

# The Trail MIX

The neighborhood news from Trinity Woods | Issue: June 2023



## Navigating and Finding Joy in the Journey of Aging

By Steve Dickie, CEO

In the age of the smartphone, we have instant access to driving directions that are delivered with GPS precision. But where do we go for a “roadmap” to guide us through the aging process? How do we find help navigating the confusing mix of complex issues when our care needs begin to change?

On Thursday, June 15th Trinity Woods is extending an open invitation to all who are navigating the journey aging. This is the great session for parents, their adult children and anyone walking through making decisions for seniors.

This 90-minute event will open with a summary of the book, “*They’re Your Parents Too!*” which is subtitled “*How Siblings Can Survive Their Parents’ Aging Without Driving Each Other Crazy.*” Then we will offer a candid discussion about some of the most important questions your family will face in the future:

- When you get to the point where your care needs change, how will the roles and relationships among your adult children adapt?
- Is there a way for you to help your adult children take on supporting roles?
- What happens when old sibling rivalries emerge?
- What family legacy do you want to pass on? What stories are important to remember?
- How can decisions be made in a way that helps everyone make peace with change and loss?

“Your Parents” is like a “field manual.” It offers help for navigating through one of the most challenging seasons in life. We hope this event will help initiate conversations. It can give you directions to help navigate complex relationships and difficult exchanges. It can bring joy, reconciliation, and peace to the journey of aging.

Filled with expert guidance from gerontologists, family therapists, elder-care attorneys, financial planners, and health workers; resonant real-life stories; and helpful family negotiation techniques, this is an indispensable book for anyone whose parents are aging. We hope you will mark your calendar for Thursday, June 15 at 6:30 p.m. on the campus of Trinity Woods to be part of this book discussion.

To learn more about this event and the book, see page 7. You may also visit our website at [TrinityWoodsTulsa.com](http://TrinityWoodsTulsa.com) or call 918.346.6671. This event is free and open to the public.



## Trinity Woods

Belong. Believe. Become.

### In this issue:

Community Wide Book Club

Spring Fling!

June Events

Concerts, Outings and Book Club

New Neighbors

Meet Sheila, Joe and Sharen!



By Weldon Tisdale, Chaplain



# Let those cares go

Though I closed my eyes and tried to rest, my mind refused to turn off. I couldn't stop wondering if I should have said or done something different.

Finally, I got up and went over to my computer, hoping to find some nugget of truth to ease my mind. Tears came to my eyes as I caught sight of a scripture someone had posted: "Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved" Psalm 55:22.

All week long, the Lord had been speaking to me about casting my burdens or cares upon Him--now here was that theme again! Suddenly, I knew I needed to hand over to Him all my worry about the situation and what would happen. If I'd messed up, He was big enough to handle it! I didn't need to carry the burden.

Cares come in all sorts of different sizes and shapes. We can be careful about all the things we need to do, careful about

what we've said or done, careful about other people, careful about our health--we seem to attract cares like a magnet! At the time, the cares on our shoulder seem heavier than anything else in the entire world could possibly be.

But whatever our care might be, we weren't meant to carry it! We were meant to cast it. It's actually prideful of us to insist on worrying and carrying our cares when God tells us to cast them. God cares perfectly for each one of us. He is our infallible heavenly Shepherd. He urges us to humble ourselves--admit our inability--and cast every worry, burden, and care upon Him.

"Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you." 1 Peter 5:6-7

reprinted from [christianperspective.net](http://christianperspective.net)

## Chaplain Weldon Tisdale Inducted into the Tulsa Public School Athletics Hall of Fame



This month Trinity Woods Chaplain, Weldon Tisdale, will be inducted into the 11th Class of Tulsa Public School Athletics Hall of Fame. Weldon will receive this special honor at a ceremony on Thursday, June 8, 2023. He was a star basketball player for Booker T. Washington High School with many highlights – as a Junior was a starting forward/guard on 1977 5A State Championship Team; as a Senior averaged 17.5 points, 10 rebounds, and 5 steals per game; and was selected to Tulsa All-Metro Team, Honorable mention All-State Athlete. This award is given to Tulsa Public School alumni for their academic and athletic achievements. One more interesting note is that Weldon set the Booker T. Washington single game scoring record of 39 points only to have it broken later by his youngest brother, Wayman. Join us as we congratulate Weldon Tisdale for this special honor.

