

The Trail MIX

The neighborhood news from Trinity Woods | Issue: August 2022



Community Life Center Year in Review

By Jennifer Rawlings, VP of Wellness

Where has the last year gone? I still remember the waiting, the anticipation, and all the planning that went into opening the Community Life Center like it was yesterday. When I reflect on all that we have provided in the Community Life Center, I can't believe we didn't always have this space.

Over the last year this space has bridged our community and provided Trinity Woods with so many new and enhanced opportunities and partnerships. The Community Life Center has exceeded our vision of being the "central hub" or "student union" of our campus. Our dream of organic member-driven programs has truly flourished. Our vision of the Community Life Center being a place where everyone on campus could gather for events and not have a waitlist for concerts and dinners is now a reality.

Even after a year the astonishment on peoples faces when they see the stage, the Steinway piano, the lights, the acoustics, and all the finishes is still invigorating. I love to watch relationships evolve through interactions that happen in the different sitting areas of the Community Life Center. These spaces have created opportunities for residents who live in all areas of the community to gather and read the newspaper, play pool and games, have fireside chats, and enjoy coffee together.

The Community Life Center has provided us with a place where people from across the campus can come together. A place where everyone is welcomed. A place that promotes enjoyment of life. A place where new hobbies, skills and educational experiences can happen.

Our goal for the Community Life Center is to continue to provide a place for inclusion and where whole-person wellness can continue to flourish.

We'll be celebrating the first anniversary on August 11. See page 5.



Trinity Woods

Belong. Believe. Become.

In this issue:

**The Community Life Center
One-Year Anniversary**

August Wellness

Summer School Continues
The Big Show and Eicher Thursday!

New Neighbors
Meet Bob and Toni!



By Weldon Tisdale,
Chaplain

WOMEN OF THE BIBLE



Who has not heard of Sarah? She was Abraham’s wife, and her faith is recorded in Hebrews 11:11. “By faith Sarah herself also received strength to conceive seed, and she bore a child when she was past the age, because she judged Him faithful who had promised.”

Who has not heard of Ruth? She was a Moabite woman who showed loyalty to her mother-in-law, Naomi, and her God. Her character and faith in God brought her many blessings, including being listed in the genealogy of Jesus Christ (Matthew 1:5).

There are many other amazing women recorded in the Bible who were blessed by God because of their faith. It’s important to remember and learn from these faithful women as well.

WHAT IS FAITH?

Faith is “the substance of things hoped for, the evidence of things not seen” Hebrews 11:1. Sarah was well beyond the childbearing years, yet she bore Isaac just as God had said. She judged God to be faithful in what He had promised, and she was blessed because of her faith. The Bible chronicles many such women of faith—women who believed and trusted in God. Their stories are found throughout the scriptures.

For example, the story of Rahab is found in Joshua 2. She was a Gentile, and is mentioned again in Hebrews 11:31 as having faith,

“By faith the harlot Rahab did not perish with those who did not believe, when she had received the spies with peace.”

“God is in the midst of her; she shall not be moved; God will help her when morning dawns.”

Psalm 46:5

One of the most fascinating statements of faith is found in Hebrews 11:35, “Women received their dead raised to life again.” Examples abound of both Israelite and Gentile women having faith. Who were those women?

We may not often read their brief stories, but in each case, the faith of those women and those around them were increased and reading of their experiences helps us also increase our faith in God. Article is adapted from “Life Hope & Truth” website.

WOMEN of THE BIBLE

Join us at Christ Conversations in August and September for “Women of the Bible” Series.
Tuesdays at 3 p.m. in Crestwood Theater
Thursdays at 3 p.m. in the CLC, Trudy Plowman Classroom

Video Series Presenters

Amena Brown Lysa Terkeurst
Naomi Zacharias Elisa Morgan
Jonalyn Fincher Jeanne Stevens





Meet our new **BIODEX BALANCE SYSTEM**

Trinity Woods is pleased to announce a new treatment option to our fall prevention therapy program. The Biodex Balance System is designed to improve balance, increase agility, develop muscle tone and treat a wide variety of pathologies.

“Individuals can improve their balance and decrease the risk of future falls. Everyone can benefit from this therapy and I’m excited to offer this new avenue of treatment,” said Elliot Barrens, PT. “Additionally, Medicare and most insurances will cover at least a 4-week treatment program once a physician has provided an order.”

From athletes to older adults, balance testing and training is a critical piece of the rehabilitation puzzle. Biodex balance devices help you objectively identify areas of weakness so you can customize a program and document outcomes. If this is something that interests you, please reach out to Lupina Fry, Wellness Nurse.

