

The Trail MIX

The neighborhood news from Trinity Woods | Issue: September 2022



Inspiring The Workforce Of Tomorrow

By Jacob Will, VP of Health Services

The concept of the Trinity Woods CNA Student Internship Program began back in 2019, just when COVID-19 had just started to create interruptions. And while the program has faced obstacles, we are proud to say that after more than two years it is going strong and changing lives. Initially when Trinity Woods collaborated with Nathan Hale High the objective was to provide an experience that would certify students as Nursing Aides (CNA) and provide a paid internship in our Healthcare Households during a semester.

We now work with two different schools – Nathan Hale and Union High Schools. This year we plan to offer four students (per semester) this internship opportunity but there is always space to expand if needed. The internship is divided into two parts, the certification class and then the onsite training here at Trinity Woods. Over the 10-12 week period the students work side by side with their mentors in the Health Center.

The immediate goal of the program is to introduce the students to the person-centered care model at Trinity Woods and inspire a career path that will encourage them to advance their clinical education from CNA to Certified Medication Aide and ultimately

to Licensed Practical Nurse and Registered Nurse. The long-term goal of the program is the development of a dedicated workforce committed to improving the quality of care of elders. We hope to empower students to explore their passions through individualized educational opportunities supported by meaningful relationships. The strategy enables students to work outside the school walls and to guide students to develop self-advocacy and self-reliance.

Since the beginning of the program Trinity Woods has hosted 19 students into the program. Of those 19, 10 students completed the program and were offered positions at Trinity Woods. Seven of those elected to accept positions at Trinity Woods.

As we look ahead, we are filled with gratitude for the donors who funded the internships. This program has been fully funded by the generosity of others. If you are interested in sponsoring an intern for the Fall semester, the cost is \$2,800 and the results are priceless. For more information on helping these amazing young people contact Bonnie Polak at 918.346.6639 or bpolak@trinitywoodstulsa.com. Truly, the best is yet to come!



Trinity Woods

Belong. Believe. Become.

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SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

By Weldon Tisdale, Chaplain

*“When opportunity comes, it’s too late to prepare”
John Wooden.*



John Wooden was one of the most successful NCAA Division 1 basketball coaches the sport has ever seen. He worked not just to win games, but to develop young men into personhood. He was relentless in his practices, emphasizing the basics of basketball, all the while developing the character of his players.

Coach Wooden knew a 60 second time-out was not enough time to teach, practice, and implement a new play or strategy to take advantage of an opportunity in the game. He knew that it was the daily, dedicated practices that honed his players into individuals that could adjust, adapt and take advantage of a game situation and work it for their benefit.

Preparation must be done before the opportunity comes... thorough preparation.

Are you prepared? Your response is probably, “For what?” Good point. If we don’t know for what we are preparing, we will not know how to prepare.

So, for what are we preparing? As Believers, God told us in Ephesians 2:10: *“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”* God, by His grace, brought you into His family to do the

good works He has prepared in advance for us to do. Do I know what opportunities He’s going to give you and I to do today?

I don’t. But I know He wants us to be prepared for every good work opportunity He puts before us. Will it be a person in distress that needs someone to listen? A child that will challenge me as a parent? A spouse who needs extra love? A job that challenges our patience and/or abilities? Or is it simply being prepared to deal with life’s challenges? So how will we be prepared?

In 2 Timothy 3:16-17 it says, “All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.”

So how will we be prepared, or should I say, “thoroughly equipped”? By connecting daily with the God-breathed words of Scripture. Through them God will prepare us...for every good work. **So, when opportunity comes, we will be prepared!**

Adapted from CrossPoint Church



Trinity Woods Blood Drive

Wednesday, September 21 • 9 a.m. – 1 p.m.
Fleming Center

To schedule an appointment, contact Lupina at 918-346-6618.



*While supplies last. Photo ID required.



