

The Trail MIX

The neighborhood news from Trinity Woods | Issue: October 2023



THE JOURNEY OF SEARCHING FOR A NEW CEO:

Finding the Right Leader for Continued Success



Trinity Woods

Belong. Believe. Become.

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For Trinity Woods**

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Meet Kay!

By Bonnie Polak, VP of Philanthropy and Community Engagement

One of the most important functions of a board of directors is hiring and evaluating the performance of the CEO. This critical task has significant impact on the direction of the organization.

The Trinity Woods Board began planning for this transition over a year ago, when the current CEO Steve Dickie announced his desire to retire from Trinity Woods after 20 years of service. Knowing that the CEO is the driving force behind setting vision, guiding strategy, and ensuring long-term success, Task Force members know they have an important job ahead of them.

The search for a new CEO requires careful consideration and methodical focus. "Before embarking on the search, the Board and stakeholders took time to define the key attributes required for the CEO," said Curtis Craig, Trinity Woods Board President. "Clarifying the desired leadership qualities, experience, industry expertise, and cultural fit helped us establish a clear framework for the search process." Curtis Craig is former Chief Legal Counsel for Explorer Pipeline, whose experience makes him uniquely qualified for his role.

"The search for a new CEO is a critical and complex undertaking," said Jim Taylor, Trinity Woods Board Member and Chair of the Succession Planning Task Force. "The team who has been identified to do this knows the importance of their work. I am confident we will find the right leader that will provide Trinity Woods a clear vision, guide decision-making, inspire us, and build on our strong reputation." Prior to retirement Jim was a CPA who co-founded the regional accounting firm.

To date there has been a strong response to the job listing, each candidate will be carefully evaluated by the Task Force. Between now and the end of the year the field will be narrowed to a few final candidates. The final selection will align with the leadership requirements and the vision of Trinity Woods.

Early next year, when the new CEO is chosen, the onboarding process will begin to ensure a seamless transition. Anyone interested in applying is encouraged to visit the Trinity Woods website.



By Weldon Tisdale,
Chaplain

The Gospel

The hymn writer Anne Cousin wrote, "Jehovah lifted up His rod; O Christ, it fell on Thee! Thou wast sore stricken of Thy God; There's not one stroke for me. Thy tears, Thy blood, beneath it flowed; Thy bruising healeth me."

Why did Jehovah lift his rod and strike Christ? It was because Christ was our substitute on the cross. This is the heart of the cross. 1 Peter 3:18 says, "For Christ also suffered once for sins, the righteous for the unrighteous". Christ suffered for the unrighteous. This means that the punishment He received was the penalty the unrighteous deserved. In 2 Corinthians 5:21, Paul writes, "God made him who had no sin to be sin for us, so that in him we might become the righteousness of God." This verse is a powerful statement about the sacrificial work of Christ on the cross and the imputed righteousness that believers receive as a result of their faith in Jesus.

As our willing substitute, He became guilty for all of our sins. As a mass of concentrated sin, the justice and holiness of God was

unleashed on him. Every drop from the cup of God's wrath was poured out until he cried, "It is finished!" In this, every drop of blood man shed that cried out for justice was told, "Be silent, it is finished!" In this word, the Jews that carried their lambs and goats to slaughter for atonement are told, "Be done, it is finished!" In this the broken law that held curses over our heads is told, "No condemnation in Christ, it is finished!" Speak to your own conscience, saying, "It is finished! Your sins are forgiven" As the hymn writer said, "There's not one stroke for me!" Do you believe that?

Yet there is even more in this great exchange that took place on the cross. Our sins were counted to Christ so that Christ's righteousness would be counted to us. Not only are the sins of Christians forgiven by Christ's death, but the perfect life of Christ is counted to them. Our position before God is righteous in Christ. Is there any better news than that? No wonder we call it "The Gospel."

