

The Trail MIX

The neighborhood news from Trinity Woods | Issue: April 2023



MAKING A DIFFERENCE THROUGH
LOCAL GOVERNANCE

By Steve Dickie, CEO

In the world of senior living communities, people often ask what sets Trinity Woods apart? Most of the time I focus on the people because I know that is truly what makes Trinity Woods the community God has called us to be. One group of people that have significant impact on the Trinity Woods community is the Board of Directors.

One of the tremendous advantages of living at Trinity Woods is the benefit gained from the governance of a local Board. Everyone who serves on this Board lives right here in Tulsa and their sole purpose is dedicated to advancing the mission of Trinity Woods.

Every Board member supports Trinity Woods by giving of their time, talent and treasure:

- **Time:** Each Board member commits to prepare for and participate in a monthly meeting.
- **Talent:** Board members share their expertise by serving on a sub-committee: Finance and Audit, Development and Public Relations, Governance, Legal, Human Resources, and Property Trustees.
- **Treasure:** Board members are asked to make an annual financial contribution that is significant to them. Trinity Woods relies on the generosity of faithful supporters to fulfill its mission and the Board leads the way with their financial support and by introducing the organization to new donors.

Our Board truly sets the future direction of Trinity Woods by approving and reviewing the organization's strategic plan. They approve the annual operating and capital budgets, yearly audit, and review monthly financial performance. The support and assistance provided by this group of 24 dedicated volunteers is an essential ingredient to the success of this community.

As a professional in the nonprofit sector for my entire career, I know that a healthy working Board can make all the difference in an organization's success. Please know the Trinity Woods Board of Directors is committed to working together to serve in the spirit of Christ and **THAT** is what makes all the difference.



Trinity Woods

Belong. Believe. Become.

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By Weldon Tisdale, Chaplain

Holy Week

Holy Week is a string of eight days that allow us an opportunity to reflect upon the shift in humanity Jesus' sacrifice on the cross launched. It starts with Palm Sunday when Jesus enters the city of Jerusalem. The week leads us through the Last Supper, His crucifixion, and ends on Easter Sunday with His resurrection. This is the basis of Christianity. His sacrifice launched the New Covenant God promised and many had prophesied throughout the Old Testament. Each day of Holy Week allows us to peek into the heart of our Savior at intently close proximity. His love for us is reflected in every significant step toward the cross, every breath up to the last, and His resurrection.

Though Jesus didn't walk the earth incarnate until He was born in Bethlehem to Mary and Joseph, He exists and works throughout the entirety of the Bible. Scripture assures us that He was present at Creation with the Father, that He is the Word, and many prophecies were fulfilled explicitly during this final, holy week of Jesus' life on earth.

During Holy Week, many biblical prophecies were fulfilled. Jesus came to earth to save humanity by dying on the cross on Good Friday and resurrecting on Easter Sunday. By enduring and defeating death sacrificially for us, He swung open the gates of heaven, allowing our sins to be forgiven and ushering us into the presence of God.

Due to the sinful nature of humanity as a result of Adam and Eve's fall in the garden of Eden, it's impossible for us to be "good enough" to be in the presence of God and forgiven for our sins. Jesus died to make the way for salvation. The Old Testament Law offered many sacrifices to God, but Jesus was the perfect atoning sacrifice once and for all. He endured the cross out of His great love for us.

The crucifix does not signify defeat or failure. It reveals to us the love that overcomes evil and sin.

Pope Francis

Holy Week is a sacred opportunity to study the foundation of Christianity. Our God is not one of coincidence. Every step toward the cross was intentional, every lesson laced with His personal love for all of us. Let each of us demonstrate unconditional love towards one another.

Adapted from Crosswalk.com



Jerome Steele



Steve Dickie



Stacy Sprinkle Herr

HOLY WEEK SERVICES

Join us for Holy Week Services April 3rd to 7th, 2023 in the Fleming Center at Trinity Woods. Services will begin each morning at 10:30 a.m. Light breakfast will be served before and after service. Communion will be served at the Good Friday Service.

SPEAKERS FOR THE WEEK:

MONDAY – Apostle Jerome Steele, Senior Pastor, Amazing Grace Christian Center and VP CFO at Trinity Woods

TUESDAY – Rev. Steve Dickie, CEO – Trinity Woods

WEDNESDAY – Rev. Stacy Sprinkle Herr, Assistant Pastor – Asbury Church Tulsa

THURSDAY – Pastor David Emery – Harvard Avenue Christian Church

FRIDAY – Pastor Bob Feist – Christ UMC Tulsa



David Emery



Bob Feist



By Lupina Fry, Wellness Nurse

Choosing to STRESS-LESS

As I struggle to cover this topic, a looming deadline ahead of me, I admit to feeling a little stressed. It's normal to some degree. However, unrelenting, debilitating stress is not "normal". Stress Awareness Month serves to remind us to be aware of health consequences so we can make good choices for ourselves and our families.

