

The Trail MIX

The neighborhood news from Trinity Woods | Issue: July 2022



Lifelong Learning Exploring, Growing and Sharing!

By Bonnie Polak, VP of Philanthropy and Community Engagement

Benjamin Franklin once said, “Tell me and I forget; teach me and I may remember; involve me and I learn.” This is the perfect description of the Trinity Woods philosophy on lifelong learning. We know our community members bring rich stories, experiences, and expertise to this community. Lifelong learning has become a part of the culture and community members have really embraced sharing their knowledge and their expertise.

Whether pursuing personal interests and passions or chasing professional ambitions, lifelong learning can help us achieve personal fulfillment and satisfaction. It feeds our natural drive to explore, learn and grow. It even encourages us to improve our own quality of life and sense of self-worth by paying attention to the ideas and goals that inspire us.

As a way to give structure to the sharing of knowledge and expertise, the Trinity Woods Summer School program began. Each year, since 2017, we have offered a variety of classes that allow community members to expand their education and their passions.

“I am really excited about the classes for this year,” said Irene Brown, Life Enrichment Coordinator. “This year’s classes, we hope, will offer something that piques an interest for everyone. We want community members to embrace these lifelong learning opportunities.”

A special thank you to the Summer School instructors, all of whom live on the Trinity Woods campus, for sharing and bringing excellent learning opportunities to this dynamic and curious community. “It is truly wonderful to watch neighbors share their experience with each other to increase awareness and personal growth,” said Irene. For more information about Summer School classes, please contact Irene Brown at ibrown@trinitywoodstulsa.com or see page 4.



Trinity Woods

Belong. Believe. Become.

In this issue:

Summer School Begins!

July Wellness

Special guest Lori Fullbright, piano concert and Eicher Thursday returns!

New Neighbors

Meet Tom, Carson and Donna!



By Weldon Tisdale, Chaplain

Living Independently DEPENDENT

July 4, 1776 was the greatest and most important date for the United States of America. It is the day the original 13 colonies declared their independence from the British Empire and became independent states. It is the date we celebrate, annually, as “July 4th – Independence Day.” For enslaved Africans there was no such celebration until the final slaves were freed in Texas on June 19, 1865, more than two-and-a-half years after the signing of the Emancipation Proclamation. A day we now know and celebrate as “Juneteenth.”

As we celebrate our independence and freedom, we must also remember that more than 2000 years ago believers were set free from sin by the death, burial, and resurrection of Jesus the Christ. Given these facts, we all have great reason to celebrate our varied freedoms. However, freedom has its limits. We are limited by the laws of the land, the laws of nature, the laws of morality and the Word of God.

Paul records in Galatians 5:1, “Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage.” (NKJV) It was for freedom that Christ set us free, but... Paul also tells us in 1 Corinthians 6:12, “I have the right

to do anything,” you say—but not everything is beneficial.’ I have the right to do anything”—but I will not be mastered by anything.” (NIV)

In other words, though I have the right, freedom, and independence to do anything, not everything I choose to do is beneficial, safe, moral or good for me. While Paul is dealing primarily with the types of food being eaten and sexual immorality, the overarching theme covers our entire existence.

Though our lives can be lived independently, we each should follow the guidelines outlined in the Word of God to manage our lives for His glory. Each of us should also erect guardrails to limit our access to unlawful and harmful thoughts, actions, activities, and behaviors.

In the final analysis, our independent existence is totally dependent on a loving and all-powerful God. We must recognize as we celebrate Independence Day that independence and freedom has its limits. And though Jesus secured our freedom more than 2000 years ago, I believe that He desires us to live Independently, Dependent – upon Him.

