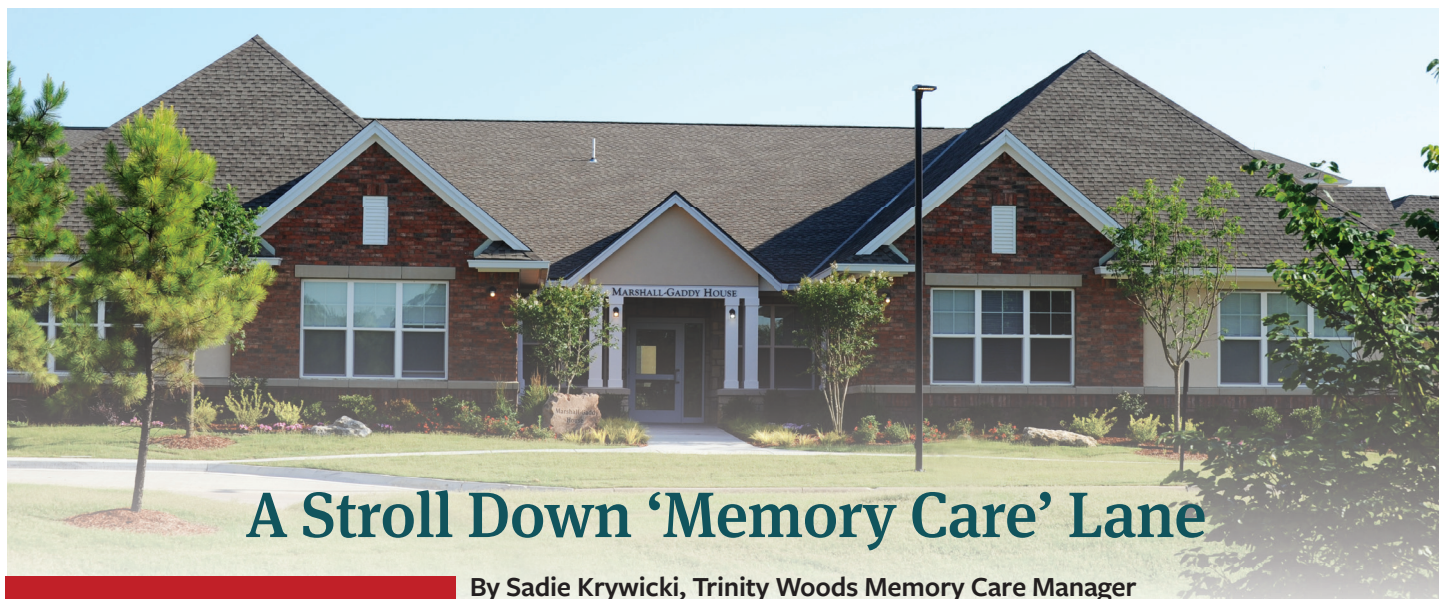


# The Trail MIX

The neighborhood news from Trinity Woods | Issue: April 2022



## A Stroll Down ‘Memory Care’ Lane

By Sadie Krywicki, Trinity Woods Memory Care Manager

It has been almost one year since Trinity Woods opened our memory care assisted living houses. At the time, I remember everyone asking, “what makes these houses so special when it comes to memory care?”

The Marshall-Gaddy and Barnes Houses are the newest memory care homes in Tulsa and their unique small house model is unlike any other in the area. Each home offers 12 private rooms with living quarters for each resident, a family-style dining area and open kitchen with full meal service, along with trained caregivers 24 hours-a-day.

However, what makes these houses truly feel like home is our philosophy to encourage residents’ maximum autonomy. Instead of a stringent schedule, we provide options and empower residents to take ownership of their choices. They enjoy shopping, exploring Tulsa attractions and events, attending on-campus events, arts and crafts, baking, music, dancing, and reminiscing in each other’s company.