August Birthdays at Trinity Woods

Allison Fallin.....1	Skip Johnson.....12	Cindy Ziegler.....22
Bob Hyer1	Tom Freeman.....14	Carolyn Hart.....25
Versa Bailey.....3	Dotty Bean.....15	Joan Derr.....26
Bob Cable.....4	Nita Boring.....15	Mae Timmons.....26
Rosemary Frew.....4	Margaret Newendorp.....15	Elma Briggs.....27
Paul Dick.....5	Susan Williams.....17	Helen Moorner.....27
Linda Pat Colgan.....7	Kay Owens.....18	Billie Payne.....27
Ginger Anderson.....8	Don Stout.....19	Bill Moorner.....29
David Maddox.....10	Minnie Trompeter.....20	Marcia Seba.....30
Tom Simmons.....11	Jeannie Westfield.....21	
Bob Mansfield.....11	Jacqueline Clark.....22	



August Anniversaries

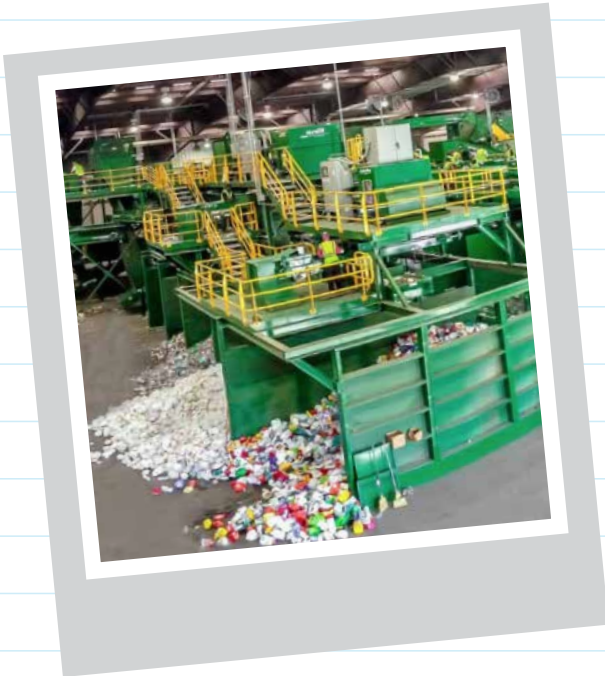
Carl and Donna Cartwright.....8/5/1952	Warren and Lynette Danskin.....8/20/1972
Don and Becky Neuhaus.....8/6/1966	Ken and Ruth Weston.....8/24/1963
Stan and Gayle Teter.....8/8/1987	Bob and Jane Mansfield.....8/28/1960
Chuck and Sandy Hanna.....8/17/1968	Bill and Helen Moorner.....8/28/1960
Don and Glenna Hertzler.....8/17/1963	

Tulsa's Recycling and Incineration Program
Tuesdays, August 16 and 23 at 1 p.m. in Crestwood Theatre
Instructor: Don Hertzler

The City of Tulsa has a model city recycle program. Don Hertzler, professor emeritus of chemistry at Southwestern Oklahoma State University, will show us how it greatly reduces our daily landfill volume.

Part 1: We will learn how our recycle separation works with a visual walk through and a layman's understanding of the science. Additionally, we will look at the trash/garbage incineration and the landfill program.

Part 2: In this lecture we will look at where our recycle winds up (the good and the not as good). We will address the challenges and show some of the programs in development.



AUGUST EVENTS



The Big Show: Sentimental Journey, Celebrating the First Anniversary of the Community Life Center
Thursday, August 11, 7 p.m.
Community Life Center, Westervelt Hall
No reservations necessary.

The Trinity Woods Chorus, the Trinity Tappers, and many more performers, writers, and artists, from all areas of campus, have been hard at work preparing The Big Show. Led by Dan and Kathy Call, the performers will utilize our wonderful Westervelt Hall for this very special event. They'll take you on a sentimental journey from 1900 to the present day. Refreshments will follow. Don't miss this very special performance by your friends and neighbors!



Book Club
Tuesday, August 16, 7 p.m.
Fleming Center
Book Reviewer Extraordinaire:
Mary Helen Stanley
No reservations necessary.

Having just celebrated her 101st birthday, Mary Helen Stanley is still going strong with her entertaining book reviews. The book will be a surprise. Don't miss this opportunity to experience a master storyteller.



Eicher Thursday:
Supper, Socializing, and Western Swing!
Thursday, August 25
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.

6:00-6:45 Buffet Supper & Socializing: Smoked Beef Wrap, House-Made Chips, and a Brownie for dessert. Yum!

6:45-7:30 Program: Fiddler Shelby Eicher will be joined by fellow Tulsa Playboys members Spencer Sutton on piano, Rodney Lay on bass, and Steve Bagsby on steel guitar for a stellar night of Western Swing.

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!

Trinity Woods Service Awards



5
Years of Service
Tammy McQuitty, CMA
Cobb Landing



5
Years of Service
Jennifer Murphy,
Administration



5
Years of Service
Tammy O'Steen,
Director Infection Prevention



15
Years of Service
Mark Fiedtkou,
Security Director

Welcome to the Woods!



