

# The Trail MIX

The neighborhood news from Trinity Woods | Issue: November 2023



## Fostering a Culture of Courtesy at Trinity Woods!



By Bonnie Polak, VP of Philanthropy and Community Engagement

In an increasingly fast-paced and interconnected world, where differences abound and personal space is often compromised, a culture of courtesy is more essential than ever. Courtesy, defined as polite behavior and respectful manners, is the glue that holds a community together. It promotes positive interactions, fosters understanding, and ensures a harmonious coexistence among people from diverse backgrounds. This article delves into the significance of cultivating a culture of courtesy and its impact on society.

In October Trinity Woods Board members, employees and residents gathered together with facilitator Kay Collier McLaughlin to refresh and affirm the Trinity Woods Culture of Courtesy we all agree to work and live by. The day was full of open discussions on how best to be a good neighbor and support a healthy community. Participants walked away with a better understanding of how to disagree with someone respectfully by engaging in a discussion instead of a debate and listening to others point of view.

“The most important legacy that I will leave behind at Trinity Woods is a strong organizational culture,” said Steve Dickie, CEO. “We understand that everyone has different backgrounds and experiences, and it is important to respect that. I want to personally thank everyone who committed the time to complete this important work.”

An important take away along with the eight behaviors of a healthy culture was the addition of Galatians 5:22-23: “...the fruit of the Spirit is love, joy, peace forbearance, kindness, goodness, faithfulness, gentleness, and self-control.” Encouraging each other to reflect these attitudes and attributes was a consensus for everyone. These changes were reaffirmed by the Member Council and Board of Directors.

The Culture of Courtesy is not a mere nicety but a fundamental building block of a thriving community. It is the foundation upon which respect, empathy, trust, and social harmony are constructed. We know this is a collective responsibility to foster these values and ensure that they remain a driving force in our interactions with each other. In a world that is constantly evolving, the culture of courtesy is a timeless and invaluable treasure that we must cherish and preserve.



## Trinity Woods

Belong. Believe. Become.

**In this issue:**

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**New Neighbors**

Meet Tom and Patsy and Carolyn!

# Who'll say Grace?



By Weldon Tisdale,  
Chaplain

A hot, glistening bird commands the laden table, as grandma calls everyone to dinner. Eight-year-old Jennifer proudly lugs her July-born sister to the table. Grandpa and dad get up slowly with a long backward glance to see the tight end catch a pass and be forced out of bounds at the twenty-yard line. The game continues in the background without them.

“Who’ll say grace?” grandma asks. Grown-ups look awkwardly at each other in strained silence. Finally, Uncle John snickers and parrots the word “grace,” and laughter spills over the tension. Grandma steps in. “Jennifer, why don’t you say the prayer you learned in Sunday School when you were in kindergarten.” She recites. The feast begins.

Embarrassed silence replaces thanksgiving, gluttony displaces gratefulness. Thanksgiving—an expression of gratitude to God for benefits received - is too often absent from our hollow holiday. There is, however, an ancient custom which can reclaim the day.

We read, Jesus “took the seven loaves and the fish, and when He had given thanks, He broke them and gave them to the disciples.” (Matthew 15:36) At the Last Supper Jesus took bread and gave thanks, lifted the cup, gave thanks and offered it to His followers. (Mark 14: 22-25) Jesus always prayed before meals.

We can, too. A simple prayer of thanks at each family meal of the year will gradually restore thankfulness to us. As our children and families see us humble ourselves to thank our Creator, they too learn to be grateful. Robert Lintner said it well: “Thanksgiving was never meant to be shut up in a single day.”

This habit of family thankfulness can begin around our tables now—the first of many prayers of thanks to be offered. Now, “Who’ll Say Grace?”

Adapted from [www.joyfulheart.com](http://www.joyfulheart.com)



## November Birthdays at Trinity Woods

Kay Graham.....1	Bob Mansfield.....8	Becky Cable.....21
Kathy Rusk.....1	Martha Beauchamp.....11	Peter Galbraith.....22
Carol Langdon.....2	Marilyn Berry.....14	Bob Hensley.....23
Scott Malone.....3	Wilma Roosa.....14	Nancy Wilder.....24
Lynette Danskin.....5	Pat Graf.....15	Jim Colgan.....27
Tina Pickle.....6	Rita Boyle.....16	Terry Seba.....27
Jenneth Sheeler.....6	Joan Whitney.....18	Bob Doolittle.....29
Don Snediker.....6	Rollie Rhodes.....19	Charles Gardner.....29
Rita Vail.....6	Melba Rice.....19	
Robert Bense.....8	Case Boshuizen.....21	

