinity Woods community this has been our mindset for years.



We embrace wellness in all areas of campus with these types of wellness programs:

- Education and lifelong learning
- Exercise (led by both instructors and technology)
- Health education and disease management
- Food and nutrition education and preparation
- Intergenerational programs linking youth and older adults
- Social and cultural events

The goal of the Wellness Team at Trinity Woods is for there to be a true sense of achievement where residents are learning and developing, fostering relationships with meaningful interactions, and fulfilling their purpose. This is accomplished by focusing on the seven dimensions of healthy aging: Physical, Intellectual, Emotional, Social, Spiritual, Environmental and Vocational.

When you participate in a physical, social, or educational program you are actively working to improve your longevity and overall well-being. Wellness is ingrained in the culture of Trinity Woods. We would love to discuss how we can help you achieve your wellness goals.

If you want more information about wellness opportunities for yourself or a loved one, available at Trinity Woods, contact Jennifer Rawlings, VP of Wellness at 918.346.6663.





MARCH EVENTS



MPTF Wonderful Woodwinds Concert
Thursday, March 3 at 7 p.m. in Fleming Center
No reservations necessary.

Gather in this intimate setting to immerse yourself in the beautiful sounds of the oboe. Both performers are members of the Signature Symphony and hold masters' degrees in oboe. Sarah Evans teaches at Tulsa Community College. Lisa Wagner is an oboe professor at the University of Tulsa and retired from teaching music in the Tulsa and Union school districts. This performance is generously brought to us by the Recording Industry's Music Performance Trust Fund.



BOOK CLUB – REDO!
Local Author Night: Connie Cronley: A Life on Fire: Oklahoma's Kate Barnard
Tuesday, March 15 at 7 p.m. in Fleming Center
No reservations necessary.

Rescheduled due to the snow last month, Connie Cronley will be the special guest to discuss the biography of Kate Barnard (1875–1930). A fiery political reformer, she was the first woman elected to state office in Oklahoma in 1907—almost 15 years before women could vote. She was a national celebrity and known as The Good Angel of Oklahoma. Books will be available for purchase and signing for \$30.00 cash or check.



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

Tulsa Symphony musicians will bring us a musical gift of chamber music for a variety of instruments, some to broaden our musical horizons and some to soothe the soul. Don't miss this special opportunity for world class music right at your doorstep!

Francis Poulenc: Sonata for Horn, Trumpet and Trombone
Igor Stravinsky: Octet for Flute, Clarinet, two Bassoons, two Trumpets and two Trombones
Johannes Brahms: String Sextet for two Violins, two Violas and two Cellos

Special Bonus: Ron Wheeler, celebrated music educator, will present “Learn What You’ll Hear” on Friday, March 11, at 2 p.m. in CLC Trudy Plowman Classroom. This program will teach us about the three pieces and tell us what to listen for. No reservations necessary.



Margaret Singer Piano Concert
Thursday, March 24 at 7 p.m. in the Community Life Center Westervelt Hall
No reservations necessary.

Margaret Singer returns from Paris, France to play our Steinway piano for her first time in an impeccable program of classical music. A native of Crescent, OK, Ms. Singer received a Fulbright Grant to study at the Royal Academy of Music in London. Since then, she has appeared at New York City's Carnegie Hall, Alice Tully Hall, and performed extensively in Europe, as a professional pianist and collaborative artist.



Eicher Thursday: Supper, Socializing, and Super Music
Thursday, March 31 at 6 p.m. in the Community Life Center Westervelt Hall
Tickets and RSVP required. Members are free. Guests are \$7.

6:00-6:45 Buffet Supper and Socializing: Greek Chicken Wrap (grilled chicken, marinated vegetables, Romaine lettuce, and feta cheese in a garlic herb tortilla) with house-made potato chips and a lemon bar for dessert. Yum!

6:45-7:30 Program: Pianist Spencer Sutton returns to join fiddler Shelby Eicher and his wife, singer Janet Rutland, for another delightfully entertaining and eclectic program.



St. Patrick's Day New Member Reception
Thursday, March 17 at 6:30 p.m. in the
Community Life Center Westervelt Hall
Tickets and RSVP required.

Get your green on and come to a party! Chef Richard is preparing a delectable Irish hors d'oeuvres buffet sure to please any appetite. Then we will meet and welcome the newest neighbors to the community. Enjoy a special Irish and Scottish musical treat from the Green Country Highlanders, a band of highly talented, amateur musicians playing authentic instruments for the joy of music! They will even include a sing-along of some St. Patty's Day favorites. (There is no charge for this event.)

March Birthdays at Trinity Woods

Julia Couch.....	1
Scampy Rainey.....	1
Sarah Sievert.....	1
Dale Carson.....	4
Dick Beauchamp.....	7
Georgia Lawless.....	8
Sue Ames.....	11
Opal Clark.....	14
Helen Pummill.....	15

March Anniversaries

Tom and Betty Simmons.....	3/19/1954
Robert and Mary Gilbert.....	3/18/1972

June Cleary.....	17
Merna Jo Robinson.....	22
Wayne Tremble.....	22
Mary Paull.....	26
Marge Vilven.....	27
Patty Eaton.....	27
Sharon Miller.....	29
William Weinrich.....	29
Sonya Lyons.....	30
Jim Davis.....	31



In Memory of

Myrna Dahlstrom.....	2/8/2022
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Peggy Hanna - Crestwood

Welcome to the Woods!

Peggy Hanna

Trinity Woods welcomes Peggy Hanna to the neighborhood! Peggy was born and raised in Yakima, WA, which is about two hours southeast of Seattle. She received her undergraduate degree in secondary education from Whitworth University in Washington and her master's degree in art history from the University of Washington.