I have enjoyed watching the residents become a family to each other. Each day brings a new opportunity to find or invigorate someone’s purpose. For example, we have a retired nurse who we often find ‘checking on her patients’ throughout the day and making sure everyone in the house is cared for. We have another gentleman who enjoys entertaining everyone by playing guitar and piano, making everyone smile.

Our “household” model encourages consistent communication and care between caregivers and residents which develops stronger relationships. This allows us to more quickly identify changes in behavior and other concerns in order to make earlier adjustments to lifestyle or treatment, if necessary.

Dementia affects everyone differently and our team is constantly adjusting so that residents have a person-centered experience. We know when we provide residents with a familiar, calm atmosphere that feels and looks like home, the state of their well-being can significantly improve.

For more information about Trinity Woods memory care options call 918.743.2565 or visit [TrinityWoodsTulsa.com](http://TrinityWoodsTulsa.com).



## Trinity Woods

Belong. Believe. Become.

**In this issue:**

**Memory Care Houses**

A Year in Review

**Holy Week Schedule**

**April Wellness**

Meet the Chef and  
spring concerts!

**New Neighbors**

Meet Matt and Teilla, Don and  
Judy, and Betty!



By Weldon Tisdale, Chaplain

# Holy Week

## THE MOST IMPORTANT WEEK ON THE CHRISTIAN CALENDAR

**I invite you to join your Trinity Woods neighbors as we participate and walk the journey of Holy Week together.**

Easter is the day we celebrate the resurrection of Jesus Christ. For Christian believers it is the highest of the holy days because this is the day Jesus soundly defeated death, hell, and the grave. Because of His resurrection, believers have a blessed hope of being raised together with Christ and the blessed assurance of spending eternity together with Him in their heavenly homes.

We are preparing for that great day of celebration during the Lenten season. To culminate this season, Christians make final preparations during the week before Easter/Resurrection Sunday known as Holy Week. It starts with Palm Sunday when Jesus enters the city of Jerusalem. The week leads us

through His trial, the Last Supper, His crucifixion, and ends on Easter Sunday with His resurrection.

This is the basis of Christianity; His sacrifice launched the New Covenant God promised and many had prophesied throughout the Old Testament. Each day of Holy Week allows us to peek into the heart of our Savior at intimately close proximity. His love for us is reflected in every significant step toward the cross, every breath up to the last, and His resurrection. Holy Week provides us the opportunity to reflect on and remember what Christ endured to secure our salvation.



## HOLY WEEK SCHEDULE

Trinity Woods commemorates Holy Week annually with five days of worship, word, and reflection. Holy Week Services at Trinity Woods will be held April 11 through April 15 at 10:30 a.m. each day in the Fleming Center.

**Our speakers this year include:**

**Monday, April 11** – Rev. Steve Dickie, CEO, Trinity Woods

**Tuesday, April 12** – Rev. Jacob Bice, Senior Pastor, Memorial Baptist Church

**Wednesday, April 13** – Rev. Dub Ambrose, Former Chaplain, Trinity Woods

**Thursday, April 14** – Rev. David Emery, Lead Pastor, Harvard Avenue Christian Church

**Friday, April 15** – Rev. Weldon Tisdale, Chaplain, Trinity Woods



Rev. Steve Dickie



Rev. Jacob Bice



Rev. Dub Ambrose



Rev. David Emery



Rev. Weldon Tisdale





By Jennifer  
Rawlings, Your  
Friendly Food  
Loving Wellness  
Guru

# MEET THE CHEF

The heart of every home (or community) is the kitchen, which is where the idea for “Meet the Chef” was born. This program gives residents an avenue to meet the chefs who create the amazing food at Trinity Woods. For example, did you know that Trinity Woods has three fulltime chefs on the dining team?

In a partnership with the Dining team, we are pleased to announce the return of Trinity Woods’ “Meet the Chef” event. This is an opportunity to not only hear directly from the chefs who prepare the meals, but also learn how to prepare them. There might even be a few Trinity Woods secret recipes shared.

