

# The Trail MIX

The neighborhood news from Trinity Woods | Issue: May 2022



## You Belong Here!

By Steve Dickie, CEO

At Trinity Woods we celebrate the neighborly way people are welcomed into the community. We also acknowledge the importance of each person having a sense of belonging. In fact, our tagline was selected to support an aspirational goal for community members and employees, “Belong. Believe. Become.”

In recent visits with several community members of Trinity Woods I have gained some fascinating insights. When I asked, “What goals were you seeking to accomplish when you chose to move here?” one person responded by saying, “I didn’t know anyone when I moved here. I never imagined I could make such great friends after the age of 80.” Others told me, “I wanted to plan ahead. I wanted to make my own decisions about my future,” and another said, “I moved for my children. I did not want them to have to worry about me.”

I am so impressed by the depth of the interpersonal relationships that have taken root at Trinity Woods. One person described it this way: “When I first moved here, I found new acquaintances. The acquaintances became friends. Those friends I now consider family.”

The rich sense of fellowship is evident. It manifests itself in diverse ways and in a variety of places — in fitness classes at the Spann Wellness Center, around the pool table or at ping-pong in the Community Life Center and around the dining tables in the Charter Oak and Cypress Grille restaurants. I am captivated by the vision of a community where the love and care of others defines our essence.

This “good neighbor” archetype is rooted in the “great commandment.” A teacher of the law once asked Jesus, “Of all the commandments, which is the most important?” Jesus answered by saying, “Love the Lord your God with all your heart, soul, mind and strength,” and “Love your neighbor as yourself.” (Mark 12:28-34)

Thank you for the way you “love one another” so deeply and so well.



## Trinity Woods

Belong. Believe. Become.

### In this issue:

#### Just Being Neighborly

#### Memorial Day Service

#### May Wellness

What is Pickleball?

#### New Neighbors

Meet Betty and Evelyn!



By Weldon Tisdale, Chaplain

# APRIL SHOWERS BRING MAY FLOWERS

April showers bring May flowers. Most people are familiar with this saying. The month of May is filled with the sounds of birds, the smell of fresh flowers and summer breezes from time to time. The month marks the beginning of the end of spring and the preparations for summer. School age children are anticipating graduations, summer vacation, and parents are planning for family getaways after being inside during the cold winter months.

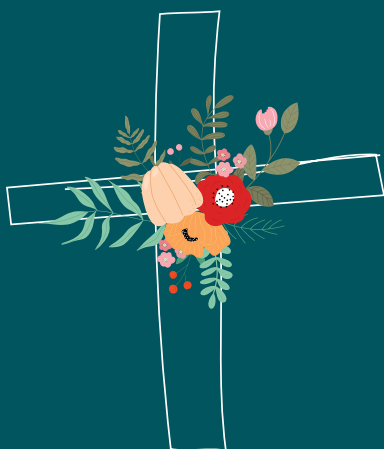
May also marks the fifth month of the year. It is the time when life, activities, and nature begin to flourish and multiply. This is also significant from a biblical perspective. The number five means grace, favor, or blessing. It also can mean increase, balance and divine appointment. I do not have enough space to delve fully into all the meanings. However, in Genesis 1: 20-22 on day five of creation, after God finished speaking forth the great creatures of the seas and every winged fowl, He says, "Be fruitful and multiply."

The first mention of the number five in the Bible deals with fruitfulness and increase. And because it is the first mention of the number, one could conclude it suggests that the number five will carry some relevance to grace, favor, fruitfulness and increase throughout the rest of the Bible. If this piques your interest, please seek me out. I would enjoy exploring this more with you.

I say that as a reminder that even the most unpleasant of things and times, in this case the heavy rains of April, can bring about very enjoyable results. "April showers bring May flowers" is also a lesson in patience, and one that remains valid to this day.

**Many of life's greatest things come only to those who wait and by patiently and happily enduring the clouds and showers in your life. It is through patience and endurance you can find yourself more easily able to take in the sights and smells of May and increase what God has planned for you.**

Have you had a season of setbacks, disappointments or hindrances? Do not be dismayed. Remember these things: there has never been a wind that did not change directions on clouds that hang around forever, and April showers bring May flowers. Beyond the deluge is the joy of meaning, purpose and favor-filled results.