According to the National Institute of Health, although life itself can often be stressful; when you begin to experience problems with your health, you may be at higher risk for developing anxiety disorders or depression. Stress can affect your immune, digestive, or cardiovascular systems, your cognitive capabilities, and even your sleeping patterns.

Amazingly, although stress can be debilitating and can cause and/or aggravate health problems, we don't always notice stress is happening to us. Careful attention to your body may shed light on your stress levels. Some subtle signs of stress can be frequent or recurring headaches; overeating, indigestion, or constipation; tense muscles-especially shoulders and neck; hair falling out; jaw or tooth pain; frequent colds or cold sores; confusion or forgetfulness; and sleep disturbances- either sleeping too little or too much. Do any of these symptoms resonate with you?

If so, what can you do about the stress in your life? Begin by being honest with yourself. Then take a closer look at your

environment, your to-do lists, and your commitment to others. Make yourself and your time a higher priority. Exercise can be one of the most effective de-stressors. Long walks in the fresh air help destress and may improve some of the harsh effects stress has on the cardiovascular, digestive, and immune systems. Eat healthy regular meals, stick to a sleep routine, and avoid drinking excess soft drinks, coffee, or alcohol. Give yourself permission to say "No". Keep a journal and write down goals along with your feelings and positive self-supportive statements. Identify and challenge negative and unhelpful thoughts and confide in friends and family who may help you cope more positively.



If you are struggling to cope and symptoms do not resolve or begin to worsen, it may be time to talk to a professional. You can find more information on the National Institute of Mental Health website at www.nimh.nih.gov/findhelp.



April Birthdays at Trinity Woods

Connie Facker.....1	Marion Debose.....12	Tom Owens.....25
Gloria Nicholson.....1	Ron Bell.....14	Eileen Walker.....25
Lee Graham.....4	Ron Anderson.....15	Oakley Deisenroth.....26
Lucy Annett.....5	Mary Davis.....16	Bob Westfield.....26
Ken Frazier.....5	Dorothy Gibbs.....20	Claudia Thomas.....28
Chuck Hanna.....7	Shirley Nelson.....23	Carol Shortridge.....30
Betty Kirk.....10	Sharline Thompson.....23	John Wright.....30
Emily Wood.....11	Dee Maguire.....24	

April Anniversaries

Buddy and Diane Fallis.....4/1/1961
Dick and Martha Beauchamp.....4/9/1955

In Memory of

Harriet Jensen.....2/10/2023	Patricia Brady.....2/27/2023
Paul Dick.....2/18/2023	Ann Dietert.....3/4/2023
Oleta Murray.....2/18/2023	Hank Kiely.....3/7/2023
Lura Wilson.....2/21/2023	Ned Smith.....3/8/2023
Barbara Henson.....2/24/2023	Robert Kirk.....3/13/2023
Mary Duffy.....2/25/2023	Nancy Rogers.....3/21/2023
	Junella Simmons.....2/21/2023
	Harry Johnson.....3/22/2023

April Events



Maundy Thursday Concert with Don Irwin on Piano
Thursday, April 6 at 7 p.m. in the CLC, Westervelt Hall
No reservations necessary.

Don Irwin is back from Texas to present a program of sacred and spiritual music on our Steinway. This music will be a lovely and moving Maundy Thursday experience. Don will have CDs for purchase after the concert, \$20 each or 3 for \$50 (cash, check, or charge.)



100th Anniversary Concert of Tulsa's Wednesday Morning Musicale
Wednesday, April 12 at 10:30 a.m. in the CLC Westervelt Hall
No reservations necessary. A reception will follow.

Since January 1921, the members of the Wednesday Morning Musicale have met for two Wednesdays every month to further their study and appreciation of music and to improve their musicianship. Membership in this group has been by invitation only in the categories of voice, piano, instrumental, composition, organ and literary. Members have included faculty from the University of Tulsa and Tulsa Community College, orchestra members from the Tulsa Philharmonic and the Tulsa Symphony, teachers who have imparted the joy of music to countless students, and advocates for the arts in our community. This concert, in celebration of 100 years, will take the audience on a journey of favorite themes from the past. Wednesday Morning Musicale is excited and grateful to partner with Trinity Woods to offer this program to our community as well as the Tulsa community.