Peggy met her late husband, Ron, when she was teaching high school in Berkley, California. He was stationed there as a fighter pilot for the Navy. Through his military service they moved around a lot but eventually found their home in Tulsa when he became a test pilot for American Airlines in the 1960s. They were married for 57 years, have two children and five grandchildren.

Prior to moving back to Tulsa, Peggy was a docent for 20 years at the Kimbell Art Museum in Ft. Worth, TX. "I have always loved art and being part of the art world," said Peggy. Her favorite mediums are painting, blown glass and pottery. She is also a talented seamstress. "When I was younger, I used to make all my own clothes. I even made my wedding dress," said Peggy. Currently her favorite way to spend time is reading and singing. She is a member of the Asbury United Methodist Church Singing Ambassadors.

She is thrilled to be at Trinity Woods and settling into her new home. Peggy is getting involved in programs at Spann Wellness Center and weekly Bible studies.

By Jim Ginther, Senior Vice President of Finance

WAYS TO SAVE MONEY FROM THE CFO



In my line of work, people are always asking for finance tips...So here is my best advice - **START USING A BUDGET.**

Budgeting is helpful when it comes to cutting expenses. Budgets require you to track spending and set reasonable expectations for how much you spend. Here are my "best tips" for saving money.

SHOP AROUND FOR AUTO AND HOMEOWNERS INSURANCE – When it comes to different insurance products like auto and home insurance, you can easily save money if you shop around and compare insurance from other providers.

CONSOLIDATE CREDIT CARD DEBT – The average credit card interest rate is over 16%, which means you could be saving big if you consolidated your credit card debt with a 0% APR credit card or a personal loan. Balance transfer credit cards let you avoid interest for up to 21 months.

SWITCH CELL PHONE PROVIDERS – How much are you paying for your cell phone? Chances are good you could be paying less if you are willing to switch providers.



PLAN SEVERAL "NO SPEND" DAYS PER WEEK – Did you know that spending \$27.40 a day adds up to \$10,000 a year? Small purchases can add up quickly. Plan a few "no spend" days each week or a couple of weeks each month.

FINAL BUDGETING TIP - The number one rule in budgeting is, do not go over budget.

WHEN THE LIGHTS ARE BRIGHT AGAIN

When the lights are bright again...You will cherish the miracles
 Magic is woven; look all around
 The waves that carry you out of darkness, also carry you home
 The ashes turn into stories, and the stories are determined by you
 If you look hard enough you might see that all you need is each other
 Let the tears flood and fill your life; coming and going constantly
 Mourn for the things you have lost and celebrate the memories to come
 Memories like the roaring sound of applause, the vibrations shaking the floor
 The shining heroes on the stage who have come to share a story
 Stories of triumph, loss, bravery, and vulnerability
 Stories that make my brain boil or cry with endearment
 Stories that have made me who I am today
 So when the lights are bright again, I will be ready
 And as the moment comes when the lights are dimmed, the audience gets quiet
 The silence more overwhelming than ever
 The moment before the show starts, the magic dust that overcomes the fans
 Before the first instrument is played;
 I will be ready.

By Lauren Dietert, 17 years old (Granddaughter of Norman and Ann Dietert)

Trinity Woods Service Awards



5

Years of Service

LA Lorg, LPN, Chapman Heights



10

Years of Service

Darin Jones, Maintenance

March STARS Employees of the Month

This month there are two Trinity Woods employees who have been selected for their exceptional efforts!



Amanda Ellison

Amanda Ellison – Housekeeping

- » **Start Date:** September 2020
- » **Born and Raised:** Claremore and Mounds, OK
- » **Described by Friends:** Funny and kind-hearted
- » **First Job:** Long John Silvers
- » **Favorite Verse:** “Be strong and courageous, do not be afraid or discouraged for the Lord your God is with you.” Joshua 1:9
- » **Favorite Movie:** The Sound of Music
- » **Family Life:** Married with four children
- » **What her supervisor says:** “Amanda comes in with a smile and positive attitude every day. She is a very hard worker and is always willing to go the extra mile and work an extra shift. She is polite to everyone and loves talking to the members and hearing their stories. She’s a keeper!” – Cathy Green, Housekeeping Manager



Harriet Zavala

Harriet Zavala – LPN, Buehler Place

- » **Start Date:** August 2021
- » **Born and Raised:** Winchester, KY
- » **Wanted to be as a Kid:** Teacher
- » **Favorite Sport:** Basketball
- » **Hobbies:** Knitting and Reading
- » **Favorite Book:** Little Women
- » **Collects:** Frogs and Gnomes
- » **Fun Fact:** Used to be a correctional officer in Texas.
- » **What her supervisor says:** “Harriet is compassionate about her work at Trinity Woods. She is loving, kind and sensitive to her team and the residents. Harriet is devoted to her work, and I can always count on her. I appreciate all that she does for our team.” Trina Yoder, Buehler Household Manager



Trinity Woods Leadership Team

Steve Dickie
Chief Executive Officer

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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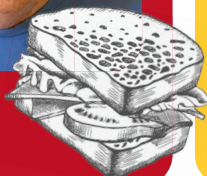
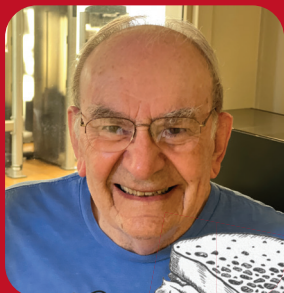
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CHANGE SERVICE
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WHAT I LIKE ABOUT LIVING AT TRINITY WOODS...

"The food is great!"
Wayne



"I love fun fit boxing."
Sarah

"We love the high-quality
entertainment and
lifelong learning that is
offered." Kay



"The opportunity to
make new friends."
Rollie



"All our needs are met – physical, social and all levels
of care when we are ready." Mel

