

The Trail MIX

The neighborhood news from Trinity Woods | Issue: May 2023

Remembering the Good Samaritans

By Bonnie Polak, VP of Philanthropy and Community Engagement

We all have heard the story of the Good Samaritan who came to the aid of a complete stranger in a great time of need. But what you may not know is that in 1961 Dr. John Webb, the appointed director of the Oklahoma Methodist Manor (as we were called at the time), spoke to the then Board of Directors about a great need for our community.

Dr. Webb told the story of residents who were living on campus, solely by the generosity of gifts from people across the state. He said we were not just called to preach the gospel of the New Testament but also called into action. That was the beginning of what we know as the Good Samaritan Fund.

Today the Good Samaritan Fund continues to be a vital part of the mission and ministry of Trinity Woods. It addresses the needs of current and future residents who outlive their resources. This benevolence bridges the gap not covered by Medicaid. Over the past 5 years we have provided \$1.2 million in funds for residents at Trinity Woods.

“The Good Samaritan Fund is what allows us to fulfill our brand promise to our residents,” said Steve Dickie, CEO. “Once you move to Trinity Woods, you will be able to live out your days with peace of mind and dignity, knowing you will be cared for if you run out of money.”

A gift to the Good Samaritan Fund DOES make a difference. Remember that any gift of \$300 receives a commemorative brick that will be engraved and located in front of the Community Life Center. A gift can be made as an honorarium or memorial in the name of someone who is living or no longer with us. All donations are 100% tax deductible. For more information or to make a gift, visit TrinityWoodsTulsa.com/donate or complete the remittance envelope provided inside.



Trinity Woods

Belong. Believe. Become.

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By Weldon Tisdale, Chaplain



April Showers Bring MAY FLOWERS

There is a phrase I remember as a child that causes me to look forward to the month of May with excitement and enthusiasm. Despite the depression that looms from the hard and long winter of the past several months, the phrase “April showers bring May flowers” brings a sense of hope called springtime.

Following the commemoration of the life, death, burial, and resurrection of Jesus over the Easter weekend, I kept thinking about phrases like: weeping endures for a night but joy comes in the morning; there is a silver lining beyond each dark cloud; these light afflictions are but for a moment; and this too shall pass.

The reality of Jesus’ death producing new life parallels with the thought of sunshine following a season of gloom and sadness. Perhaps you have heard this rhyme at some point, generally having been taught it at an early age by parents or teachers. It is a popular thing to say and hear around springtime.

“April showers bring May flowers” is a reminder that even the most unpleasant of things, in this case the heavy rains of April, can bring about very enjoyable things indeed - an

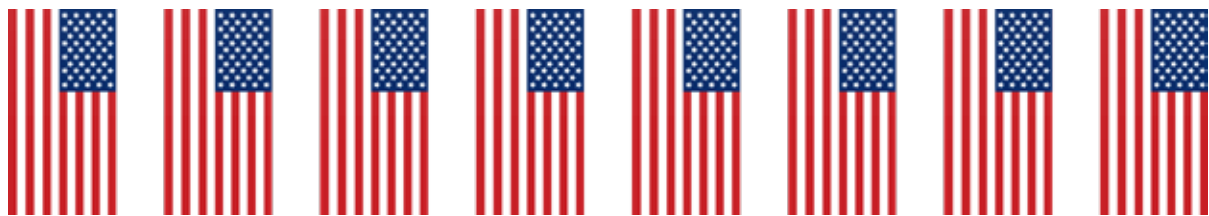
abundance of flowers in May. This rhyme is also a lesson in patience, and one that remains valid to this day.

Many of life’s greatest things come only to those who wait, and by patiently and happily enduring the clouds and dampness of April, you can find yourself more easily able to take in the sights and smells of May. After all, it’s easier to love something if you begin with an optimistic outlook.

Bad things happen, and sometimes a bad thing, later on down the line, turns out to not be bad at all, even though at the time you wouldn’t have known it.

Kenneth Arthur

Have you had a season of setbacks, disappointments, or hindrances? Do not be dismayed. Remember these things: weeping endures for a night but joy comes in the morning; there is a silver lining beyond each dark cloud; these light afflictions are but for a moment; and this too shall pass.



