

The Trail MIX

The neighborhood news from Trinity Woods | Issue: February 2023

TAX LAW CHANGES AND PLANNING YOUR LEGACY

Brunch
and Learn

THURSDAY, FEBRUARY 23 AT 10 A.M.



MAKING A PLAN!

If you're like most people, you've probably entered this year with a burst of anticipation and motivation to make new changes and positive resolutions.

This is a great time to look to the past and plan for the future, but planning takes time, effort, and sometimes a little expertise, especially when it comes to developing your estate plan. If you already have an estate plan in place, and it has been more than several years, it may be a good time to have it reviewed as there have been many tax law changes. Think of it as a "second opinion".

Did you know on January 1st noteworthy tax changes take effect? These changes can represent net tax reductions and other tax cuts. In the past two years as states have had to respond to burgeoning revenues, greater tax competition in an era of enhanced mobility, and the impact of high inflation on residents.

This month Trinity Woods is offering an opportunity to learn more about tax changes, reviewing your plan, and planning for your legacy. Join us on Thursday, February 23 at 10 a.m. for a "Brunch and Learn."

Our guest speaker will be Mark Loeber. Mark partners with Trinity Woods to assist our residents and their families with these types of conversations. He has over 34 years of specialization in the areas of estate, financial and charitable gift planning. There is no cost to attend or obligation to use our services.

At Trinity Woods, we understand the value of proper planning and the impact it can make today as well as tomorrow. As a service to you, we are here to discuss starting a plan or reviewing your existing plan. For more information or to RSVP to the event, please call 918.346.6671 or email hgarrett@trinitywoodstulsa.com.



Trinity Woods

Belong. Believe. Become.

In this issue:

Making a Financial Plan

Heart Health Month

February Wellness
Valentine Celebration and more!

New Neighbors
Meet Ed!



By Weldon Tisdale, Chaplain

BLACK HISTORY MONTH

LOVE IS EVERYTHING. IT IS THE KEY TO LIFE, AND ITS INFLUENCES ARE THOSE THAT MOVE THE WORLD.

Ralph Waldo Trine

February is Black History Month. February is also said to be the month of love.

First John 4:7-10 deals with the theme of love. Here, John explains how true, godly love in a person's life is a sign of being born again. Those who sincerely love God will act on that love, towards other people. Those who don't demonstrate love have no fellowship with God. Love is something God showed us first, by sending Christ. Our love for Him is ultimately rooted in His original love for us. We are reminded that true love involves acting, not just feeling. It is through this loving action that we live and have access to eternal life. **Ultimately, Love is the Key to Life and Living.**

John begins by addressing his readers as "beloved." First, believers are to "love one another." This reflects both the commandments of Jesus (John 13:34-35), and John's prior teaching on recognizing a life influenced by Christ (1 John 2:7-11).

Second, the reason we are to love one another is because "God is love," therefore, "love is from God." The ability to act lovingly towards others is one of the benefits of a close relationship with Jesus Christ. Jesus Christ gave us the greatest commandments in Mark 12: 30-31, **"And you shall love the LORD your God with all your heart, with all your soul, with all your mind, and with**

all your strength. This is the first commandment. And the second, like it, is this: 'You shall love you neighbor as yourself.' There is no other commandment greater than these."

Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.
Maya Angelou

Third, the person who truly loves God has "been born of God and knows God." The person who is "born of God" is a born-again believer (John 3). This should result in that person "knowing" God. No person can truly love others apart from God's love. Those who demonstrate Godly love prove that they belong to God. My hope is that we live out the command to love, this month and forever.

ASH WEDNESDAY SERVICE FEBRUARY 22, 2023 AT 10:00 A.M. TRINITY WOODS CHAPEL



This service is the perfect way to start your Lenten Season. Chaplain Weldon Tisdale invites you, your family and all employees to experience a brief 30-minute service in the Chapel to celebrate Ash Wednesday.

