

# The Trail MIX

The neighborhood news from Trinity Woods | Issue: January 2023



Trinity Woods Leadership Team

## THE STATE OF TRINITY WOODS IN 2023

By Steve Dickie, CEO

As I look back at 2022, there is much to be thankful for and a lot that happened at Trinity Woods. It is truly amazing that last year we welcomed 69 new people to the Trinity Woods neighborhood!

**In addition to serving new people there were several milestone accomplishments:**

- Crestwood celebrated its 10th Anniversary: Everyone enjoyed and reflected on how Crestwood contributed to the transformation of campus.
- Three New Villas: The construction of these homes enhanced Sandusky Ave.
- Owens Park Opened: The area with its beautiful landscaping, stunning water feature, and lighted walking path is a wonderful addition to campus. The finishing touch will be the installation of the outdoor exercise area early next year.
- Putting Green Refurbished: The putting green has attracted experienced golfers and others who just like to “putt around”! The indoor golf simulator is scheduled to be installed early next year, so you can hit the links all year long.
- Reopening Mabee Point: We celebrated the reopening of this area of the Health Center, which promotes the expansion and improvement of short-stay rehab.

My Dad used to say, “Progress is our most important product.” Trinity Woods will make great progress in 2023 as we continue to reinvest in the community. Plans are in place for major projects like replacing the roofs on the Patio Homes and Lakeside Homes, carpet replacement in the Crestwood common spaces, and road repairs. The furniture is to be replaced in the Charter Oak Restaurant, the Crestwood game room, and the Members Club room. We also celebrate the way that philanthropy benefits the Trinity Woods community: we received donations to honor our employees, aid with benevolent care, and grants to invest in tomorrow’s healthcare professionals.

So, as I say goodbye to the past I rejoice in the many new opportunities that will be provided to Trinity Woods in 2023.



**Trinity Woods**

Belong. Believe. Become.

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Book club, youth choir and more!

**New Neighbors**

Meet Kathy and Mike, Cullen, Shirley, and Nancy



# MARTIN LUTHER KING, JR. DAY

By Weldon Tisdale, Chaplain

*"Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love."*

*Dr. Martin Luther King, Jr., speaking before the Ebenezer Baptist Church in 1968.*

Every third Monday in January is a national holiday to commemorate the birthday of Dr. Martin Luther King, Jr. (MLK Jr. Day). Dr. King is best known for his leadership during the American civil rights movement of the '50s and '60s (a wave of activism contesting racial segregation, discrimination, disenfranchisement, and injustice). From 1955 to 1968, Dr. King led several efforts to eliminate Jim Crow laws and other forms of systemic racism that hindered the mobility of people of color in the U.S. From sit-ins to marches, Dr. King championed demonstrations that combined nonviolence with direct action.

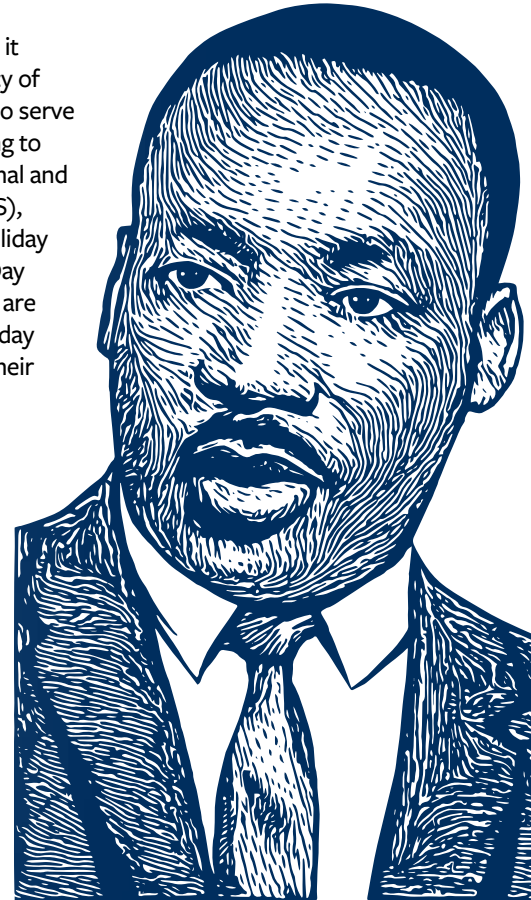
**"NOTHING IN ALL THE  
WORLD IS MORE  
DANGEROUS THAN SINCERE  
IGNORANCE AND CONSCIENTIOUS  
STUPIDITY."**

*Martin Luther King, Jr. (1963, Strength to Love)*

Dr. King's "I Have a Dream" speech from the 1963 March on Washington is one of his most celebrated. In it, Dr. King envisioned a world with equal justice for all people under the law. He went on to earn a Nobel Peace Prize and see the passing of the Civil Rights Act and the Voting Rights Act. Towards the end of his life, Dr. King's advocacy emphasized the importance of economic justice in the fight for equality and racial liberation. He was assassinated on April 4, 1968, in Memphis, where he was supporting Memphis sanitation workers in their strike for union recognition, better safety standards, and livable wages.

