

The Trail MIX

The neighborhood news from Trinity Woods | Issue: November 2022



Trinity Woods

Belong. Believe. Become.

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Veterans Day Service

November Wellness

Getting Ready For
The Holidays!

New Neighbors

Meet Sharon, Dennis, Norma
and Jean!

Veterans Day is a time to honor those who served, those who still serve and especially those who paid the ultimate price for our freedoms in our country's wars. Military veterans have a special place in the American heart and definitely the hearts of the Trinity Woods community.

"Armistice Day" was started in 1919 as a way to commemorate the end of World War I. In 1928, Congress passed a resolution to make an annual observance. November 11 became the official date for the observance and a National Holiday in 1938. In 1954, the holiday officially became Veterans Day to celebrate the service of all veterans living and dead.

Thanking veterans for all they do and have done is a way to express our collective gratitude. The sacrifices they made deserve our recognition. America's veterans have done everything asked of them in their mission to serve our country and it is never too late to celebrate their dedication and service. As Veterans Day approaches a quote by George S. Patton Jr. comes to mind. "It is foolish and wrong to mourn the men who died. Rather, we should thank God that such men lived."

Each year Trinity Woods takes time to celebrate and thank these very special people, both men and women who have served, with a special program. We encourage you to attend this annual service. **This year's service will be held Friday, November 11 at 2:00 p.m. in the Fleming Center.**



By Weldon Tisdale, Chaplain

LIFE IS NOT A STRAIGHT LINE

It has been said that the shortest distance between two points is a straight line. However, that is only partially true because the distance ultimately depends on the geometric shape of the object. In life, the shortest distance between your starting point and destination is not a straight line. Though you may be able to see your destination, there may be many paths you can travel to arrive. Life is filled with uncertainty. What road do I travel? Will it be straight or filled with many twists and turns, hills and valleys, smooth and rough patches, U-turns, circle backs, and on and on? In the end, it is important to decide to move forward knowing that, at times during the journey, moving forward may mean backtracking.

Author C.S. Lewis said, "Progress is not simply moving forward. It is moving closer to the desired destination." Here are a few Biblical examples, which demonstrate that life is not a straight line:

- When the children of Israel were freed from bondage in Egypt, they turned an 11-day journey to the Promised Land into a 40-year expedition. Why? Primarily, because they would not follow the direction of God. Yes, they eventually arrived but not without some major struggles and several rough patches.
- Abraham received a promise from God, if he would leave his homeland, his people and his father's household, that God would make him into a great nation and bless him. His journey took 25 years before he received the ultimate promised seed.

In between, his life faced many challenges, twists and turns before reaching his destination.

- Joseph had a dream which took 13 years of ups and downs, twists and turns before it came to fruition.
- David was anointed king but it took several years of trouble, struggles and victories before he was eventually crowned king over all of Israel.

Progress rarely happens in a straight line. It typically unfolds in loops.

Day by day, it can feel like you're spinning your wheels. If you look back on your trajectory over months or years, you can see forward movement.

Major growth is the result of many seemingly minor turns.

Adam Grant

Life in each of these stories was moving forward but not in a straight line. Even though you could say that life always moves forward, forward doesn't always mean in a straight line. Enjoy the journey ahead of you even if you need to take a detour at times.



Annual Veterans Day Service

Please join the entire Trinity Woods community as we honor and give thanks for those among us who have served faithfully in defending the freedoms we all cherish here in the United States of America.

Friday, November 11, 2022
2:00 p.m.
Fleming Center

Please plan on coming to honor those to whom we owe so much.
And...God Bless America!



By Jennifer Rawlings, Your Friendly
Exercise Measuring Guru



The holiday season is upon us and if life isn't busy enough the holidays can bring on extra stress. In order to stay on top of your health during holiday season it is important to stay on track with your health goals. If you don't have health goals or you need some tricks to get back on track, here are a few things to remember and programs to take part in at Trinity Woods.

Practice Gratitude – Gratitude is a simple tool that is at our disposal to improve our well-being all the time. Practicing gratitude increases positive emotions and encourages you to reflect on what is good in your life. It helps you shift your mindset from the bad things going on to look and appreciate the good in your life. “Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity. It makes sense of our past, brings peace for today, and creates a vision for tomorrow.” – Melody Beattie

Senior Fitness Test: Measure It so you can Manage It. The Senior Fitness Test (SFT) is a series of seven tests that assess the functional fitness of older adults. Taking the Senior Fitness Test helps to set physical and personal goals. Please join

HOLIDAY SEASON *Wellness*

us on Thursday, November 18 as we shoot for 50% participation in the 2022 Senior Fitness Test! Call Delisa Gray at 918-346-6642 to sign up!