## Memorial Day Service

Fleming Center | May 26, 2022 at 2:00 p.m.

Each year we gather as a community to remember loved ones who have passed. Please join us for the Trinity Woods Memorial Service on Thursday, May 26th at 2 p.m. in the Fleming Center. Please feel free to invite friends and family to attend.



By Don Neuhaus,  
Pickleball Enthusiast

# PICKLEBALL

## WHAT IS IT?

About six years ago, before I moved to Trinity Woods, I had no clue as to what pickleball was. A couple of members piqued my interest and after giving it a try, I became very interested and now I love it and I'm a regular player.

So, what is pickleball? Pickleball is a simple paddle game that is played using a perforated slow-moving plastic ball over a tennis type net on a badminton sized court. The rules are simple, and the game is easy for beginners to learn and can be played by the young and especially older adults. It has become extremely popular with resorts and retirement communities alike.

A great deal of information, as well as videos, is available online by simply searching the word "pickleball". There are several major health benefits to playing pickleball including lowering your risk of heart disease and reducing the risk of blood clots along with improving the health of your feet and legs. In addition, your hand/eye coordination along with balance and reflexes may improve.

We are always looking for players. I must emphasize that experience in playing this sport is definitely NOT a requirement. Everyone who plays is at a different skill level. We pride ourselves on helping each other learn and improve. If you are unsure about playing, I invite you to come to the court to watch and talk with the players.

It is a friendly group of people both men and women. I appreciate the current pickleball players for their friendship, encouragement, and participation. I look forward to more Trinity Woods members starting to enjoy this activity and taking advantage of our state-of-the-art court as well as the exercise, social aspects, and overall enjoyment of this sport. Please check out the monthly Wellness Calendar for days and times, or feel free to reach out to me with any questions.



# FEATURED MAY EVENTS



**Lyndon Meyer Piano Concert**  
**Thursday, May 12 at 7 p.m. in the**  
**Community Life Center, Westervelt Hall**  
**No reservations necessary**

Lyndon Meyer is a Tulsa-based pianist and conductor who has wowed us in his performances at Saturdays with the Symphony. Now we get to hear him as soloist on our Steinway! Mr. Meyer has served as chorusmaster, assistant conductor, principal pianist and vocal coach for Tulsa Opera since 2014. As a vocal coach, he has held positions at the University of Oklahoma, Michigan State University, and the Eastman School of Music, as well as at Florida Grand Opera, the OK Mozart International Festival, and in Urbana, Italy. In the world of music theatre, he has directed numerous productions around the country, and serves as staff accompanist for the annual Lotte Lenya competition. Mr. Meyer also appears frequently as a recitalist and chamber musician throughout the region. In Tulsa, he holds the post of Director of Music at the Church of Saint Mary. Mr. Meyer is a graduate of the University of Arkansas (BM) and the Eastman School (MM).



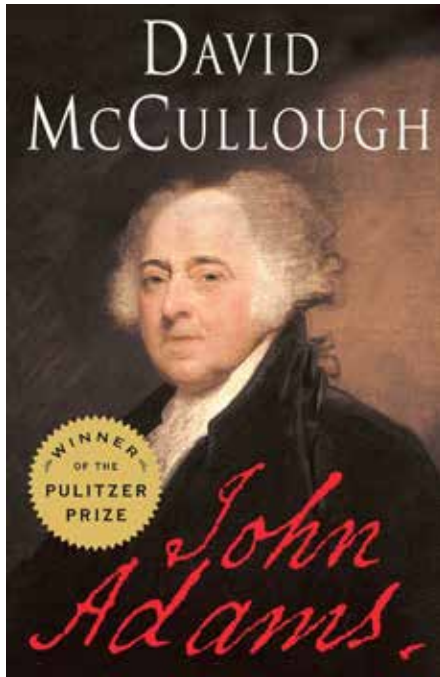
**Trip to Pawnee**  
**Wednesday, May 11, 9:00 a.m. – 3:30 p.m.**  
**RSVP on the Wellness Reservation Form**  
**Cost of this outing is \$33 including lunch**

A perfect Spring outing! Enjoy the view and the history at the recently renovated Pawnee Bill Ranch and Museum, once the showplace of the world-renowned Wild West Show entertainer Gordon W. "Pawnee Bill" Lillie. We'll arrive at prime viewing time to see the herd of bison and longhorn that call the Pawnee Bill Ranch home. We'll enjoy a tour of the 14-room mansion, completed in 1910, fully furnished with original belongings, as well as the museum with exhibits related to Pawnee Bill, Wild West Shows, and the Pawnee tribe. Then we'll head into town to Click's Steakhouse, beloved since 1962, for a delicious buffet of soup, salad bar, 3 meats, potatoes, vegetables, and two kinds of cobbler.