MLK Day matters because it recognizes Dr. King's legacy of service while inspiring us to serve in our own ways. According to the Corporation for National and Community Service (CNCS), MLK Jr. Day is a federal holiday designated as a National Day of Service, and Americans are encouraged to spend this day volunteering to improve their communities.

Many things Dr. King advocated for during his lifetime (racial justice, economic equality, affordable housing, labor rights, etc.) are issues we continue to grapple with in 2023. The fight for justice is ongoing and we can use this day to reflect on the work Dr. King started and take responsibility for the work we still have left to do.



## *Christ Conversations*

Weldon invites all to dissect and discuss Dr. King's "Letter from a Birmingham Jail" speech during Christ Conversations the week of January 16th. No reservations necessary.



## NATIONAL DAY OF SERVICE – MONDAY, JANUARY 16TH

Trinity Woods invites residents and employees to participate in a food drive for Restore Hope. There will be boxes set-up in the Community Life Center Ehlers Entrance and the Spann Wellness Center seating area to collect donations. Please make sure to drop off your nonperishable food items between 8 a.m. and 5 p.m. on January 16. Please see the Wellness supplement for specific types of items that are needed.



# Meet the 2023 MEMBER COUNCIL



We are excited to introduce the 2023 Trinity Woods Member Council. This group is the voice for residents at Trinity Woods. They provide feedback and bring forward ideas that will enhance the quality of life for all residents living on campus.

## **Pictured:**

Cindy Ziegler, Jenneth Sheeler, Chuck Hanna, Rob Rainey, Charlotte Frazier, Rollie Rhodes, Gary VanFossen, Glenna Hertzler, Howard Rhodes and Andy Ewing

## **Not pictured:**

Rich Lilienthal and Lela Brinlee

## January Birthdays at Trinity Woods

Frances Baber.....1	Hal Bockelken.....12	Constance Houghton.....19
Vicky Langston.....1	Jill Byrne Hoilien.....12	Mary Russell.....19
Margie Herndon.....2	Mary Duffy.....13	Junella Simmons.....19
Mike Reynolds.....4	Pat DeLong.....14	Judy Marquis.....20
Harry Johnson.....5	Cynthia Barnes.....14	Norma Shoemaker.....20
Mary Pearson.....5	Lela Brinlee.....15	Gerry Randall.....22
Pat Darby.....6	Mary Alice Claybaugh.....15	Anne Belt.....24
Carl Cartwright.....7	Opal Douglass.....17	Guy Langston.....25
Toni Dickson.....8	Betty Stahl.....17	Latricia Lingenfelter.....28
Ken Weston.....8	Nancy Paul.....18	Joan Nightingale.....30

## January Anniversaries

Gary and Dorothy VanFossen.....1/1/1959
Ken and Leota Johnson.....1/3/2003
Paul and Shirley Hockett.....1/14/1955
Terry and Marcia Seba.....1/17/1969
Bill and Versa Bailey.....1/20/1951
John and Judy Marquis.....1/24/1959



## In Memory of

Maudine Corey.....11/13/2022
William Bennett.....11/21/2022
Joe Gormley.....11/23/2022
Paul Norris.....11/29/2022
Freda Coffey.....12/11/2022



# January Events



**Book Club: Broadway Dreamer**  
**Performance Book Review by Lynette Bennett Danskin**  
**Tuesday, January 10, 7 p.m.**  
**Fleming Center**  
**No reservations necessary.**

Award-winning actor/singer/dancer and Trinity Woods community member Lynette Bennett's first book **Broadway Dreamer, a New York Actor's Memoir** is published by The Road Runner Press. Lynette recorded with her pianist Barry Manilow and performed on Broadway with Barbra Streisand in *Funny Girl*. She shares stories about breaking into show business in New York City. The book will be available for purchase (cash, check, or credit card) and signing after the program: \$20 paperback, \$26 hard back.



**Ukraine: How Did We Get Here & Where are We Going**  
**Thursday, January 12, 1 p.m.**  
**Fleming Center**  
**No reservations necessary.**

Robert H. Donaldson, Ph.D., former president of the University of Tulsa and TU Political Science Professor Emeritus, Co-Author of *The Foreign Policy of Russia: Changing Systems, Enduring Interests*, will address the war in Ukraine. Don't miss this opportunity to gain valuable insight into this major world event.