# Just another reason EXERCISE IS GREAT FOR YOU!



By Alison McMillan, Wellness Manager

Scientists have been hard at work researching exercise, knowing that brain health is a top concern among older adults. We've seen studies that show that exercise reduces the risk of developing Alzheimer's. Imaging studies have shown that the hippocampus (the area of the brain that stores long term memories) is greater in volume in adults aged 59 to 81 who are more aerobically active than those who are not. Those same adults also showed better performance in memory tasks. Lastly, studies have shown exercise can lead to improved learning, attention, and memory for patients with early-stage Alzheimer's, Schizophrenia, or brain injuries. Overall, studies indicate that exercise is beneficial for brain health.

## But how?

Researchers are studying hormonal and chemical changes in exercising mice, and have seen an increase in a chemical called Irisin, which is produced by muscles during exercise. This chemical was found to boost protein levels in the hippocampus that promotes neuron growth and health in the brain. Irisin also was found to decrease the inflammation in the brain that causes Alzheimer's and Parkinson's. Knowing this, scientists are confident that the effect

is similar in humans because the Irisin composition is identical in mice and humans. Studies already show that post exercise, there is a boost of Irisin levels in humans. In examinations of Alzheimer's patients, Irisin's precursor protein was 70% less than in patients without Alzheimer's. This leads scientists to believe that Irisin is linked as protective to the neurons.

So, to summarize, exercise is great for brain health by helping new neurons and connections grow and be healthy and helps reduce risk for Alzheimer's. All the more reason to go outside, or head to the gym for an exercise class or to use the machines every day!

**Source: National Geographic "New clues are revealing why exercise can keep the brain healthy" June 2022**

## June Birthdays at Trinity Woods

Virginia Hebermehl.....2	Carol Graham.....14	Ann Lackey.....24
Phyllis Rhodes.....2	Dolores Hedger.....14	Diane Fallis.....25
Mary Bisset.....3	Don Neuhaus.....14	Beverly Donatelli.....10
Sandy Hanna.....7	Tom Winslow.....14	Rich Lilienthal.....26
Don Hertzler.....7	Charlotte Frazier.....17	Nan Herber.....29
Tom Bumgarner.....8	Howard Rhodes.....19	Robert Houston.....29
June Cleverdon.....10	Betty Brehm.....20	Donna Cartwright.....30
Phyllis Ryal Clark.....11	Jan Reynolds.....22	
Ray Dotson.....14	Jacqueline Whitehurst.....23	

## June Anniversaries

Vic and Roberta Hairston.....6/1/1953	Leonard and Mary Stubbs.....6/10/1956
Mel and Mary Pearson.....6/1/1955	Ron and Ginger Anderson.....6/13/1954
Ken and Charlotte Frazier.....6/3/1972	Dan and Mary Bissett.....6/15/1963
George and Carol Graham.....6/5/1978	Rob and Scampy Rainey.....6/16/1962
Bob and Toni Dickson.....6/6/1976	Ken and Carol Tobler.....6/16/1961
Bud and Dee Maguire.....6/9/1956	Guy and Vicky Langston.....6/25/1965

## ✚ In Memory of

Fr. William Hamill.....5/2/2023	Jim Davis.....5/11/2023
Melvin "Lee" Graham.....5/2/2023	Charles "Skip" Johnson.....5/16/2023
Jerry Lingenfelter.....5/2/2023	Nancy Pemberton.....5/5/2023





# June Events

Variations Youth Choir from  
First United Methodist  
Church Dallas  
Sunday, June 4 at 7 p.m. in  
Community Life Center  
Westervelt Hall

No reservations necessary.

Over 30 talented young people will be here to perform for us as the first stop on their choir tour to Chicago. The first part of their 30-minute concert will be sacred and the second part will include Broadway show tunes. You will be inspired!



