

The Trail MIX

The neighborhood news from Trinity Woods | Issue: September 2023



CELEBRATING THE GENEROSITY OF LEGACY GIVING

Many of us have causes we have donated to throughout our lifetime to help charities and nonprofits with funding their mission. But have you ever thought about what it would look like to continue that generosity past your lifetime?

In the philanthropy world that is called a planned gift or legacy giving. While donations during your lifetime usually answer the question: “How can I help today?”. Planned or legacy gifts answer the questions: “How can I help tomorrow?” and “How would I like to be remembered?”.

These types of gifts to a charity or non-profit organization are usually in your last will and testament. They can include a piece of property, cash, a percentage of your estate or, in the case of Trinity Woods a donation of your membership fee refund. Legacy gifts play a key role in supporting charitable organizations, that is why the Tin Man Society was created.

“In November the Tin Man Society will celebrate 10 years of people leaving their legacy at Trinity Woods by making a commitment to the future of this organization,” said Steve Dickie, CEO. “Over the years gifts that have come from Tin Man Society members have really allowed Trinity Woods to do great things to continue our mission. These types of gifts are critical to making a difference for years to come.”

The Tin Man Society was established in 2013 by members as a way to ensure the mission of Trinity Woods endures. It is a legacy giving program that recognizes donors who support Trinity Woods through their estate plans, wills or gifts of assets.

If you are interested in becoming a member of the Tin Man Society through a legacy gift, you can learn more about opportunities on page 3 or feel free to reach out to Bonnie Polak at bpolak@trinitywoodstulsa.com or 918.346.6639.



Trinity Woods

Belong. Believe. Become.

In this issue:

**Tin Man Society Celebrates
10 Years!**

Ways to Leave a Legacy

September Wellness

Being A Dementia Friendly Community

New Neighbors

Meet Duane and Janice!



By Weldon Tisdale,
Chaplain

TRUST

in the Lord

Life is not predictable. There are ups and downs along the way. Many of us want to trust God. When times are good, it can feel easier. But when times feel difficult and uncertain, it is even more important to trust God. God's unchanging character can give us a firm foundation when things feel unsteady. King Solomon instructs us to:

"Trust in the Lord with all your heart...." (Proverbs 3:5a)

The word "trust" here "expresses that sense of well-being and security which results from having something or someone in whom to place confidence." The object of that trust is Yahweh. The extent of that trust is "with all your heart."

The next line is similar but looks at it from the negative -- what not to do. It gives us a powerful mental picture.

"Lean not on your own understanding." (Proverbs 3:5b)

The verb "lean" has the idea of putting your weight on something, trusting that it will not give way. We are to trust in God, but not put our weight on our own limited understanding, insight, or discernment. It is so easy for us to miss a key piece of the puzzle and thus completely misunderstand or misconstrue a situation. We seek wisdom! We desire discernment! But we must realize that our understanding is imperfect and limited.

"Do not be wise in your own eyes." (Proverbs 3:7a)

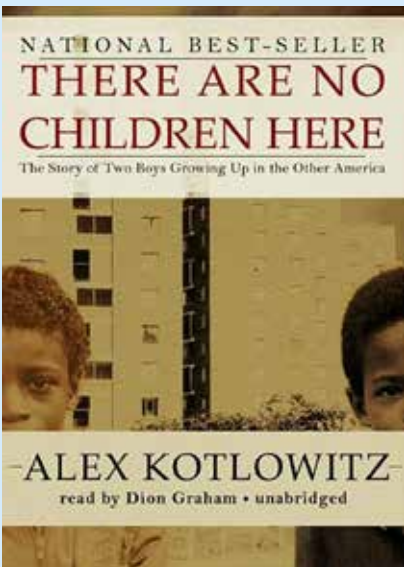
Does anything more need to be said?

"In all your ways acknowledge him...." (Proverbs 3:6a)

In English, "acknowledge" means "to recognize the rights, authority, or status of," which, in practice, often amounts to giving a nod in God's direction and hoping for his approval. But the word in Hebrew is much, much broader and richer than "acknowledge." Yāda, **"to know,"** can describe God's knowledge of man, a person's knowledge, one's skill in hunting, one's ability to distinguish between, etc. But it can also express acquaintance with a person, describe the most intimate acquaintance, even a sexual relation, and finally one's relation to God.