## November Anniversaries

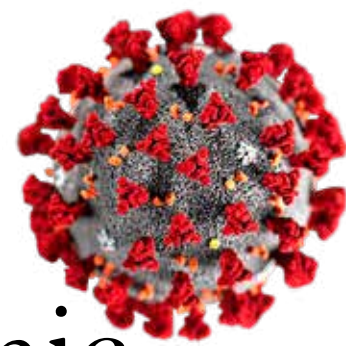
Mike and Susan Williams.....11/4/1961
Don and Judy Stout.....11/7/1964
Phil and Lela Brinlee.....11/25/1962
Jerry and Carolyn Ehlers.....11/25/1989
Mike and Jan Reynolds.....11/27/1965

## ✚ In Memory of

Ralph Morgan.....9/25/2023
Finley “Bo” Moffatt.....9/29/2023
Sandy Hanna.....10/4/2023
Jim Davidson.....10/8/2023
Sarah Sievert.....10/17/2023



By Lupina Fry, Wellness Nurse



# Lessons from The Covid Pandemic

There were multiple things we learned going through the early stages of the Covid pandemic. You can have too much toilet paper if others need it too. You can't trust everything you hear, turn to reliable and trusted sources for guidance. Staying active and socially connected is important for mental health and wellbeing. Vaccines are important, but not the only defense. Practices such as masking, frequent and thorough hand washing and staying home when sick all worked to limit illness throughout the pandemic. And it not only limited the spread of Covid, but it also limited cold and flu transmissions as well.

Though we know Covid is spread by tiny aerosol particles as we talk, cough, or sneeze, science is still unsure how often it spreads through this airborne route. It's also spread through surface transmission, from person to person by touching contaminated surfaces and then touching eyes, nose, and mouth. Studies also suggest virus particles found in feces may also spread the virus. People could infect things or other people if they don't wash their hands properly after using the bathroom. Perhaps one of the most puzzling things we've learned is that Covid affects people differently. Even when fully vaccinated, one person may

have a few days of mild cold-like symptoms, but it can be a life-threatening situation for another.

Staying vigilant of the possibility of contracting any virus- cold, flu, RSV or Covid- from surfaces we touch makes sense. A good handwashing means 20 seconds of scrubbing all surfaces of both hands, top and palms, with warm soapy water, rinsing well, grabbing a paper towel, and drying your hands thoroughly then using that towel to turn off the water and if in the bathroom, to open the bathroom door. Carrying hand sanitizer when you're out and about and especially keeping your hands and fingers out of mouth, nose, and eyes are important. If you're traveling, in crowded areas or with strangers, wear a mask, and if you are feeling unwell, stay home. If you're unsure if you have Covid perform a self-test and contact your primary care physician for support.

Covid isn't going anywhere. Heeding lessons learned is our best line of defense for the continued health and safety of ourselves and our family, friends, and neighbors.



## Annual Veterans Day Service

**Friday, November 10, 2023 in Fleming Center at 2:00 p.m.**

Please join the entire Trinity Woods community as we honor and give thanks for those among us who have served faithfully in defending the freedoms, we all cherish here in the United States of America. We are excited to announce the Nathan Hale High School ROTC will present the colors. Joshua Taylor, a senior at Jenks High School, will sing the National Anthem.

**Please plan on coming to honor those to whom we owe so much. And...God Bless America!**

# November Events

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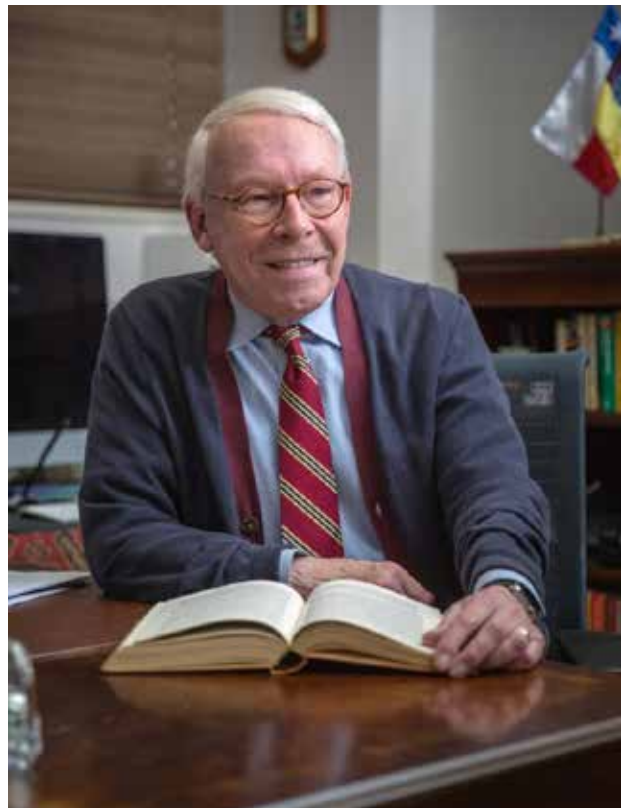
**Women of Oklahoma Exhibit from The Oklahoma History Center of The Oklahoma Historical Society  
November 6 to 30, 2023  
Community Life Center**

