

The Trail MIX

The neighborhood news from Trinity Woods | Issue: July 2023



SUMMER SCHOOL is in session!

By Irene Brown, Life Enrichment Coordinator

WOW! Trinity Woods is not only a community of lifelong learners, but we are blessed with an amazing number of talented, educated, and enthusiastic lifelong teachers as well. This year will mark the seventh year of Trinity Woods Summer School and I am excited to announce that it also is the year we have more classes than ever before, all taught by our very own community members in July and August.

The Wellness Team strives to offer lifelong learning programs on a variety of different topics. We recognize that people have a natural drive to explore, learn and grow and we encourage everyone to improve their quality of life and sense of self-worth by pursuing the ideas and goals that inspire them. Kudos to those who have stepped up each year of Summer School not only to learn but also to teach such fascinating classes.

Lifelong learning is good for your brain and for your self-esteem. Trinity Woods Summer School classes promote social wellness as we learn and discuss together. There is such a wide variety of classes offered this year that I know every resident will find at least one class to be of interest. From games to wine to end-of-life planning to science to theology and even more, there is a cornucopia of learning to be enjoyed!

All the classes will be held on the Trinity Woods campus. The classes are all at different times, which makes it easy to take part in as many classes as you wish. Peruse the fascinating course offerings and see what you would like to learn more about. For a full list of the classes offered in July, please see page 4 and 5. Class will soon be in session!



Trinity Woods

Belong. Believe. Become.

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Meet Betty and Dorothy!



RIVERS in The DESERTS of Life

By Weldon Tisdale, Chaplain

Life sometimes gets hard. Things we don't want to happen occur. Our plans vaporize. We find ourselves exactly where we never wanted to be—or perhaps we have to sit by and watch a loved one suffer.

Yet God gives rivers in the deserts of life. We want a way around them—for ourselves and for our loved ones. But God doesn't promise to take us around the deserts of life—instead He promises to give us life-giving, refreshing rivers in the midst of them. Many times, it's in the desert—in those hard times—we learn to receive His miraculous provision and strength.

“Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert.” Isaiah 43:19

Whatever you're facing, whether it's a big or comparatively small hardship, choose to thank God. Thank Him because it

can help show you His provision. Thank Him for working all things together for your good (Romans 8:28). Thank Him that He knows what it is to suffer—that He came and suffered on the cross so we would one day get to live again with Him in a perfect world. Thank Him for using suffering to refine and work eternal glory we cannot even comprehend (2 Corinthians 4:17), even though suffering was not part of His original creation but came as a result of the fall in the garden of Eden. Thank God for how He has proven His faithfulness to you and others in the past and know that He will be faithful to keep and guide you through this too.

As you choose to “rejoice always” (1 Thessalonians 5:16), you'll find the refreshing rivers of His strength and joy in the middle of life's challenges.

HYDRATION and Health

By Alison McMillan

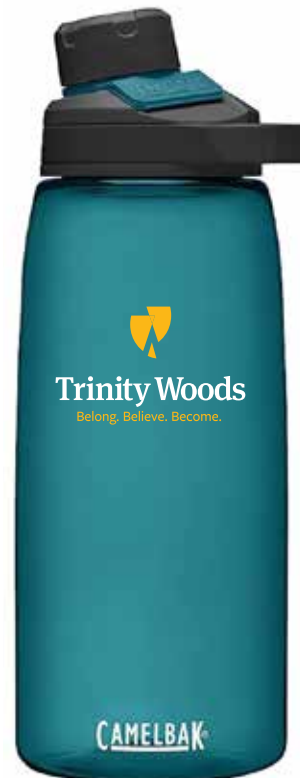
Summer is here bringing many good things like bright sunshine, warm fresh air, and the opportunity to increase activity outdoors. Summer also brings high temperatures, high UV index ratings, and an increased risk of dehydration. Because water is crucial for bodily functions, it's important to be able to recognize the signs and symptoms of dehydration, as well as to take measures so you stay hydrated this summer.