July Birthdays at Trinity Woods

Stuart Lawrence.....3	June Brown.....11	Paul Hockett.....23
Lou Felts.....4	Peggy Zigar.....11	Dorothy VanFossen.....24
MaryAnn Bles.....5	Kay Brown.....13	Mary Ziegler.....25
Sharon Geis.....6	Carson Jackson.....14	Elizabeth Bartlett.....26
Jan Steffensen.....6	Patricia Wood.....14	Dixie Bell.....26
Carolyn Comfort.....8	John Berry.....16	Ruth Weston.....26
Shirley Frizzell.....8	Tellia Watson.....16	Donna Shirley.....27
Bernie Skinner.....8	Peggy Hanna.....17	Carolyn Shumaker.....29
Gayle Teter.....8	Page Parker.....18	Bud Ellis.....31
Marjorie Martin.....9	Ken Johnson.....19	Glenna Hertzler.....31
Gloria McCurdy.....9	Jerry Ehlers.....20	
Jan Skinner.....9	Mary Lynn Gilbert.....20	

July Anniversaries

Norman and Ann Dietert.....7/18/1959



In Memory of

Catherine Hardy.....6/9/2022
William “Bill” Kimmel.....5/29/2022
George Strella.....5/14/2022



Watch Out!: Cons, Frauds, and Scams with Lori Fullbright
 Thursday, July 7, 12:30 p.m.
 Fleming Center
 No reservations necessary.

Lori Fullbright, news anchor at 5, 6 and 10 p.m. each night on Tulsa's Channel 6, will tell us about the latest cons, frauds, and scams that people receive through the phone, email, Facebook and texts. She'll talk about the tricks and lies they tell, the best ways to spot the scams and how to handle the scammers.

Lori has been Channel 6's crime reporter for 27 years, covering countless crime scenes and interviewing thousands of crime victims as well as hundreds of criminals and law enforcement officers. She speaks to groups all over the state about crime safety.



Amy Cottingham Piano Concert
 Thursday, July 14, 7 p.m.
 CLC Westervelt Hall
 No reservations necessary.

Amy Cottingham has been teaching, composing, and performing music professionally full time for over 20 years. She holds a bachelor's degree in Piano Performance and a Master's degree in Orchestral Conducting. She has recently returned to Tulsa after having lived in New Zealand for 4 1/2 years. Since returning home, Amy is teaching privately and performing. She is the Music Director for Hope Unitarian Church and is teaching music classes at the University of Tulsa. In her recital for us, Amy will perform a variety of music, from classical and jazz selections to Ragtime and her own compositions. We can't wait to welcome her back to play our Steinway!

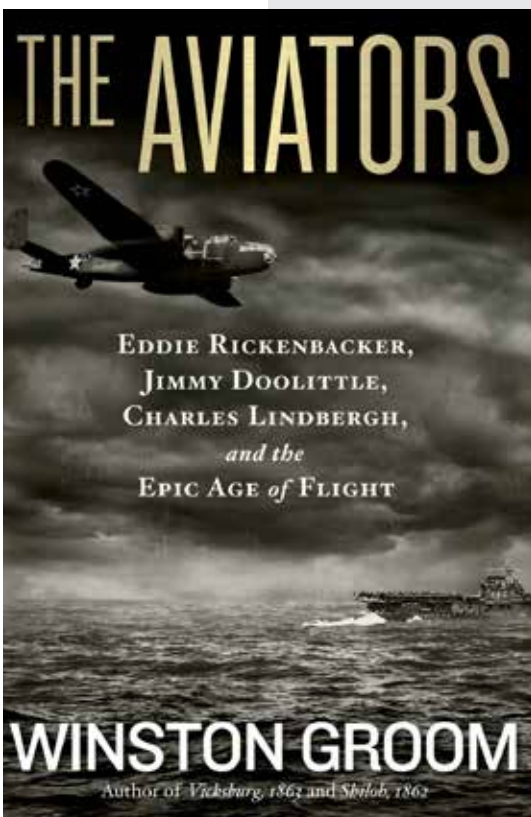
JULY EVENTS



Eicher Thursday: Supper, Socializing, and Super Music
 Thursday, July 28
 Community Life Center, Westervelt Hall
 Tickets required. Members are free.
 Guests are \$7. RSVP Required.

