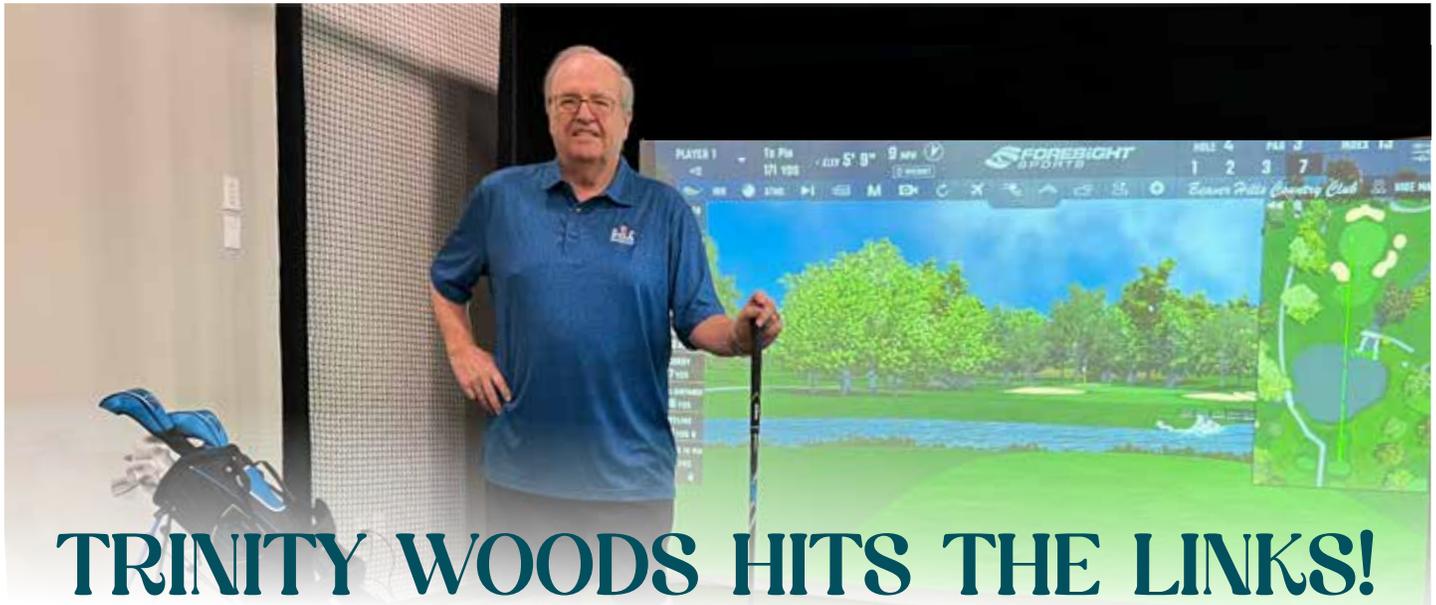


The Trail MIX

The neighborhood news from Trinity Woods | Issue: August 2023



Have you ever wondered what it would be like to play a round of golf at Pebble Beach or St. Andrews, just like the professionals? Well, now you can at Trinity Woods' new Indoor Golf Experience, located on campus.

"We are so excited to offer this new activity to our residents," said Steve Dickie, Trinity Woods CEO. "Whether you are an every day golfer, trying to fine-tune your swing, or just trying to do something fun with your friends, this is a great opportunity."

The Indoor Golf Experience features golf simulator technology that is used by novice and professional golfers all over the world.

Residents can play a round of golf on one of 25 golf courses, have a long drive contest, or just practice. The golf simulator can also provide immediate swing analysis data such as angle and speed.

It doesn't matter your level of golf experience, whether it's beginner or experienced golfer, anyone can play. The Indoor Golf Experience is meant to bring people together for a fun opportunity.

"We hope the golfers in the community enjoy the fact that they can get in a round of golf no matter the weather outside and we hope it allows more people to try something new. Who knows, maybe there is a hidden talent on campus waiting to be discovered," said Dickie.

