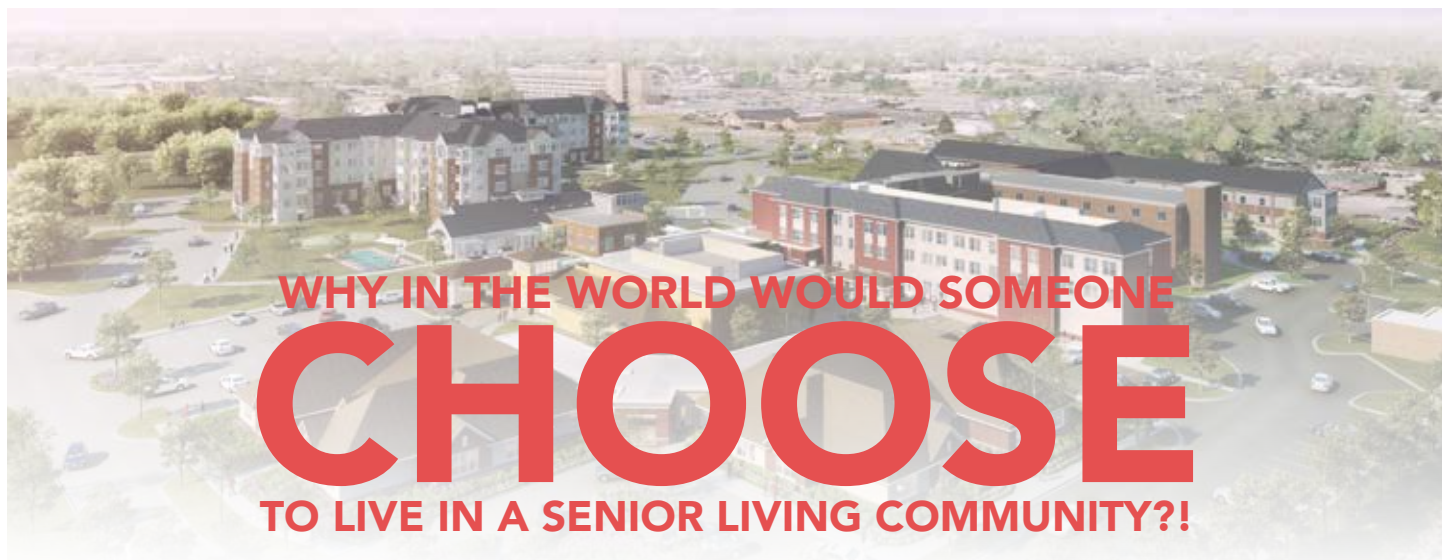


The Trail MIX

The neighborhood news from Trinity Woods | Issue: March 2023



WHY IN THE WORLD WOULD SOMEONE
CHOOSE
TO LIVE IN A SENIOR LIVING COMMUNITY?!

By Steve Dickie, CEO

I get asked the above question all the time! Most people have an outdated image of senior living. Many view the aging process as an inevitable sequence of progressive decline and loss. At Trinity Woods we are convinced that does not have to be case. It is possible to gain new friends, find new purpose and meaning, and restore physical health.

- **Gaining New Friends:** It is true that we all reach the age where our long-term relationships begin changing. People die. People move. Yet one person told me recently, “At Trinity Woods my social network has grown! I’ve picked up many new friends since my move here. The move here has been the best decision of my life.”
- **Finding Purpose and Meaning:** No one likes to be bored, at any age. Most retirees have led a productive and active life, and then suddenly find themselves trying to find their new normal. Who says you have to be in school to learn a new language or skill? People at any age, physical ability and mental acuity can find new, stimulating interests through a variety of activities. Residents at Trinity Woods are encouraged to find a new or reinvest time in their passion.
- **Restoring Physical Health:** Did you know that, even in your 80s or 90s, you can benefit from physical training? You can build strength and improve balance. The classes offered in the Spann Wellness Center offer practical coaching that can help improve your ability to do everyday tasks like loading the washer and dryer and carrying groceries.

What are the most common reflections of people who live at Trinity Woods? People say, “I should have made the move sooner.” “I have never had so much peace of mind.” “My kids have never seen me happier. And, I have more friends and I am more engaged than I was in my home.”