Throughout the years the Trinity Woods’ chefs have featured many recipes, shared stories, and served samplings. The time has come to add a new flare to this long-standing event! In April “Meet the Chef” will be hosted in the Cypress Grille and will feature Chef Ling Pham. Chef Ling has been at Trinity Woods for over 10 years. He was the Executive Chef in Charter Oak and then opened the Cypress Grille where he is currently the Executive Chef.

This enhanced program will highlight a different Trinity Woods chef each month and they will bring their flare to each experience. Members will learn more about the chefs personally and about their cooking style. Each Chef will demonstrate their favorite recipes and teach participants about the cooking process, all while answering questions along the way. And the best part is everyone enjoys a sample!

At the end of the program, members will walk away with a new recipe and have a better insight about what goes into making the delicious food we serve at Trinity Woods. Our goal with the new enhanced program is to offer another way for the residents to interact with the kitchen team and learn new cooking techniques.

Mark your calendar for the Meet the Chef event, which is scheduled for Tuesday, April 19 at 2:00 p.m. Tickets and reservations are required for this event.



## CONGRATULATIONS WENDY WILLIAMS, TRINITY WOODS BOARD MEMBER!

We are pleased to announce that Trinity Woods Board Member, Wendy Williams has been selected as a 2022 Pinnacle Award Winner. These awards honor women who are exemplary leaders in the Tulsa community and demonstrate both professional success and commitment to service. The Pinnacle Awards were established by the Mayor’s Commission on the Status of Women to celebrate the important contributions of women to the City of Tulsa. Wendy joined the Trinity Woods Board this year. She is the owner of Health and Safety Education Consultants Training Center, an approved State of Oklahoma Health Department Nurse Aide Registry program. Wendy recognized there was a need to increase the number of training centers to help students become Certified Nursing Assistants and enter other health service entry level careers. She is also the founder and president of Eastern Oklahoma Black Nurses Association, a local chapter of the National Black Nurses Association, Inc.

# APRIL EVENTS



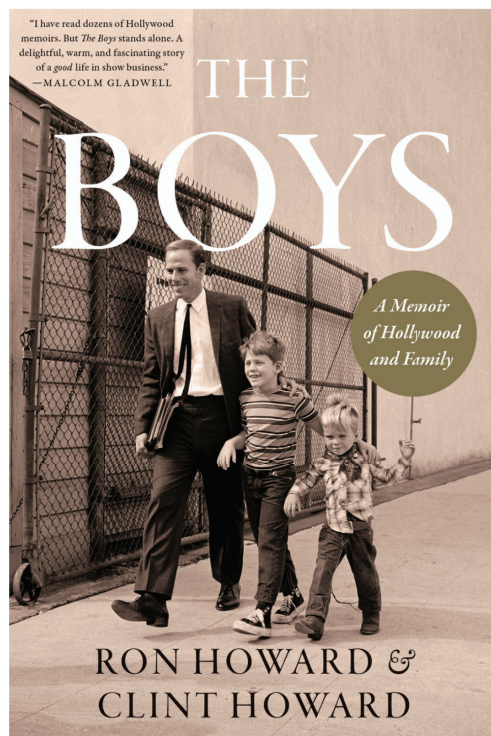
**Sacred Song with Kelly Ford and Cathy Venable**  
Thursday, April 7 at 7 p.m. in the  
Community Life Center, Westervelt Hall  
No reservations necessary.

International artists, tenor Kelly Ford and pianist Cathy Venable are thrilled to return to Trinity Woods to present Sacred Song, an evening of classic sacred favorites such as "I'll Walk with God" and "How Great Thou Art", interspersed with photos and stories from Kelly's and Cathy's career adventures. This will be a fascinating and beautiful lead-in to Holy Week.



**Monday, April 11 at 7 p.m. in the**  
**Community Life Center, Westervelt Hall**  
No reservations necessary.

Tulsa Festival Ringers, Tulsa's only auditioned community handbell ensemble, is more than a musical novelty; it is an ensemble of musicians who specialize in handbell ringing. The members are handbell directors and ringers from various churches throughout eastern Oklahoma who want to share their love of music and handbells. Formed in the spring of 1991, they have been ringing for audiences everywhere from Tulsa to Texas and Arizona, and with the Tulsa Philharmonic, OK Sinfonia, and Signature Symphony. Their lively program will highlight theme music from favorite movies.