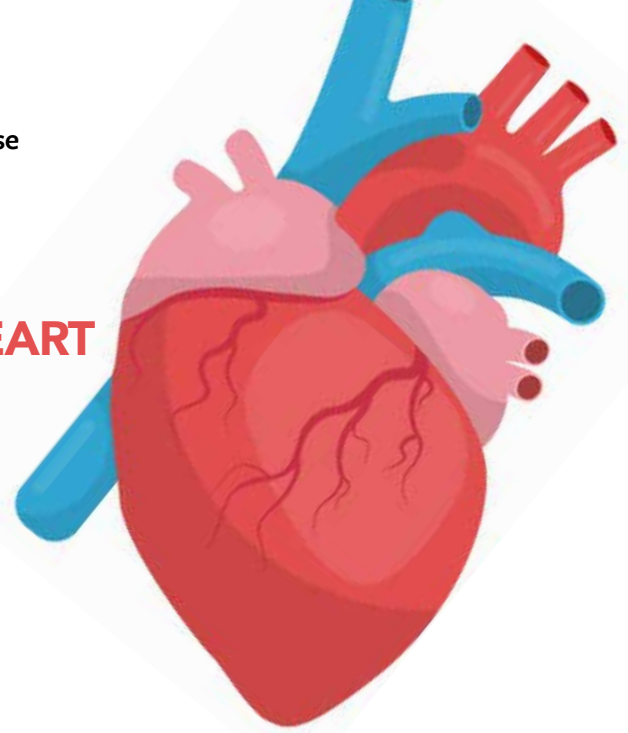
This is a day recognized as the beginning of Lent, a 40-day period of self-examination and prayer culminating with our celebration on Easter Sunday, April 9th.



By: Lupina Fry, Trinity Woods Wellness Nurse

Heart Month

TIME TO LOVE YOUR HEART



Since 1964, when President Lyndon B. Johnson issued the first proclamation, February has been dedicated as “American Heart Month.” Johnson was one of the millions of Americans to have suffered a heart attack. Today, cardiovascular disease is still the leading cause of death in America. According to the CDC, every 34 seconds one person dies from cardiovascular disease; that’s 1 in every 5 deaths. But you can still do a lot to protect your heart by practicing self-love.

In February much of the focus is on Valentine’s Day and sharing love with others. It’s also okay to practice self-love, too. Self-love is a state of appreciation for oneself that grows from actions that support our physical, psychological, and spiritual growth. This can be a challenge to many, but it’s easier than you think to show your heart love each day.

Self-love means taking care of the spirit, mind, and body and making yourself a priority in your life. Some examples of some simple things are:

- Physical activity - a brisk 30-minute walk a few times a week.
- Cooking meals that are low in sodium and unhealthy fats.
- Getting 7-8 hours of sleep every night.
- Managing stress through activities such as yoga, meditation, and prayer.

- Spending time with good friends, or quiet time with a good book or funny movie.
- Grabbing fruits and veggies when hunger strikes and keeping well hydrated.
- Managing health issues such as diabetes and hypertension.
- Taking medications as prescribed and keeping medical appointments.
- Being grateful rather than holding resentments.

Remember, each day is another opportunity to succeed. It may require the help of friends, family, and health providers but the efforts are worth the gain. Loving yourself is worth the effort. Visit HeartTruth.gov for resources and tools to help you make heart healthy lifestyle changes.