Sistema Tulsa Community Youth Orchestra Concert
Thursday, April 13 at 7 p.m. in the Community Life Center, Westervelt Hall
No reservations necessary.

Sistema Tulsa offers rigorous and high-quality music learning programs that are free of cost and accessible to all. Sistema's mission is "to nurture community and improve young people's lives through the practice of music." The Sistema Tulsa Community Youth Orchestra is the advanced symphonic program for middle and high school students representing many of the Tulsa Public Schools and students from across the Tulsa Region. About 40 instruments will be on our stage to perform selections by American composers including Lin-Manuel Miranda's selections from Hamilton, Copland's Fanfare for the Common Man, local composer Nathan Wood's CottonWood Falls for Band, and Let Your Spirit Sing by Julie Giroux. Joining us in the audience will be the students' parents and special guests. This will be an inspiring night of beautiful music and a chance to support these dedicated students from across our city. Don't miss it!



Book Club: Connie Cronley, Still A Fool for Books
Tuesday, April 18 at 7 p.m. in Fleming Center
No reservations necessary.

The author of five books, Connie Cronley does a monthly book review on KOTV's "Noon News" and writes a book review column for "Vintage" newsmagazine. On top of all that, she is a marvelously entertaining and witty speaker, so we thought she'd be perfect for an April Fool's Day theme. She'll talk about her recent passions: biographies and autobiographies of unbelievable families (read with guilty pleasure) and early female social reformers (read with admiration) and a new but enduring love--the Irish author Claire Keegan (books "Small Things Like These" and "Foster" made into the film "The Quiet Girl" nominated for an Oscar for best foreign film.) It is always a pleasure to have Connie with us!



By Irene Brown, Life Enrichment Coordinator



THANK A VOLUNTEER OR, BETTER YET, *BE ONE!*

The Trinity Woods neighborhood is filled with servant-hearted people! That's what makes us a caring community. Last year we counted 160 on-campus volunteers! The list below gives you an idea of just some of the work that community member volunteers, as well as some who don't live here, do on our campus:

- Run the Treasure Chest thrift shop
- Show movies twice a week and choose those movies
- Maintain and improve our two libraries
- Push Health Center neighbors in wheelchairs to events
- Set-up and serve meals at Supper & A Show
- Support fundraising activities – Employee Appreciation Fund
- Help with party decorating
- Advise the Chaplain
- Play piano at weekly Devotions and special events
- Advise the Wellness Team
- Teach Summer School classes
- Lead groups and gatherings such as Pickleball, Mah Jongg, Anna Bible Study, Ping Pong and more

- Make and deliver a bear and a prayer to everyone in the Health Center
- Serve on the Board, the Member Council and its committees
- Act as Next Door Neighbors to newcomers
- Host potential new members at events.

Many community members are also involved in volunteer work off campus, throughout greater Tulsa, in hospitals, churches, schools, and elsewhere, helping make our whole city a more caring community.

Volunteering helps us age better. Research has shown that people who volunteer have higher levels of well-being and life satisfaction than people who don't. Not only that but the older a person is, the greater the potential benefits of volunteering, making the simple act of giving back an essential part of staying healthy as we age.

THANK YOU, volunteers, for all that you do for Trinity Woods and the Tulsa community!

Welcome to the Woods!



Anne Sherry Erker
Felt House

Anne Sherry Erker – Felt House

Anne Sherry Erker is a native Tulsan who is a self-proclaimed “life-long midtowner.” She and her eight siblings grew up just down the street from Philbrook and all attended Monte Cassino Catholic School. Anne later went on to attend Maryville University in St. Louis, MO where she received her bachelor’s and master’s degrees in elementary education.

Anne has been an elementary school teacher for her entire career and is still teaching 3rd grade part-time at Eugene Fields. “I am in my 50th year of teaching and I still love it!” said Anne. In her free time, she enjoys playing Sudoku and playing the piano. Fun fact about Anne is that she started participating in the Tulsa Run at age 65 and has done so each year since, often placing in the top finishers for her age group!

She is fully embracing her new home at Trinity Woods and “truly blessed” to be here. She is meeting so many new people and connecting with old friends. “The atmosphere here is amazing. Everyone is so nice and welcoming,” said Anne. She is enjoying all the walking trails and the variety of weekly concerts.

Anne has four children and three grandchildren. She is an active volunteer in the community and at her church, Holy Family Cathedral in downtown Tulsa.

Doug and Elisabeth Harrington – Villa

Doug and Elisabeth are the newest neighbors in the Villas. They have been married for 35 years next month. Doug and Elisabeth met when she took his physics class at Northeastern State University in Tahlequah, OK.

