

The Trail MIX

The neighborhood news from Trinity Woods | Issue: October 2022



TRANQUILITY WELLNESS SPA

By Jennifer Rawlings, VP of Wellness

Tranquility is the state of being calm and at peace.

This was the goal for what people would experience when they visited the Tranquility Wellness Spa on the Trinity Woods campus. When we envisioned bringing the multiple salons on campus together, it was very purposeful. We wanted the spa experience to be available for everyone at any level of care. Our dream has been exceeded and the Tranquility Wellness Spa has been a perfect avenue to bring the whole campus together for a tranquil experience.

The Tranquility Wellness Spa is a state-of-the-art space that allows residents to freshen up their hair style, receive a manicure or pedicure, or truly relax with a massage, all while never leaving campus. The Spa has licensed cosmetologists who are ready to style, cut, and color your hair as well as provide waxing services. The licensed nail technician is available for hand and foot treatments and the massage therapist can provide consistent quality treatments for tired or sore muscles. The team is led by a spa coordinator who's main objective is to make sure each client receives a high quality experience.

"The Tranquility team is so passionate about making their clients look beautiful on the outside and even more importantly, help them feel beautiful on the inside," said Jennifer Rawlings, VP of Wellness. "The ladies in the Spa take pride in genuine, personal relationships and want to make each client feel special the minute they walk into the Spa."

If you or your loved one haven't experienced the Tranquility Wellness Spa, now is the perfect time. Each month there are specials and, with the holidays approaching, a gift certificate just might make the perfect gift! For more information on services or to book an appointment call 918.346.6659.



Trinity Woods

Belong. Believe. Become.

In this issue:

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Trunk or Treat!

New Neighbors

Meet Dennis, Phil and Lela!



By Weldon Tisdale, Chaplain

Spiritual WELLNESS

Spiritual Wellness is generally considered to be the search for meaning and purpose in human existence, leading one to strive for a state of harmony or contentment with oneself and others, while working to balance inner needs with the rest of the world.

The path to spiritual wellness can involve meditation, prayer, affirmations, or specific spiritual practices that support your connection to a higher power or belief system. Having compassion, love, forgiveness, altruism, joy, or fulfillment, helps you to enjoy your spiritual health. Your religious faith, values, beliefs, principles, and morals define your spirituality.

Taking care of ourselves spiritually can help us approach life more positively and build a resilience that can help us through many of life's challenges, which in turn can help us to age more healthfully. Across different religious backgrounds, the strength we find from our faith is universal. For many, faith has often been the anchor that reminds them that no matter what storm comes their way, they will not be broken or completely overcome.

Spiritual wellness is important for many reasons. First, it allows you to think about your purpose in life and really establish your "why". We're all put on this earth for a reason. Some of us discover that reason earlier than others. However, taking the time to explore your purpose and why you do the things you do is a strong foundation for living a meaningful life.

Create a life that feels good on the inside, not just one that looks good on the outside.

Another reason spiritual wellness is important is it allows us to connect with a higher power through religion and faith. Personally, I am a Christian and therefore believe in an all-powerful, all-knowing and ever-present God. Therefore, I pray daily, read the Bible and attend church/worship services in order to grow my relationship with Him.

Lastly, spiritual wellness allows us to clear our minds and learn to accept the things that are out of our control. The reality is, we live in a fast-paced, crazy world that is only getting more complicated by the day. Having the ability to detach from the world and accept that what happens is often out of your control is a powerful life skill.

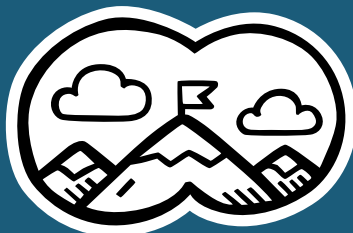
For my spiritual wellness, I choose to adhere to what the apostle Paul said (paraphrased), "I have learned contentment in every situation." Philippians 4:11-13

TIPS FOR IMPROVING SOCIAL WELLNESS

ACCORDING TO THE NATIONAL INSTITUTES OF HEALTH



Make connections



Get active together



Build healthy relationships

GRIEF WORKSHOP:

SilverLining, A life application journey through the dynamics of grief.