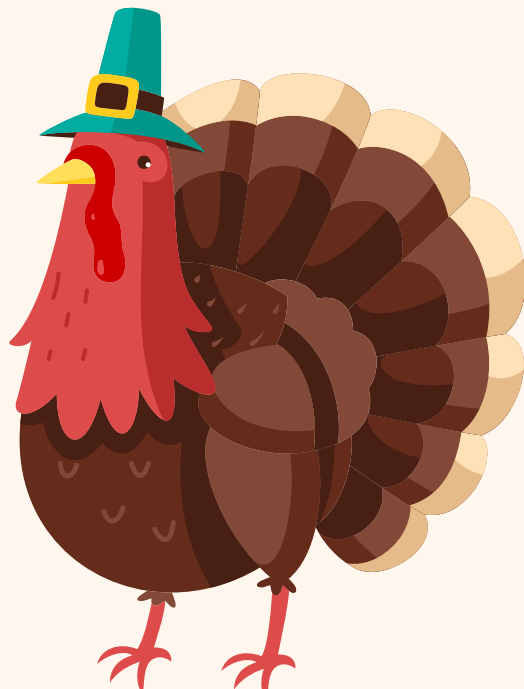
This exhibit highlights women who made history in Oklahoma and across the nation. You will gain a new perspective on how women from Oklahoma have contributed to business, politics, activism, education, and other areas. Included are Hannah Atkins, Clara Luper, Elizabeth Maria Tallchief, and Edith Kinney Gaylord, to name a few. Come and peruse at your leisure and bring your friends. You may learn something!

**Rodger Randle: How Oklahoma's Past Has Shaped Its Future  
Thursday, November 9 at 1 p.m.  
Fleming Center**

No reservations necessary. In this talk we will seek to learn more about contemporary Oklahoma by looking at how our past formed who we are today. We will review how Tulsa became so different from the rest of Oklahoma and examine factors in our city's past that contributed to our cultural formation. We will conclude by identifying changes occurring in Tulsa now and how these changes are already shaping our future.

Rodger Randle is a native Tulsan whose maternal family came to Oklahoma in the Land Run of 1889. He is a graduate of Tulsa Public Schools and the University of Oklahoma, and he holds a Doctor of Laws degree from the University of Tulsa. In 1970, at the age of 27, he was elected to the Oklahoma House of Representatives. He was elected to the Oklahoma Senate in 1972, then reelected to three more terms. Mr. Randle was twice elected President Pro Tempore of the State Senate (which is the Senate's top leadership position). In 1988, he became Mayor of the City of Tulsa and led the successful campaign to change the city's form of government. He was reelected in 1990 by the largest margin in Tulsa's history, becoming Tulsa's first mayor under the new Mayor City Council form of government.





**Thanksgiving New Member Reception on  
Oklahoma's Birthday!**  
**Thursday, November 16 at 6:30 p.m.**  
**Community Life Center, Westervelt Hall**  
**Tickets required. RSVP on the Wellness Reservation Form  
or via the Wellness portal.**

We have lots of new members in the Trinity Woods "neighborhood" to meet and greet. Let's give thanks together for them and all our many blessings, including our great state! We'll enjoy a hors d'oeuvres buffet of Mini Turkey Wellingtons, Sausage Dressing Stuffed Mushrooms, Roasted Vegetable Crudit , Candied Sweet Potato Bites, and Pumpkin Cream Puffs plus delightful Oklahoma Western Swing music from members of the Tulsa Playboys: Shelby Eicher on fiddle, Steve Bagsby on steel, Rodney Lay on bass, and Spencer Sutton on piano.

**Saturday with the Symphony**  
**Saturday, November 18 at 2:30 p.m.**  
**Community Life Center, Westervelt Hall**  
**No reservations necessary.**

Think you don't like chamber music? Think again! In addition to two beautiful pieces by giants of Classical music, you'll get to hear the Beatles in a whole new and wonderful way! Professional musicians from the Tulsa Symphony Orchestra will be right here to bring these pieces to life for us. Bring the family and enjoy:

Bach – Contrapunctus from Art of the Fugue, BWV 1080  
Lennon and McCartney – Selections from the Beatles Catalogue  
Mendelssohn – Octet in E-flat major, op.20, deemed "one of the miracles of nineteenth-century music."