By Jennifer Rawlings, Your Health Fair Loving Guru



Health and Wellness Fair

We are excited to extend an invitation to community members and friends to the Annual Trinity Woods Health & Wellness Fair! Come learn about offerings on campus and what is available from the surrounding community. **The Annual Health & Wellness Fair will be held on Thursday, September 15th from 10 a.m. to 2 p.m. in the Community Life Center.**

The Trinity Woods Wellness Team takes pride in providing members, family, and employees with opportunities to improve general health and wellness through the promotion of the seven dimensions of wellness. We feel that the Health & Wellness Fair plays a role in helping the community achieve whole person wellness.

At the fair you will have the opportunity to meet multiple health and wellness experts including but not limited to NAMI-National Alliance on Mental Illnesses which provides classes and support groups for families and caregivers of loved ones dealing with mental health issues, Oklahoma Senior Law, The Eye Institute, OK ABLEtech, MET Recycle, Oklahoma Bureau of Narcotics who will be taking old medicines in any form and many other great vendors!

We are excited to host this annual event and look forward to seeing you.

Take care of your body. It's the only place you have to live.

Jim Rohn

September Birthdays at Trinity Woods

Mike Rodehaver.....1	Bob Dickson.....10	Margaret Ellison.....24
Warren Danskin.....2	Peggy Jackson.....10	Virginia Gray.....25
Freda Coffey.....3	Ken Johnson.....10	Maudine Corey.....27
Betty Swindle.....3	Betty Baxter.....12	Gary VanFossen.....27
Charles Hogan.....4	Eleanor Shirk.....13	Jack Cearing.....29
Hank Kiely.....4	Barbara Lilienthal.....14	Jerry Lingenfelter.....29
JoAnn Bingham.....6	Dan Bissett.....16	Cherlyn Sunflower.....29
Jane Estus.....7	Sandra Falkensten.....17	Betty Pearson (100 Years Old!).....30
Earl Smith (100 Years Old!).....9	Clyde Wyant.....20	
Angela Denny.....10	Richard Ziglar.....22	

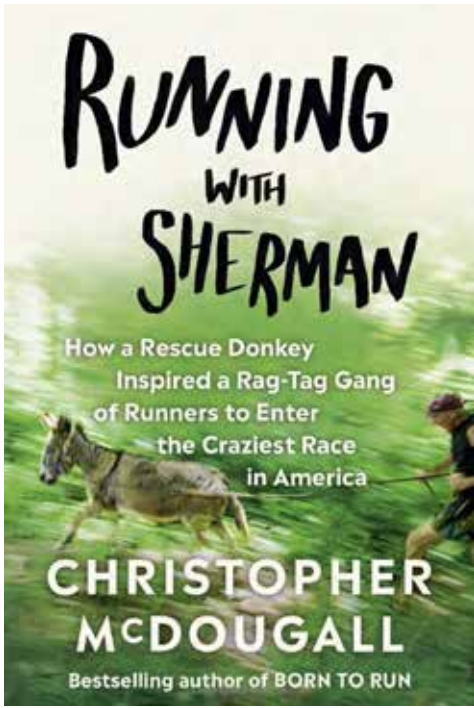
September Anniversaries

- Jim and Linda Pat Colgan.....9/3/1960
- Richard and Dolores Hedger.....9/5/1955
- Ralph and Marita Morgan.....9/27/1953



In Memory of

- William Weinrich.....7/11/2022
- Robert Gilbert.....7/25/2022
- Jack Keeling8/8/2022
- Emma Cox.....8/10/2022
- Bill Kirwin.....8/17/2022
- Dorothy Gibbons.....8/21/2022



BOOK CLUB

The September Book Club will meet Tuesday, September 20 at 7 p.m. in the Fleming Center. This month the group will be discussing *Running With Sherman* by Christopher McDougall. The facilitator will be Shirley Leslie.