There are a few things on the journey of life you cannot avoid – growing older, taxes and grief! And this month we are going to focus on grief. Grief is a too frequent companion on this journey from the cradle to the grave. Grief is triggered when we lose something that is important or precious to us. Perhaps

the most traumatic is when someone we love dies. But the loss of a relationship, financial stability, disappointments, your home, a pet or personal belonging can also trigger grief. Grief has the capacity to make us bitter or better. It all depends on the choices we make on our journey through it.

Unfortunately, few of us have been taught how to practice good grief. Grief is normal and, in fact, necessary to healing the deep, painful wounds caused by loss. Change in your life delivers several different physical and emotional symptoms and the way you feel and the actions you take during this journey are

unique to you. Dr. David Willets will be here to talk to us about a practical application of healing grief and finding your SilverLining amid life’s difficult changes.

Dr. Willets has real-time experience on the topic of grief. He has served in local church ministry for more than forty-five years. His educational training is in pastoral care and counseling. In 2004, David’s wife of twenty-seven years and eighteen-year-old daughter were killed in an automobile wreck. Through this painful experience, along with his training, Dr. Willets brings sound psychological, spiritual and applicable expertise to those on the journey of grief. For more information about Dr. Willets please visit his website at www.silverlining.ws.

Have you experienced a significant loss? Have you had changes in your life that have been painful? Have you recently downsized? Or do you know someone who has experienced these? Then this session is for YOU!

There is space for 10 individuals to attend a six-week series beginning Thursday, October 6th from 10:30 a.m. to 11:30 a.m. If you are interested please contact Chaplain Weldon Tisdale at 918.346.6607.

October Birthdays at Trinity Woods

Roberta Hairston.....1	John Marquis.....11	Carol Tobler.....17
Leroy Milton.....1	Bill Bailey.....12	Marilyn Wilson.....19
Meredith Yoakum.....2	Evelyn Mantoath.....12	Norma Stephenson.....19
Frances Conkling.....4	Matt Watson.....12	Martha Swezey.....20
Shirley Hockett.....4	Ruth Burch.....13	Betty Miller.....24
Donna Keener.....4	Carolyn Ehlers.....14	David Thomas.....26
Phillele McBrayer.....6	Leonard Stubbs.....14	Sue Duncan.....27
Tom Williams.....6	Mary Damewood.....15	Bruce Nixon.....27
Doris Piatak.....9	Sarah Jenkins.....16	Linda Goldsmith.....28
Robert Rainey.....10	Margie Thomas.....16	Virginia Kingsolver.....31
Mary Stubbs.....10	Jane Waters.....16	
Bobbie Ziegler.....10	Joe Gormley.....17	

October Anniversaries

John and Marilyn Berry.....10/16/2012
Richard and Barbara Lilienthal.....10/27/1988



In Memory of

Virginia Willey.....8/31/2022
Mavis Loken.....9/4/2022
Milton VanDerwiele.....9/8/2022
Patricia Michael.....9/9/2022
Jane Estus.....9/13/2022
Emily Capehart.....9/21/2022

October events



**Peter Simon Piano Concert:
Music and Poetry of Love
Thursday, October 6 at 7 p.m.
Community Life Center, Westervelt Hall
No reservations necessary.**

Classical pianist Peter Simon divides his time between Florida where he has a long performing history and his native Colorado. He is not only a pianist but an entertainer with charm and humor as well as outstanding technique. Peter's career has taken him to venues from cruise ships to Carnegie Hall. In this unique program, he will recite romantic poetry and then play a famous romantic piece to match.