6:00-6:45 Buffet Supper & Socializing:
 Smokehouse Wrap (shredded smoked pork with tangy slaw and BBQ dressing, wrapped in a soft tortilla,) House-Made Chips, and a Coconut Bar for dessert.

6:45-7:30 Program: Fiddler Shelby Eicher and his wife, singer Janet Rutland will be joined by pianist Brad Henderson. Brad is Worship Associate at First Baptist Church, Tulsa and his musical arrangements are heard around the world in various genres.



JULY BOOK CLUB

By Phyllis Rhodes

The July Book Club will meet Thursday, July 19, at 7 p.m. in Fleming Center. The featured book for July is *The Aviators* by Winston Groom. The facilitators will be Ron Anderson, Stan Teter, and Bob Mansfield.

The Aviators tells the saga of three extraordinary aviators--Charles Lindbergh, Eddie Rickenbacker, and Jimmy Doolittle--and how they redefine heroism through their genius, daring, and uncommon courage. This is the fascinating story of three extraordinary heroes who defined aviation during the great age of flight. They would push the outer limits of aviation, drawing front page headlines. These daredevils were visionaries and heroes of the highest order. They hold a place in history that will never be equaled.

Doolittle, a brilliant aviation innovator, would

lead the daring Tokyo Raid to retaliate for Pearl Harbor; Lindbergh, hero of the first solo flight across the Atlantic, would fly combat missions in the South Pacific; and Rickenbacker, World War I flying ace, would bravely hold his crew together while facing near-starvation and circling sharks after his plane went down in a remote part of the Pacific.

The Aviators brings alive a fascinating era of flight, alive with details and extraordinary tales. Groom's rich narrative tells their intertwined stories--from broken homes to Medals of Honor (all three would receive it); barnstorming to the greatest raid of World War II; front-page triumph to anguished tragedy; and near-death to ultimate survival--as all took to the sky, time and again, to become exemplars of the spirit of the "greatest generation."

Summer School

COME LEARN SOMETHING GREAT!



Summer School Kick-Off Event
Donna Goes to Mars: The 25th Anniversary!
Wednesday, July 6, 1 p.m.
CLC Westervelt Hall
Instructor: Donna Shirley
No reservations necessary.

On July 4, 1997, the Mars rover Sojourner landed on Mars, part of the Mars Pathfinder mission, the first wheeled vehicle to rove on a planet other than Earth. Our own Donna Shirley had been named manager of the Mars Exploration Program Office when it was established in August 1994 and that office coordinated all facets of the planning and implementation of NASA's long-term program of robotic exploration of Mars. Donna will share her Mars journey and bring us up to date on NASA's continuing exploration of Mars. Her scale replica of Sojourner will be on display and there will be a chocolatey treat for attendees.

The Red Folder: Preparing for a Good End of Life
Thursday, July 14 at 1 p.m.
Crestwood Theatre
Instructor: Mike Reynolds

Mike Reynolds, CPA, MBA would like to help you take some simple steps to put your mind and the minds of your survivors at ease by sharing his Red Folder. The Red Folder contains all of the documents your loved ones might need immediately upon your passing. Come learn about Mike's Red Folder, and get a copy of his index, with tips and guidance on how you can create your own.