Doug is originally from Uniondale, NY and earned his undergraduate degree in physics from St. Bonaventure University. He went on to receive his Ph.D. in physics from Ohio University. Doug served as the Math/Science and Nursing Dean at NSU for the 18 years prior to retiring. He is an avid golfer and enjoys keeping watch over his new neighborhood as well as interacting with the neighbors.

Elisabeth is from Concordia, KS and graduated from Kansas State University with a psychology degree. After graduation she was a junior high councilor for many years until a funding cut. At 39 years old she decided to go back to school to become a Doctor of Optometry. Prior to retiring, she was an ophthalmologist for 30 years. Elisabeth enjoys reading, bunko and volunteering for the Assistance League of Tulsa.

The Harringtons have three sons and eight grandchildren. They are starting to get involved in the neighborhood by going to Spann Wellness, concerts and sampling all the food that Trinity Woods has to offer.



Doug and Elisabeth Harrington
Villa

George and Carol Graham – Crestwood

Meet George and Carol Graham! While neither of them is originally from Tulsa they both have called it home for the 45 years. Their favorite thing so far about living at Trinity Woods is “no house maintenance and no house to clean.”

George is from Gary, Indiana. He served in the Navy Reserve for 6 years as a 2nd Class Petty Officer while stationed in Jacksonville, FL. While in the Navy he was trained as an electronic technician specializing in radar. After leaving the military George was hired by IBM, where he worked to create the first airline reservation system for American Airlines. George likes to golf and research family genealogy. He even built and manages a genealogy website about the Shipbuilders of Sunderland, England.

Carol is from Staten Island, NY. She met George at an IBM dinner and married him 6 months later. She was working as an administrative assistant and transferred to Tulsa where she finished out the rest of her career. Carol enjoys reading, knitting and crocheting. She is still active in her Garden Club and both she and George volunteer regularly at Saint Francis Hospital.

They are both enjoying the dining options and food at Trinity Woods. They are looking forward to getting more involved and meeting making new friends.



George and Carol Graham
Crestwood

April STARS Employee of the Month



Dunel Calixte

Dunel Calixte, CMA, Holliman Center

- » **Start Date:** June 2010
- » **Born and Raised:** Jamaica
- » **Education:** Tulsa Community College
- » **Wanted to be as a Kid:** Photographer
- » **Favorite Sport:** Soccer
- » **One Meal Forever:** Chicken Enchiladas
- » **Described by Friends:** Helpful and generous
- » **Hobbies:** Writing Poetry
- » **First Job:** Newspaper delivery boy
- » **Favorite Holiday:** Easter
- » **Favorite Movie:** The Sound of Music
- » **Favorite Book:** Bible
- » **Collects:** Stamps and Coins
- » **Fun Fact:** I love to cook!
- » **What his supervisor says:** “Dunel provides personalized care to the members of Holliman and will go the extra mile to bring joy to those he serves. Dunel’s dedication to his work is admirable and is appreciated by all. Trinity Woods is like no other place to live and work because of employees like Dunel.” – Britani Chappell, Director of Assisted Living



Maria Morris

Maria Morris, Dining

- » **Start Date:** September 2010
- » **Born and Raised:** Buhi, Philippines
- » **Education:** University of Saint Anthony
- » **Wanted to be as a Kid:** Nurse
- » **Described by Friends:** Nice, loving and friendly
- » **Hobbies:** Watering her orchids
- » **Favorite Bible Verse:** John 3:16
- » **Family Recipe:** Eggrolls and steamed rice cakes
- » **Favorite Book:** Nancy Drew books
- » **Free Time:** Enjoys playing mahjong and watching the fishing channel
- » **Fun Fact:** I love Korean drama and K-pop boy bands - especially BTS Band!
- » **Family:** Married for 25 years with three kids
- » **What her supervisor says:** “Maria is an asset to the Charter Oak restaurant. She constantly prepares fresh salads and fruits. She also helps her fellow employees when they are in need.” – Chef Kelsey Knouse



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
Anita Dixon, LPN
Healthcare



10

Years of Service
Debe Judah
Operations



15

Years of Service
Lupina Fry
Wellness



30

Years of Service
Kathleen Simpson
CNA, Healthcare

Phone Number:
(918) 743-2565

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Let's Get Moving!

A DOWNSIZING EVENT

Thursday, April 27 | 10:00 a.m.

For more information or to RSVP to the event, please contact Heidi at hgarrett@trinitywoodstulsa.com or 918.346.6671.