The vision of Trinity Woods is to set a new standard for senior living by redefining aging! You deserve a retirement life that has a style all its own. Your style! Trinity Woods enables you to live life in the style you want to live.



Trinity Woods

Belong. Believe. Become.

In this issue:

Spring Forward

Many Miles March

March Wellness
Music, potluck and more!

New Neighbors
Meet John and Mary Alice,
Allen and Marcia,
Red and June!



Spring FORWARD

By Weldon Tisdale, Chaplain

I've concluded that spring may be the most profound of the seasons. Its meaning and promise, and how to experience it, are worth dwelling upon. Spring is the season of hope – that things will get better after they were worse.

“If we had no winter, the spring would not be so pleasant,” wrote English poet Anne Bradstreet. “If we did not sometimes taste of adversity, prosperity would not be so welcome.”

After the cold dark days of winter, where life seems to be on the verge of collapse and purpose is blurred, spring comes to the rescue bringing renewed hope, joy, clarity and salvation from the dark.

Spring signifies coming out of the darkness. We've tipped the balance from longer nights to longer days. We call the first day of spring the vernal equinox. Equinox basically means “equal night” of light and dark, and metaphorically, we should spend more time in the light.

There's even some science to the joy of spring. Research suggests that for many people, the extended daylight boosts mood, well-being and energy. It's also the time for spring cleaning and ridding your life of those things you don't need any more and maybe some bad spirits and bad habits.

Sometimes in order to come into a new season and spring forward in faith, we have to let go of the old season. Isaiah 43:18 NIV says, “Forget the former things; do not dwell on the past.” One of life's many lessons teaches us to let go. We should not hang on to past hurts, past struggles, and past relationships. And sometimes this means we must give ourselves time to grieve in order to move forward.

As spring starts to surface and the trees begin to bloom, we can see God's reminder to align our hearts to the new thing He's doing. Prepare to spring forward into His purpose.

As we enter a new season, if you would like to schedule a time to meet with the Chaplain or to leave a prayer request, please contact Chaplain Tisdale at 918.346.6607.



March Birthdays at Trinity Woods

Patricia Brady.....1	Jean Priestly.....10	Marg Vilven.....27
Julia Couch.....1	Opal Clark.....14	Patty Eaton.....27
Scampy Rainey.....1	Helen Pummill.....15	Bill Wilkinson.....28
Barbara Henson.....2	June Cleary.....17	Sharon Miller.....29
Doug Harrington.....3	Merna Jo Robinson.....22	Sonya Lyons.....30
Elisabeth Harrington.....4	Wayne Tremble.....22	Jim Davis.....31
Dale Carson.....4	Erna Conatser.....25	
Dick Beauchamp.....7	Marjorie Monnet.....26	
Georgia Lawless.....8	Mary Paull.....26	

March Anniversaries

Tom and Betty Simmons.....3/19/1954

In Memory of

Beth Polk.....1/18/2023
Royce Brooks.....2/2/2023



By Alison McMillan, Spann Wellness Center Manager

MANY MILES MARCH



We've all heard again and again that physical activity is important, but why is it important and how can we increase our daily activity levels?

Nowadays, the average American spends almost eight hours a day being sedentary. The Sedentary Behavior Research Network defines a sedentary lifestyle as "any waking behavior characterized by an energy expenditure less than or equal to 1.5 metabolic equivalents." Living a sedentary life can lead to many health complications, such as increased risk for type 2 diabetes, cardiovascular diseases, increased risk of cancer, obesity, increased depression, decreased cognitive functionality, and increased mortality.

With television and internet entertainment, as well as desk jobs, leading to people sitting more, it's extremely important to be intentional about your activity levels and getting the proper amount each day. The CDC currently recommends a minimum of 150 minutes of moderate intensity physical activity per week, which is about two-and-a-half hours. They also recommend having two days dedicated to muscle strengthening-specific activity a week.

Adding and increasing your physical activity levels per week sounds daunting but there are so many ways to do so, and for it to be fun!

Here are some changes you can make in your life to improve your physical, mental, and emotional health:

- Take frequent breaks to get up and walk around.
- Park further away when going shopping.
- Go on a daily walk in the evening with your family, friends, or dog.
- If the weather is cold, head inside to your fitness center of choice and hop on a treadmill, elliptical, bike, or seated cardio machine.
- Swim laps in a pool.
- Take the stairs instead of the elevator.
- Seek out a fitness class or online fitness videos.