February Birthdays at Trinity Woods

Norman Dietert.....1	Margaret Audrain.....16	Mary Duncan.....25
Mary Ann Kirk.....3	Vic Hairston.....17	Martha Niceswanger.....25
Nevin Loerke.....4	Sally Percy.....18	Helen Blankenship.....26
Suzanne Sartin.....5	Lillian Wetzold.....20	Mike Williams.....26
Chris Hoose.....6	Beth Dunkin.....21	Shirley Carle.....27
Renea Hudson.....6	Richard Hedger.....23	Mel Pearson.....28
William Hamill.....7	Anne Johnson.....23	
Linda Cypert.....9	Stella Schwartz.....23	
Becky Neuhaus.....13	Don Hoose.....24	

February Anniversaries

David and Claudia Thomas.....2/5/2016
Don and Chris Hoose.....2/6/1960
Jan and Bernie Skinner.....2/21/1981
Bill and Oleta Murray.....2/23/2017
Carson and Donna Jackson.....2/25/1967

✚ In Memory of

Betty Pearson.....12/22/2022	Sharon Gels.....1/12/2023
Ruth Burch.....12/27/2022	Dan Hobbs.....1/12/2023
Bruce Warren.....12/28/2022	Joann Bass.....1/19/2023
Maggie Morgan.....1/1/2023	Shirley Patterson.....1/19/2023
Walter Laughlin.....1/7/2023	Tellia Watson.....1/24/2023

February Events



Tulsa Youth Symphony Chamber Ensemble Concert
Thursday, February 2, at 7 p.m.
Community Life Center, Westervelt Hall
No reservations necessary.

The Tulsa Youth Symphony began as an educational wing of the Tulsa Philharmonic Society in 1963 and now serves over 200 talented young musicians across NE Oklahoma each season. TYS alumni have performed with the Chicago Symphony, Cincinnati Symphony, Metropolitan Opera Orchestra, National Symphony, and San Francisco Symphony, among others. Last fall, TYS launched their first ever chamber music program. Now five small groups of young musicians are preparing beautiful music just for us! You will be entertained and inspired by some of the best middle and high school musicians in the area.



**A Valentine Celebration of
Friendship, Community, and Love**
Tuesday, February 14, at 5:30 p.m.
Community Life Center

\$18 per person charged to your Trinity Woods account.
No reserved seating. RSVP on the Wellness Reservation Form
or via the Vibrant Wellness Portal by February 6.

Come on your own or with a friend or family member. It'll be a great night of food, music, and fun!

5:30 p.m. - Doors open for gourmet dinner in Westervelt Hall with a menu of Beet and Bean Salad, Blackened Beef Tenderloin with Dijon Cream, Glazed Carrots, Red Bliss Potatoes, and Red Velvet Cake.

6:30 p.m. - Musical Entertainment by Joey & the Jazz Guys Big Band with vocalist Kelly Ford who wowed us at the grand opening of the Community Life Center. Now they're back with Kelly Ford for a night of swingin' big band music with space for dancing!



Special Book Club Program
Lights! Camera! Action! Behind the Scenes of the Will to Win Movie
Tuesday, February 7th, at 7 p.m.
Community Life Center, Westervelt Hall
No reservations necessary.

Lights, Camera! - Tulsa author and Oklahoma Hall of Fame inductee Jim Stovall, Emmy Award-winning producers Russ Kirkpatrick and Andy Kinslow of Kirkpatrick Kinslow Productions, and Screenwriter Aaron Fulkerson will be here to tell us about this exciting project and inspiring story. Will To Win is a "feel-good, family friendly" high school baseball drama. With the words and perceived presence of Will Rogers and the Cherokee wisdom of her grandmother, Sky Forest, a senior at Will Rogers High School in Oklahoma, is emboldened to face adversity and demonstrate the will to succeed. This is the first time the Will Rogers Family has endorsed a movie project and filming in Tulsa begins this year at Will Rogers High School and other sites. They will be looking for extras for various parts of the movie, including the final scene, planned for ONEOK field.

Come learn about moviemaking in Tulsa and how you might even be involved! A question-and-answer opportunity will follow the presentation and copies of the Will to Win novel will be available for purchase (\$20) and signing afterward.



Supper And A Show
Thursday, February 23
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.

Join in this relaxed gathering that is a chance to meet new friends as well as enjoy a casual meal and some great music!

6:00-6:30 p.m. - Buffet Supper & Socializing: A yummy menu of chicken salad on croissant, house-made chips, and a blondie for dessert.