A casual acknowledgement of God can mask an arrogance that doesn't really desire to know. We can develop a practiced deafness towards God when we only want him to rubber-stamp our own plans with the word "Approved." But when we seek to know God and listen for his voice, there is a humility, an openness. That very humility allows us to listen to him and discern his way.

One thing for certain is that we can "trust God with everything."



BOOK CLUB PRESENTS

There Are No Children Here: The Story of Two Boys Growing Up in The Other America
Tuesday, September 19 at 7 p.m. in Fleming Center. No reservations necessary.

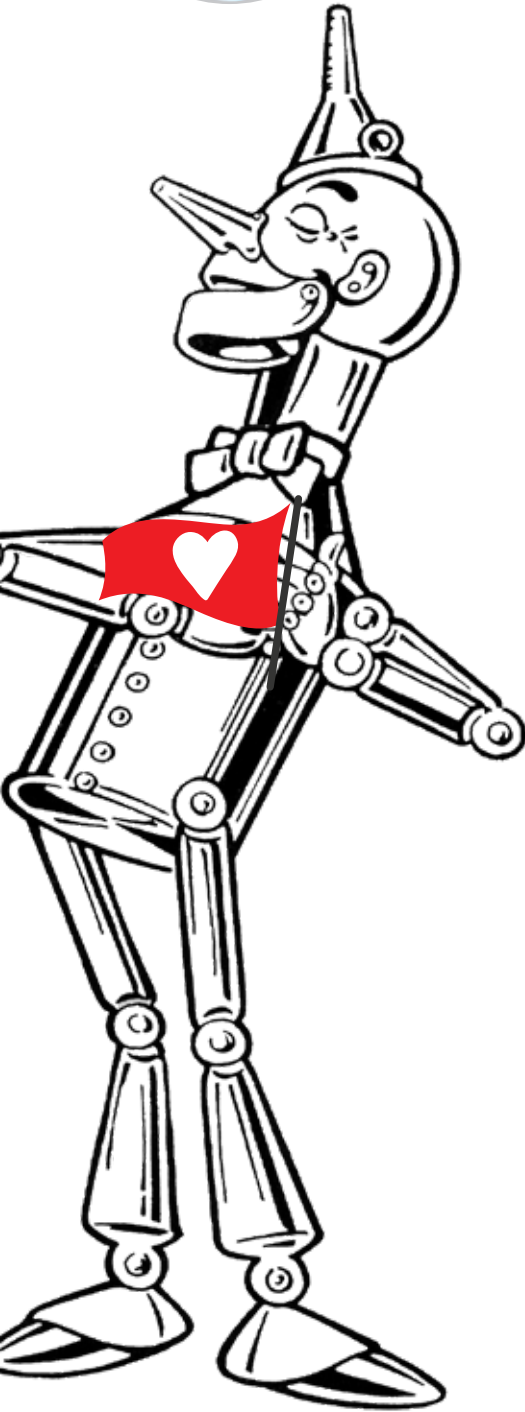
Written by award-winning journalist Alex Kotlowitz and first published in 1991, this is the moving and powerful account of two remarkable boys struggling to survive in Chicago's Henry Horner Homes, a public housing complex disfigured by crime and neglect.

The book will be reviewed by John Thompson Brown, husband of Trinity Woods Life Enrichment Coordinator Irene Brown, who grew up in a suburb of Chicago and spent 20 years as a trademark and copyright lawyer in Chicago, representing Fortune 500 companies. For the last six years he has taught with Tulsa Public Schools, including assignments in a residential mental health facility and at TRAIACE Academy, an alternative school. This fall he will be teaching sophomore English at Will Rogers High School.



LEGACY GIFTS AND BECOMING A MEMBER OF THE TIN MAN SOCIETY

By Bonnie Polak, VP of Philanthropy and Community Engagement



"Good people bring good things out of the good stored in their hearts."

LUKE 6:45

What does it mean to leave a legacy? Simply put, it means leaving your mark on the future and making a contribution to future generations. At Trinity Woods those people are part of our Tin Man Society. Each member of the Society will be part of this community long after they are no longer living here. Imagine helping a future neighbor at Trinity Woods that you don't even know and hasn't even selected Trinity Woods for their home yet.