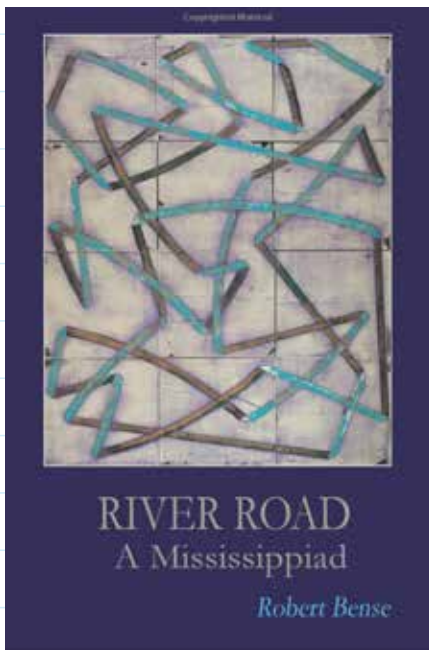
Family Treasures: Genealogy 101
Mondays, July 18, August 1, 15, and 29 at 11 a.m.
CLC Howard Plowman Classroom
Instructor: Phyllis Rhodes

If you are ready to research your family history, this is the class for you. Phyllis Rhodes has done extensive research and even written books documenting her family history and now she will share her secrets with you! You need to commit to all 4 class sessions and homework. You'll need to bring your own folder or 3-ring binder for organizing your research. Your reward will be a family pedigree chart; clues to where and how to research family facts; and a final product that you can share with your family. Space is limited.



The Long and Short of It: A Poetry Workshop
Fridays, July 22 and 29, 1 p.m.
CLC Trudy Plowman Classroom
Instructor: Doris Piatak

How long (or short) should a poem be? How does a poet decide when to stop? Poetry lover Doris Piatak, who holds a B.A. in English and an M.A. and Certificate of Advanced Studies in English and Linguistics, will present some of her favorites, some tightly compressed, and others stretched to the brink of excess. She will encourage participants to wax creative and promises to provide feedback about poems composed by participants as a result of attending the class.



A Reading by the Poet: *River Road: A Mississippiad*
Tuesday, July 19
at 1 p.m. in CLC Trudy Plowman Classroom
Presenter: Robert Bense

River Road: A Mississippiad, is one of 10 published books of poetry by Bob Bense. In it, he takes his readers on a journey back and forth through time as he contemplates the meanings of the great river. At

once communal and intensely personal, the stories these poems convey wash over us and push us forward into our own memories and dreams. Here's your chance to hear poetry read by the poet and ask questions.

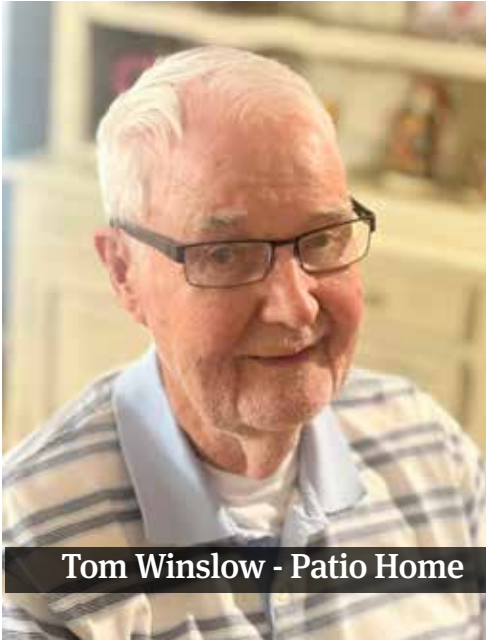


Podcasting: What's That??
Thursday, July 28 at 1 p.m.
CLC Trudy Plowman Classroom
Instructor: Vicky Langston

Vicky Langston has not only answered this question, but she has just launched her very own podcast, "At Vicky's Table". The world of podcasts offers information, exploration, and connection. It's the modern equivalent of gathering around the radio but with an almost infinite number of programs available. Vicky will share the ins and outs of how to find and enjoy podcasts and her journey to making her own.

Summer School classes coming in August: A Glimpse into Japanese Culture (Instructor: Sarah Jenkins,) Just-for-Fun Jewelry Making Class (Instructor: Cherlyn Sunflower,) Recycling in Tulsa (Instructor: Don Hertzler.)