Running With Sherman is a story about how a rescue donkey inspired a rag-tag gang of runners to enter the craziest race in America. When Christopher McDougall agreed to take in a donkey from an animal hoarder, he thought it would be no harder than the rest of the adjustments he and his family had made after moving from Philadelphia to the heart of Pennsylvania Amish country. But when Sherman arrived, he was so sick he could barely move. Chris decided to undertake a radical rehabilitation program designed not only to heal Sherman's body but his mind as well. The best way to soothe a donkey is to give it a job, so Christopher decided to teach Sherman to run. He'd heard about burro racing—a unique type of race where humans and donkeys run together in a call-back to mining days—and decided he and Sherman would enter the World Championship in Colorado.

Easier said than done. In the course of Sherman's training, Chris would have to recruit several other runners, both human and equine, and call upon the wisdom of burro racers, goat farmers, Amish running club members, and a group of irrepressible female long-haul truckers. Along the way, he shows us the life-changing power of animals, nature, and community.

New Faces at Trinity Woods

Meet Jerome

Jerome Steele Joins the Finance Team



Jerome Steele has joined the finance team of Trinity Woods as the Director of Finance. Originally from Alabama, Jerome came to Tulsa in 1983 to attend Oral Roberts University where he received an undergraduate degree in Theology as well as an MBA in Business.

Previously Jerome served as Vice President of Finance and CFO of Bacone College in Muskogee where he was responsible for the business office, which included developing and implementing financial and accounting policies. His previous leadership experience includes serving as Chief Executive Officer of a Tulsa company that manufactured a medical device that treated diabetic neuropathy.

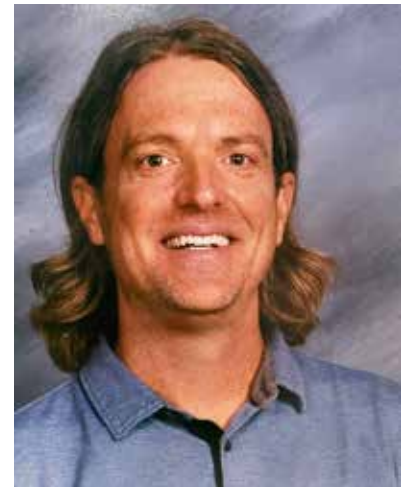
"We are so excited for Jerome to join the team. He brings 34 years of experience that will benefit the mission of Trinity Woods," said Jim Ginther, Senior VP of Finance.

Jerome is married with four children. He and his wife, Yourlunda, founded Amazing Grace Christian Center, a multi-cultural congregation located in west Tulsa.

Meet Alec

Alec Davis Joins the Sales Team

We are excited to introduce the newest member of the Trinity Woods Sales Team, Alec Davis. He is originally from Bixby, OK. He is a graduate of Northeastern State University in Tahlequah with a degree in business administration. While he is new to senior living, Alec has over 18 years of experience with his last employer where he was in sales for eight years, then promoted to acquisitions. Alec is married to his wife, Jenny, and they have two sons, who attend Union Public Schools. He spends most of his spare time getting the boys to their music lessons and lacrosse events. Alec enjoys his family time and loves to run, bike, remodel his home, and work on his 1977 Datsun (his first car). Please feel free to reach out to Alec and welcome him to the Trinity Woods neighborhood.



Favorite Sport: Lacrosse

First Job: Chuck E. Cheese

One Meal Forever: Pizza

Friends Describe: Enthusiastic, dynamic and loud

Favorite Holiday: Easter

Collects: Bison

Favorite Quote: "Be curious, not judgmental" Walt Whitman (via Ted Lasso)

Fun Fact: He was a background actor in Killers of the Flower Moon.

September Events



Pat Hobbs Sings Broadway
Thursday, September 1 at 7 p.m.
Community Life Center, Westervelt Hall
No reservations necessary.