MEMORIAL DAY SERVICE

**Memorial Day Service
Trinity Woods Fleming Center
May 26, 2023 at 10:30 a.m.**

Each year we gather as a community to remember loved ones who have passed.
Please join us for the Trinity Woods Memorial Service in the Fleming Center.
Please feel free to invite friends and family to attend.



Trinity Woods Wellness Teams Invites Everyone to SPRING FLING

By Lupina Fry, Wellness Nurse

When the weather thaws, plants begin to bloom, and the days get longer, it's Springtime, and nothing makes you feel better than being outdoors. We shouldn't take the power of Spring for granted. While we enjoy more daylight, blooming flowers, budding trees, and the breeze on our skin after being covered for so long, we should also consider how vital those things are to our basic needs as humans.

Perhaps rather than New Year's resolutions, it would be best to initiate change in the Springtime when activity lures us outdoors and into the sunshine. A study in Brisbane, Australia, looked at urbanization as one of the most important health crisis issues of the 21st century, with cities becoming epicenters for chronic, non-communicable physical and mental health conditions. There is a growing recognition of the vital importance urban green spaces play in addressing public health.

Being outdoors regularly, an average of 30 minutes, can help reduce blood pressure, lower mortality from cardiovascular disease, improve perceived general health and mental well-being, decrease stress, and promote positive health behavior and activities, and it leads to less depression and loneliness.

At Trinity Woods, we are blessed to enjoy many beautiful, inviting green spaces around us. They are easily accessible by all; spaces that entice us outdoors in the Spring. As Alison McMillan, Wellness Manager, reminds us, "There are so many great ways to head outdoors and take advantage of the gorgeous weather."

Maybe, you'll find a trail or neighborhood sidewalk, soak up some Vitamin D, increase circulation, and reset your natural circadian rhythm in the sunlight. Consider planting an outdoor garden. It's not only satisfying physically to dig in the dirt, pull weeds and prune flowers or vegetables, it's satisfying to the mind and soul to connect with nature.

There are many ways to get outside and enjoy the Springtime weather. One of those ways is to join us outdoors for Spring Fling on Friday, June 2nd. Get together with friends, enjoy good food, maybe compete in a shuffleboard tournament, or just relax and listen to music from Tim Swanson. Join us outdoors! It's sure to make everyone feel great about being alive!

May Birthdays at Trinity Woods

Leola Jurrens.....1	Leona Wiggs Newell.....10	Kathy Johnson.....19
Pat Perrin.....3	Andy Ewing.....11	Sandra Nicholson.....20
Ed Hagen.....5	Suzann Ham.....11	Marcia Bates.....22
Mary Dennehy.....6	Rob Herring.....11	Ardith Andrist.....24
Steve Lance.....9	Lynn Roach.....15	Bob Coles.....24
Barbara Ellis.....10	Jean Fine.....17	Joyce Peace.....27
Leota Johnson.....10	Carol Johnston.....18	Betty Simmons.....30
Joe May.....10	Norma Kinzie.....18	Carolyn Evans.....31

May Anniversaries

Mike and Dianne Rodehaver.....5/1/1965
Tom and Kay Owens.....5/16/1964
Bud and Barbara Ellis.....5/24/1952
Richard and Peggy Ziglar.....5/28/1958
Jerry and Latricia Lingenfelter.....5/30/1959
Bob and Becky Cable.....5/31/1981

In Memory of

Norman Dietert.....3/26/2023
Sonya Lyons.....3/27/2023
Bob Westfield.....4/4/2023

May Events



Trinity Woods Ladies Luncheon
Thursday, May 11 at Noon
Community Life Center, Westervelt Hall

\$14 per Member, \$16 per Guest

RSVP on the Wellness Reservation Form or via Viibrant.
Reservation deadline is May 3.

Menu: A delicious seated luncheon menu: Spinach & Quinoa Salad, Herb Crusted Salmon, Jasmine Rice Pilaf, Asparagus, and Mango Cheesecake.