**Spring Fling!**  
**Friday, May 13 at 12:00 Noon at the Community Life Center,**  
**Pearson Porte-Cochere and Spann Wellness Center Patio**  
**RSVP on the Wellness Reservation Form or Wellness Portal.**

Spring Fling is back! Join us as we enjoy fellowship in the beautiful outdoors! We'll gather under the Community Life Center Pearson Porte-Cochere to enjoy a delicious lunch buffet. After lunch, we'll begin a shuffleboard tournament, along with cornhole competition on the Spann patio. Other outside games and activities will also be set up. Sign-up sheets for the tournament will be posted on the Spann Wellness Center bulletin board. Bring your lawn chair and umbrella if you have them and enjoy the outdoors!



**May Book Club - Tuesday,  
May 17 at 7 p.m. in Fleming  
Center with facilitator  
Sue Venable Calderwood**

The May Book Club will feature the book, *John Adams* by David McCullough. This Pulitzer Prize-winning, bestselling biography of America's founding father and second president, is brilliantly told by master historian David McCullough.

In this powerful, epic biography, McCullough unfolds the adventurous life journey of John Adams. This brilliant, fiercely independent, often irascible,

always honest Yankee patriot spared nothing in his zeal for the American Revolution. He rose to become the second president of the United States and saved the country from blundering into an unnecessary war; and his marriage to the wise and valiant Abigail Adams is one of the moving love stories in American history.

This is history on a grand scale—a book about politics and war and social issues, but also about human nature, love, religious faith, virtue, ambition, friendship, and betrayal, and the far-reaching consequences of noble ideas. Above all, John Adams is an enthralling, often surprising story of one of the most important and fascinating Americans who ever lived.



**Eicher Thursday: Supper, Socializing, and Super Music  
Thursday, May 26 in the  
Community Life Center, Westervelt Hall  
Tickets required. Members are free. Guests are \$7.  
RSVP on the Wellness Reservation Form or  
Wellness Portal.**

Join in this increasingly popular, relaxed gathering that is a chance to meet new friends as well as enjoy a casual meal and some great music!

**6:00-6:45 Buffet Supper & Socializing:** Turkey Avocado Ranch on Croissant, house-made chips, and a blondie for dessert. Yum!

**6:45-7:30 Program:** Fiddler Shelby Eicher and his wife, singer Janet Rutland will be joined by jazz pianist Scott McQuade.

## May Birthdays at Trinity Woods

Leola Jurrens.....1	Leota Johnson.....10	Sandra Nicholson.....20
Pat Perrin.....3	Leona Wiggs Newell.....10	Bob Coles.....24
Ed Hagan.....5	Andy Ewing.....11	Joyce Peace.....27
Mary Dennehy.....6	Betty Phares.....17	Richard Davis.....30
Ann Dietert.....8	Jean Fine.....17	Jerry Jordan.....30
Audrey Jedynak.....8	Carol Johnston.....18	Betty Simmons.....30
Steve Lance.....9	Norma Kinzie.....18	Carolyn Evans.....31

## May Anniversaries

Mike and Dianne Rodehaver.....5/1/1965
Bob and Jeannie Westfield.....5/6/1982
Tom and Kay Owens.....5/16/1964
Bud and Barbara Ellis.....5/24/1952
Richard and Peggy Ziglar.....5/28/1958
Jerry and Latricia Lingenfelter.....5/30/1959
Bob and Becky Cable.....5/31/1981



## In Memory of

Susan Howton-Stich.....3/14/2022
Roger Goodson.....3/15/2022
Pat VanderWiele.....4/11/2022



# Welcome to the Woods!



**Betty Swindle - Crestwood**

## Betty Swindle

Betty Swindle was born and raised in Shattuck, OK. She is an avid bird watcher, enjoys reading and cooking. She is excited to be in her new home at Trinity Woods! Betty began her collegiate career at the University of Oklahoma but ended up receiving her degree from the University of Tulsa. Betty holds the distinction of receiving the last degree given for Public Speaking from TU.