Adapted from www.churchletters.org



October Birthdays at Trinity Woods

Roberta Hairston.....1	Bobbie Ziegler.....10	Marilyn Wilson.....18
Leroy Milton.....1	John Marquis.....11	Marita Morgan.....19
Meredith Yoakum.....2	Bill Bailey.....12	Norma Stephenson.....19
Shirley Hockett.....4	Evelyn Mantooth.....12	Martha Swezey.....20
Donna Keener.....4	Matt Watson.....12	Anne Erker.....23
Carol Langenberg.....6	Carolyn Ehlers.....14	Betty Miller.....24
Red Martin.....6	Leonard Stubbs.....14	Dennis Shoemaker.....25
Phillelle McBrayer.....6	Mary Damewood.....15	David Thomas.....26
Shirley Sutterfield.....6	John Nickel.....15	Sue Duncan.....27
Tom Williams.....6	Sarah Jenkins.....16	Bruce Nixon.....27
Doris Piatak.....9	Margie Thomas.....16	Linda Goldsmith.....28
Robert Rainey.....10	Jane Waters.....16	Carl Misak.....28
Mary Stubbs.....10	Carol Tobler.....17	

October Anniversaries

John and Marilyn Berry.....10/16/2012
Richard and Barbara Lilienthal.....10/22/1988

In Memory of

John Wallis.....8/28/2023
Gloria McCurdy.....9/3/2023
Charles Hogan.....9/7/2023
Timothy Leslie.....9/10/2023
Carolee Marrs.....9/16/2023
Cullen Mancuso.....9/18/2023



LEARNING MORE ABOUT ALZHEIMER'S

By Jacob Will, VP of Health Services

Alzheimer's disease, a progressive neurodegenerative disorder, has long been a daunting challenge for both those diagnosed and the medical community. However, recent years have witnessed significant breakthroughs in the understanding of the disease and new treatments. Being a board member of the Oklahoma Chapter of the Alzheimer's Association, I wanted to share with you some knowledge on these new treatments.

For decades, the accumulation of amyloid plaques in the brain has been a hallmark feature of Alzheimer's disease. All previous medications could only treat the symptoms of Alzheimer's. New treatments aim to target and clear these abnormal protein deposits of beta amyloid. These treatments work by binding to amyloid plaques and facilitating their removal, potentially slowing down the progression of the disease.

Two such treatments have progressed through Phase 3 trials: Leqembi and Donanemab. Leqembi has already gained FDA approval, and Donanemab has applied for such status. Both treatments are similar in their attack of beta amyloid and have been shown to slow the progress of Alzheimer's for around six months.

Early diagnosis remains crucial for maximizing the effectiveness of these treatments. Improved diagnostic tools and increased awareness of Alzheimer's disease can help identify cases in their early stages, when interventions are

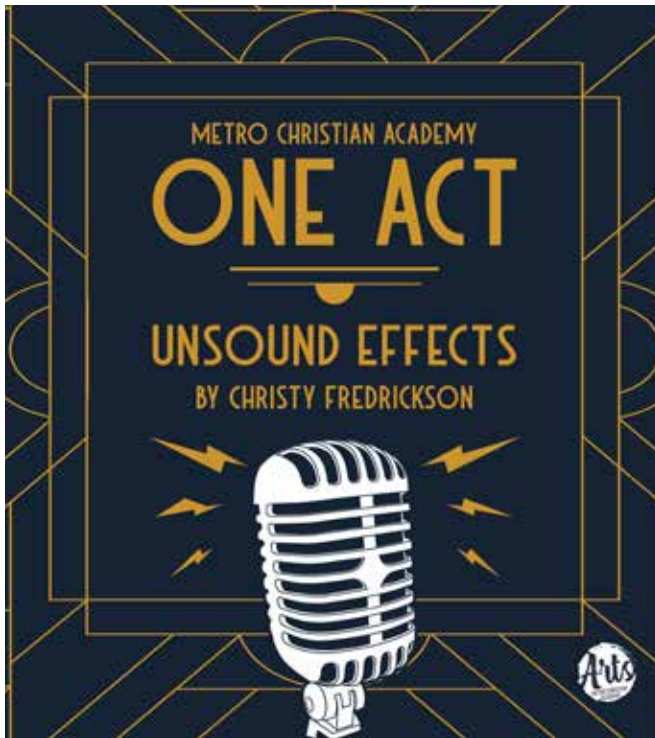
more likely to be effective. Specific blood tests to identify high traces of beta amyloid are in clinical trials as well. Developing a simple blood test to find biomarkers for Alzheimer's would drastically cut down the cost and time associated with confirming a diagnosis.