HYDRATION TIPS:

Drink more water throughout the day. If you struggle with the taste (or lack thereof), drop some fresh slices of strawberries, cucumbers, or lemons in to add some flavor. Another alternative is low/no calorie flavor additives you can find in the beverage aisle of your grocery store.

- Carry a refillable water bottle or tumbler throughout the day to help you remember to drink more, especially if you're in a place that doesn't have easily accessible water.

- Drink slowly. Your body doesn't process water the way it processes food. Excessive water gets sent to the kidneys where it's turned into urine.
- Get water with your diet by eating more water-dense foods - watermelon, cucumbers, celery, frozen fruit ice pops, lettuce, and dairy products, etc.
- Avoid caffeinated beverages and alcohol. Drinks like coffee, tea, beer, wine, and spirits all have diuretic effects meaning they make you produce more urine which creates a risk of lowering your body's water content.
- Plan to bring and drink more water if you're getting ready for an outdoor activity, such as a sports game, a concert, a picnic, gardening, etc.
- Try low calorie electrolyte drinks. There are several on the market that help hydrate the body as well as replenish lost electrolytes. Look for the ones that have low or no sugar content!



JULY EVENTS



Young Talent Discovery Night!
Thursday, July 6, 7 p.m.
Community Life Center, Westervelt Hall
No reservations necessary.

Presented in partnership with Celebrity Attractions and the Tulsa PAC Trust, The Discovery Awards highlight and award excellence in high school musical theatre. Six participants in this year's Discovery Awards showcase, including one of the two overall winners, will be here, along with Music Director and Tulsa Performing Arts Center's Director of Community Engagement, Jeremy Stevens, to present a musical theatre program for us.



Supper & A Show:
Janet Rutland & Shelby Eicher
Thursday, July 27
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.



Barron Ryan Piano Concert
Thursday, July 13, 7 p.m.
Community Life Center, Westervelt Hall
No reservations necessary.

Smithsonian Magazine named native Tulsa pianist and composer Barron Ryan one of Ten Innovators to Watch in 2021. Barron asks, "Why can't all music get along?" As a classical pianist and modern music fan, he was told that some styles don't mix. Could Barron combine his love of Beethoven and James Brown? There was only one way to find out, so he set out to write classical music that was influenced by his favorite kinds of music, regardless of genre. This piano program is evidence that all music can get along.

6:00-6:30 Buffet Supper & Socializing:
A yummy menu of BBQ Chicken salad on Brioche, House Chips and a brownie for dessert.

6:30-7:30 Program: Singer Janet Rutland and her husband, fiddler Shelby Eicher, return for a night of country music with plenty of Patsy Cline. They'll be joined by Spencer Sutton on piano and Rodney Lay on bass. Join in this relaxed gathering that is a chance to meet new friends as well as enjoy a casual meal and some great music!

SUMMER SCHOOL *is cool!*

Trinity Woods Summer School 2023 Classes in Chronological Order



Plan More, Worry Less about End of Life

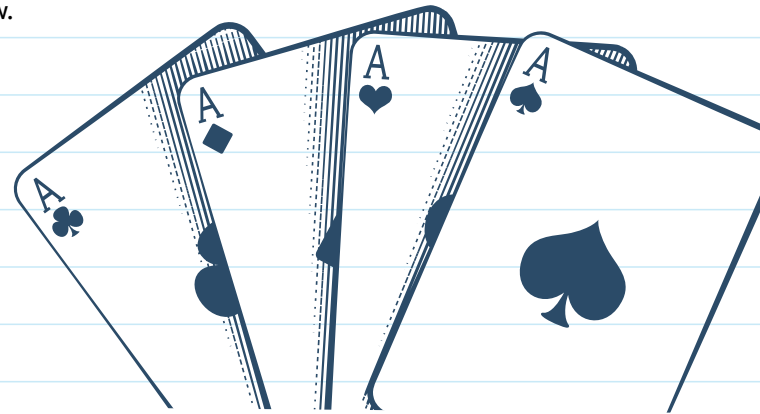
July 10 and 17 at 1 to 2 p.m.