Trinity Woods Annual Men's Gathering  
Tuesday, June 13 at 12:00 Noon in  
Community Life Center, Westervelt Hall  
\$12 per Member, \$14 per Member guest  
RSVP on the Wellness Reservation Form or via Viibrant.  
Reservation deadline is June 5.

**Men of Trinity Woods, invite your friends and family!**

**Buffet meal:** Prime hamburgers and hot dogs straight from the grill, chili, cole slaw, potato salad, corn on the cob and cobbler for dessert!

**Speaker:** Ben Leslie, Chief Development Officer from the Folds of Honor. It began with Lt. Col. Dan Rooney's flight home from his second tour of duty in Iraq. An F-16 fighter pilot in the Oklahoma Air National Guard, he became painfully aware of the realities families face when a loved one in uniform is fallen or disabled. As his flight landed, the pilot announced they carried the remains of a soldier on board. Lt Col Rooney watched as the soldier's flag-covered casket was carried to meet his family on the tarmac. Among them was the deceased soldier's young son. This experience led to the founding of Folds of Honor in 2007, providing life-changing scholarships to the spouses and children of America's fallen or disabled military, and now, to the families of America's first responders. This Oklahoma-based organization has become a national patriotic movement with chapters across the country. Ben Leslie, who has been with Folds of Honor for 12 years, will talk about their impact and some of the lives that have been changed through their work.





**Supper & A Show:**  
**Tulsa Opera's Traveling Voices Sing Broadway**  
 Thursday, June 22 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 p.m. Buffet Supper & Socializing:** A yummy menu of Southwest Chicken Wrap (grilled chicken with lettuce, tomato, corn, and black beans in a tangy chipotle dressing wrapped in a flour tortilla,) house-made chips and a coconut chocolate chip cookie for dessert.

**6:45-7:30 p.m. Program: Tulsa Opera Does Broadway:** The Tulsa Opera Traveling Voices is Tulsa Opera's performance outreach ensemble who perform throughout the city as ambassadors for the company. These young singers, all with professional experience in opera and musical theatre, are chosen by audition. Four of them will be here to present songs from well-known musicals, along with a couple of opera arias you're sure to recognize. Join in this relaxed gathering that is a chance to meet new friends as well as enjoy a casual meal and some great music!



**Friday, June 30 – Independence Day Extravaganza!**

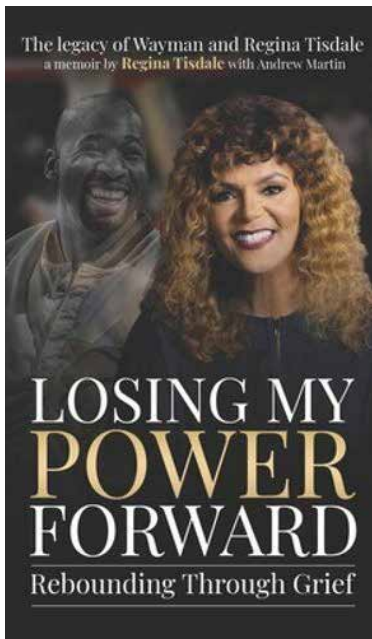
We're celebrating early due to the long weekend and what a celebration it will be!

**10:00 a.m.** Annual Independence Day Parade around campus

**Sign up to participate:** Fancy or Decorated Cars or Motorcycles; Decorated Golf Carts; Decorated Walkers, Bikes, Wagons, Wheelbarrows; Groups (Examples: kazoos, costumes, homemade drums, dancing); Individuals (Examples: Hula Hoop, baton twirling, flag bearing, uniform); or most any other way you'd like to participate! Or just be sure to come out and watch. Sign up to be in the parade via the Reservation Form or by emailing [reservations@trinitywoodstulsa.com](mailto:reservations@trinitywoodstulsa.com).