**Asbury Singing Ambassadors
Tuesday, October 11 at 2 p.m
Community Life Center, Westervelt Hall
No reservations necessary.**

The Asbury Singing Ambassadors is a senior adult choir formed in 2001. The choir sings some old songs, some new songs, and some gospel songs, too. They sing monthly in the 8 a.m. Chapel worship service at Asbury Church and periodically for retirement communities, other churches, and various organizations within Asbury. Several of our community members are in the choir and their performances are always a delight!



**Pickleball Tournament – Members vs. TW Employees!
Thursday, October 13 at 2 p.m.
Trinity Woods Pickleball Court**

Come out and cheer on your neighbors and the TW employees as they battle it out on the pickleball court.



RODEO & Fall Festival!
Thursday, October 20 at 4 p.m.
outside and in the Community Life Center
Tickets required. Members are \$13. Guests are \$15.
RSVP on the Wellness Reservation Form or via the
Vibrant Wellness Portal.

This year we're adding some interactive fun to this event with cowboy games starting at 4:00 outdoors behind Spann (weather permitting.) There'll be horseshoes, target shooting, lassoing and more. The buffet will open at 5:00 for a delicious meal in Westervelt Hall of BBQ Pulled Pork, Sliced BBQ Brisket, Baked Beans, Potato Salad, Cole Slaw, Hawaiian Sweet Rolls, plus apple pie for dessert. Then we'll move outside (weather permitting) to the Community Life Center parking lot for a foot-stomping, relaxed outdoor concert of classic country music from Gypsy Twang. Gypsy Twang is Sarah Barker Huhn on lead vocals and guitar, Steve Huhn on upright bass, John Williams on vocals, guitar, harmonica, and Kurt Nielsen on mandolin, plus Lee Roy Whisenhunt on steel guitar. It will be a great evening to celebrate fall!

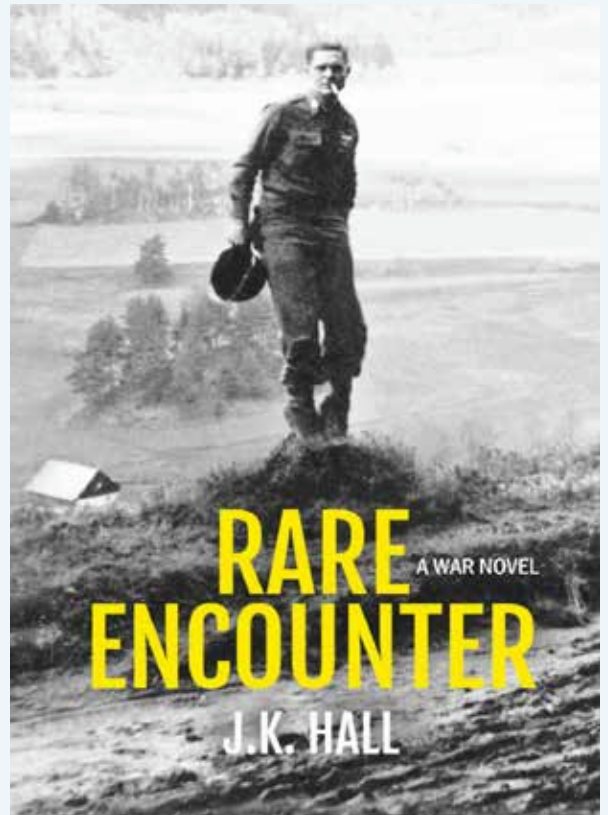


Eicher Thursday: Supper, Socializing, and Super Music!
Thursday, October 27
Community Life Center, Westervelt Hall
Tickets required. Members are free. Guests are \$7.
RSVP on the Wellness Reservation Form or
via the Vibrant Wellness Portal.

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 p.m. Buffet Supper & Socializing: Cuban sandwich (ham, smoked pork, swiss cheese, Dijon, pickle), house-made chips, and Macadamia nut cookie. Yum!

6:45-7:30 p.m. Program: Fiddler Shelby Eicher and his wife, singer Janet Rutland will be joined by guitarist Tommy Crook.