An inspiring speaker: Lisa Bain, the daughter of Trinity Woods members the late Bill and Juanita Jernigan, is the founder of Lisa Bain Ministries, a nonprofit organization that delivers hope and support to those who are facing illness, a special need, or a crisis situation. Lisa is also the author of four books with her latest book called "Feel the Rain." When her mother was diagnosed with stage 4 ovarian cancer and Lisa was diagnosed with a debilitating autoimmune disease in the same week, she was determined to find joy in the midst of her difficult circumstances. This ultimately led to her non-profit organization. Lisa is passionate about animal therapy, and uses her therapy dogs to help spread love and light to those who are hurting. Lisa writes regularly on her "Bain There Done That" blog and hosts "Treasure Talks" a vlog featuring interviews with heroes who are making a difference in the community. She speaks regularly with an encouraging message of finding hope through the broken places in life. Lisa's books will be available for purchase and signing after the luncheon, and you'll also get to meet her therapy dog Mabel!



Pete 'n' Keely: A Fully Staged Musical with Costumes!
presented by Tulsa Repertory Musicals
Thursday, May 18 at 7 p.m. to 8:30 p.m. with brief intermission
Community Life Center Westervelt Hall
No reservations necessary.

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. Bring your friends and family!

Before the Show - Trinity Woods Board Meet-n-Greet!
Thursday, May 18 at 6:30 p.m.

Come early to enjoy fellowship and refreshments with the Trinity Woods Board members. This is a great way to get to know each other and express appreciation for those who provide strategic direction for our community.





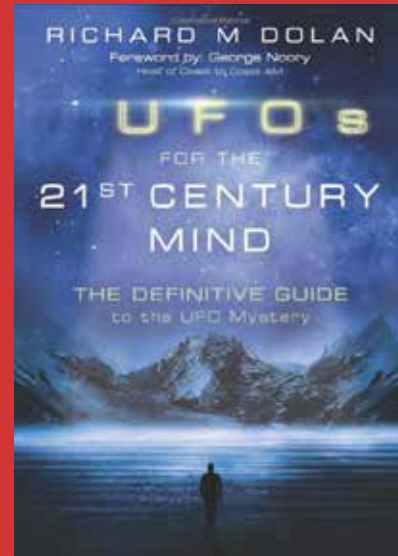
Supper & A Show with Vocal Audacity Quartet
Thursday, May 25 in the Community Life Center,
Westervelt Hall

Tickets required. Members are free. Guests are \$7.
RSVP on the Wellness Reservation Form
or via the Vibrant Wellness Portal.

6:00-6:45 Buffet Supper & Socializing: A yummy menu of chicken cobb salad wrap (grilled chicken, romaine lettuce, chopped bacon, chopped boiled eggs, tomato and bleu cheese dressing on garlic herb tortilla,) house-made chips and a lemon cooler cookie for dessert.

6:45-7:30 p.m. Program: Vocal Audacity Quartet is an award-winning member of Sweet Adelines International and a part of the Talk of Tulsa Show Chorus. The lively quartet is made up of Jan Fisher, Teresa Totty, Mary Jane Timpano, and Audra Nite. They will present an eclectic program, including oldies especially from the 1950s, that will have you smiling and tapping your feet.

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



MAY BOOK CLUB

By Phyllis Rhodes

Join the Trinity Woods Book Club on May 16 at 7 p.m. in the Fleming Center when Rev. Dr. Bill Crowell will present *UFOs for the 21st Century Mind* by Richard Dolan. Bill and his wife, Linda, have returned to Tulsa, and are living in Jenks. Bill graduated Magna Cum Laude from Oklahoma City University with a BA in History and Philosophy. He received his Master of Divinity from Duke Divinity School (United Methodist) and his Doctor of Ministry from the University of Creation Spirituality. Bill has fond memories of Trinity Woods: seeing his parents enjoy their final years with many friends from church and getting to play Elvis Presley as a special guest one day.