**2 p.m.** Come-and-Go Ice Cream Social in Westervelt Hall. No reservations necessary.

**7 p.m.** Patriotic Piano Concert by Don Irwin in Westervelt Hall  
 No reservations necessary.



**Book Club presents Regina Tisdale, Losing My Power Forward**  
**Tuesday, June 20 at 7 p.m. in Fleming Center**  
**No reservations necessary.**

Regina Tisdale, a native of Tulsa, OK, wife of the late Wayman L. Tisdale, Sr. and sister-in-law of Trinity Woods Chaplain Weldon Tisdale, will be our special guest. While Wayman played in the National Basketball Association, Regina was an active member and Vice President of the NBA Wives Association's program Behind the Bench. After retiring from the NBA, Wayman successfully transitioned to music and Regina focused on running Tisway Productions.

Wayman and Regina lived a beautiful life. They were inseparable and had plans to be together forever, until what she calls "the worst day ever." In her book titled Losing My Power Forward, Regina shares a captivating story of love, loss, grief, depression, healing, and peace. Regina is continuing the legacy of a man who was the epitome of strength. She currently sits on the Advisory Board of Access Sports/Wayman Tisdale Award and is the Executive Director and CEO of The Wayman Tisdale Foundation, Inc.

Join Regina as she takes you on the journey that has been her life. You're sure to experience every emotion, smiles, pain, and even joy. Copies of the book will be available for purchase (\$15 by check, credit card, or exact change) and a signing following the presentation.

# Welcome to the Woods!



Sheila Parr  
Crestwood

## Sheila Parr – Crestwood

Sheila Parr is excited to call Trinity Woods her new home. “I love the location and all the services provided.” She was born and raised in Okmulgee, OK but has lived in midtown Tulsa for most of her adult life. Sheila is a graduate of Oklahoma State University with a degree in journalism and English.

Sheila started her career in education as a schoolteacher at Edison High School but became a jewelry designer/broker. She owned her own business in the jewelry industry for over 20 years. She even designed the rings her sons gave her now daughters-in-law. She is a current member of the Tulsa Artist Guild and Alpha Rho Tau, two well-known artists groups.

Sheila and Royce, her late husband, met on a blind date while attending Oklahoma State University. They were married for 58 years and have two sons and six grandchildren and two great grandchildren. She enjoys art and collects memories of family and friends.

A little-known fact about Sheila is that she used to love playing golf and has two holes-in-one from two different courses in Tulsa. She has even played several famous courses such as St. Andrews in Scotland and Pebble Beach in California. In her spare time now, Sheila enjoys going to concerts, her poetry club and volunteering for several Tulsa nonprofit organizations.

## Joe and Sharen May – Villa

Meet Joe and Sharen May, the newest neighbors in the Trinity Woods Villas. The Mays recently moved from Joplin, MO where they lived for the last 43 years to be closer to family. Joe and Sharen met during their first year at Kansas State University and have been married for 56 years. Joe and Sharen have two children and six grandchildren.

Joe is originally from Miami, Oklahoma but moved around a lot as a child. He has his degree in mechanical engineering from Kansas State University. Joe served in the Air Force for four years and was stationed at Eglin Air Force Base in the western Florida Panhandle during the Vietnam War. He worked for Gulf Oil, then Eagle-Picher Technologies, a manufacturing company known for its battery technology, energy devices and battery management systems. He was even part of the team that built the Thaad Missile (Terminal High Altitude Area Defense), a missile defense system designed to shoot down short, medium, and intermediate-range ballistic missiles. Joe is an award-winning Skeet and Trap Shooter and was an avid runner, completing several marathons.

Sharen was born and raised in Joplin, MO. She received her bachelor’s and master’s degree in education from Kansas State University. Sharen was a high school English teacher for 23 years prior to joining her family’s book binding business where she spent 16 years. Sharen loves to fish and used to compete in cake decorating contests. She won second place for her aquarium cake at a local competition.

They are enjoying getting to know so many new people and “just love their house.” They are slowly getting involved by attending concerts and eating at the restaurant on campus.