6:30-7:30 p.m. - Jacob Tovar Trio. Jacob Tovar is an Oklahoma musician bringing country music back to its classic roots. He sings country standards and writes and performs original tunes that carry stories with which everyone can relate. His timeless crooning honkytonk vocals can haunt and enchant all in the same phrase, while his riveting guitar playing frames each melody with a spark of distinction.

TRINITY WOODS RESIDENT SPOTLIGHT

By: Taylor Toyne, Social Services Coordinator

We have started to ask the question "What do you want your legacy to be?" It is a question that finds its way into all of our minds at some point. With that in mind we asked some of the people who live on campus to share their legacy. From time to time, we hope to bring stories from Trinity Woods neighbors. Please enjoy the first installment of the Legacy Project.

Dr. Leroy Milton was born in Shawnee, Oklahoma. He grew up in Shawnee with his younger brother and sister on the family farm. Some of his best memories happened on the farm while raising cows, chickens, and pigs. While he loved all the animals, the pigs were his favorite. Throughout high school, Dr. Milton attended several livestock competitions with his father, where he would show pigs.



To prepare for competition, Dr. Milton would bathe the pigs and shave the hair from their ears and tails. The white pigs were doused in talcum powder to accentuate their white color and the dark pigs were coated in hair oil to make them glisten. He used a cane during the competitions to guide the pigs around the show ring in front of the judges. One of his prized pigs is in the photo above. When asked

how he got his pigs so large he replied, "you just keep feeding them."

Dr. Milton's pigs won numerous ribbons, and one was even given the highly coveted title of champion. While the awards were a nice bonus, his main satisfaction from competing was the special time spent with his father.

After high school, Dr. Milton completed his undergraduate degree at Oklahoma State University. He attended medical school at the University of Oklahoma and completed his residency at Northwestern University in Illinois. He considers graduating from medical school and completing the residency that followed as his greatest accomplishments. He joined the Air Force during the Vietnam War. Following the war, he practiced as a physician of internal medicine for 52 years.

Dr. Milton met his wife, Kathy, at the University of Oklahoma. When they met, he was in his second year of medical school, and she was a first-year nursing student. They were married his last semester of school and had four children together: John, James, Mark, and Susan.

Dr. Milton would like to be thought of as a peacemaker, someone who encourages others to find common ground during times of conflict. He has a kind heart, a gentle soul, and always exhibits a calm demeanor. I think we would all agree that the world could use some more Dr. Miltons in it.

Searching for Legacies

Do you know of someone who would like to be highlighted in the Legacy Project? Please send an email to bpolak@trinitywoodstulsa.com.

Welcome to the Woods!



Ed Wagner
Villa

Ed Wagner - Villa

Ed Wagner is a native of Oklahoma City, where he graduated from Classen High School. He attended the University of Oklahoma where he received his bachelor's and law degree. He was in the US Army Reserve from 1960 to 1966.

After law school he practiced law in Oklahoma City and Norman for several years and then went on to write and edit law books. He was an editor at West Publishing Co. in St. Paul, Minnesota from 30 years.

At age 60, he retired and enjoyed traveling the country with his late wife Carol. They traveled to all 50 states, six continents and over 50 countries. They moved to Tulsa in 2002 to be closer to family. Ed has two sons, three grandsons and one granddaughter.

Ed is a lover of music and art, a lifelong learner, and an avid reader. He is a collector of oil paintings, and they are from all the areas he has traveled. His favorite genre of music is classical. He is excited to be at Trinity Woods and is enjoying everything the campus offers while maintaining his independence.

Welcome, Alison!

We are excited to welcome Alison McMillan the new Spann Wellness Center Manager to the Trinity Woods team.

Alison is originally from Garden City, KS. In 2014, she moved to Wichita, KS to attend school at Wichita State University. "During my last year there, I had an Internship at the YMCA where I fell in love with fitness and working with people to strengthen their minds, bodies, and spirits," said Alison.