Fleming Center

Instructor and Moderator: Mike Reynolds CPA, MBA has worked in public and private accounting and finance for his entire career.

Monday, July 10: Mike will share secrets of what's inside the "Red Folder;" suggestions on how you can help your survivors not experience THE worst day of their lives; suggestions on how you can plan for a good end of life. Q&A to follow.

Monday, July 17: Moderated by Mike Reynolds, End-of-Life Planning Experts will present what they believe are the most important things for us to know now. Ann Morris, Estate Planning Attorney, has over 20+ years of legal experience advising seniors and their survivors. Cassandra Carter, Managing Funeral Director, has nearly 20 years of experience in funeral planning and has been especially honored for her service to local veterans. David Thomas, Pastor, has a lifetime of faith counseling and has officiated at well over 800 funerals. Q&A to follow.



New Testament Theology Simplified

July 11, 13, 18, and 20th at 3 p.m. to 3:50 p.m.

Crestwood Theatre

Instructor: Bob Mansfield, Emeritus Professor of New Testament, Oral Roberts University

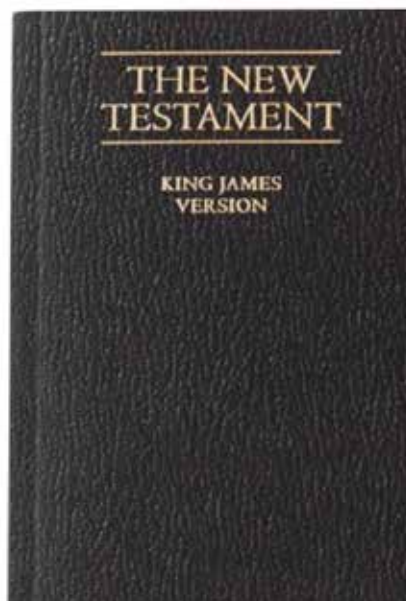
Four 50-minute sessions will consist of a presentation, questions, and discussion.

Tuesday, July 11: The Nature and Identity of Jesus (Christology)

Thursday, July 13: The Kingdom of God: Present and Future (Eschatology)

Tuesday, July 18: The Way of Salvation (Soteriology)

Thursday, July 30: New Testament Ethics: Law and Gospel (Axiology)



Intro to Hand and Foot Card Game
Saturdays, July 15, 22, 29 at 3 p.m. to 4 p.m.
Crestwood Game Room

Instructor: Cherlyn Sunflower loves playing cards, teaching crafts, and making new friends.

For the past ten years, Trinity Woods community members have gathered regularly to play "Hand and Foot". This is a modern form of the card game Canasta which many of you played as a child. You may have forgotten how to play but that's no problem. The regular card players want to welcome more players to this game which has worldwide popularity, is easy to learn and is conducive to talking while playing.



The Greenhouse Effect, the Climate and Us
Wednesdays, July 19 and 26 at 2 p.m. to 2:45 p.m.
Community Life Center Trudy Plowman Classroom

Instructor: Marcia Bates earned a degree in chemistry from Texas Women’s University and her doctorate in environmental engineering from Texas Tech University. In 1975, she was the first female engineering professor hired at OSU.

Discussions of the greenhouse effect have moved from the classroom to the global climate stage. This presentation will discuss the greenhouse effect, greenhouse gases and their effects on human health. Part two of the presentation will discuss alternatives to mitigate the concentrations of greenhouse gases in our atmosphere.

Food and Wine Pairings
Friday, July 28 at 2 to 3 p.m.
Community Life Center Trudy Plowman Classroom
Cost: \$10 per person.

Instructor: Toni Dickson, a native of California, has visited, along with her husband Bob, many vineyards throughout the state. Though not connoisseurs, they enjoyed participating in the tastings each vineyard offered as they developed their palates.