Make it a fun challenge this month! Track how many steps you take, how many miles you walk (or move on a cardio machine), or how many laps you swim each day. At the end of the month, you will be able to see your progress! See if you can increase your numbers each week, and feel the difference in how your mind, body, and spirit feel after increasing your physical activity levels this month!

TRINITY WOODS INVESTING IN EMPLOYEES AND NEIGHBOR CULTURE!

Trinity Woods is making a concerted effort to offer more avenues for culture training and bonding for all employees. Our goal for the coming year is to have all Trinity Woods employees attend these full-day training sessions. These training sessions offer customer service training, Eden Alternative Training*, and an opportunity for employees to meet other employees from across campus.

*The Eden Alternative Philosophy is a person-centered approach to creating a community where life revolves around close and continuing contact with people of all ages and abilities. It is these relationships that provide the young and old alike with a pathway to a life worth living.





March Events



Pete 'n' Keely: A Fully Staged Musical with Costumes!
presented by Tulsa Repertory Musicals
Thursday, March 2 at 7 p.m. to 8:30 p.m.
with brief intermission

Community Life Center Westervelt Hall

No reservations necessary. Bring your friends and family!

America's swingin' sweethearts Pete Bartel and Keely Stevens were setting the music world on fire until their illustrious career went up in smoke in the "big break-up" at Caesar's Palace in 1963. The show takes place in 1968 and includes many of their hits, such timely favorites as "This Could Be the Start of Something Big" and "Besamé Mucho." Pete 'n' Keely is an entertaining look at the bygone era of live TV variety shows. After unsuccessful solo careers, Pete 'n' Keely agree to get back on the variety show rollercoaster that got them where they are today - divorced. The show stars two of Tulsa's favorite actors, Heather Richetto-Rumley and Mike Pryor, and is directed by Dan and Kathy Call.



What's All That Jazz? A Demonstration Concert
Thursday, March 9 at 7 p.m.
Community Life Center Westervelt Hall
No reservations necessary.

Come learn about jazz – what it is, how it's made, and how to appreciate - it all while experiencing the beautiful music of our Steinway and, for the first time here, a vibraphone! Scott McQuade is a jazz pianist originally from Winnipeg, Canada, who moved to Tulsa in 2008. He has established himself as one of the region's most sought-after jazz musicians and bandleaders. In 2020, after nearly 15 years on the Los Angeles jazz scene, vibraphonist, composer, arranger, and educator Nick Mancini relocated with his family to Tulsa, while he continues to be an in-demand musician all over the country. Nick has performed and recorded with many jazz luminaries and appeared, as both a band leader and side man, at some of LA's and New York's most notable venues. This concert is made possible by the Musicians Performance Trust Fund.



Recycling 102 with Mr. Murph
Thursday, March 16 at 7 p.m. in Fleming Center
No reservations necessary.

Back by popular demand, Robert Pickens, Vice President – Recycling, Tulsa Recycle & Transfer, Inc., home of Mr. Murph, is coming to see us. Those who got to hear Mr. Pickens presentation last fall were very happy to get such clear and helpful explanations of what and why we recycle and are looking forward to seeing him again. If you missed his first program and have questions about recycling, please join us. Items will be presented to Mr. Pickens for him to explain how they are recyclable or trash. If you question whether an item is recyclable, bring it with you!



Supper & A Show with Mischievous Swing
Thursday, March 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.

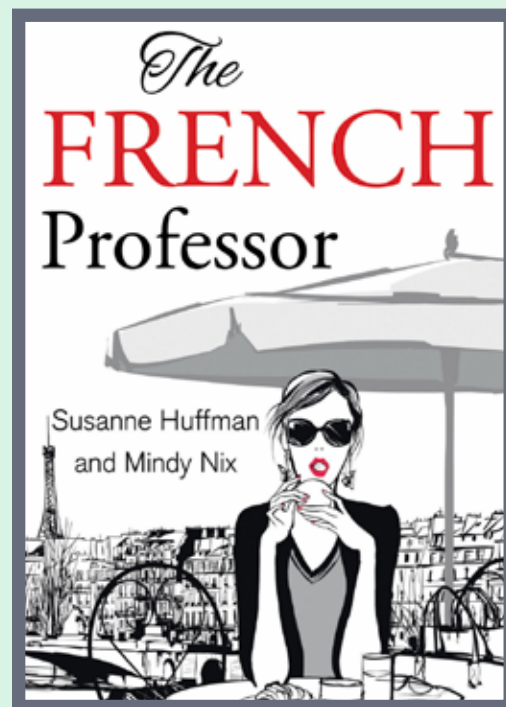
6:00-6:45 Buffet Supper & Socializing: A menu of antipasto salad with mixed greens, fresh mozzarella, salami, tomatoes, and pepperoncini with balsamic vinaigrette, roll, and a cream puff for dessert.