Pat Hobbs fell hard for the music in The Great American Songbook as a young man growing up in the Piney Woods of East Texas. He knows those iconic popular songs and jazz standards of Gershwin, Porter, Berlin, Kern, Arlen, Mercer, Rodgers, and others as well as he knows his own soul. His long and successful resume in local theatre production and biographical cabaret presentations put him in constant contact with 20th century American music that never goes out of style. Enjoy the Trinity Woods debut of this fun performer!



Family Day!
Saturday, September 10 from 1 to 3 p.m.
Community Life Center
Tickets required. There is no charge for you
and your family members.

Grandparents Day is officially this weekend but we're expanding our celebration to make it Family Day! Bring the family of all generations to show off our campus and enjoy some fun activities for all ages. We'll have a working model train display from Tulsa Garden Railroad Club, an instrument "petting zoo" with real live musicians from the Tulsa Symphony, free ice cream from the Bailey's Ice Cream Truck thanks to Senior Helpers, and much more!



Tulsa Community Band Returns!
Thursday, September 22 at 6:15 p.m.
Community Life Center Parking Lot
No reservations necessary.

Celebrate the start of fall with a rousing concert followed by root beer floats! Founded in 1938, the Tulsa Community Band is made up of musicians from all walks of life and backgrounds. Their musical repertoire covers a wide range of styles, from difficult orchestral transcriptions for bands all the way to Dixieland. We've enjoyed these annual outdoor concerts for many years, and we're delighted that this tradition resumes!



Eicher Thursday: Supper, Socializing, and Super Music!
Thursday, September 28
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 p.m. Buffet Supper & Socializing: Cranberry chicken salad croissant, house-made chips, and a pumpkin cake roll. Yum!

6:45-7:30 p.m. Program: Fiddler Shelby Eicher and his wife, singer Janet Rutland will be joined by pianist Scott McQuade, who's always a delight. 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!

Welcome TO THE WOODS!



Rita Boyle – Crestwood

Rita Boyle – Crestwood

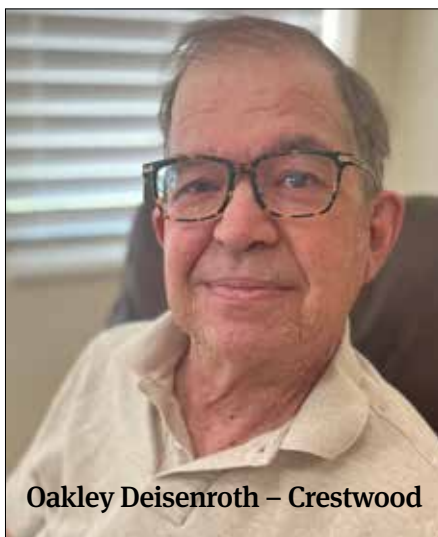
Rita Boyle was born in Watertown, S.D. but grew up mainly in Muskogee, OK. She is a graduate of the College of St. Teresa, now known as Avila University in Kansas City, MO. Rita received her degree in speech and drama.

Rita began her career teaching school, but after a year she decided she wanted to try something else and took a job with the Social Security Office for a couple years. She worked mostly with her late husband, Joe, at their family-owned boiler shop where she was the bookkeeper. They were married for 41 years and had four sons, two grandsons and one great granddaughter.

Rita enjoys reading, embroidery and traveling but her true passion is acting. She has been in countless theater productions. She was very active in Tulsa Community Theater programs and still gets together with her fellow actors.

She is extremely proud of her volunteer work with a prison ministry called Citizens United for the Rehabilitation of Errants. She worked with the local chapter for over 20 years helping incarcerated women get their GED.

Rita is excited to get involved and taking water aerobics classes.



Oakley Deisenroth – Crestwood

Oakley Deisenroth – Crestwood

Please welcome Oakley Deisenroth to the neighborhood. Oakley is a life-long Tulsan and attended Edison High School. He is passionate about Tulsa and Oklahoma history. He is an active volunteer for the Tulsa Historical Society and has donated his time for over 17 years.

