

# The Trail MIX

The neighborhood news from Trinity Woods | Issue: June 2022



## Good Samaritans Paving The Way

By Bonnie Polak, VP of Philanthropy and Community Engagement

I have heard it said many times that this community would not be what is, if weren't for the kindness of others. We are surrounded by reminders of the "Good Samaritans" who have ensured that this community and its mission have thrived for over 65 years.

We could not do what we are called to do without these good Samaritans. We all know the story of the Samaritan who came to the aid of a fellow traveler, someone truly in need. Currently there are residents living in our Health Center who have outlived their financial resources, through no fault of their own. They are reliant on support from the Good Samaritan Fund, formerly the Supplemental Aid Fund. The fund was recently renamed to fit the donors of this very special cause.

Each year we ask our community and generous supporters to give to this Fund. Over the past few years this Fund has become one of the most urgent and critical areas of need for the people living at Trinity Woods.

This Fund helps Trinity Woods residents when they need it most. If you feel led to help a fellow neighbor through the Good Samaritan Fund, please use the remittance envelope provided to make a donation. All donations are 100% tax deductible. You can even make a gift as an honorarium or memorial in the name of a friend who is living or no longer with us.

This year, with a gift of \$300 you will receive a commemorative "brick" that will be engraved in your honor and placed in front of the Community Life Center. Our goal is to raise \$150,000 for the Good Samaritan Fund. I hope you will partner with us to support this very important cause.



## Trinity Woods

Belong. Believe. Become.

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Celebrating 10 years of wellness

New Neighbors

Meet Erna and Linda!



By Weldon Tisdale, Chaplain

# WHO IS MY NEIGHBOR?

“If you really keep the royal law found in Scripture, “Love your neighbor as yourself,” you are doing right. But if you show favoritism, you sin and are convicted by the law as lawbreakers.” James 2: 8-9 NIV

The Apostle James provides his own version of loving thy neighbor, but first he emphasizes and clearly makes the distinction of class division. The book of James chapter 2 highlights for us the behaviors and parameters of who we deem as acceptable and who we consider as neighbors based upon worldly things: power and social status. I believe even today this is where we too struggle with loving our neighbors as God loves us. It is so easy for us to love those who look as we do, dress as we do and move in the same social circles as we do. But what becomes problematic is when we are asked to treat all those we encounter with love, respect, justice, and mercy.

It is easy to love those we self-define as worthy, but it is harder to love those who may be different than we are or those we pre-

judge and label. It is often difficult to widen the circle of life to include those we discriminate against, those whom we would rather not break bread with, those whom God has called us to include as sisters and brothers. James has much to contribute to our thinking about separatism and inclusion. He reminds and cautions us in chapter 2 verse 9 that in showing favoritism or disregard for the “other,” – we sin. What a sobering thought!

Who then is our neighbor? Our neighbor is anyone in our proximity with whom we can share God’s love. We love people by genuinely seeking what is best for them. Loving others does not mean agreeing with everything they say or do, nor does it mean acting in ways that always gain their approval. We love our neighbors when we have compassion for them and help meet their needs as we are able.

As we serve in the spirit of Christ, remember to always “love your neighbor as yourself.”



## Men’s Summer Shindig

Thursday, June 16 at 11:30 a.m. in the  
Community Life Center Westervelt Hall  
Special Guest Speaker: Wendell Franklin,  
Chief of the Tulsa Police Department  
RSVP required. Deadline is June 7.  
\$12 per member and \$14 per guest

## Men’s Summer Shindig

Calling all the men of Trinty Woods! You’re invited to enjoy a buffet of prime hamburgers and hot dogs hot off the grill along with potato salad, cole slaw, corn on the cob, and cobbler. Following the meal and fellowship, hear from Tulsa’s Chief of Police Wendell Franklin about his pathway to becoming Chief, his challenging first two years, and what lies ahead for policing in Tulsa.

Named Chief of the Tulsa Police Department in February of 2020, Wendell Franklin is a 23-year veteran of the Department. Prior to his appointment as Chief, he served the Police Department as a Major in the Headquarters Division and before that, as a Major of both the Gilcrease and Riverside Patrol Divisions. Chief Franklin grew up in Tulsa, attending Tulsa Public Schools and graduating from Booker T. Washington High School. He holds a bachelor’s degree from Langston University.

Come for the food, fellowship, and fascinating speaker!



# FEATURED JUNE EVENTS



**Don Irwin, Piano Concert**  
Thursday, June 2 at 7 p.m. in  
Community Life Center Westervelt Hall  
No reservations necessary.