Welcome to the Woods!



Tom Winslow - Patio Home

Tom Winslow

We are excited to introduce Tom Winslow to the Trinity Woods neighborhood. Tom is a native Tulsan and attended Will Rogers High School. He has even reconnected with a few classmates since moving here. He is a graduate of the Oklahoma State University with a degree in restaurant management.

After college Tom was drafted into the Army and served in the Infantry Finance Corps in Germany. Once his tour of duty was complete, he started his first career as a restaurateur. Tom and his wife were to founders and owners of Shotgun Sam's Pizza Palace, which has several locations in Oklahoma, Arkansas, and Texas. They enjoyed 25 years in the restaurant business and then decided to try something new. Since 1995 Tom has been a real estate agent for residential properties.

While Tom is extremely proud of both of his careers, when asked about his biggest accomplishment, he will tell you about the Wagoner Community Outreach he helped found in 2002. This nonprofit organization distributes groceries, serves meals, provides career interview assistance and a medical clinic.

Tom and his late wife, Gay, were married for 32 years and have two adult sons, four granddaughters and two great grandchildren. He enjoys golfing and gardening. Tom is looking forward to getting back into both in the coming months.

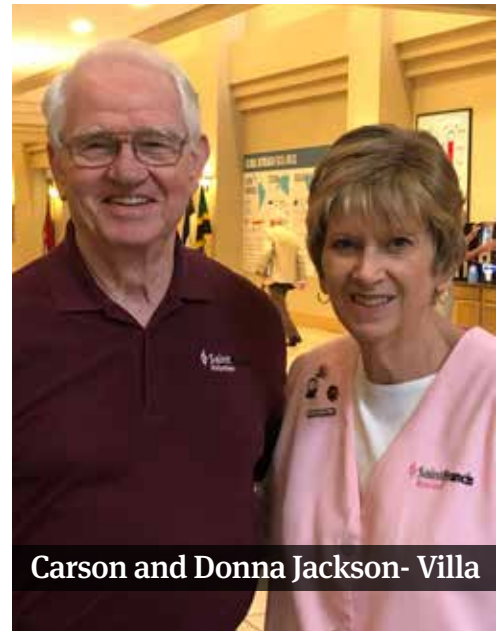
Carson and Donna Jackson

Carson and Donna Jackson are settling into their new home quickly and hosting parties. They are excited to introduce their friends and family to the Trinity Woods community. They met at a Phillips bowling league and have been married for 55 years. They are both avid volunteers for Saint Francis Hospital.

Carson is originally from Purvis, MS and a graduate of Mississippi State University with a mechanical engineering degree. He enjoys woodworking, reading and watching his Mississippi State Bulldogs football team. A fun fact about Carson is that after waiting nearly 54 years he was able to participate in Mississippi State University's graduation ceremony in May of 2021. "I've seen our kids graduate from college and I never got to do this. I thought this is something I'd like to do," said Carson. "So, I made a call and asked, and I was even the lead story on the evening news."

Donna grew up in Bartlesville, OK and attended Oklahoma State University. She is a self-described "event planner." She has been the social director for many organizations and truly enjoys bringing people together. Donna has volunteered for Saint Francis 25 years and served as the president of the volunteer auxiliary. She has logged over 11,000 volunteer hours.

The Jacksons are excited to be here and have really appreciated how "the people are so welcoming and inviting"



Carson and Donna Jackson- Villa

Trinity Woods Service Awards



10

Years of Service
Joselito Fernandez,
Dining

OPEN FRIDAY, JULY 15
11:30 A.M. - 3:30 P.M.!

TRINITY WOOD BARGAIN BASEMENT
LOCATED IN THE BASEMENT OF FELT HOUSE

GREAT DEALS ON
CLOTHING, SHOES, PURSES,
KITCHENWARE, DECORATIVE ITEMS,
AND MORE.