Oakley's knowledge of Tulsa is extensive. One of his hobbies is collecting old Tulsa postcards. His collection includes over 8,000. Recently he donated part of his collection to Tulsa Rising. In 2004 he was honored by receiving the Council Oak Award. He has gifted the city with several swing sets and benches for area parks.

Oakley has a wealth of historical information about Tulsa. One of his favorite places growing up was a children's amusement park, The Golf Patch, which was located at 41st St. and Peoria. He enjoys reading, mainly books that are about Tulsa or Oklahoma history. Oakley is already getting involved in campus life and "highly recommends a massage at Tranquility Wellness Spa." He is interested in learning more about Pickleball and all the other programs Trinity Woods offers.

HOW TO INVEST MONEY

By Jim Ginther, Senior Vice President of Finance



Before you put your hard-earned cash into an investment vehicle, you'll need a basic understanding of how to invest money the right way. However, there's no one-size-fits-all answer. The best way to invest your money is whichever way works best for you. Here are some tips when considering investing.

Your Style – Active or Passive

Active investing means taking time to research investments yourself and constructing and maintaining your portfolio on your own. Passive investing involves putting your money to work in investment vehicles where someone else is doing the hard work for example a mutual fund.

Your Budget

How much money do you have to invest?



You don't need a large sum of money to start. You can begin with just \$100. The amount of money isn't the most important thing. It's making sure you're financially ready and that you're investing frequently over time.

Your Risk Tolerance

Not all investments are successful. Each type of investment has its own level of risk. This risk is often correlated with returns. It's important to find a balance between maximizing the returns on your money and finding a risk level you are comfortable with.

One important step to take before investing is to establish an emergency fund. This is cash set aside in a form that makes it available for quick withdrawal. Most financial planners suggest an ideal amount for an emergency fund is enough to cover six months' worth of expenses.

Trinity Woods Service Awards



5

Years of Service

Brittany Joslin,
CMA Chapman



5

Years of Service

Bill Peterson, Vice President
of Human Resources



10

Years of Service

Mira Ruleford,
CNA Holliman



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

September STARS Employees of the Month

Dorothy Mayhue, Holliman Center



Dorothy Mayhue

- » **Dorothy Mayhue**, CMA, Holliman Center
- » **Start Date:** October 2011
- » **Born and Raised:** Muskogee, OK
- » **Described by Friends:** Dependable, Loving and Caring, Too Serious
- » **Hobbies:** Walking and Shopping
- » **Favorite Holiday:** Thanksgiving
- » **Wanted to be as a Kid:** Teacher
- » **First Job:** Burger King
- » **Favorite family Recipe:** Macaroni-n-Cheese
- » **What her supervisor says:** "Dorothy is genuine and intentional in all that she does to serve members, families, and her coworkers. There is peace of mind for all when Dorothy is working, which is invaluable. She is a great example to those around her in serving others in the spirit of Christ." – Britani Chappell, Assisted Living Director

NOMINATE A SUPER

Star!

We love recognizing our team members for going above and beyond in their jobs. Who else but our community members and their families see these acts first hand? We love hearing about these acts of excellence or kindness and want to shine a spotlight on them.

Submit your nomination on our website or next time you are on campus in one of the red "STARS" boxes.



Phone Number:
(918) 743-2565

Website:
TrinityWoodsTulsa.com

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**CHANGE SERVICE
REQUESTED**

**Formerly
Oklahoma Methodist Manor**



PUTT PUTT *Go!*

We are excited to showcase the newly replaced putting green located southwest of the Spann Wellness Center. We worked with Celebrity Greens to completely redesign the area. The slope of the green has been adjusted for a more enjoyable putting experience.

Additionally, the entire area has been relandscaped and a sitting area has been added. We are also looking forward to the addition of the indoor golf simulator that has been ordered and will be installed in the coming months. The golfers on campus are sure to enjoy hitting the links all year long.