**Tulsa Performing Arts Center Youth Choir**  
**Thursday, January 19 at 7 p.m.**  
**Community Life Center, Westervelt Hall**  
**No reservations necessary.**

The Tulsa Performing Arts Center Youth Choir, directed by Jeremy Stevens, was recently formed to nurture and inspire students, ages 11 through 18, promoting student achievement through quality music education, community engagement and the pursuit of artistic excellence. The Choir envisions a future where excellence in choral singing is valued and supported for all children in the community, bridging culture, ethnicities, and economic backgrounds. This wonderful new choir will perform for us selections from their debut winter concert.



**Learn What You'll Hear at Saturday with the Symphony**  
**Monday, January 23, 2 p.m.**  
**Community Life Center, Trudy Plowman Classroom**  
**No reservations necessary.**

Add to your enjoyment of the concert by learning from Tulsa Symphony trombonist Doug Fletcher, who brings musical samples and insights into the program that will be performed here at Trinity Woods on Saturday, January 28.





**Supper and A Show**  
**Thursday, January 26**  
**Community Life Center, Westervelt Hall**  
**Tickets required. Members are free. Guests are \$7.**  
**RSVP on the Wellness Reservation Form or**  
**via the Viibrant Wellness Portal.**

**6:00-6:45 p.m. Buffet Supper and Socializing:** A yummy winter menu of chili, cornbread, and a cinnamon roll.

**6:45-7:30 p.m. Program:** Denise Hoey, singer, and David John, guitar. Denise has starred on cruise ships across the globe in her solo show and shared The Grand Ole Opry stage with legends like Martina McBride, Garth Brooks, Trisha Yearwood, and Vince Gill. Join in this relaxed gathering that is a chance to meet new friends as well as enjoy a casual meal and some great music!



**Saturday with the Symphony: Beethoven & Mozart**  
**Saturday, January 28, 2 p.m.**  
**Community Life Center, Westervelt Hall**  
**No reservations necessary.**

Musicians from the Tulsa Symphony will be here in Westervelt Hall to perform Ludwig van Beethoven's Quintet in E-flat for Piano and Winds, Op. 16 and W.A. Mozart's Viola Quintet in G minor. It will be wonderful to hear our Steinway with woodwinds. World class classical music right in your own community. Invite your friends and family! Friends from Montereau and Zarrow Pointe will be joining us as well. (See above for a special program on January 23: Learn What You'll Hear at Saturday with the Symphony.)



## **ANNOUNCING JEROME STEELE AS THE NEW TRINITY WOODS CFO AND VP OF FINANCE**

Trinity Woods is proud to announce Jerome Steele as the new CFO and Vice President of Finance. Jerome has been serving as Director of Finance. Prior to joining the staff of Trinity Woods Jerome was the Vice President of Finance and CFO of Bacone College in Muskogee, where he oversaw the business office and led strategic planning and implementation of financial policies and procedures. He comes to the position with a wealth of knowledge in business consulting and developing corporate business plans and marketing strategies for his clients.

Steve Dickie, CEO at Trinity Woods, states, "Jerome has over 30 years of experience in management, finance, marketing, and manufacturing. He is a welcome addition to our leadership team."

Jerome earned his bachelor's degree and his master's in business administration from Oral Roberts University. He is married to Yourlunda and has four children Olivia, Michala, Montavion and Alayah. The Steeles are founders of Amazing Grace Christian Center in Tulsa. Jerome has volunteered with Youth at Heart, a not-for-profit organization that helps teenage boys and girls develop life skills. His hobbies include reading and golfing.

"I am deeply honored to be entrusted with the financial oversight of Trinity Woods as CFO and VP of Finance," said Jerome. "The company's mission of serving the Trinity Woods family in the spirit of Christ is what inspires me to promote continued financial accountability and integrity as we care for our community members."

# Welcome to the Woods!



Mike and Kathy Rusk  
Patio Home

## Mike and Kathy Rusk – Patio Home

Welcome Mike and Kathy Rusk and their cat Dandelion to Trinity Woods. The Rusks both grew up in the Tulsa and met at the University of Tulsa. This year in May they will celebrate their 50th wedding anniversary.

Mike graduated from Charles Page High School and received his history and political science degree from the University of Tulsa. He went on to receive his master's degree from the University of Oklahoma in library science. He served for 32 years as the Dean of Learning and Resources for Tulsa Community College. He retired in 2012. In his spare time, he enjoys playing the guitar and he "hopes there are other musicians and guitar players on campus."

Kathy attended Central High School in Tulsa and received her degree in English and speech from the University of Tulsa. She worked for the Tulsa City-County Library system as a librarian for 34 years. Kathy is an active member of the Daughters of the American Revolution. Some of her hobbies include reading, yoga, and genealogy.