Highlights:

- Stunning reproductions of the world's best courses - Enjoy the world's most challenging and beautiful courses, all faithfully reproduced to deliver the most true-to-life golf simulation experience available.
- Endless Settings Customization - From player options to weather conditions, there are nearly endless options.
- Compete in Skills Challenges, Closest to the Pin, and Long Drive competitions - Power and precision become the focus in our skills challenges. Test your skills against others on a selected par 4, par 5, or the Foresight Sports range.

This new experience available at Trinity Woods would not have been possible without the generosity of Rich and Barbara Lilienthal. Be watching for more information on the Indoor Golf Experience location, times of play, and tutorial sessions.



Trinity Woods

Belong. Believe. Become.

In this issue:

Summer School Continues!

Summer Sun Safety

August Events
Concerts & Supper and a Show

New Neighbors
Meet Bob, Garry and Sally!



By Weldon Tisdale,
Chaplain



Thinking Clearly

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 2 Timothy 1:7 (KJV)

When we allow fear into our lives, our thinking gets clouded. Instead of seeing situations from God's point of view, our fears and worries about what others think (or will think), our finances, our health, our loved ones, our jobs, our school, our homes, etc. cloud our assessments and rob us of the joy of walking in God's victory.

The opposite of living in fear is living in fearlessness, or boldness and confidence. I got to thinking about some individuals in the Bible who lived fearlessly: Joshua, Caleb, Deborah, Esther, David, Paul, Daniel, and Shadrach, Meshach, and Abednego.

Each of them boldly faced their situations because they were confident in God and in His will...and submitted to whatever that was. Shadrach, Meshach, and Abednego had confidence God

could save them from the flames, yet they were surrendered to perish if God chose to allow the flames to consume them (Daniel 3).

On the other hand, the Bible has many examples of individuals who lived fearfully, such as the man who hid his talent in the ground (Matthew 25:14-28). This man was so afraid of making a mistake and displeasing his master that he wasted even the one talent he had been given. Fear immobilized him.

We can't overestimate the importance of thinking clearly, both physically and spiritually. This month let us remember to check ourselves to see if we are surrendered to God's will and confident in His love, care, and leading, or if we're allowing fear to cloud our thinking...and ultimately our actions.

When we have alleviated our fears, we can then begin the process of thinking with a sound mind – **"Thinking Clearly"**.

Summer Sun Safety



By Lupina Fry, Wellness Nurse

When the temperature reaches into the 90's some of us head for the air conditioning indoors, while others head for the sunny outdoors! The longer days beckon us to enjoy the sunshine and the activities available to us. Whether it's a barbecue with family and friends, or just a walk outdoors, it's important to be careful of the greater exposure to the sun's rays and the accompanying heat. While there might be some precautions we know by heart, there can be many misconceptions.

For instance, sunscreen is helpful but alone is not enough. Apply sunscreen to any exposed skin including, scalp, upper back and other hard to reach areas, a full ounce at least 15 minutes before heading outdoors and again every two hours. Sunscreen becomes less effective over time as well, so reapply regularly.

Don't forget to grab a stylish pair of sunglasses to protect your eyes as well. If you like your sunglasses, you're more likely to wear them. Blockage of 99-100% of UVA/UVB rays is standard for sunglasses made in the US today. Single gradient, shaded only on top, are great for driving; double gradient, shaded

bottom and top, are best if you'll be involved in activities or sports.

Seek shade whenever possible, wear light colored clothing that covers any exposed skin. Consider a wide brimmed hat to protect the delicate skin on ears and neck. Dr. Vernon Sondak, Chair of the Cutaneous Oncology Program at Moffitt Cancer Center in Tampa, Florida has this useful phrase- "slip, slap, slop". "Slip" on protective clothing such as long-sleeved shirt and long pants; "slap" on a brimmed hat and sunglasses; "slop" on a lot of sunscreen.

Remember to stay hydrated, as well! Start your day with a full glass of water, drinking at least two more before heading to any outdoor activity. If engaging in strenuous activity continue drinking those important fluids. Lastly, try to avoid sun exposure between 10 a.m. and 4 p.m., when the sun's rays are the strongest. Keeping these precautions in mind will help make your summer a safe and more enjoyable one!