Betty met Kelly, her late husband, in German class at OU and they were married for 56 years. They raised their two children in Tulsa, while Kelly worked for Williams. They have three grandchildren and two great grandchildren. She recently moved back to Oklahoma from Panama City Beach, Fl. She loves to collect seashells and is quite the expert on the different varieties.

Prior to retiring, she and her husband owned a pest control company that specialized in “pest” bird control. She also has volunteered for many nonprofit organizations throughout the years, but her favorite was serving as the Altar Guild Director for St. Johns. “I enjoyed doing something important and learned so much; it really helped me grow as a person.”

So far Betty is enjoying the food, walking her dogs and all her new friends and neighbors on campus.

## Evelyn Mantooth

This month we introduce Evelyn Mantooth to the Trinity Woods community. Evelyn is originally from Purcell, OK. She received her bachelor's and master's degrees in early childhood education from Oklahoma State University.

Evelyn spent the majority of her career as a child development specialist and rehab counselor, and licensing daycare facilities for the Department of Human Services. Prior to moving to Trinity Woods, she lived in the Patrick Henry area of Tulsa. When asked what made her choose Trinity Woods she said “I was ready to give up my big house. I like the location and the amenities. Everyone is so friendly.”

She enjoys travel, reading, water aerobics and dancing. Evelyn used to ballroom dance three nights a week in her spare time and had the same dance partner for over 32 years. Her favorite dances were the rumba and polka. Evelyn has two children, three grandchildren and one great grandchild.



**Evelyn Mantooth  
Crestwood**

## Trinity Woods Service Awards



**5**

**Years of Service**  
Deborah Blair,  
Healthcare Admin.



**5**

**Years of Service**  
Stephanie Lieb,  
Housekeeping



**5**

**Years of Service**  
Othmar Weber,  
LPN, PRN



**10**

**Years of Service**  
Chelsey Moss,  
CMA, MCAL



**10**

**Years of Service**  
Ling Pham,  
Chef

# May STARS Employees of the Month



**Tim Woodard**

## Tim Woodard, Maintenance

- » **Start Date:** January 2021
- » **Born and Raised:** Miami, OK
- » **Favorite Sport:** Football- Go Chiefs!
- » **Favorite Family Recipe:** Fry Bread
- » **Hobbies:** Woodworking and Golf
- » **Favorite Quote:** "You'll face many defeats in life, but never let yourself be defeated."
- » **Collects:** Art (paintings)
- » **Favorite Movie:** Top Gun
- » **Family:** Five Kids and Nine Grandkids
- » **What his supervisor says:** "Tim is a "handshake guy" which means, he does what is right and what he says he will. His character is of a caliber you rarely see anymore. I am thankful he is with us, working alongside us each day taking care of Trinity Woods residents and fellow employees." - Ty Westlake, Facilities Manager



**Karen Dills**

## Karen Dills, Member Services

- » **Start Date:** November 2019
- » **Born:** Dover, DE
- » **Raised:** Everywhere, Military Family
- » **Wanted to be as a Kid:** Broadway Star
- » **Described by Friends:** Outgoing and caring
- » **First Job:** Hotel Maid
- » **One Food Forever:** Nachos
- » **Favorite Book:** Stephanie Plum series by Janet Evanovich
- » **Collects:** Flamingos
- » **What his supervisor says:** "Karen is a kind soul and is loved by all who meet her. She is willing to step in and help wherever needed and always does it with a smile and a positive attitude. Karen is a true asset to the Member Services Team." - Carri Matheson, Member Services Director



## 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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**CHANGE SERVICE  
REQUESTED**

## GUESS WHO?

Below are fun facts that represent Trinity Woods community members. How well do you know your neighbors?

1.



I was a coal miner's daughter.

2.



I made a citizen's arrest.

3.



An area near the Yellowstone River is named after me.

4.



I rode in a car with Ronald Reagan.

5.



I have donated over 27 gallons of blood.

6.



I was a gymnast in college.

Answers: 1. Ilene Mayrose 2. Jenneth Sheeler 3. Ken Frazier 4. Peggy Ziglar 5. Ken Johnson 6. Chuck Hanna