This class comes directly from the Beringer Vineyards outside Santa Rosa, California. Through a guided tasting of several varieties of wine with various food tastes, Toni will demonstrate how the dominant taste in food changes the taste of wine and what flavors pair best with which wines.



Impressions of Hospice
Monday, July 31 at 2 p.m. to 3 p.m.
Community Life Center Trudy Plowman Classroom

Instructors: Mae Timmons R.N. holds a BS and MS in Nursing and a Doctorate in Education. Weldon Tisdale is Trinity Woods’ Chaplain.

Mae and Weldon will present their personal hospice experiences. Mae was recently employed as a nursing assistant at Porta Caeli House, a hospice house managed by Catholic Charities, and currently is a volunteer caregiver and/or provides housekeeping duties there on a weekly basis. Weldon is called upon to provide spiritual support for persons approaching the end of life and their family members. Please join us to hear Mae and Weldon’s impressions about this unique option you may wish to select for you or your loved ones.



Sneak Peek at the August Classes

Adult Vacation Bible School (Instructors: Elizabeth Bartlett, Suzanne Davis and Marita Morgan);
 Intro to Mah Jongg (Instructor Lou Felts); What It Means to Be Human (Instructor: Don Hertzler)
 Breaking the Age Code (Instructor: Charlotte Frazier); Poets Ponder People (Instructor: Doris Piatak)



Welcome to the Woods!



Betty Coleman
Crestwood

Betty Coleman - Crestwood

Betty Coleman was raised in Newkirk, Oklahoma. She attended Oklahoma A&M for a time and was a member of Alpha Chi Omega sorority. She moved to Tulsa in 1952, the year she married her late husband, Bob. Betty worked as a Legal Secretary in both Newkirk and Tulsa.

She is a member of College Hill Presbyterian Church here in Tulsa and is an avid reader and bridge player. Betty and Bob went on many Elderhostel (now called Road Scholars) trips with Trinity Woods members Marita and Ralph Morgan.

Betty has two children, a son, and a daughter who recently passed away, four grandchildren, and five great-grandchildren.

Dorothy Gibbs – Felt House

Dorothy Gibbs was born and raised in Guthrie, Oklahoma and her life motto is “I take it one day at a time.” She is a graduate of the Madam Walker Beauty College. She was a beautician and owned her own business, Dorothy’s Beauty Shop, for 20 years.

Prior to retirement, Dorothy worked in the education department of Saint Francis Health System for over 30 years, where she trained countless employees on how to transcribe doctor’s orders. “I loved my job at the hospital; I was even excited to see some of the same doctors I worked for when I moved here.”

Dorothy enjoys attending church and singing in the choir as well as sewing and cooking. Her favorite recipe is her famous pound cake. She is settling into her home and really appreciates how nice everyone has been. “People are great; they make you feel so comfortable and included.”

Dorothy met her late husband, Russell at a fish market and they were married for 35 years. She has three daughters and five grandchildren.



Dorothy Gibbs
Felt House



July Birthdays at Trinity Woods

| | | |
|---------------------------|--------------------------|---------------------------|
| Lawrence Stuart.....3 | Phil Brinlee.....10 | Billie Prigmore.....21 |
| Lou Felts.....4 | June Brown.....11 | Paul Hockett.....23 |
| MaryAnn Bles.....5 | Peggy Ziglar.....11 | Dorothy VanFossen.....24 |
| Kathy Moellenberndt.....6 | Kay Brown.....13 | Joan Raczkowski.....25 |
| Jan Steffensen.....6 | Carson Jackson.....14 | Mary Ziegler.....25 |
| Carolyn Comfort.....8 | Patricia Wood.....14 | Elizabeth Bartlett.....26 |
| Shirley Frizzell.....8 | John Berry.....16 | Dixie Bell.....26 |
| Bernie Skinner.....8 | Peggy Hanna.....17 | Ruth Weston.....26 |
| Gayle Teter.....8 | Page Parker.....18 | Carolyn Shumaker.....29 |
| Marjorie Martin.....9 | Ken Johnson.....19 | Bud Ellis.....31 |
| Gloria McCurdy.....9 | Jerry Ehlers.....20 | Glenna Hertzler.....31 |
| Jan Skinner.....9 | Mary Lynn Gilbert.....20 | |