DON'T FORGET ABOUT THE INDEPENCE DAY PARADE!
FRIDAY, JULY 1ST AT 10 AM.



Angie Bennett

Introducing Angie Bennett!

We are excited to welcome Angie Bennett to the Wellness Team. She is the new Wellness Assistant and will be handling reservations for Wellness programming. She will also be helping implement Viibrant the Wellness engagement portal to the community.

- » **Born:** Tulsa, OK
- » **Raised:** Stroud, OK
- » **Education:** Oklahoma State University
- » **Family:** Married with five children
- » **Last Book:** Dave Grohl: The Storyteller
- » **Hobbies:** Cycling, kayaking, writing
- » **Favorite Quote:** “Do what you can, with what you have, where you are.” Theodore Roosevelt
- » **Fun Fact:** Personal goal to travel to all 50 states – after a trip in July only 8 states to go.

July STARS Employees of the Month

Cathy Green, Housekeeping Manager



Cathy Green

- » **Start Date:** August 2009
- » **Born and Raised:** Tulsa, OK
- » **Wanted to be as a Kid:** An Adult
- » **Described by Friends:** Crusty on the outside but a marshmallow on the inside.
- » **Hobbies:** Trail Hiking and Fishing
- » **One Food Forever:** Pizza
- » **Special Skill:** Fluent in Pig Latin
- » **First Job:** Counting cattle on the trucks entering the stockyard
- » **Fun Fact:** I have a minister’s license and officiated my son’s wedding.
- » **What her supervisor says:** “Cathy is a loyal, hardworking, and a dedicated employee. She is very dedicated to her staff and the members. Cathy is a hard worker, a pleasure to work with, and provides excellent customer service to the Trinity Woods organization.” – Dennis Graham, COO

Laura Myers, Dining



Laura Myers

- » **Start Date:** January 2022
- » **Born and Raised:** Tulsa, OK
- » **Wanted to be as a Kid:** Archaeologist
- » **Family Recipe:** Shepherd’s Pie
- » **Hobbies:** Cooking and Yardwork
- » **Favorite Holiday:** Halloween
- » **Favorite Saying:** “Nothing changes...if nothing changes.”
- » **Spends Free Time:** Cooking, Sleeping and Traveling
- » **Fun Fact:** I am actually very shy when I first meet people.
- » **What her supervisor says:** “Laura is a blast to work with. She is always smiling and laughing and truly loves serving our members.” – Stacy Pine, Dining Supervisor



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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Formerly
Oklahoma Methodist Manor



By Jennifer Rawlings, Your Better
Health Choosing Guru

Choosing **BETTER HEALTH!**

Like everything in life, health and wellness are made up of the hundreds of small decisions we make every day. Whether you choose to spend 20-30 minutes a day working out or spend most of your time sticking to healthier food choices, every choice makes an impact on you, your mood, and your interactions with others. Here are some simple, yet effective, ways to make your health a priority!

- Make smart healthy food choices – more fruits and vegetables
- Physical activity for 25-30 minutes each day
- Drink plenty of water
- Get 7-8 hours of sleep nightly
- De-stress daily
- And **REPEAT**

It's not about cutting everything out that you love to eat or about going to the gym for an hour plus a day. And it's not about saying yes to everything that comes your way. It is about **BALANCE!**

Balance means taking care of your physical, mental, and emotional health. Living a balanced life allows you to have an understanding of yourself and your needs as well as knowing how to show yourself compassion like you do for others.

**“WHETHER YOU THINK YOU CAN, OR
YOU THINK YOU CAN'T--YOU'RE RIGHT.”
HENRY FORD**

Living a healthy life is not a destination, it's a journey! Don't compare your journey to someone else's. Comparison can be the thief of joy. Next time you start to feel like you are lacking joy, look to see if you are comparing yourself to someone else. And remember this is your journey. Your chapter. Your goal. Your life. Your valley. Your peak. Your race. Your pace.