BOOK CLUB

By Phylis Rhodes

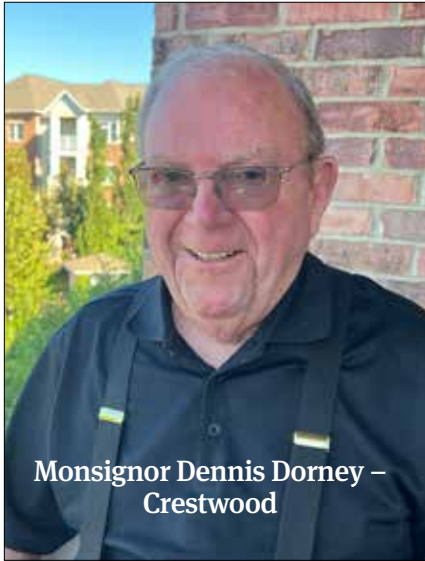
This month the Book Club will meet on Tuesday, October 18 at 7 p.m. in the Fleming Center. The book is *Rare Encounter* by J.K. Hall and will be reviewed by Steve Lance.

Based on a true story, *Rare Encounter* is historical fiction. It is a sweeping narrative pivoting on family histories, battlefield courage, tragic miscalculations, inspired women, social prejudice, and enduring love.

Roger Lincoln Shinn is an esteemed professor of social ethics at a prestigious New York institution. Known only to his wife, he had faced the unspeakable as a combat infantryman in the Second World War. But two decades later during the Vietnam War, Shinn reveals to stunned students his astounding story as a soldier and prisoner of war and that of a defiant captain in his outfit who ruptures the boundaries of conventional warfare. On a converted ocean liner enroute to fight the Nazi army in Europe, the proper young Shinn meets John William Hall, a rough-hewn Southern rifle champion rebelling against the family bloodline. Hall left the dark rage of the Oklahoma Dust Bowl for the vortex of world war, and the two captains' destinies intertwine at the ferocious Battle of the Bulge.

This is the story of two uncompromising soldiers caught in humankind's darkest venture. *Rare Encounter* explores the sometimes hazy meridian between right and wrong, sanity and madness. It will grip readers intrigued by vivid human stories formed from inside monumental events.

Welcome to the Woods!



Monsignor Dennis Dorney –
Crestwood

Monsignor Dennis Dorney – Crestwood

This month we are excited to welcome Monsignor Dennis Dorney to the neighborhood. He was born in Cleveland, OH but moved around a lot as child because his father was in the oil business. In fact, he had lived in six different states all before the 8th grade. Dennis spent most of his teenage years in Oklahoma City and is a graduate of Bishop McGuinness High School.

In high school, he had the first inkling of becoming a priest. He was very involved in the Young Christian Students movement at that time. “I had some great priests at the parish where I was in middle school and high school. They were a tremendous influence on me, and probably intensified my interest in the priesthood.”

After high school he went directly to college seminary. He attended seminary in St. Louis, MO at Cardinal Glennon. He was ordained a priest on December 21, 1967 at St. Peter’s Basilica in Rome while he was completing studies at the North American seminary in Rome. He has served in many dioceses and parishes all over the world.

He has served as a priest for over 55 years. Throughout his career he served as the associate pastor of Madalene, Christ the King, and Saint Pius X. He was pastor of Saint Monica’s, Immaculate Conception, Saint Pius X, and the Church of Saint Mary. Monsignor Dorney held a number of positions at the Chancery Offices of the Diocese of Tulsa including Vicar General, Chancellor, Vocation Director, and various roles in the Tribunal.

Monsignor Dorney enjoys reading, needlepoint and cooking. He is looking forward to getting more involved and using the pool.



Phil and Lela Brinlee –
Felt House

Phil and Lela Brinlee – Felt House

Welcome the Brinlees to Trinity Woods! They both are so happy to be in their new home and they are really enjoying their new surroundings. Phil and Lela met in junior high school, when Phil sat behind Lela in orchestra. In November they will celebrate their 60th wedding anniversary. Prior to moving to Trinity Woods they lived in Bartlesville, OK.