For beginners and experienced researchers alike, historian Richard Dolan covers the full range of this incredibly complex topic in his uniquely engaging style. He offers fresh insights on everything connected to UFOs: ancient aliens, modern encounters, abductions, channelers, the politics and cover-up, the black budget world, the bizarre science, the future, and much more.

Toward that end, Dolan gives practical insights on how to distinguish and investigate UFOs in today's world, where we are flooded with claims and videos and data of all types. In addition, as one of ufology's pioneers in the deep analysis of the cover-up, he offers an original perspective on how it all works and why the cover-up, despite being so entrenched and insidious, is nevertheless bound to end.

Finally, Dolan takes the reader through the "weird science" of UFOs, covering everything from propulsion to spacetime to consciousness and more. *UFOs for the 21st Century Mind* is a roadmap pointing the way forward. In so doing, it is set to reposition an ancient phenomenon into a contemporary state of mind, reminding you just why the greatest mystery of our time is also one of the most important.

Welcome to the Woods!



Carol Langenberg
Patio Home

Carol Langenberg – Patio Home

We are excited to welcome Carol Langenberg to Trinity Woods. Carol is settling into her new Patio Home and is really enjoying all the walking trails on campus. She is looking forward to getting out to the weekly concerts.

Carol is originally from Nebraska but most recently lived in Catoosa, OK. She met her late husband, Vern, in high school and they were married for 36 years. They have two children, five grandchildren and had countless cats and dogs.

She spent the early years of her career in the banking industry. After graduation, Carol and some girlfriends moved to Omaha to work for Omaha National Bank. Once she married Vern, she would assist him with their family business in the meat distribution industry. They owned two companies for over 20 years and worked side-by-side.

Carol enjoys flower gardening, spending time with her family at their lake house and traveling. A fun fact about Carol is that she loves to take cruises and has visited 21 ports in the Caribbean Sea. She collects Jewel Tea China, coins, and embroidery work. Carol is currently a volunteer for Meals on Wheels and St. John Hospital.

Suzanne Davis – Villa

Meet Suzanne Davis and her dog Clive, the newest residents in the Villas at Trinity Woods! Suzanne was born in Kentucky but grew up in Coral Gables, FL. She received her undergraduate degree in sociology from Florida State University and her master's degree from Emory University in Christian education.

She started her career opening a hospice in Miami, FL. Then later moved to Tulsa to work for St. John's Hospice as the volunteer coordinator and eventually the chaplain. Most recently she has served as the Associate Pastor for New Haven United Methodist Church.

She met her late husband, Rick, when she moved to Tulsa in 1981. They married and had three children and three grandchildren, all of whom live in Tulsa.

In her spare time, Suzanne enjoys sewing, exercising, and learning a new sport – pickle ball! She likes that everyone is so friendly, and she is ready to try more classes. She is looking forward to settling into Trinity Woods life and balancing her time with so many programs to choose from.



Suzanne Davis
Villa

MEMORIAL DAY FUN FACTS

1. Memorial Day began as Decoration Day. From the practice of decorating graves with flowers, wreaths and flags, the holiday was long known as Decoration Day. The name Memorial Day goes back to 1882, but the older name didn't disappear until after World War II. Federal law declared "Memorial Day" the official name in 1967.

2. Decoration Day only recognized fallen soldiers of the Civil War until World War I. Memorial Day was a response to the unprecedented carnage of the Civil War, in which some 620,000 soldiers on both sides died. The loss of life and its effect on communities throughout the North and South led to spontaneous commemorations of the dead.

3. Memorial Day has its own customs. General Orders No. 11 stated that "in this observance no form of ceremony is prescribed," but over time several customs and symbols became associated with the holiday. It is customary on Memorial Day to fly the flag at half staff until noon, and then raise it to the top of the staff until sunset.

Taps, the 24-note bugle call, is played at all military funerals and memorial services. It originated in 1862 when Union Gen. Dan Butterfield "grew tired of the 'lights out' call sounded at the end of each day," according to The Washington Post. Together with the brigade bugler, Butterfield made some changes to the tune.

Not long after, the melody was used at a burial for the first time, when a battery commander ordered it played in lieu of the customary three rifle volleys over the grave. The battery was so close to enemy lines, the commander was worried the shots would spark renewed fighting.