To join the Tin Man Society, simply inform us that you have provided for the mission of Trinity Woods in one of these seven ways.

- 1. Will or Revocable Living Trust:** Designate a specific or percentage amount to go to Trinity Woods, Inc. A contingency bequest allows Trinity Woods, Inc. to receive the remainder and residue of your estate if other beneficiaries are deceased or cannot inherit.
- 2. Permanent Endowment:** Current gifts that establish a permanent endowment to benefit the community.
- 3. Charitable Gift Annuity:** You transfer your cash or property in exchange for a guaranteed fixed income (with rates based on your age) for the rest of your life.
- 4. A Charitable Remainder Trust:** This type of gift pays you an income for life. With an Unitrust, there is the potential that your income could increase over time with growth in the trust. An annuity trust pays out a fixed amount each year based on the value of the property at the time it is gifted.

- 5. Insurance Policy:** You can give your life insurance policy to Trinity Woods and receive a charitable income tax deduction. Then make deductible contributions each year that we may use to pay the premiums. You can also designate Trinity Woods as the beneficiary of your life insurance policy.
- 6. Beneficiary on Investment Account(s):** Beneficiary designation on IRA's, CDs, commercial annuities, savings accounts, and savings bonds. Also, if you are 70 ½ or older, you can make a gift of up to \$100,000 to Trinity Woods from your IRA to meet your annual distribution requirement. By making an IRA charitable rollover gift, you are able to avoid taxes on the IRA distribution while supporting our charitable mission.
- 7. Donating your Membership Fee:** A simple amendment to your Membership Agreement is an easy way to give your eligible entrance fee refund. Contributing your entrance fee refund directly to the fund of your choice is a simple way to benefit the community you call home as well as, there is no out-of-pocket expense to create the gift.

If you have any questions about any of these gift options, please contact our legacy office at 918.346.6639. By doing any of the above, one becomes a member of the Tin Man Society. We hope you will prayerfully consider leaving a lasting legacy. Trinity Woods is a community of kind and compassionate people and through their generosity, others will be able to experience it for years to come.

SEPTEMBER EVENTS



Family Day!

Sunday, September 10, 2 to 3:30 p.m.

Community Life Center (inside and outside)

Tickets required. There is no charge for you and your family members.

In honor of Grandparents Day, bring the family of all generations to show off our campus and enjoy some fun programming for all ages. We'll have:

- Free ice cream from Bailey's Ice Cream Truck thanks to Senior Helpers
- Safari Joe's Animal Experience
- Tulsa Garden Railroad Club Train Display
- The Rabbit-in-Hat Magic Show
- Photo Booth with Props
- Shuffleboard
- Cornhole and more!



Pat Hobbs Cabaret Performance with Cathy Venable, Piano

Thursday, September 14 at 7 p.m.

Community Life Center, Westervelt Hall

No reservations necessary.

Pat Hobbs and Cathy Venable come together again to present FIRSTS! Join them as they reminisce and share their stories and songs about all of their first musical theatre and Broadway experiences. You may recognize the tunes and the stories are priceless!



Tulsa Community Band Outdoor Concert

Thursday, September 21 at 6:15 p.m.

Community Life Center Parking Lot

No reservations necessary.

Celebrate the end of summer and enjoy a Trinity Woods annual tradition with a rousing outdoor concert followed by root beer floats! Founded in 1938, The Tulsa Community Band is made up of musicians from all walks of life and backgrounds. Their musical repertoire covers a wide range of styles, from difficult orchestral transcriptions for band all the way to Dixieland.



Supper & A Show: Reflejos Flamencos

Thursday, September 28 in the 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.

6:00-6:45 p.m. Buffet Supper & Socializing: A yummy menu of sofrito chicken salad wrap (mildly spiced grilled chicken with shredded cabbage, onions, tomatoes, and cheese tossed in a slow-cooked sofrito dressing wrapped in a flour tortilla,) house made chips, and miguelitos (custard-filled puff pastry topped with powdered sugar) for dessert!