## April Book Club

Join us, Tuesday, April 19 at 7 p.m. for this month's Book Club evening. The month's book is *The Boys: A Memoir of Hollywood and Family* by Ron Howard and Clint Howard.

Our facilitator will be Dr. Bill Crowell,  
retired United Methodist minister

"What was it like to grow up on TV?" Ron Howard has been asked this question throughout his adult life. In *The Boys*, he and his younger brother, Clint, examine their childhoods in detail for the first time. For Ron, playing Opie on *The Andy Griffith Show* and Richie Cunningham on *Happy Days* offered fame, joy, and opportunity—but also invited stress and bullying. For Clint, a fast start on such programs as *Gentle Ben* and *Star Trek* petered out in adolescence, with some tough consequences and lessons.

With the perspective of time and success—Ron as a filmmaker, producer, and Hollywood A-lister, Clint as a busy character actor—the Howard brothers delve deep into an upbringing that seemed normal to them yet was anything but. Their Midwestern parents, Rance and Jean, moved to California to pursue their own showbiz dreams. But it was their young sons who found steady employment as actors. Rance put aside his ego and ambition to become Ron and Clint's teacher, sage, and moral compass. Jean became their loving protector—sometimes over-protector—from the snares and traps of Hollywood.

By turns confessional, nostalgic, heartwarming, and harrowing, *The Boys* is a dual narrative that lifts the lid on the Howard brothers' closely held lives. It's the journey of a tight four-person family unit that held fast in an unforgiving business and of two brothers who survived "child-actor syndrome" to become fulfilled adults. A delightful, warm and fascinating story of a good life in show business.





**Sistema Tulsa Community Youth Orchestra**  
**Thursday, April 21 at 7 p.m. in the**  
**Community Life Center, Westervelt Hall**  
**Advance reservations and tickets**  
**required using the Wellness Reservation Form.**

Since 2015, Sistema Tulsa has offered rigorous and high-quality music learning programs that are free of cost and accessible to all. The Sistema Tulsa Community Youth Orchestra is the advanced symphonic program for middle and high school students representing students from across the Tulsa region. About 40 instruments will be on our stage to perform selections including Tchaikovsky's Romeo and Juliet and Sibelius' Finlandia which incorporates the hymn "Be Still my Soul." The musicians will light up the stage with the Gloria Estefan song "Let's Get Loud" and the main theme from the movie Magnificent Seven! Joining us in the audience will be the students' parents and special guests. This will be an inspiring night of beautiful music and a chance to support these dedicated students from across our city. Don't miss it!



**Eicher Thursday:**  
**Supper, Socializing, and Super Music!**  
**Thursday, April 28 in the**  
**Community Life Center, Westervelt Hall**  
**Tickets required. Members are free. Guests are \$7.**

**6:00 - 6:45 Buffet Supper & Socializing:** Antipasto sandwich wrap and house-made chips with cannoli for dessert. Yum!

**6:45-7:30 Program:** Fiddler Shelby Eicher and his wife, singer Janet Rutland will share the stage with fingerstyle guitarist extraordinaire Tommy Crook. By age 11, Crook was a featured solo act on Porter Wagoner's touring show and was soon a regular on Leon McAuliffe's TV show in Tulsa. He also played in bands with David Gates, Leon Russel, J. J. Cale, and Jimmy Markham. Inducted into the Oklahoma Music Hall of Fame in 2007, Crook plays using a unique style of finger picking and places his bass strings on the bottom two positions on his guitar.