The World War I poem "In Flanders Fields," by John McCrea, inspired the Memorial Day custom of wearing red artificial poppies. In 1915, a Georgia teacher and volunteer war worker named Moina Michael began a campaign to make the poppy a symbol of tribute to veterans and for "keeping the faith with all who died." The sale of poppies has supported the work of the Veterans of Foreign Wars.

May STARS Employee of the Month



Greg Nievar – Maintenance

- » **Start Date:** July 2022
- » **Born and Raised:** Garden Grove, CA
- » **Education:** Quinton High School and OSU-Tech
- » **Wanted to be as a Kid:** Football Player
- » **One Meal Forever:** Seafood
- » **Described by Friends:** Always has a dad joke ready!
- » **Hobbies:** Golf, Coloring and Gardening
- » **Favorite Holiday:** Christmas
- » **Favorite Bible Verse:** “Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.” – Psalm 23:6
- » **First Car:** 1961 Chevy Pickup
- » **Favorite Movie:** Jungle Book (animated)
- » **Fun Fact:** Met his wife on a blind date and then eloped in Vegas and got married.
- » **Family:** Married for 37 years with three daughters
- » **What his supervisor says:** “Greg has taken to heart our “Mission Vision Values” and you can see it in how he takes care of the members on a daily basis.” – Ty Westlake, Facilities Manager

Welcome LeaAnn Sims!



Get To Know LeaAnn

- » **Favorite Sport:** I love watching the Olympics!
- » **First Job:** Picking pecans in an orchard
- » **One Meal Forever:** Chicken Piccata
- » **Friends Describe:** A problem solver and direct
- » **Favorite Book:** *It's Your Ship* by Michael Abrashoff
- » **Nickname as a Child:** Squirrel (because I was never still)
- » **Favorite Quote:** “Try to be a rainbow in someone's cloud.” Maya Angelou

We are excited to introduce the newest member of the Trinity Woods Sales Team, LeaAnn Sims. She is from a military family and was born in Pennsylvania but moved to Japan, then Germany and finally to Oklahoma.

LeaAnn is a graduate of Oklahoma State University Institute of Technology. She has been in the real estate industry for 20 years, mainly in new construction. She enjoys learning new things, tinkering in the kitchen with food and traveling to experience different cultures.

She has been married for 23 years to Lonnie and they have a daughter who is a junior at OSU, along with three dogs Mia, Holly and Tobias. In her free time, she enjoys working in the yard. Please stop by the Sales Office to welcome LeaAnn to the Trinity Woods neighborhood.

Lemon Basil Ice Tea

Invite a friend and share!



- * 1/2 lemon, thinly sliced
 - * 6 fresh basil leaves
 - * 2 green tea bags
 - * 3 cups hot water
 - * raw honey, optional
1. Add the lemon slices, fresh basil leaves, and green tea bags to a 1 quart mason jar or pitcher.
 2. Pour hot water into the mason jar, and allow to steep for 15 minutes. Then, remove the tea bags.
 3. Place into the fridge to completely chill for 3-4 hours for the flavors to release.



Trinity Woods Leadership Team

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Chief Operating Officer

Bill Peterson
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VP of Philanthropy and
Community Engagement
and Editor

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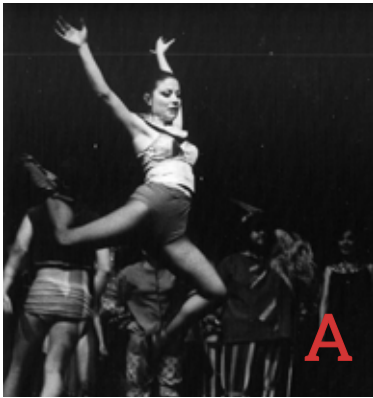
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Formerly
Oklahoma Methodist Manor

CAN YOU GUESS WHO??



A. Toni Dickson B. Shirley Hockett C. Bruce Nixon D. Betty Fryrear E. Mae Timmons F. Dorothy VanFossen G. Elma Briggs