6:45-7:30 Program: This month we showcase something very different: spicy and romantic Spanish flamenco music and dance with Reflejos Flamencos! What started twenty years ago as a father-daughter duo of Johnny Beard and daughter, Lexi Allen, now includes percussion by Dylan Allen and singing by Adriana Ramirez Nelson. Have fun at this relaxed gathering that is a chance to meet new friends as well as enjoy a casual meal and some great music!



WHAT IS A dementia friendly community?

By Lupina Fry, Wellness Nurse

When someone takes the time to learn more about what it’s like for a person living with dementia, we move closer to answering the question of “what is a dementia-friendly community?”

People living with dementia often experience their surroundings as disorienting, confusing, and sometimes worst of all, as dangerous. “Where was I going, What did I need, Who was I meeting?” Questions like these can be disconcerting but imagine that nothing you see around you seems to help; people seem irritated or unapproachable; you feel uncomfortable asking for help, and nothing indicates where you are though you’re certain you’ve been there before.

Dementia Friendly America encourages communities to foster the ability of people living with dementia to remain in community and engage and thrive in day-to-day living -basically meeting a person’s needs while maintaining quality of life and dignity.

Now imagine, as someone living with dementia, encountering a friendly face, easy-to-read directional signage, and a clock telling

the time and date. Imagine cheerful sounds, and a comfortable place to sit while waiting for the memories to return or a friend to appear. That scenario would certainly provide ease and comfort.

Imagine a neighbor who offers help with compassion and acceptance, brushing aside the temptation to judge and offering a helpful hand in the spirit of Christ. Neighbors who are understanding and accepting of people living with dementia, who cannot change, though most certainly they wish they could. A dementia friendly community is community - it’s neighbor helping neighbor, being aware, concerned and actively working together for the betterment of the entire community.

Trinity Woods is offering a Dementia Virtual Tour on September 26 and 27. This event will give participants a hands-on experience of what a person living with dementia may encounter. It is a great way to learn how to help make sense of noted behaviors and actions. Call Lupina Fry, Wellness Nurse, at 918-346-6618 to reserve an appointment for this experience.



September Birthdays at Trinity Woods

Mike Rodehaver.....	1
Warren Danskin.....	2
Joyce Hargrove.....	3
Betty Swindle.....	3
Charles Hogan.....	4
JoAnn Bingham.....	6
Angela Denny.....	10
Bob Dickson.....	10

Peggy Jackson.....	10	Ken Johnson.....	19
Betty Baxter.....	12	Richard Ziglar.....	22
Sally Kemp.....	13	Margaret Ellison.....	24
Eleanor Shirk.....	13	Mary Alice Wallis.....	24
Barbara Lilienthal.....	14	Virgina Gray.....	25
Dan Bissett.....	16	Sharen May.....	26
Judy Doyle.....	16	Gary VanFossen.....	27
Jane Herndon.....	16	Aneta Wilkinson.....	28
Sandra Falkensten.....	17	Phyllis Davis.....	29
Mike Rusk.....	18	Cherlyn Sunflower.....	29

September Anniversaries

Jim and Linda Pat Colgan.....	9/3/1960
Richard and Dolores Hedger.....	9/5/1955
Ralph and Marita Morgan.....	9/27/1953

✚ In Memory of

Leota Johnson.....	7/23/2023
Larry Stuart.....	8/10/2023
Carolyn Evans.....	8/12/2023
Virginia Kingsolver.....	8/12/2023
Minta Johnson.....	8/14/2023

Welcome to the Woods!



Duane and Janice Blankenship
Patio Home

Duane and Janice Blankenship – Patio Home

Duane and Janice Blankenship couldn't be more excited to be at Trinity Woods. "We have had a very positive feeling from the first visit," said Duane. "It's a wonderful community, friendly people, and a caring staff. We absolutely love it here and are looking forward to the future."

The Blankenships have been married for 56 years. They met when Janice was on summer break from college and working in the mailroom at Cities Service Company. Their first date was the PRC Rodeo, and they were married exactly one year later. They have two sons, who live in Texas, and one grandson.

Duane grew up in Clinton, OK and attended the University of Oklahoma where he received his degree in Fine Arts with a specialty in Advertising and Graphic Arts. He has worked in the field of advertising for over 50 years with a variety of companies. Prior to retirement, Duane was the owner of Blankenship Advertising. He enjoys hunting, fishing, horses and just being creative. He has a special talent for pencil art.