After graduating with her master's degree in education in exercise science, she was hired as a personal trainer at the YMCA. Later she was promoted to Fitness Director, where she continued to build meaningful and fulfilling relationships in the position as well as help people achieve their wellness goals through fitness education.

In her spare time, Alison likes to crochet. She enjoys trying to keep it fresh and new – she is always trying out new patterns to see what cool things she can make. Another favorite pastime for Alison is participating in the Society for Creative Anachronism (SCA). This is an organization that does frequent and regular medieval re-enactments.

She recently moved to Tulsa to take this position at Trinity Woods. "I am extremely happy to be at Trinity Woods and work with the amazing people in this community. I look forward to getting to know everyone." said Alison. Her office is in the Spann Wellness Center so please stop by and introduce yourself.



FUN FACTS ABOUT ALISON

Live Anywhere: Colorado Springs – I love the mountains!

Proudest Accomplishment: Teaching myself how to crochet

My Hero: Misha Collins – Actor

Favorite Book: The Lunar Chronicles by Marissa Meyer

Wanted to be as a Kid: Doctor or Physical Therapist

One Meal: Steak cooked by my father

Described by Friends: Goofy and loves to laugh

Hobbies: Crochet, Drawing, Society for Creative Anachronism

First Job: A&W Carhop

Fun Fact: I love to twirl flags. I used to in High School, and want to do it again!

February STARS Employee of the Month

Emi Baggett, LPN, Household Manager Chapman Heights/ Buehler Place



Emi Baggett

- » **Start Date:** May 2022
- » **Raised:** Welch, Oklahoma
- » **Education:** Crowder College, Neosho, MO
- » **Wanted to be as a Kid:** Nurse or Teacher
- » **One Meal Forever:** Spaghetti
- » **Described by Friends:** Tenacious and Vivacious
- » **Hobbies:** Watching her kids play sports
- » **Favorite Holiday:** Thanksgiving – family and food!
- » **Favorite Quote or Bible Verse:** “The greatest glory in living lies not in never falling but in rising every time we fall.” – Nelson Mandela
- » **First Car:** Ford Mustang
- » **Favorite Movie:** The Blind Side
- » **Fun Fact:** Competed in dance at a national level starting at the age of six.
- » **Family:** Engaged and have three children
- » **What her supervisor says:** “Emi’s energetic presence creates positivity wherever she goes. Emi is an advocate for Trinity Woods’ elders, their families, and staff.” – Cheryl Hrdlicka, Director of Nursing

Irene Brown, Life Enrichment Coordinator



Irene Brown

- » **Start Date:** October 2012
- » **Born and Raised:** Tulsa, OK
- » **Education:** Emory University, majored in music and French
- » **Wanted to be as a Kid:** General Director of an Opera Company
- » **Favorite Sport:** Tennis
- » **One Meal Forever:** Cheese
- » **Hobbies:** Swimming, cooking and regaining piano skills
- » **First Job:** Arts & Humanities Council of Tulsa
- » **Family Recipe:** Asparagus Casserole
- » **Favorite Movie:** Babette’s Feast
- » **Favorite Book:** The Song of the Lark by Willa Cather
- » **Free Time:** Reading, crosswords and exploring new places
- » **Fun Fact:** Recently won 3rd Place in a poetry contest by the Rural Oklahoma Museum of Poetry.
- » **Family:** Married with two children
- » **What her supervisor says:** “I have had the pleasure of working with Irene for 10 years. She is always willing to jump in and take care of whatever is needed and when we need it the most! She is the definition of “team player” and is a true blessing to our community. Irene upholds the Trinity Woods mission and vision in all her planning and programs.” – Dennis Graham, COO



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Dennis Graham
Chief Operating Officer

Bill Peterson
VP of Human Resources

Bonnie J. Polak
VP of Philanthropy and
Community Engagement
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