DID YOU KNOW?

The Tulsa Walk to End Alzheimer's is one of the largest in the country coming in 6th for funds raised. These donations allow the Alzheimer's Association to provide 24/7 care and support and advance research toward methods of prevention, treatment and, hopefully, a cure.

It is important to know that these treatments have been shown to slow progress but not stop it. There is not a cure yet. If you have specific questions about the blood tests, treatments or clinical trials, please contact your primary care physician. In addition, you can research this topic and more on the Alzheimer's Association website at www.alz.org. Finally, there is an Alzheimer's Association Support Group that meets on the Trinity Woods campus. They meet on the 3rd Thursday of the month at 3 p.m. in the Crestwood 3rd floor meeting room. No reservation is needed, and all are welcome.

OCTOBER EVENTS

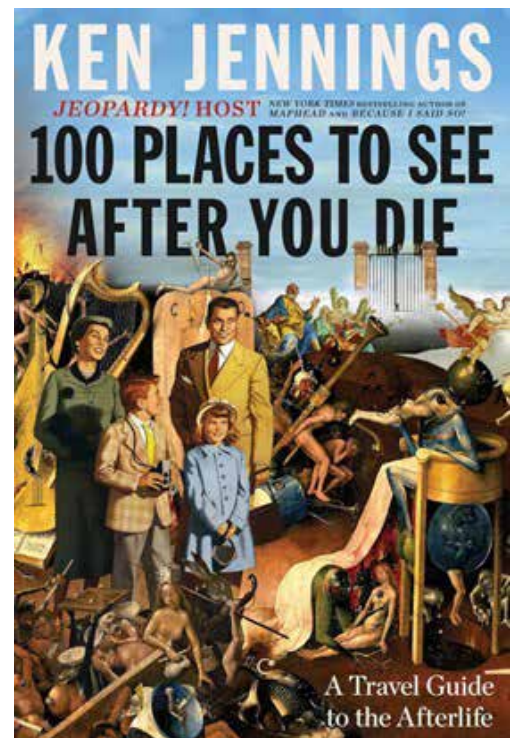


Unsound Effects:
Metro Christian Academy One Act Play
Thursday, October 5 at 7 p.m.
CLC Westervelt Hall
No reservations necessary.

Metro Christian Academy high school theatre department presents the one act play “Unsound Effects” by Christy Fredrickson, fully staged with sets, costumes, and props. It’s 1938, the Golden Age of Radio, but things are not so golden at the radio station KTSK. Their best show, “Polly in Peril” is plummeting in the ratings. This is mainly due to Benny, their disastrous sound man who always manages to play the wrong sound at the wrong time. Everyone tries their best to turn things around: the voice actors, the director, even the handyman, but nothing seems to help. Will the company be able to save the studio? Join us to find out!

The Book Club presents: 100 Places to See After You Die
Tuesday, October 17 at 7 p.m. in Fleming Center
No reservations necessary.

Written by Ken Jennings, Jeopardy Champion and successor to Alex Trebek as host of the popular game show, this book is subtitled “A Travel Guide to the Afterlife” and surveys the concepts of the afterlife in many different cultures and genres. The major headings are: Mythology, Religion, Books, Movies, Television, Music and Theater. Jennings adds his own humorous comments, such as his quip about ancient Egyptian burials: “Good News: you can take it with you. Egyptian VIPs were buried with all kinds of crazy stuff, from chariots to toilets to mummified pets, even household servants killed and buried with them. It’s so hard to find good help these days.” The reviewer will be Dr. Robert Mansfield, ORU Emeritus Professor of New Testament, retired Methodist minister, and Trinity Woods resident.



What do you know about October?