Phil and Lela both grew up in Tulsa and attended McClain High School. After graduation, Phil entered the Navy. He graduated from the Naval School of Music where he played the saxophone. After the military he worked 26 years for several grocery store chains as store manager. He enjoys fishing and is a collector of Civil War memorabilia.

Lela had her own business, where she was an executive recruiter for 27 years. She started out in the oil and gas industry then later specialized in manufacturing executive and support staff. “I loved my job and the people. I really tried to find the right fit for the company, the person, as well as their family,” said Lela. In her spare time, she likes to read, play brain games, and learn anything new.

The Brinlees have four children, 11 grandchildren, and three great grandchildren. They have loved meeting so many friendly people and are looking forward to doing more in Spann Wellness.

FUN FACTS ABOUT FALL

**There’s a Candy Corn Day.
For real. October 30th.**



**There are more than 7,500
apple varieties.**



Only America Calls it Fall

The season was originally just called Harvest and Autumn came around much later in the 1300s, according to CNN. When English poets started using the phrase “the fall of leaves” it became very fashionable to call the season Fall. But by the mid-1800s, after the split of the colonies from England led to language change, England reverted back to Autumn and the American upstarts retained Fall.

October STARS Employees of the Month

Stephanie Lieb – Housekeeping



Stephanie Lieb

- » **Start Date:** May 2017
- » **Born:** Torrance, CA
- » **Raised:** Gardena, CA and Tulsa, OK
- » **Education:** Will Rogers High School and Community Care College
- » **Wanted to be as a Kid:** Veterinarian or Lawyer
- » **Favorite Sport:** Football
- » **Described by Friends:** Strong, smart, resilient and kind.
- » **Hobbies:** Diamond paintings and crafts
- » **First Job:** Dietary Aide
- » **Family Recipe:** Deviled eggs or Great Grandma's Baked Beans
- » **Favorite Book:** Where the Red Fern Grows by Wilson Rawls
- » **Family:** Married with four boys
- » **What her supervisor says:** "Stephanie does her job well and cares about the members she serves. She is an asset to Trinity Woods and our team" – Cathy Green, Director of Housekeeping

Kelley Haralson – Dining



Kelley Haralson

- » **Start Date:** April 2019
- » **Born:** Houston, TX
- » **Raised:** Tulsa, OK
- » **Education:** Central High School and Tulsa Junior College
- » **Favorite Sport:** Volleyball
- » **One Food Forever:** Pizza and salad
- » **Described by Friends:** Caring, hardworking, helpful and devoted
- » **First Job:** Pizza Hut Server
- » **Favorite Holiday:** Halloween
- » **Family Recipe:** Meatloaf
- » **Favorite Movie:** The Notebook
- » **Collects:** Antiques and old coins
- » **Free Time:** Reading, watching television and visiting family and friends
- » **Fun Fact:** Once owned an ice cream business
- » **What her supervisor says:** "Kelley is a great employee. She is always putting everyone ahead of herself. She is truly a sweet and kind person. We are privileged to have her on our team and at Trinity Woods." – Latasha Grundy, 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

Trinity Woods Service Awards



10

Years of Service
Irene Brown,
Wellness



10

Years of Service
Brian Newlin,
Security



35

Years of Service
Larnell Foster,
Housekeeping

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**CHANGE SERVICE
REQUESTED**

**Formerly
Oklahoma Methodist Manor**



YOU'RE INVITED!

Friday, October 28 from 6:30 to 7:15 p.m.
Community Life Center and the Community Life Center parking lot
No reservations necessary to attend.

We are excited to once again host Trunk-or-Treat for Trinity Woods family and friends. Invite your grandchildren, nieces and nephews, special children in your life to dress up and show off their costumes. Employees are encouraged to bring their children for this special event. Members can sign up to pass out candy, decorate a car trunk, golf cart or a table inside the CLC to pass out candy. Join us for this Trinity Woods family fun night!