Maintain Don't Gain Challenge

Just in time for the holidays, we are hosting our Annual Maintain Don't Gain Challenge for employees and residents of Trinity Woods. This six-week challenge runs from November 21 to January 2. It encourages weight maintenance and healthy habits during the holiday season. The goal is to help you stay motivated and on track when all of the goodies and temptations are always around during the holidays. Call Delisa Gray at 918-346-6642 to be a part of this challenge!

November Birthdays at Trinity Woods

Maggie Morgan.....	1
Kathy Rusk.....	1
Lura Wilson.....	1
Carol Langdon.....	2
Barbara Bowen.....	3
Nancy Pemberton.....	3
Lynette Danskin.....	5
Tina Pickle.....	6
Jenneth Sheeler.....	6
Don Snediker.....	6
Robert Bense.....	8
Clyde Griffith.....	10

November Anniversaries

Mike and Susan Williams.....	11/4/1961
Don and Judy Stout.....	11/7/1964
Phil and Lela Brinlee.....	11/25/1962
Jerry and Carolyn Ehlers.....	11/25/1989
Mike and Jan Reynolds.....	11/27/65

Martha Beauchamp.....	11
Marilyn Berry.....	14
Wilma Roosa.....	14
Pat Graf.....	15
Rita Boyle.....	16
Joan Whitney.....	18
Rollie Rhodes.....	19
Melba Rice.....	19
Nancy Rogers.....	19
Case Boshuizen.....	21
Becky Cable.....	21
Bob Hensley.....	23
Nancy Wilder.....	24
Jim Colgan.....	27
Terry Seba.....	27
Bob Doolittle.....	29
Charles Gardner.....	29



In Memory of

Norma Holley.....	10/19/2022
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November Events

Thankful for November Learning Opportunities!



A Conversation with Wendell Franklin, Tulsa's Chief of Police
Thursday, November 10 at 2 p.m. in the CLC, Westervelt Hall
No reservations necessary.

Trinity Woods Chaplain Weldon Tisdale will have a dialogue with Chief Wendell Franklin about policing issues in Tulsa, particularly those affecting seniors, and there will also be an opportunity for questions from the audience. 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 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.



Thanksgiving New Member Reception
featuring Vintage Wildflowers

Thursday, November 17 at 6:30 p.m.

CLC, Westervelt Hall

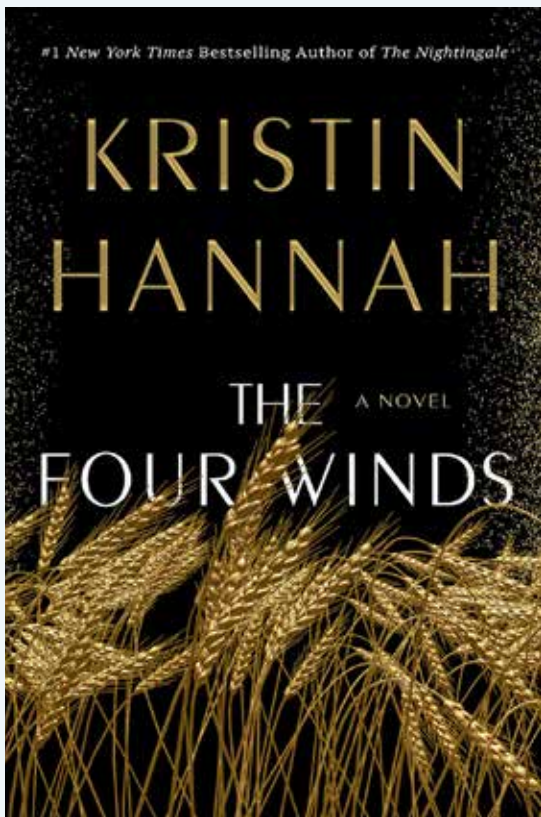
Tickets required. RSVP on the Wellness Reservation Form or via the Wellness portal.



Experience Fancy Dancing with Michael Loman
Monday, November 21 at 1 p.m. in CLC Westervelt Hall
No reservations necessary.

Michael Loman is a Choctaw Fancy Dancer, professional actor, Elvis impersonator, and flute player living in midtown Tulsa. In addition to playing roles in the hit television show *Reservation Dogs* and the upcoming movie *Killers of the Flower Moon*, he hosts the first indigenous talk and variety talent show, *Indian Elvis on the Rez*, and recently served as Head Man for the annual Restoring Resilience Powwow in Tulsa. A long-time fancy dancer, he will teach about the importance and meaning of the powwow and hoop dances, play flute and drums, and even teach us a few steps! This will be a fascinating, interactive program for Indigenous Peoples' Month.