Bob and Toni Dickson - Crestwood

This month we are excited to welcome Bob and Toni Dickson and their dog Katie to the neighborhood! The Dicksons recently moved to Oklahoma from Upland, CA to be closer to their family. They are still acclimating to the Oklahoma heat but are really enjoying meeting their neighbors and engaging in all the programs Trinity Woods offers.

Bob was born in Jacksonville, FL but grew up mainly in California. His parents were both in the Navy, so they moved around. He is a graduate of Cal State San Bernadino with a degree in English and a master's degree in teaching. He spent 15 years as an elementary school teacher. Bob enjoys playing tennis, reading, and backpacking. A fun fact about Bob is that rose to the rank of Lt. Commander in the US Naval Sea Cadet Corps, U.S, a Navy-sponsored citizens organization that serves to teach individuals about the sea-going military services.

Toni was born in Los Angeles, CA and was raised in the Hawthorne area. She is a graduate of UCLA with a degree in social sciences for elementary. Toni received her master's from Cal State Dominguez in learning disabilities. She taught elementary children with mild to moderate disabilities for 29 years. In her spare time, she enjoys dancing, sewing, camping and cooking. She is a collector of recipes, and her favorite is a Mac-N-Cheese recipe.

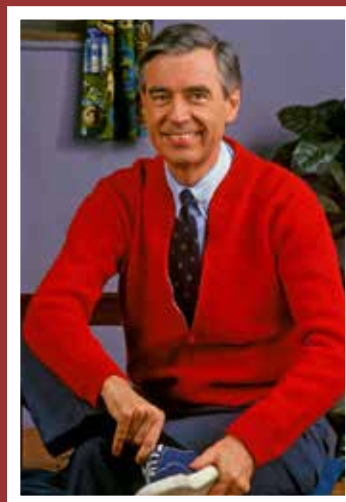
Bob and Toni have been married for 46 years. They met through a community theater production of My Fair Lady. Bob and Toni have a son and a daughter and one granddaughter.

Do you have a good neighbor?

If you have a story that embodies being a good neighbor, please share it with us. From time to time we would like to feature these stories in The Trail Mix or at Town Hall.

Send stories to
bpolak@trinitywoodstulsa.com.

*"The greatest gift you ever give
is your honest self."
Fred Rogers*



August STARS Employees of the Month

Clarence Elliott, Transportation



Clarence Elliott

- » **Start Date:** October 2021
- » **Born and Raised:** Tulsa, OK
- » **Wanted to be as a Kid:** A Navy Man
- » **Friends Describe As:** Sincere and Dependable
- » **Hobbies:** Listening to old albums and reading
- » **First Job:** Mr. Cecil's Barber Shop
- » **Favorite Bible Verse:** "Blessed is he who considers the poor." Psalms 41:1
- » **Favorite Book:** My Name is Charlie Wilson by Charlie Wilson
- » **Family:** Married with 5 children
- » **What his supervisor says:** "Clarence is a very conscientious person and always goes above and beyond in helping our members. It is a pleasure to have a person like him to work with."- Cliff Mosley, Transportation Supervisor

Amy McDaniel, Housekeeping



Amy McDaniel

- » **Start Date:** June 2018
- » **Born:** Gardena, CA
- » **Raised:** San Francisco, CA
- » **One Meal Forever:** Tacos
- » **First Job:** McDonalds
- » **Wanted to be as a Kid:** Singer
- » **Family Recipe:** Goulash
- » **Favorite Book:** *The Secret Garden* by Frances Hodgson Burnett
- » **Hobby:** Crocheting
- » **Family:** Married with six children
- » **What her supervisor says:** "Amy is a thoughtful and conscientious worker. She is happy to do the work needed to get the job done right. She is an asset to our team and to the members we serve." - Cathy Green, Housekeeping 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



Reviews Wanted! You are our best advertising.

Our team works hard everyday for our community members and their families. If you have enjoyed your experience, please take a moment to share a positive review with others.

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**CHANGE SERVICE
REQUESTED**



By Don Hertzler, Trinity Woods
resident and Tulsa Master Gardener

the WOODS *at* TRINITY WOODS

Our campus abounds with the summer blooms of the Crepe Myrtle. Most modern crepe myrtles are *Lagerstroemia indica* which is a native plant in Asia, south China, and parts of Japan. These plants love heat and sun but need regular water. Oklahoma's own Dr. Carl Whitcomb is a major breeder of the highly popular modern crepe myrtle varieties that rebloom all summer and are mildew resistant. He developed plants with small, medium and tall mature heights so that drastic pruning was no longer necessary each year to contain 25-foot-tall shrubs. Dr. Whitcomb started his breeding program while a professor at Oklahoma State University but then went into private business to introduce new varieties into the market. Most recently, he has developed crepe myrtles that rebloom on the same seed panicle, eliminating the need to remove the dead panicles during the summer. If only Dr. Whitcomb could develop a fragrant crepe myrtle!