Any time he is in town from his home in Texas, we welcome Don Irwin for his exciting and varied programs of beautiful arrangements of your favorite popular music from past decades. Don's CDs will be available for purchase, cash or check, for \$20 each or 3 for \$50.



**Book Club**  
Tuesday, June 21 at 7 p.m. in Fleming Center  
No reservations necessary.

Just shy of her 101st birthday, Mary Helen Stanley, book reviewer extraordinaire, will be our special presenter for the evening. In true Mary Helen fashion, she is keeping the book a surprise. Don't miss this opportunity to experience a master storyteller.



**Richard Miller Guitar Concert**  
Thursday, June 23 at 7 p.m. in Fleming Center  
No reservations necessary.

An artist equally at home on the concert stage and in jazz clubs, Richard Miller's repertoire ranges from standard classical guitar works to the Brazilian equivalent of American ragtime. His musical sensibilities were formed from his birth in Rio de Janeiro, Brazil to an American father and a Brazilian mother and frequent moves among Brazil, the United States and Puerto Rico. He has toured South and Central America as well as the U.S. in both classical recitals and with Latin Jazz bands. We're pleased to be on his tour schedule as he travels from his home in Los Angeles.



**Eicher Tuesday: Supper, Socializing, and Super Music**  
Tuesday, June 28 in the Community Life Center Westervelt Hall  
Tickets required. Members are free. Guests are \$7.  
RSVP on the Wellness Reservation Form or via the Vibrant Wellness Portal.

Join in this 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:** Grilled Chicken Caesar Wrap, house-made chips, and a lemon cookie for dessert. Yum!

**6:45-7:30 Program:** Fiddler Shelby Eicher and his wife, singer Janet Rutland will be joined by guitarist Randy Wimer. The three have performed together for many years and will put on a great show!





By Jennifer Rawlings, Your Wellness  
Celebrating Guru

As we celebrate the 10-year anniversary of Crestwood and the Spann Wellness Center, I can't help but reflect on the evolution of wellness at Trinity Woods.

As ingrained as Wellness is into our culture now, it's hard to imagine a time when there wasn't a Spann Wellness Center or even a Wellness platform. Believe it or not, there was a time when the fitness center consisted of a treadmill and an exercise bike in the basement of the Felt House. Fitness classes were held in the Fleming Center. Charter Club members (Crestwood waiting list) participated in fitness classes held in the Marketing office which was a lakeside home, and each area of the continuum operated as an individual area, planning their own activities and programs.

The opening of the Spann Wellness Center allowed us to truly bring everyone on campus together and to offer much more. It has expanded our recreational programs like ping pong and pickleball, our functional fitness programs like boxing and line dancing, and our self-directed programs like indoor walking and weight training. The Spann Wellness Center allows both residents and employees to be physically fit as well as have social connection. There is not a day that the Spann coffee bar area isn't hopping with residents gathering before and after class to enjoy each other's company.

Through the last 10 years wellness has become the lifestyle for







people choosing to move to Trinity Woods. We encourage everyone to take advantage of all the wellness opportunities that are offered. The Seven Dimensions of Wellness are not just a saying for us; it is part of our core culture and beliefs. Through physical, social, emotional, spiritual, intellectual, vocational, and environmental wellness, we have added value and purpose to so many individuals.

I could give you so many examples of community members who moved here simply because of our wellness model and culture. I love it when residents share their personal stories and photos that were all made possible by engaging in our wellness programs.



As I look forward to the next 10 years our goal is that everyone at Trinity Woods will be involved and engaged in wellness programs and that wellness will continue to evolve with new and current residents' needs and interests. I am excited to see where the next decade takes us.



# YOU'RE INVITED

FRIDAY, JUNE 10, 2022

JOIN US TO CELEBRATE  
CRESTWOOD'S 10TH BIRTHDAY!



WE WILL CELEBRATE AT TOWN HALL AT 10 A.M. &  
HOST A RECEPTION ON THE CRESTWOOD PATIO AT 2 P.M.



# Welcome to the Woods!



**Erna Conatser – Crestwood**

## Erna Conatser

Erna Conatser is originally from Haag, Upper Bavaria, Germany, which is located close to Munich. She grew up in a small village where she attended high school. She is a graduate of the Institute of the English Sisters in Germany with a business degree.

Erna came to the U.S. in 1956 because “I wanted to see America.” She was a flight attendant for TWA prior to getting married and lived in Kansas City. She loved to travel and was so excited when she finally got to see New York City. She moved to Bartlesville with her first husband, who passed away, to start an FM radio station.

Prior to retiring she worked for Phillips for 30 years in the International Department. She was responsible for booking international travel for executives and engineers. It was during that time she met her second husband James; they were married for 42 years.