A fun fact about the Rusks is that they are active in the Tulsa Scottish Festival. For the last 20 years they have hosted a "clan tent" that honors Mike's heritage.

## Shirley Crane – Crestwood

We are excited to welcome Shirley Crane to the neighborhood. She is originally from Lyndonville, Vermont. Shirley attended college in New Hampshire and is a registered nurse.

Upon graduation she and some girl friends were headed across country to move to California when they stopped to ski in Colorado. While enjoying skiing the Rocky Mountains she met her late husband Charlie, who lived in Denver, and decided to stay. She worked as a nurse for a neurosurgeon while they lived in Denver.

In 1954, Shirley and Charlie moved to Saudi Arabia where they lived for 27 years. All three of their children were born and raised in Saudi Arabia. "I loved living there. We were able to travel to so many countries around the world," said Shirley. Some of her favorite sites were Hong Kong and the Scandinavian area.

She knew several people from her church, Asbury, prior to moving to Trinity Woods and she loves how helpful and nice everyone has been. Shirley enjoys knitting, crocheting and working puzzles.



Shirley Crane  
Crestwood

## Cullen Mancuso – Patio Home

Cullen Mancuso has settled into his new home at Trinity Woods and is enjoying the good food and friendly neighbors. Cullen was born and raised on a farm in Houston, Texas. He is a graduate of Lamar High School. He met his late wife, Margaret, while in high school and they have four children, four grandchildren and two great grandchildren.

As a first-generation college student, Cullen attended the University of Houston and earned a bachelor's degree in chemistry and psychology and then later his Ph.D in clinical psychology. He moved to Tulsa and was a professor of psychology for the University of Tulsa while also having a private practice. He worked as a clinical psychologist for 22 years in Tulsa. He retired in 1996.

He is a self-described lifelong learner. "I am a do-it-yourself type person. If I can possibly, do it, I will. If not, I find someone who can," said Cullen. He enjoys reading, vegetable and flower gardening, and walking the trails. He is looking forward to getting involved in exercise classes at Spann Wellness.



Cullen Mancuso  
Patio Home





Nancy Paul  
Crestwood

## Nancy Paul – Crestwood

Nancy Paul, a native Tulsan, is excited to be at Trinity Woods and reconnecting with friends. Nancy grew up in Tulsa and attended Central High School. She stayed in Tulsa for college and attended the University of Tulsa where she received her degree in communications.

Nancy was married to her late husband, Roger, for almost 50 years. They have two sons who live in Oklahoma. She has lived in Ft. Myers, Florida for the past 20 years. She was in Tulsa visiting her son when Hurricane Ian came through and swept her home away. She is enjoying purchasing new items for her Crestwood apartment.

She enjoys golfing and traveling. Nancy selected Trinity Woods because she had several friends who live here, and it was close to her family. A fun fact about Nancy is that her college roommate and sorority sister live at Trinity Woods.

## January STARS Employee of the Month

### Sherry Belcher - Housekeeping



Sherry Belcher

- » **Start Date:** April 2021
- » **Born:** Newton, New Jersey
- » **Raised:** North Port, Florida
- » **Wanted to be as a Kid:** Crime Scene Investigator
- » **Favorite Sport:** Tennis
- » **One Meal Forever:** Steak and Potatoes
- » **Described by Friends:** Always full of energy and a people pleaser
- » **Hobbies:** Make-up, Crafting and Sewing
- » **Favorite Holiday:** Halloween
- » **Favorite Quote or Bible Verse:** What ever you are, be a good one.
- » **Family Recipe:** Grandma's Blackberry Dumplings
- » **Favorite Movie:** Forrest Gump
- » **Collects:** Old Glass Bottles and River Rocks
- » **Fun Fact:** Traveled for 5 years and visited 38 states in one year!
- » **What her supervisor says:** "Sherry is a people pleaser and loves to keep her members happy and she does a great job! We are glad she is a part of our team!" – Cathy Green, Housekeeping Manager



### Trinity Woods Leadership Team

**Steve Dickie**  
Chief Executive Officer

**Dennis Graham**  
Chief Operating Officer

**Bill Peterson**  
VP of Human Resources

**Bonnie J. Polak**  
VP of Philanthropy and  
Community Engagement  
and Editor

**Jerome Steele**  
CFO and  
VP of Finance

**Jacob Will**  
VP of  
Health Services

## Trinity Woods Service Awards



**5**  
Years of Service  
Lillian Boyd,  
Housekeeping



**10**  
Years of Service  
Claudia Dilday,  
Housekeeping  
Supervisor

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REQUESTED**



The employees of Trinity Woods say a sincere “thank you” to everyone who supported the Employee Appreciation Fund this year!