Joe and Sharen May  
Villa

## Trinity Woods Service Awards



5

Years of Service  
Amy McDaniel,  
Housekeeping



5

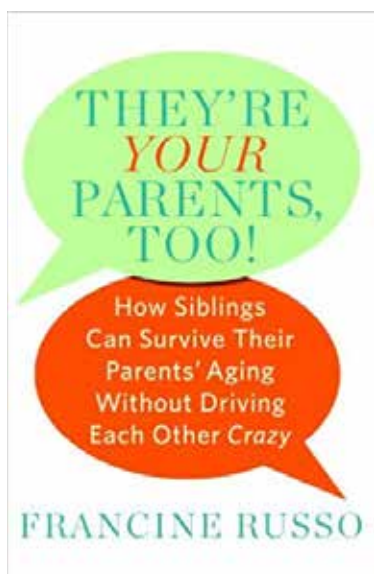
Years of Service  
Sue Nolen, CMA,  
Holliman



20

Years of Service  
Rosal Osburn, CMA,  
Holliman

## Learn More about “They’re Your Parents Too!”



Steve Dickie, Trinity Woods CEO, is hosting this interactive program featuring discussion about the book “*They’re Your Parents, Too! How Siblings Can Survive Their Parents’ Aging Without Driving Each Other Crazy*” by Francine Russo.

Francine Russo is a veteran reporter for Time magazine who has covered “Baby Boomers” for years. Russo chronicles life and how baby boomers live it, *They’re Your Parents, Too!* offers all the information, insight, and advice you’ll need to make productive choices as you and your siblings begin to assume your parents’ place as the decision-making generation of your family.

Most of us enter this period of our lives unprepared for the difficult decisions and delicate negotiations that lie ahead. This is the first book that provides guidance on the transition from the “old” family to the “new” one, especially for adult siblings.

Your parents are growing older and are getting forgetful, starting to slow down, or worse. Suddenly you find yourself at the cusp of one of the most important transitions in your life—and the life of your family. Your parents need you and your siblings to step up and take care of them, a little or a lot. To make the right things happen, you will all need to work together. And yet your siblings may have very different ideas from yours of what’s best for Mom and Dad. They may be completely uninterested in helping, leaving you with all the responsibility. Or they may take charge and not allow you to help, or criticize whatever help you do give. The book can help you and your siblings reach an understanding and work together. Copies are available in the Trinity Woods Libraries.

We hope you will mark your calendar for Thursday, June 15 at 6:30 p.m. on the campus of Trinity Woods to be part of this book discussion.

## June Star of the Month



### Lori Morton, Member Services

- » **Start Date:** May 2022
- » **Born:** Rossville, Illinois
- » **Raised:** Illinois and Oklahoma
- » **Wanted to be as a Kid:** A physician or Novelist
- » **One Meal Forever:** Fried Chicken
- » **Hobbies:** Sewing, Crafting and Reading
- » **First Job:** Waitress at Pizza Hut
- » **Favorite Holiday:** Halloween, so I can dress up!
- » **First Car:** Buick Regal
- » **Favorite Movie:** Urban Cowboy
- » **Favorite Book:** Lonesome Dove by Larry McMurtry
- » **Free Time:** Enjoys spending time with her dog Lucy a Red Heeler
- » **Fun Fact:** She won “Top Sales Person” at her last job and she was the receptionist
- » **What her supervisor says:** “Lori has great attention to detail. She is a bright spot in Crestwood and is always kind and helpful to everyone on campus. It makes my job easier knowing I can depend on her.”  
– Carri Matheson, Director of Member Services



### Trinity Woods Leadership Team

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**Dennis Graham**  
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**Bill Peterson**  
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**Bonnie J. Polak**  
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**CHANGE SERVICE  
REQUESTED**

**Formerly  
Oklahoma Methodist Manor**

*You're Invited to the Annual*  
**TRINITY WOODS INDEPENDENCE PARADE!**

Come out and watch Trinity Woods residents and employees take part in this festive Independence Day Parade! There will be golf carts, bikers, walkers, convertibles and more all participating in the Parade. Join the greatest generation as we kick off the 4th of July holiday.

**Independence Parade  
Friday, June 30th at 10 a.m.**