August Events



Donald Ryan Piano Concert
Thursday, August 3 at 7 p.m.
Community Life Center, Westervelt Hall
No reservations required.

A native of Trinidad & Tobago, Donald Ryan came to the United States to study music, earning degrees from Oral Roberts University and the University of Tulsa. He is well known as a master of diverse styles—evidenced by his induction into the Oklahoma Jazz Hall of Fame as well as a diploma from the 9th International Chopin Competition, one of the oldest and most prestigious piano competitions in the world. Donald has also earned the distinction of being among the most accomplished pianists in the world as a Steinway Artist. He has played for American and foreign dignitaries including U.S. Presidents and now he will be playing for us – don't miss it!



Supper & A Show: A 1950s Party with The Plaids!
Thursday, August 24 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 by August 16.

Get out your poodle skirts and Brylcreem and let's party! We are encouraging people to wear their 1950s attire, if they have it. A good time will be had by all at this relaxed gathering that is a chance to meet new friends as well as enjoy a casual meal and some great music. Guests encouraged.

6:00-6:45 p.m. Buffet Supper & Socializing: A yummy menu of a drive-in hamburger, house chips, and a peanut butter and banana cake roll à la Elvis for dessert!

6:45-7:30 p.m. Program: Tulsa Repertory Musicals presents A Plaid Sampler, reminiscent of the close-harmony "guy groups" (e.g. The Four Aces, The Four Freshmen) popular during the 1950s. A quartet of Justin Boyd, Mike Pryor, Tracy Watson, Mark Powell will take us back to that era.



August Birthdays at Trinity Woods

Suzanne Davis.....1	Richard Allen.....11	Cindy Ziegler.....22
Allison Fallin.....1	Tom Simmons.....11	Shirley Crane.....23
Bob Hyer1	Bob Mansfield.....11	Carolyn Hart.....25
Martha Zachary1	Nita Boring.....15	Joann Derr.....26
Versa Bailey.....3	Margaret Newendorp.....15	Mae Timmons.....26
Mary Elsa Hocker.....3	Duane Blakenship.....16	Elma Briggs.....27
Bob Cable.....4	Susan Williams.....17	Betty Coleman.....27
Rosemary Frew.....4	Kay Owens.....18	Helen Moorer.....27
Linda Pat Colgan.....7	Don Stout.....19	Billie Payne.....27
Ginger Anderson.....8	Minni "Lucy" Trompeter.....20	Garry Kemp.....28
Bob Harper.....8	Jeannie Westfield.....21	Bena Miller.....28
Robert Hembree.....10	Allen Bates.....22	Bill Moorer.....29
David Maddox.....10	Jacqueline Clark.....22	Marcia Seba.....30
Ed Wagner.....10		

August Anniversaries

Carl and Donna Cartwright.....8/5/1952
Don and Becky Neuhaus.....8/6/1966
Stan and Gayle Teter.....8/8/1987
Chuck and Sandy Hanna.....8/17/1968
Don and Glenna Hertzler.....8/17/1963
Warren and Lynette Danskin.....8/20/1972
Ken and Ruth Weston.....8/24/1963
Bob and Barbara Doolittle.....8/27/1966

Bob and Jane Mansfield.....8/28/1960
Bill and Helen Moorer.....8/28/1960

In Memory of

Joan Hamernik.....6/12/2023
Earl Smith.....6/21/2023
Martha Nicewanger.....7/16/2023
Kenneth Mann.....7/18/2023
Carolyn Comfort.....7/21/2023

SUMMER SCHOOL

Be cool this summer!

Trinity Woods Summer School continues in August with the following classes taught by our own community members. Be sure to participate in this unique lifelong learning experience. RSVP required on the Summer School Reservation Form.



Intro to Mah Jongg
Mondays in August 7, 14, 21, and 28 at 3 to 4 p.m.
Crestwood Game Room

Instructor: Lou Felts loves all games and puzzles and has been playing Mah Jongg for 11 years.