Janice was born in Florida but moved around a lot because her father was a Presbyterian minister. She has lived in India, New Jersey and then eventually Tulsa, OK. Janice graduated from Central High School in Tulsa and went on to receive her elementary education degree from North Central College in Illinois. She has her masters in educational administration from Northeastern State University in Tahlequah. Janice worked in the Broken Arrow school system for 20 years as a teacher and principal. Then she served as the Intern Coordinator for NSU, prior to retiring. Janice enjoys reading, walking and is an active volunteer for several Tulsa nonprofits.



RETIREMENT IN *your* STYLE!

Our team is happy to answer any questions you have about life at Trinity Woods and help guide you toward the accommodation and plan that's best for you, based on your needs and goals for the future.

Call 918-743-2565 to speak with our team.

September STARS Employee of the Month



Heidi Garrett

Heidi Garrett, Executive Administrative Assistant

Start Date: January 2022

Born: Barstow, California

Raised: All over the US (military family) graduated from Kellyville High School

Wanted to be as a Kid: A Cowgirl

Favorite Sport: Softball

One Meal Forever: Garden Tuna Salad

Described by Friends: Smart, kind and fun

First Job: Western Sizzler Hostess

Family Recipe: Holiday Hashbrown Casserole

Favorite Movie: Kiss Me Kate (1953)

Favorite Book: *Heidi* by Johanna Spyri

Collects: Hats

Free Time: Taking spontaneous road trips with friends and family

Family: Married with one son

What her supervisor says: "We are all very fortunate to have Heidi Garrett on our team. Her enthusiasm and cheerful smile greet everyone she encounters. She joyfully takes on all kinds of challenges. When we count our blessings, we count Heidi!" – Steve Dickie, CEO



Dear Friends,

I am writing to share my plans to retire in the first quarter of 2024 after what will be my 20th year as the CEO of Trinity Woods, formerly Oklahoma Methodist Manor. It has been my amazing privilege to work with this community, the Board and Leadership Team.

Throughout my tenure I am so proud to have been part of more than \$75 million in campus improvements, navigating the pandemic, and cultivating a culture of loving one's neighbor as themselves. I have been nothing less than amazed by the resiliency, commitment, and perseverance of our employees and their determination to continue to serve in the spirit of Christ. Trinity Woods has broadened its mission, added programs to address critical needs and add value to people's lives, as well as established itself as a leader in the field of senior living.

It has truly been a privilege to lead and represent this organization. I offer my gratitude to the employees who make a difference in the lives of many, our donors who trust in the value of our work, our residents who inspire me every day, and our Board members who volunteer their time, talent, and treasure to further our mission.

The search for a new CEO has started and the position is posted. This position is an outstanding career-defining opportunity for someone seeking to lead a visionary senior living organization. If you or someone you know is interested, please visit our website for more information about the position.

Again, I am grateful to you for your support, encouragement, and friendship. Thank you, as well, for your love and support for Trinity Woods in the past and today, as we plan for a bright future ahead.

Sincerely,

Steve Dickie, CEO



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

Phone Number:
(918) 743-2565

Website:
TrinityWoodsTulsa.com

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Trinity Woods Health & Wellness Fair



We are excited to extend an invitation to community members and friends to the Annual Trinity Woods Health & Wellness Fair! Come learn about offerings on campus and what is available from the surrounding community. The Annual Health & Wellness Fair will be held on Thursday, September 7th from 10 a.m. to 2 p.m. in the Community Life Center.

The Trinity Woods Wellness Team takes pride in providing members, family, and employees with opportunities to improve general health and wellness through the promotion of the seven dimensions of wellness. We feel that the Health & Wellness Fair plays a role in helping the community achieve whole person wellness.



At the fair you will have the opportunity to meet multiple health and wellness experts including but not limited to NAMI-National Alliance on Mental Illnesses, which provides classes and support groups for families and caregivers of loved ones dealing with mental health issues, Oklahoma Senior Law, The Eye Institute, OK ABLEtech, MET Recycle, Oklahoma Bureau of Narcotic, who will be taking old medicines in any form, and many other great vendors!

We are excited to host this annual event and look forward to seeing you.