## April Birthdays at Trinity Woods

Connie Facker.....1	Betty Kirk.....10
Virginia Willey.....1	Emily Wood.....11
Lee Graham.....4	Ron Bell.....14
George Van de Mark.....4	Ron Anderson.....15
Lucy Annett.....5	Mary Davis.....16
Ken Frazier.....5	Sharline Thompson.....23
Mavis Loken.....5	Bruce Warren.....23
Chuck Hanna.....7	Dee Maguire.....24

Tom Owens.....25
Eileen Walker.....25
Bob Westfield.....26
Claudia Thomas.....28
Carol Shortridge.....30
John Wright.....30

## April Anniversaries

Buddy and Diane Fallis.....4/1/1961
Dick and Martha Beauchamp.....4/9/1955



## In Memory of

Aurora Jackson.....2/4/2022
Evelyn Porter.....2/27/2022

# Welcome to the Woods!



**Matt and Teilla Watson - Villas**

Trinity Wood welcomes the Watsons! Matt and Teilla Watson are new members of the community, along with their dog Josie. They have been married for 50 years. Matt is originally from Tulsa, OK and Teilla was born in Wichita, KS but moved around a lot as a child.

Matt and Teilla met through her cousin. When Teilla was 14, she was visiting family in Tulsa over the summer when they met briefly. Upon returning the next summer, Matt made sure to stop by and reintroduce himself to Teilla – and the rest is history.

Matt received his bachelor's degree in Political Science from Knox College in Galesburg, IL and later received his master's degree in Political Science from Oklahoma State University. Prior to retiring Matt worked in Human Resources for

several oil and gas companies throughout the years. He enjoys political history and is an avid collector of political campaign memorabilia. One of his favorite pieces is a George Washington inaugural button.

Teilla received her bachelor's degree in General Studies from Monmouth College in Illinois. She has worked in accounting for various companies throughout her career. She enjoys reading and in recent years has started collecting snowman cookie jars.

Both Matt and Teilla enjoy traveling to historical sites, namely Civil War sites. They are looking forward to doing more traveling. The Watsons have two sons and six grandchildren. They are excited to be in their new home and “really love our villa, the yard, our neighbors and all the walking paths.”

Don and Judy Stout, and their dog Charlie, are excited to be in their new home at Trinity Woods. “We were ready to downsize and loved the midtown location,” said Don. “The friendliness of the employees and other residents has been so nice.”

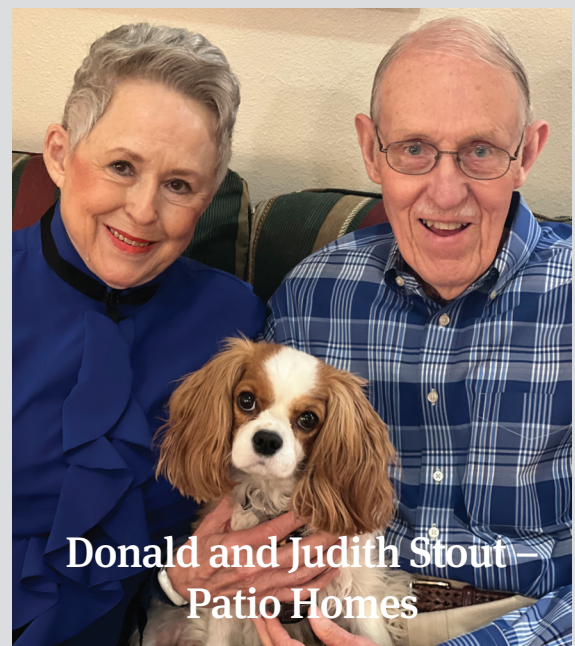
Don is originally from Shattuck, OK and Judy is from Corning, IA. They met when Don was a third-year medical student, and she was a nurse. “He just kept showing up on my floor,” said Judy with a smile. They have been married for 57 years and have three children and three grandchildren.

Don attended the University of Oklahoma for his zoology degree and Baylor College of Medicine for his MD. He served as a captain in the Air Force Medical Corps. from 1965 to 1967 and was based in New Mexico. Dr.

Stout was a practicing OBGYN for most of his career. He even has the distinction of delivering a baby in a tutu. Since retiring he enjoys singing in the church choir and looking forward to not having to worry about the responsibility of home ownership.