Reposted from madeyousmileback.com



Every year, October ends on the same day as February. So in 2023, February ended on a Tuesday and so will October.

The Anglo-Saxons called October “Winterfylleth”, it means “fullness of winter”. Why? It’s because October has the first full moon of the winter season.

October is considered a lucky month because it is associated with prosperity. October is also the beginning of harvest season.

The traditional flower of October is the calendula — it symbolizes comfort, healing, protection, and grace.



Fall Festival!
Thursday, October 19
4:00 Cowboy Games outdoors
5:00 Buffet Supper indoors
6:00 Concert outdoors featuring
Monica Taylor and her Red Dirt Ramblers
Community Life Center

Tickets required. \$14 per member; Guests are \$16.
RSVP on the Wellness Reservation Form or via the Wellness Portal.

Cowboy games starting at 4 p.m. outside behind Spann (weather permitting). Games include horseshoes, target shooting, lassoing and more. The buffet will offer a delicious meal in Westervelt Hall of Chopped Brisket, BBQ Boneless Chicken Wings, Baked Beans, Potato Salad, Cole Slaw, Hawaiian Sweet Rolls, and Apple or Peach Pie for dessert. Then back outside (weather permitting) to the CLC parking lot for a foot-stomping, relaxed outdoor concert of classic country music and some original Red Dirt tunes from Monica Taylor and her Red Dirt Ramblers. Monica Taylor earned the nickname, The Cimarron Songbird, for her distinctive singing style, her Cherokee heritage and her home near the Cimarron River in OK. The Red Dirt Ramblers are Jared Tyler on dobro, Shelby Eicher on fiddle, and Nathan Eicher on bass. It will be a great evening to celebrate fall!



TRUNK OR TREAT
AT TRINITY WOODS



Trunk or Treat at Trinity Woods
Friday, October 27 from 6:30 to 7:15 p.m.
Inside and Outside of
The Community Life Center
No reservations necessary to attend.



All are welcome! We are excited to again host Trunk-or-Treat for Trinity Woods family and friends. Invite your grandchildren, nieces and nephews, special children in your life to dress up and show off their costumes. Employees are encouraged to bring their children for this special event. Members are invited to dress up as well and decorate their car trunk, golf cart or a table inside the CLC to pass out candy (provided by you.) This year we're also adding some carnival games so we will need member help to run those as well. Please sign up to help on the Wellness Reservation Form or via the Wellness Portal. Join us for some Trinity Woods family fun!

Welcome to the Woods!



Kay Graham
Crestwood

Kay Graham - Crestwood

Trinity Woods is excited to welcome our newest neighbor Kay Graham. Kay is originally from South Pasadena, California. She attended San Diego State University for elementary education and Tulsa Community College to be a medical secretary.

Kay met her late husband, David, at a party when she was 16. They were married for 58 years and had five children. David's job brought them to Oklahoma. He was a geologist for BP Amoco. Prior to retiring Kay worked for Eastern Oklahoma Ear Nose and Throat for 30 years as a receptionist.

In her spare time, she enjoys needlework and is hoping to get back into hobbies. Kay was a volunteer at St. Francis hospital until Covid and she is looking forward to getting more engaged with activities on campus.

Kay is settling into her apartment and feels it is the perfect size for her and her cat Ziva. She appreciates all the new people she is meeting. "The people are delightful," said Kay. Kay has 14 grandchildren and four great grandchildren.

Trinity Woods Service Awards



5

Years of Service
Barbara Bradley,
Housekeeping



5

Years of Service
Julie Clemons,
Fitness Coordinator



10

Years of Service
Deanna James,
Holliman Center



10

Years of Service
Fred Noble,
Dining Services



MAKE A GIFT
TAX FREE
FROM YOUR IRA

There is an easier and more tax efficient way to give through your IRA - a Qualified Charitable Distribution. If you are 70^{1/2} or older, you can make a gift of up to \$100k directly to our charity through your IRA. Because you make the gift directly from your IRA, the distribution is not counted in your taxable income. This means you avoid having to recognize the income and help us fulfill our mission!