6:45-7:30 Program: Mischievous Swing is Shelby Eicher on violin, his son Paul Eicher on guitar, Clay Welch also on guitar, and Dean DeMerritt on bass. They play gypsy jazz – Swing hard! Swing fast! Hear the future with the past! Join in this relaxed gathering that is a chance to meet new friends as well as enjoy a casual meal and some great music!



Fifth Thursday Potluck
Thursday, March 30 at Noon
Fleming Center
No reservations necessary.

A member-led Trinity Woods neighborhood tradition! Whenever there's a fifth Thursday in the month members gather for a delicious potluck lunch. Bring your own plate and silverware and one dish to share with others (salad, meat, vegetable, or dessert.) If you don't want to cook, just pick something up at the store. Drinks and napkins provided. Come for the fellowship, as well as the food!



BOOK CLUB

Join us Tuesday, March 21 at 7 p.m. in the Fleming Center for *The French Professor* by Susanne Huffman and Mindy Nix.

Set between charming Greenwich, Connecticut and Paris, France, this feel-good story will warm your soul like a hot café crème on a chilly Parisian morning.

Margaret is a middle-aged divorcée with a laundry list of neuroses. Flying, germs and social situations all make her sweat. She's spent her life hiding behind her intense job and rigid routines, which is why she's as surprised as anyone when she abruptly walks away from her career to study French. This leap of faith snowballs into opportunities and experiences she could never have dreamed of.

Travel, university, romance... none of these were on Margaret's agenda but her adventures - mostly exciting, sometimes terrifying, often both - will shake up her life and lead her on an unexpected path.

The facilitators will be the authors, Susanne Huffman and Mindy Nix, the daughter and granddaughter of Trinity Woods residents Bud and Dee McGuire.

Welcome to the Woods!

John and Mary Alice Wallis – Crestwood



John and Mary Alice Wallis
Crestwood

We are happy to welcome John and Mary Alice Wallis to the neighborhood! The Wallises come to Trinity Woods and Tulsa from Sacramento, CA where they have lived for the last 54 years.

John was born and raised in Oklahoma. He attended Central High School and is a graduate of the University of Oklahoma with a degree in mechanical engineering. He served in the U.S. Army as a 1st Lieutenant and was stationed in Aberdeen, MD. Prior to retiring in 1991, John owned his own business providing service and selling commercial and industrial HVAC equipment. John enjoys fly fishing and collecting rare wines. A fun fact about John is that he has fished on six different continents.

Mary Alice was born in Illinois but was raised in Oklahoma City. She attended U.S Grant High School and is a graduate of Baylor College of Dentistry. She was a dental hygienist for many years and later earned credentials to teach as a clinical instructor. She was a Master Gardener for 20 years and volunteered in the classroom for Afghan students once she was retired. Currently she is enjoying genealogy and researching their family history.

John and Mary Alice have been married for 54 years. They met when Mary Alice was his dental hygienist. They love to travel and have visited all seven continents and 50 states. They are excited to be at Trinity Woods where they have connected with high school friends and made new friends.

Allen and Marcia Bates – Villa

Allen and Marica Bates moved to Trinity Woods from Sand Springs. The Bateses have been married for 46 years and have a dog named Bailey.

Allen grew up in Collinsville, OK; he received his undergraduate and master's degrees from Oklahoma State University in civil engineering. After college graduation he served for two years in the Peace Corp in Malaysia. Allen was a civil engineer and retired in 2017. He currently is a volunteer for Meals on Wheels and Iron Gate in Tulsa.