Missed June Birthdays

| |
|-------------------------|
| Betty Jennings.....6/14 |
| Ann Lackey.....6/24 |
| Cheri Reyes.....6/25 |

July Anniversaries

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|--|
| Bill and Aneta Wilkinson.....7/18/1964 |
|--|

✚ In Memory of

| |
|--------------------------------|
| Jack Cearing.....5/25/2023 |
| William Jennings.....6/13/2023 |
| Earl Smith.....6/21/2023 |

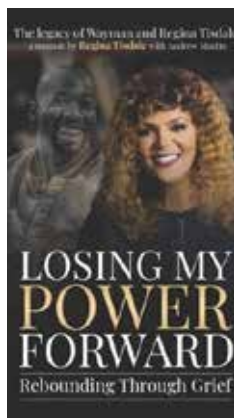
July STARS Employee of the Month



Angie Bennett, Wellness Team

- » **Start Date:** May 2022
- » **Born and Raised:** Tulsa, OK
- » **Education:** Oklahoma State University
- » **Wanted to be as a Kid:** Horse jockey or truck driver
- » **One Meal Forever:** Pizza
- » **Described by Friends:** Kind and generous
- » **First Job:** Sharpes Department Store
- » **Favorite Holiday:** Christmas
- » **Collects:** Starbucks Mugs
- » **Free Time:** Journaling
- » **Family:** Married with five grown children
- » **What her colleague says:** "In just 20 hours per week, "Amazing Angie" handles hundreds of reservations, creates and manages the screen slides throughout campus, keeps Viibrant up to date, answers member questions and assists them with reservations, and handles other special projects, all with precision, excellence, and grace. She is a marvelous colleague and a joy to work with!" Irene Brown, Life Enrichment Coordinator

Book Club presents Regina Tisdale, Losing My Power Forward
RESCHEDULED for Tuesday, July 18 at 7 p.m. in Fleming Center
No reservations necessary.



Regina Tisdale, a native of Tulsa, 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.

Trinity Woods Service Awards

20
Years of Service
Renay Lane, CNA
Cobb Landing



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

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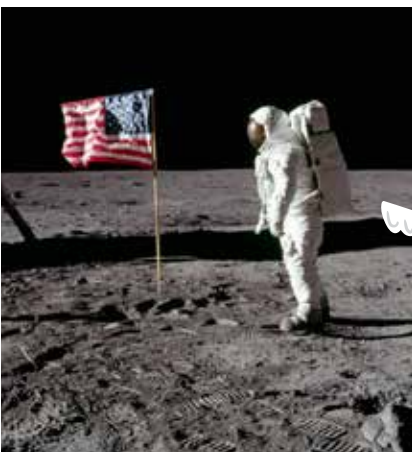
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Formerly
Oklahoma Methodist Manor

JULY fun facts!

July is full of Fun Facts, all kinds of holidays, history, and a whole lot of HAPPY. We hope you learn a little bit more about the 7th month of the year.



Neil Armstrong made history on July 29, 1969, by taking the first steps on the moon. His famous declaration "That's one small step for man, one giant leap for mankind!"



July is in the Summer season in the northern hemisphere and one of the warmest months. July in the southern hemisphere is one of the coldest.

Early July, historically is called the dog days of summer because it's the beginning of the hot summer days.



July is National Ice Cream Month!



Eating salmon is a traditional Fourth of July food in New England.



John Adams is credited with adding fireworks to the Fourth of July celebration.



The name July was named in honor of Roman general Julius Caesar.