**Oklahoma! Movie Singalong**  
**Thursday, November 30 at 7 p.m.**  
**Community Life Center, Westervelt Hall**  
**No reservations necessary.**

Continuing our celebration of Oklahoma's birthday, we'll enjoy a sing-along version of the 1955 classic movie musical Oklahoma! The words will be on the screen, and you can sing along to designated songs. The Trinity Woods Chorus will perform and lead some of the songs and the Trinity Tappers will also make a brief appearance! You know the songs so come along to enjoy some nostalgia, state pride, group singing (great health benefits!) and an entertaining movie.



# Welcome to the Woods!



Tom and Patsy Fawcett  
Patio Home

## Tom and Patsy Fawcett - Patio Home

Trinity Woods is excited to welcome the Fawcetts to their new home. Tom and Patsy met in college when a friend set them up on a date and have been married for 51 years. They have three children and seven grandchildren, and one dog named Lady Beth, a Cavalier King Charles Spaniel.

Tom grew up in St. Louis, MO and graduated from Benedictine College in Atchinson, KS with an accounting degree. He was a CPA and had his own firm until he retired in 2019. Tom is known for being quite the handyman around the house and truly loves wood working. He enjoys building model houses. In fact, he has built a model of every home they have ever lived in.

Patsy was born in Biloxi, MS and moved around a lot as a child since her father was an officer in the Air Force. She attended and graduated from Mount St. Scholastica Benedictine Sisters in Atchinson, KS with a home economics degree. Patsy enjoys flower gardening, working puzzles, and volunteering in the Tulsa community.

Tom and Patsy are looking forward to getting more involved and meeting all their new neighbors in the Trinity Woods Neighborhood.

## Carolyn Moore – Patio Home

Carolyn Moore was born and raised in Watonga, OK. She attended Southwestern Oklahoma State University in Weatherford, OK and received her medical technology degree. After having children, she went back to school at Northeastern State University to receive her master's degree in education.

Carolyn spent most of her career in elementary education in Tulsa Public Schools as a teacher and principal. She retired in 2008 after 25 years in the profession. She enjoys reading and gardening in her spare time. She describes herself as having a heart to serve.

She was married to her late husband, Easter, for 55 years. They have three children and six grandchildren. Carolyn is loving the location of her new home and meeting all her friendly neighbors.



Carolyn Moore  
Patio Home

# Out and About.



Look at these happy faces! This crew, from Trinity Woods and Zarrow Pointe had a great time taking in the sights in Branson, from Esther at Sight and Sound Theater to country music and comedy, making new friends along the way.

# November STARS Employee of the Month



*Crystal Creekmore*

**Crystal Creekmore -  
HR Generalist, Human Resources**

**Start Date:** February 2019  
**Born:** Tulsa, Oklahoma  
**Raised:** Mounds, Oklahoma  
**Education:** Northeastern State University  
**Wanted to be as a Kid:** Scientist  
**Favorite Sport:** Football, Softball and Basketball  
**One Meal Forever:** Chips and Queso  
**Hobbies:** Watching Sports  
**First Job:** Grocery Store Clerk  
**Favorite Holiday:** Christmas  
**Favorite Bible Verse:** “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”  
Philippians 4:6  
**Family Recipe:** New Year’s Day Black Eyed Peas  
**Favorite TV Show:** Friends  
**Collects:** Puzzles  
**Fun Fact:** State Champion in Track (4x100 Relay)  
**Family:** Married with two Daughters

**What her supervisor says:** “I appreciate Crystal’s attention to detail, her professionalism, and her ability to handle even the most challenging situations with grace and empathy. She provides excellent customer service and guidance to all that seek her assistance. Her tireless efforts in ensuring that Human Resources is a valued asset to Trinity Woods is commendable and we are blessed to have her here providing an extraordinary level of service.” Bill Peterson, VP of Human Resources



You might have heard crying in the Pickleball Courts last week as the residents beat the pants off the staff in the annual Pickleball Challenge. The staff swears they will practice year around to avoid crying like babies in public again. In other news, come try Pickleball, ALL are welcome!



## 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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**Trinity Woods  
Service Awards**

**10**  
Years of Service  
Melissa Thomas,  
Dining





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**CHANGE SERVICE  
REQUESTED**

**Formerly  
Oklahoma Methodist Manor**



Save the date for  
**CHRISTMAS IN THE WOODS**  
Thursday, December 7th  
6-8 p.m.

All Trinity Woods community members, families, and employees are invited to attend this Christmas extravaganza! Be watching for more details about this Trinity Woods special event and purchasing tickets.