Judy is a graduate of Omaha University. Throughout her career she has served in many nursing capacities but found being the hospice volunteer coordinator at Saint Francis “very rewarding.” Judy collects giraffes and enjoys cooking. One of her specialties is berox but she admits she doesn't make it very often “because it takes so long.”

The Stouts are looking forward to meeting more people in the community and getting more involved.



**Donald and Judith Stout – Patio Homes**



**Betty Brehm – Crestwood**

Betty Brehm was born and raised in central Illinois, and she is happy to be in her new home. Betty moved to Tulsa in 2019 to be closer to one of her daughters and grandchildren. She loves puzzling, flower gardening, and crocheting. She is looking forward to getting involved in the Happy Hands knitting and needle workers group on campus. As well as start walking and exercising at Spann Wellness Center.

Prior to retiring Betty worked for a software company but she spent the majority of her career in customer service for General Foods,

now called Kraft Foods. She really loved that job because she got to work with so many people and really take care of their needs.

Betty has two daughters and four grandchildren, who call her Mema. It was her daughter who introduced her to Trinity Woods. “After my daughter took a tour, she brought me back and I decided this is where I want to live. The apartments are beautiful, and the staff is so helpful and friendly,” said Betty.



## April STARS Employees of the Month



Delisa Atkins-Gray

### Delisa Atkins-Gray, Fitness Coordinator

- » **Start Date:** January 2021
- » **Born:** Tulsa, Oklahoma
- » **Raised:** Coweta, Oklahoma
- » **Favorite Sport:** Roller Skating
- » **Hobbies:** Dancing, Camping and Traveling to Bahamas and Jamaica
- » **Favorite Verse:** "I can do all things through Christ which strengthens me." Philippians 4:13
- » **Favorite Movie:** Funny Farm
- » **Collects:** Jokes! I love to tell them to the residents.
- » **Family:** Married with three Dogs
- » **What her supervisor says:** "Her daily jokes, her kind heart, and her willingness to help make Delisa a great asset to the Wellness team. Delisa finds creative ways to engage the residents in all areas of the campus and adds a smile to every room she goes too!" – Jennifer Rawlings, VP of Wellness



Japhari Maji

### Japhari Maji, CNA, Buehler Place

- » **Start Date:** September 2005
- » **Wanted to be as a Kid:** A Mechanic
- » **Described by Friends:** A caring person who will do anything to help
- » **First Job:** Making Air Conditioners
- » **One Food Forever:** Tacos!
- » **Favorite Book:** Long Walk to Freedom by Nelson Mandela
- » **Fun Fact:** I have an almost photographic memory.
- » **What his supervisor says:** "Japhari is always dependable, and the elders look forward to the times he is there." – Cheryl Hrdlicka, Director of Nursing



### 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

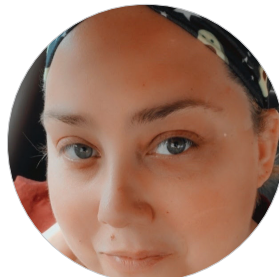
**Jacob Will**  
VP of  
Health Services

## Trinity Woods Service Awards



10

**Years of Service**  
Cliff Mosley, Transportation



15

**Years of Service**  
Samantha Kibaki, CMA, Holliman Center

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**By Don Hertzler, Trinity Woods  
resident and Tulsa Master Gardener**

## Learning About the “Woods” at Trinity Woods

The first half of April, Oklahoma flowering dogwoods put on a show. We have several dogwoods on the Trinity Woods campus. The native dogwoods (*Cornus Florida*) bloom before the leaves appear but hybrids of the natives and Kousa Dogwoods (*Cornus kousa*) have larger blooms among green leaves.

I encourage everyone to get out and experience “the woods” wherever you are in Tulsa. Here is a photo of one from my front yard flowering with the azaleas. Which type of flowering dogwood is it? See how many dogwoods you can find on our campus or around town this April!