August 7: What in the World do Those Pretty Tiles Mean?

August 14: Setting Up the Game

August 21: Do the Charleston (no dancing required)

August 28: How to Read the (Mah Jongg) Cards

All supplies will be provided.

What It Means to Be Human
Mondays on August 14 and 21 at 1 p.m. to 2 p.m.
Fleming Center

Instructor: Don Hertzler, Emeritus Professor of Chemistry
at Southwestern Oklahoma State University

So far paleontologists have identified as many as 15 different homo (human) species that have existed on earth. At least three of them coexisted with homo sapiens (modern humans). We will first look at the minimum requirements to be classified as human. Then we will describe what we know about the different known homo species and where they lived. Finally, we will explore some recently discovered understandings of why only homo sapiens survived. The answer may surprise you.



Adult VBS (Vacation Bible School)

Wednesdays in August 2, 9, 16, 23, and 30 at 2:30 p.m. to 4 p.m. in Crestwood Theatre

Facilitators: Elizabeth Bartlett expresses her faith through creative craftsmanship. Suzanne Davis holds a master's degree in Christian education from Emory University and served as Associate Pastor for New Haven United Methodist Church. Marita Morgan has taught youth and adults at Boston Avenue United Methodist Church for many years.

We all strive to teach children, but how often do we think about what we learn from them? In Adult VBS, we will focus on our adult spiritual development through children's curriculum. We will seek to put our inhibitions aside and participate in learning together as children do – in trusting, open-minded, curious, and fun-loving ways. The objective is to draw us closer to God in our everyday living and bring the word of God alive to every participant. We will expose ourselves to learning through scripture, companionship, music, drama, art, mission, prayer, and discussion. Consider signing up for all sessions not only for what you can learn, but also for what you can contribute. We will have in-depth discussions of scripture and faith development in every session. All Trinity Woods residents (men & women) are invited to come and have fun with VBS!

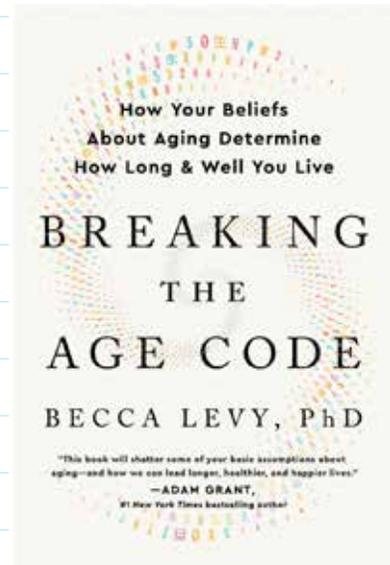


Breaking the Age Code

Tuesday, August 22 at 1 p.m. to 2 p.m. in Fleming Center

Instructor: Charlotte Frazier retired, after 30 years in various library roles, from the Tulsa City-County Library as Deputy Director of Collection Management and Technology of Tulsa County's 25 libraries.

Are you engaged in breaking the age code? Using as her resources, *Breaking the Age Code* by Becca Levy and studies taken from the American Medical Association, the American Psychological Association, National Institutes of Health and recognized university research, Charlotte Frazier will present material on what it means to break the age code and how we can all ensure that we, our children, and grandchildren benefit from making changes in our age beliefs both personally and societally. It's time for us all to rethink aging.



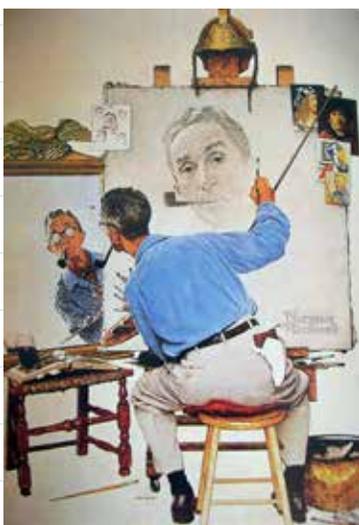
Poets Ponder People

Tuesday, August 29 at 1 to 2 p.m.