LET'S GET STARTED! CALL 918.346.6639



October STARS Employee of the Month



Aaron Farr, Security

Start Date: August 2020
Born and Raised: Parishville, NY
Wanted to be as a Kid: Farmer
One Meal Forever: Prime Rib and potatoes
Described by Friends: Friendly, helpful, smart and kind
Hobbies: Target shooting and reading
First Job: Working for father as a bricklayer
Favorite Holiday: Christmas
Favorite Quote: Ask not what it benefits you but what doing the right thing gives to all.
Family Recipe: Grandmother's burger bean cups
First Car: 1968 Rambler Rebel
Favorite Book: *Dan Morgan: Rifleman* by Ernest E. Tucker
Collects: Rare books
Motivated By: Responsibility not only to myself but others
"Aaron is a team player. He enjoys working at Trinity Woods and considers it a blessing to serve our members. He always tries to go above and beyond while providing excellent service. Aaron is an asset to the Security Department." – Mark Fiedtkou, Security Director

Nita Dunbar, RN, Holliman Center

Start Date: February 2013
Born: San Diego, CA
Raised: Joplin, MO
Education: Tulsa Junior College
Wanted to be as a Kid: Lawyer, just like Perry Mason
One Meal Forever: Anything Mexican
Described by Friends: Loyal, always available and sweet
Hobbies: Traveling and shopping
Favorite Quote: "You must be the change you wish to see in the world" - Gandhi
Family Recipe: Husband's Birria tacos
Favorite Movie: The Wedding Singer
Free Time: Spending time with family and friends as well as her dog Max
Fun Fact: Favorite place to visit is Hawaii
Family: Married for 22 years
What her supervisor says: "Nita is a blessing to all that she encounters. Her ability to handle situations with poise and compassion provides peace of mind for members, families and employees alike. Nita's attention to detail ensures that optimal care is provided to members in Holliman, Marshall-Gaddy, and Barnes. Nita is a part of what sets Trinity Woods apart from anywhere else." – Britani Chappell, Director of Assisted Living



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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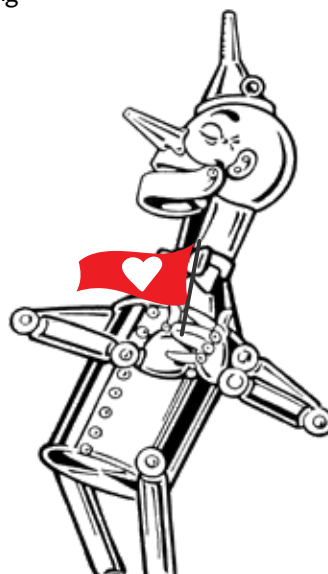
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Save the Date

The Tin Man SOCIETY

November 1, 2023
Speaker Paula Marshall
Chairman/CEO of Bama Companies
Westervelt Hall at Trinity Woods



**Formerly
Oklahoma Methodist Manor**

Plants That Make Us Sneeze

Don Hertzler, Resident and Tulsa Master Gardener

As we navigate, what seems like, the never-ending allergy season we thought it might be helpful to take a look at what external plants might be causing more issues than normal. Plant and trees that cause us to sneeze can be divided into two categories: wind pollinated or insect pollinated.

Insect pollinated plants are not a source of hay fever allergies. You can tell that a plant is insect pollinated if it has an attractive flower. Flowers that attract insects are attractive to humans. So if a plant or tree has pretty flowers, it does not cause you to have allergies. Common plants with attractive flowers would include garden and native flowers as well as some trees – including magnolia, dogwood, redbud, and fruit trees.

Trees and other plants that don't have attractive flowers are wind pollinated. They have pollen that is so small and dry that the pollen particles float in the air. Grasses, weeds, and many trees including maple, oak, and all conifers are wind pollinated. It is their pollen that causes you to sneeze.

As we enter the Fall, two Oklahoma natives that bloom are goldenrod and ragweed. Using what you just learned about allergies – which one of the plants in full bloom at right would cause you to sneeze?