Marcia grew up in San Angelo, TX and attended Texas Women's University where she received her degree in chemistry. She received her doctorate from Texas Tech University. She spent most of her career as a professor at Oklahoma State University. In 1975, Marcia was the first female engineering professor hired at OSU. She enjoys volunteering for Tulsa Reading Partners and the Day Center for the Homeless.

They met when Allen was Marcia's student in an engineering class at Oklahoma State University. Allen and Marcia collect Pueblo Indian pottery and other native American art. They both love New Mexico and the people there and look forward to traveling there soon.



Allen and Marcia Bates
Villa

Charles "Red" and June Martin – Patio Home



Charles "Red" and June Martin
Patio Home

Trinity Woods' newest Patio home neighbors are the Martins. Red and June are both originally from Oklahoma. Red grew up in McAlester and June grew up in the Del City area. They met through one of June's co-workers when June wanted to buy a CB radio from Red. They have been married for 41 years.

June worked for Sun Oil for 30 years as the head of their billing department. Red owned his own electronics company where he sold and repaired televisions. After June retired, she joined Red to run the business together. After they both retired, they moved to Florida for 10 years. Prior to moving to Trinity Woods, they lived in Tulsa. One of their favorite things to do was travel. They have taken many cruises and still reflect on how beautiful Niagara Falls and the Thousand Lakes were to see in person.

In his free time, Red enjoys gardening and fishing. June loves art and collects butterflies. They both have started collecting Indian Head pennies.

They are still settling into their new home and are looking forward to meeting more people in the neighborhood.

March STARS Employee of the Month

Carlena Lambert, LPN Admit and Discharge Nurse



- » **Start Date:** December 2019
- » **Born:** Claremore, OK
- » **Education:** Sequoyah High School and Northeast Tech Center
- » **Wanted to be as a Kid:** A nurse, just like my grandmother.
- » **One Meal Forever:** Anything with queso!
- » **Described by Friends:** Fun, loving, a nurturer.
- » **Hobbies:** My dogs – Bailey and Cooper!
- » **First Job:** Eskimo Joes in Eastland Mall
- » **Family Recipe:** My mom's cheesecake
- » **Favorite Movie:** Dirty Dancing
- » **Collects:** Lap blankets
- » **Free Time:** Spending time with my family.
- » **Fun Fact:** Has been a nurse for 18 years!
- » **Family:** Married with one son.
- » **What her supervisor says:** "Carlena's welcoming nature contributes to the first impression of our elders as they admit to the Health Center, as well as, the confidence she provides to the elders as they discharge home." – Cheryl Hrdlicka, Director of Nursing

David Kruse, Dining



- » **Start Date:** August 2019
- » **Born and Raised:** Tusa, OK
- » **Wanted to be as a Kid:** Taller
- » **Favorite Sport:** Marble Racing
- » **One Meal Forever:** Kelsey's Butter Chicken
- » **Hobbies:** Longboarding
- » **First Job:** Ranch hand
- » **Favorite Quote:** "Don't sweat the petty things and don't pet the sweaty things."
- » **First Car:** 1988 Oldsmobile
- » **Favorite Movie:** Interstellar
- » **Collects:** 1995 coins or bills
- » **Free Time:** Spending time with my daughter
- » **What his supervisor says:** "David is a very hard working and dedicated employee. He is always willing to lend a hand when help is needed. We are lucky to have him on the team." – Richard Applegate, Director of Food Services



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Bill Peterson
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Bonnie J. Polak
VP of Philanthropy and
Community Engagement
and Editor

Jerome Steele
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THE WOODS AT TRINITY WOODS

Magnolia Trees

By Don Hertzler

A favorite evergreen tree in eastern Oklahoma is the southern magnolia, *Magnolia grandiflora*. The native evergreen tree grows to 80-120' tall and can have a life span of up to 200 years. Recently, dwarf versions have become available. The varieties 'Little Gem' and 'Teddybear' mature at 16-20' tall and 10' wide and can be found in the new Owens Park on Sandusky. The large white flowers of the southern magnolia often have an intense fragrance that makes a lasting memory. The Southern Magnolia is a native tree of the southeast U.S. but it does well in northeast Oklahoma. Its leaves will burn from extreme cold or heat, but they will recover during the growing season.

We have a number of examples of Southern magnolias across campus. Pictured here is a flower from a Little Gem Magnolia in Owens Park. This spring when you are out walking in the Trinity Woods neighborhood, take time to smell a magnolia bloom.