Community Life Center Trudy Plowman Classroom

Instructor: Doris Piatak B.A. in English from the University of Maine, M.A. and Certificate of Advanced Studies in English and Linguistics from Northern Illinois University

The 20th Century painter Alice Neel said that her works were not portraits, but “pictures of people.” We know that Rembrandt, Van Gogh, and Frida Kahlo painted multiple self-portraits, whereas Norman Rockwell painted only one self-portrait, and that in a comic vein. All of them introduced us to PEOPLE. Today's poets, too, introduce us to PEOPLE, sometimes themselves. A few poems presented in this class were composed decades and even centuries ago, but most are people in and of our time, published in a variety of current publications. Meet these people.



Welcome to the Woods!



Bob Harper
Crestwood

Bob Harper - Crestwood

We are excited to welcome Robert “Bob” Harper to the Trinity Woods Neighborhood! Bob was born and raised in Oklahoma. He grew up in Oklahoma City and later moved to Chandler where he graduated from Chandler High School.

After high school he attended Oklahoma City University and received a business degree. While in college he signed up for the US Army Reserves. After he graduated, he entered the Navy and was stationed in Jacksonville, FL where he served for two years.

Once Bob had served his time in the Navy, he returned to Oklahoma where he worked as a Field Supervisor for Travelers Insurance. In 1965 they transferred him to Tulsa. The majority of Bob’s career was spent with Rich & Cartmill Insurance Company, where he worked for 43 years and retired as a Senior Partner in 2020. “I just loved it! Every day I was doing something different for so many different people,” said Bob.

Bob met Janie, his late wife, on a blind date. They wed just six months later and were married for 22 years. They have two sons and one grandson who live in Tulsa. He is excited to be meeting people and getting more involved around campus.

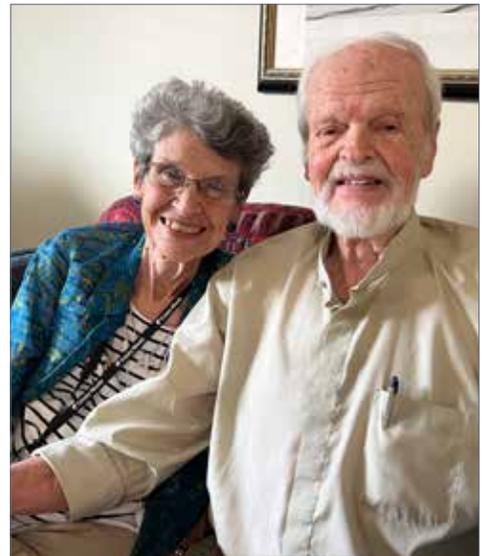
Garry and Sally Kemp - Felt House

Garry and Sally Kemp met 53 years ago when Sally was a tourist in Europe and Garry was her tour guide. Once they met, they got married three weeks later and have never looked back. In July they celebrated 53 years together! They have seven children and 12 grandchildren.

Garry was born and raised in London, England. His father was in the Royal Air Force, and as a child he remembers his dad sending them to Canada and other areas of England during WWII to keep them safe. Once he was old enough, Garry joined the Royal Air Force and served two years. After the military Garry spent the majority of his career in radio, mainly in the U.S. and some in London. His favorite post was working for KCMA (Keep Classical Music Alive) in Owasso. Garry enjoys reading, crossword puzzles and Formula 1 racing.

Sally is originally from Bryn Mawr, PA located just outside of Philadelphia. Sally holds degrees from Duke University, University of Tulsa and a PhD from University of Missouri, Columbia in developmental neuropsychology. She is passionate about educating children with special needs and helping to train people in best practices for teaching children with special needs to be successful. She is a coauthor of the NEPSY® and NEPSY®-II tests. NEPSY® was designed to assess both basic and complex aspects of cognition, critical to children’s ability to learn and be productive, in and outside of school settings. It is designed to test cognitive functions not typically covered by general ability or achievement batteries.

The Kemps are enjoying their new home at Trinity Woods. “It is just perfect for us,” said Sally. So far, they love meeting new people, sampling the food, and attending the concerts.