Erna enjoys yardwork and nature. While living in Bartlesville, she even started tending the public areas around her neighborhood to make them more beautiful. Erna has three children and four grandchildren. You will most likely see her out and about walking the campus. She loves the views and walks the entire campus daily. “Everyday I am out I see something new,” said Erna about her daily adventures.

## Linda Goldsmith

Linda Goldsmith and her corgi Max are settling into their new home at Trinity Woods. Linda was born and raised in Tulsa, OK for most of her life. She attended Stephens College and the University of Oklahoma where she received a degree in business.

She was married to her late husband Ray for 45 years and they had three children. She loved to volunteer for Nature Works and the Gilcrease Museum, where she was docent for 10 years. Once while washing a skull, a tooth came out and went right down the drain. She never volunteered to do that again.

She is very excited to live at Trinity Woods. “I walked in the front door and felt right at home!” said Linda. She enjoys traveling and is excited about her upcoming cruise with her daughter through the Great Lakes. Linda is enjoying walks with Max around the pond and through Owens Park.



**Linda Goldsmith  
Crestwood**

## June Birthdays at Trinity Woods

Virginia Hebermehl.....	2	Betty Jennings.....	14	Jan Reynolds.....	22
Phyllis Rhodes.....	2	James Winslow.....	14	Milton VanDerwiele.....	22
Mary Bissett.....	3	Don Neuhaus.....	14	Ann Lackey.....	24
Sandy Hanna.....	7	Tom Winslow.....	14	Mary Blankenship.....	25
Don Hertzler.....	7	Charlotte Frazier.....	17	Diane Fallis.....	25
June Cleverdon.....	10	Delma Knoerzer.....	19	Rich Lilienthal.....	26
Ray Dotson.....	14 (Turning 100!)	Howard Rhodes.....	19	Nan Herber.....	29
Dolores Hedger.....	14	Betty Brehm.....	20	Donna Cartwright.....	30

## June Anniversaries

Vic and Roberta Hairston.....	6/1/1953
Mel and Mary Pearson.....	6/1/1955
Ken and Charlotte Frazier.....	6/3/1972
Bud and Dee Maguire.....	6/9/1963
Leonard and Mary Stubbs.....	6/10/1956
Ron and Ginger Anderson.....	6/13/1954
Dan and Mary Bissett.....	6/15/1963
Rob and Scampy Rainey.....	6/16/1956

Ken and Carol Tobler.....	6/16/1961
Skip and Anne Johnson.....	6/24/1955
Guy and Vicky Langston.....	6/25/1965



## In Memory of

Pat VanDerwiele.....	4/11/2022
Barry Wilder.....	5/12/2022
Verna Matheny.....	5/18/2022
Judith Coles.....	5/20/2022

# June STARS Employee of the Month



Rosal Osburn

## Rosal Osburn, CMA Holliman Center

- » **Start Date:** June 2003 (19 years!)
- » **Born and Raised:** Philippines
- » **University:** Holy Trinity University in the Philippines
- » **Wanted to be as a Kid:** Flight Attendant
- » **Described by Friends:** Caring person and a giver
- » **Hobbies:** Traveling, cooking and watching sports on television
- » **Favorite Verse:** "This is the day which the Lord hath made; we will rejoice and be glad in it." Psalm 118:24
- » **Collects:** Angels and Crystals
- » **First Job:** Telephone Switchboard Operator
- » **Fun Fact:** She has traveled on a pilgrimage to the Holy Land
- » **What her supervisor says:** "Rosal connects with residents, family and team members easily because of her passion to serve others." – Jacob Will, VP of Health Services



## 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  
Ashley Brown,  
Dining



**10**  
Years of Service  
Ron Brown,  
Security



**10**  
Years of Service  
Tammy Pittman,  
Housekeeping



**15**  
Years of Service  
Michael Pigeon,  
Cook

Phone Number:  
(918) 743-2565

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TrinityWoodsTulsa.com

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**CHANGE SERVICE  
REQUESTED**



**WINNER**

*We Won!*  
**THANKS TULSA!**

WE'VE ALWAYS THOUGHT WE WERE  
WINNERS BUT THIS PROVES IT!

Trinity Woods was named to the TulsaPeople A-List awards for 2022. Our thanks to you for your vote. Bigger thanks to the residents and Trinity Woods team for creating the kind of community that wins awards. It's your caring and compassion for your fellow neighbor that makes this a truly amazing place. Way to go Trinity Woods!

Look for the June issue of TulsaPeople to see a complete version of all the winners!