There are many new members of the Trinity Woods "neighborhood" to meet and greet. Let's give thanks together for them and all our many blessings. We'll enjoy a hors d'oeuvres buffet of Turkey Roulade with Cranberry Sauce, Stuffed Shrimp with Crab, Smoked Salmon Mousse on Crostini, and Pumpkin Cream Puffs plus delightful music from Vintage Wildflowers. With their performances on the Millennium Stage at the Kennedy Center in Washington D.C. and on the WoodSongs Old-Time Radio Hour, Vintage Wildflowers has earned national acclaim for their vibrant Celtic, folk and bluegrass blend. They've been featured in sold-out festival performances and on NPR's Folk Salad, Folk Sampler, Celtic Connections and Funk Roots Radio. Vintage Wildflowers are: Abby Casper – fiddle, guitar, accordion, harmony vocals; Audrey McSperitt Schmidt – lead vocals, guitar, bodhran, Irish flute/whistle; and Dana Fitzgerald Maher – Celtic harp, piano, harmony vocals, Irish whistle.



BOOK CLUB

By Phyllis Rhodes

This November Book Club will meet on Tuesday, November 15, at 7 p.m. in the Fleming Center. The book is **The Four Winds** by Kristin Hannah and the facilitator will be Phyllis Rhodes.

Texas 1934, the world has changed. Millions are out of work and drought has devastated the Great Plains. Farmers are fighting to keep their land and their livelihoods as crops fail and water dries up and the earth cracks open. One of the darkest periods of the Great Depression, the Dust Bowl era, has arrived with a vengeance.

The Martinelli farm is dying, including Elsa's marriage. Each day is a desperate battle against nature and a fight to keep her children alive. In this uncertain and dangerous time, Elsa Martinelli—like so many of her neighbors—must make an agonizing choice: fight for the land she loves or go west, to California, in search of a better way of life for her family.

The Four Winds is an indelible portrait of America and the American Dream, as seen through the eyes of one indomitable woman whose courage and sacrifice will come to define a generation. This novel stunningly brings to life the Great Depression and the people who lived through it.



Kick-Off the Advent Season with Don Irwin on Piano
Thursday, December 1 at 7 p.m. in the CLC, Westervelt Hall
No reservations necessary.

Don Irwin will be back from Texas to entertain us with his spectacular playing of Christmas music on our Steinway!



Announcing the New Name for the Trinity Woods Bargain Basement **THE TREASURE CHEST**

After 35 years of offering steals and deals to residents and employees, the Bargain Basement is rebranding. We are excited to announce the new name and logo for The Treasure Chest. Each year this resident led thrift store contributes on average \$9,000 for the Good Samaritan Fund. We invite you to discover all the treasures!

The Treasure Chest is open the first and third Fridays of each month and is located in the basement of Felt House.

Welcome to the Woods!



Sharon Hulin
Patio Home

Sharon Hulin – Patio Home

Sharon is originally from Shawnee, OK where she attended high school and met her late husband, Jerry. She received her degree in education from East Central University in Ada, OK. Upon graduating she taught for almost two years.

For most of her career Sharon owned and operated Allied Home Health, here in Tulsa. Her daughter now runs the company. Prior to moving to Trinity Woods Sharon lived in Brentwood, CA to be near her sister. She enjoys traveling and loves to play cards. Her card game of choice is “Hand and Foot”.

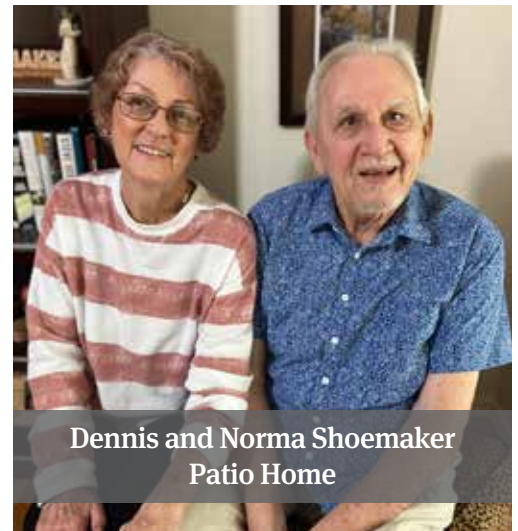
Sharon has two children and five grandchildren. She is excited to get involved by playing cards and trying water aerobics.