Garry and Sally Kemp
Felt House

Trinity Woods Service Awards



5

Years of Service
Ty Westlake
Maintenance



5

Years of Service
Micah White
Healthcare



10

Years of Service
Mandie Marler
Holliman



20

Years of Service
Dennis Graham
Operations

August STARS Employee of the Month



Barbara Bradley, Housekeeping

Start Date: October 2018
Born and Raised: Tulsa, OK
Wanted to be as a Kid: Flight Attendant
Favorite Sport: Football
One Meal Forever: Macaroni and Cheese
Described by Friends: Caring and Giving
Favorite Holiday: Thanksgiving
Favorite Quote: Always be kind and honest.
Favorite Movie: Anything with Julia Roberts
Favorite Book: The Outsiders by S.E. Hinton
Collects: Old Tin Cans
Family: Married with three grown children
What her supervisor says: "Barbara has worked here almost 5 years. She started as a housekeeper in Holliman and now works in the ground floor laundry. She services mostly our licensed areas doing multiple loads of linen daily. She does several pickups a day and returns them, so they never have to do without. She does a fantastic job keeping the laundry operating efficiently and smoothly. We are fortunate to have her on our Team!" – Cathy Green, Housekeeping Manager



Trinity Woods Leadership Team

Steve Dickie
Chief Executive Officer

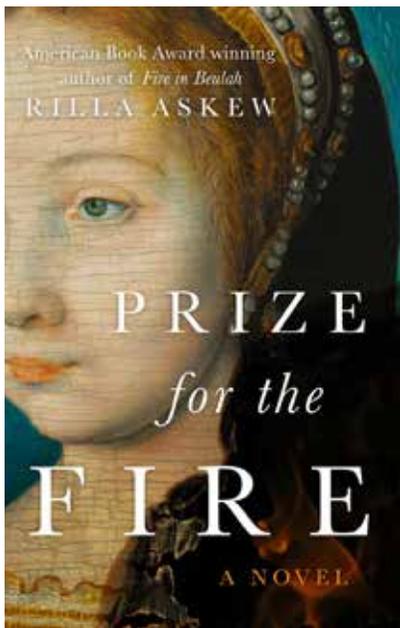
Dennis Graham
Chief Operating Officer

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



August Book Club

The Book Club presents *Prize for the Fire* by Rilla Askew. Mark your calendar for Tuesday, August 15 at 7 p.m. in Fleming Center. We are delighted to welcome novelist Rilla Askew here to speak about her latest book, *Prize for the Fire*.

A fifth generation Oklahoman, she is a nationally acclaimed author, a PEN/Faulkner finalist and recipient of the American Book Award, the Arts and Letters Award from the American Academy of Arts and Letters, and the Oklahoma Book Award.

The novel *Prize for the Fire* is set in Lincolnshire, 1537. Amid England's religious turmoil, fifteen-year-old Anne Askew is forced to take her dead sister's place in an arranged marriage. The witty, well-educated gentleman's daughter is determined to free herself from her abusive husband and the cruel strictures of her married life. But this is the England of Henry VIII

and a young woman of Anne's fierce independence, Reformist faith, uncanny command of plainspoken scripture, and connections to Queen Katheryn Parr's court cannot long escape official notice, or censure.

Rilla Askew brings to life a young woman who defied the conventions of her time, ultimately braving torture, and the fire of martyrdom for her convictions. This gripping tale of defiance is as pertinent today as it was in the sixteenth century.

Copies of *Prize for the Fire* and other books by Rilla Askew will be for sale (check or cash) and, after the program, there will be a book signing.

Phone Number:
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Trinity Woods Invests in its Leaders

Trinity Woods is deeply committed to the development of its leaders. This spring 11 managers participated in a series of classes offered at Tulsa Community College. The subject matter included a variety of topics including The Role of the Leader, Motivating and Engaging People, Teamwork and Collaboration, Communication, Managing Performance, Coaching, Managing Conflict and Managing Change. We are very thankful for every leader at Trinity Woods and for the important contributions they make in advancing our mission of serving people in the spirit of Christ.