Dennis and Norma Shoemaker – Patio Home

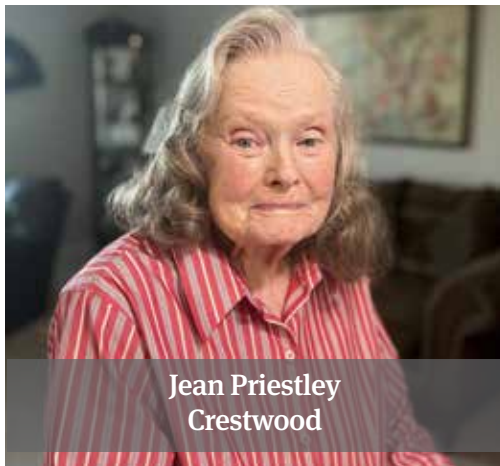
Dennis and Norma Shoemaker are settling into their home and enjoying meeting all their new neighbors. Dennis and Norma both grew up in Oklahoma, Dennis in Hominy, OK and Norma in Park Hill, OK. They met when they were sophomores in college at Northeastern State University, when she crashed his birthday party, and have been married for 60 years.

Dennis attended Northeastern State University for his undergraduate degree in education, University of Oklahoma for his master's degree, and the University of Tulsa for his doctorate. He has been in education for over 42 years and retired in July of 2003 as the Broken Arrow Public School Superintendent.

Norma also had a long career in education. She worked in education for over 40 years as a teacher, counselor, school psychologist, school psychometrist and principal. Norma enjoys reading and is looking forward to getting more active in the Spann Wellness Center. The Shoemakers have two sons and five grandchildren. They are happy to be at Trinity Woods and thank everyone for being so friendly and welcoming to them.



Dennis and Norma Shoemaker
Patio Home



Jean Priestley
Crestwood

Jean Priestley – Crestwood

Jean Priestley is the newest neighbor in Crestwood. She is originally from Grafton, NY and attended Berlin High School. While Jean spent most of her early years in New York, once she met her late husband, she was always moving.

Prior to moving to Trinity Woods, Jean lived in Colorado where she worked at a bank in the accounting department for 17 years. After she retired, she returned to Oklahoma to be closer to family and has lived in Owasso for the past 25 years. A fun fact about Jean is that she has lived in 10 different states throughout her life.

Jean enjoys crafting, yard work and bird watching. She has one son and two grandchildren and three great grandchildren. She is looking forward to going to the Spann Wellness Center and one of her favorite things about Trinity Woods is “everyone says hello.”

Trinity Woods Service Awards

5
Years of Service
Keli Martin,
Dining



The best and most beautiful things cannot be seen or even touched - they must be felt with the heart.

Hellen Keller

October STARS Employees of the Month

Michael Pigeon – Cook, Dining



Michael Pigeon

- » **Start Date:** June 2007
- » **Born:** Claremore, OK
- » **Raised:** Turley, OK
- » **Wanted to be as a Kid:** Zoologist
- » **Favorite Sport:** Wrestling
- » **One Meal Forever:** Pizza
- » **Described by Friends:** Dependable
- » **Hobbies:** Competitive Gamer
- » **First Job:** Tour Guide at the Tulsa Zoo
- » **Family Recipe:** Biscuits and Gravy
- » **Collects:** Buffalo Nickles
- » **Motivated By:** To honor my dad
- » **What his supervisor says:** “Michael is a great employee. He is very caring, dependable, and respectful. He has made tremendous professional growth in the time that he has worked here and has become a true asset to the Charter Oak restaurant as well as the organization and its members.” – Kelsey Knouse, Charter Oak Chef

Anderson Bambokile – Household Manager, Health Center



Anderson Bambokile

- » **Start Date:** February 2021
- » **Born and Raised:** Zambia in Central Southern Africa
- » **Education:** Ozark Christian College and Tulsa Tech
- » **Favorite Sport:** Soccer
- » **Described by Friends:** Caring, kind, wise, humorous and hardworking
- » **Hobbies:** Cooking and Grilling
- » **First Job:** Collecting samples in a copper mine
- » **Favorite Quote or Bible Verse:** “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.” Colossian 3:23
- » **Family Recipe:** African Chicken Curry
- » **Favorite Book:** A Savior Worth Having by E.V. Hill
- » **Collects:** Seiko Watches
- » **Family:** Married with three children
- » **What his supervisor says:** Anderson is compassionate, and devoted to his faith, family, staff and elders. His positive attitude brightens everyone’s day.” - Cheryl Hrdlicka, Director of Nursing



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
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LET’S GET STARTED! CALL 918.346.6639

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**CHANGE SERVICE
REQUESTED**



**SAVE THE DATE FOR CHRISTMAS IN THE WOODS:
THURSDAY, DECEMBER 8 FROM 6 TO 8 P.M.**

All Trinity Woods community members, families, and employees are invited to attend this Christmas extravaganza! Be watching for more information about purchasing tickets and all the details of this Trinity Woods special event.