

The Trail MIX

The neighborhood news from Trinity Woods | Issue: January 2024



Reflecting on the State of Trinity Woods and the Road Ahead

Executive Leadership Team



Trinity Woods

Belong. Believe. Become.

In this issue:

State of the Woods

January Wellness

Book Club, Piano Concert and the Signature Symphony

Making Smart Resolutions

New Neighbors

Meet Ann, Jerri, and Joyce!

By: Steve Dickie, CEO

January is the perfect time to count the blessings of last year and envision the promise of the year ahead. Last year we faced unprecedented challenges, we have emerged stronger, more cohesive, and with a renewed sense of purpose. The year ahead will bring significant change along and renewed commitment to our mission of serving the Trinity Woods family in the spirit of Christ.

Building strong, lasting relationships with our residents and employees has been a cornerstone of our success, and we remain committed to excellence and growing this amazing community.

Staying relevant in today's every-changing world requires a deep commitment to quality customer service and employee well-being. Trinity Woods conducts ongoing inquiries among residents and employees to learn how well we are doing. In the last 12 months here is what the data has revealed:

- In recommending Trinity Woods to friends and family, 84% of 274 respondents rated the community as good or excellent.
- Regarding Trinity Woods employees, 97% of 269 respondents rated the staff as good or excellent.
- Regarding the overall dining experience, 82% of 225 respondents rated the Dining experience as good or excellent.
- The Employee Satisfaction Survey revealed that 93% of employees (104 respondents) see themselves working here a year from now.
- Regarding job satisfaction, 89% of 104 respondents said they feel appreciated for the job they do.

The Board continues its search for the next CEO which will start a new chapter. Additionally, the Board is beginning the process for a new campus master plan which will include the best way to gate the community and possible uses for the Dartmoor properties.

As we embark on this journey into the future, we can face these new challenges with confidence. Our collective strength, adaptability, and unwavering commitment will propel us forward. We will turn challenges into opportunities and emerge stronger than ever before. The road ahead is promising, and we stand ready to write the next chapter of our organization's success story.



By Weldon Tisdale, Chaplain

SPIRITUAL WELLNESS FOR 2024

As we embark on a new year, may we each take time to examine our lives in full – physical, mental, social, financial and probably most importantly, spiritual. It is the spiritual aspect of our existence that has the tendency and ability to strengthen and bring purpose to every other dimension of our existence. Without a firm grasp of who we are as spiritual beings our lives will bounce along with no true direction.

For Trinity Woods, spirituality and wellness are woven deeply throughout the fabric of the community, connecting residents with a sense of “belonging.” The common ground and relationships fostered help heal broken hearts, soothe the mind, bring warmth and caring relationships, and even have an impact on individual health. We call this aspect of the dimensions of wellness – Spiritual Wellness.

Spiritual Wellness, simply defined, is being connected to something greater than yourself and having a set of values, principles, morals, and beliefs that provide a sense of purpose and meaning to life, then using those principles to guide your actions.

Different stages of life bring different needs, and things we did not have time for while managing careers and family can become more

important. Many times, we may have put off spiritual wellness not realizing its importance to an overall healthy lifestyle.

At Trinity Woods there is a strong focus every day for community members and employees to practice the seven dimensions of wellness. Putting spiritual practices into place as we embark on a new year will go a long way toward helping you age well in mind, body and spirit.

Finding meaning and purpose may be a lifelong process that evolves based on unique circumstances, individual experiences and global events. Along with the other dimensions of wellness, a person’s level of spiritual wellness often fluctuates throughout their life. It is natural to experience a variety of emotions along the path to spiritual wellness – both positive (hope, forgiveness, acceptance, joy) and negative (doubt, fear, disappointment, conflict).

Spiritual wellness has the power and capability to make our decisions and choices easier, ground us during periods of change and give us the resiliency to survive with grace and inner peace in the face of adversity. Having a spiritual element in our lives may even help us heal when suffering from a physical or mental condition. Again, take time to examine your spiritual wellness and prepare for a totally healthy 2024.

January Birthdays at Trinity Woods



Frances Baber.....	1
Vicky Langston.....	1
Mouzon Biggs.....	2
Margie Herndon.....	2
Mike Reynolds.....	4
Kathy Johnson.....	5
Mary Pearson.....	5
Carl Cartwright.....	7

Toni Dickson.....	8	Constance Houghton.....	19
Ken Weston.....	8	Mary Russell.....	19
Hal Bockelken.....	12	Jerry Gustafson.....	20
Jill Byrne Hoilien.....	12	Judy Marquis.....	20
Cynthia Barnes.....	14	Norma Shoemaker.....	20
Lela Brinlee.....	15	Gerry Randall.....	22
Mary Alice Claybaugh.....	15	Anne Belt.....	24
Sharon Baker.....	17	Diana Van Valkenburgh.....	24
Opal Douglass.....	17	Guy Langston.....	25
Betty Stahl.....	17	Latricia Lingenfelter.....	28
Nancy Paul.....	18	Joan Nightingale.....	28

December Anniversaries

Gary and Dorothy VanFossen.....	1/1/1959
Paul and Shirley Hockett.....	1/14/1955
Terry and Marcia Seba.....	1/17/1969
Bill and Versa Bailey.....	1/20/1951
Joe and Sharen May.....	1/20/1967
John and Judy Marquis.....	1/24/1959
Bill and Carol Shortridge.....	1/31/1959

In Memory of

Beverly Bressler.....	11/17/2023
Opal Clark.....	11/21/2023
June Cleverdon.....	11/22/2023
Richard Wynn.....	11/22/2023
Charles Gardner.....	11/30/2023
Mike Williams.....	12/4/2023
Patricia “Pattie” Anderson.....	12/9/2023
Minnie “Lucy” Trompeter.....	12/12/2023



By Alison McMillan, Wellness Director

3-2-1 Happy New Year!



As we ring in 2024, and reflect on our experiences and what we learned in the previous year, we might find things we want to change moving forward. Whatever it is, you're not alone in this desire for change!

According to a Forbes survey in October this year, almost 62% of respondents feel pressure or the desire to set a resolution. However, if you've ever set a resolution, you may know that they don't always pan out. Research suggests that 23% of people quit their resolution within the first week and 43% quit by the end of January, with a whopping 9% of people following them through to completion.

However, I'm here to keep you from letting the numbers scare you away from trying a resolution this year! There are a lot of good ways to make positive and constructive resolutions to grow yourself this year and to ensure that you have the best success in achieving your goals.

First, evaluate the reason for setting a resolution. Is it something you are doing out of actual desire and is there a need for change, or is it something you feel obligated and pressured to do? By ensuring that this is a genuine desire and need for change, you are more likely to stick with it rather than give up due to lack of motivation to meet your true goals.

Next, set a **S.M.A.R.T.** goal - **S:** Specific, **M:** Measurable, **A:** Attainable, **R:** Relevant, and **T:** Time-Bound. By following this formula, you are setting yourself up for success. Having a vague immeasurable goal makes it harder to see your progress and be motivated and celebrate wins. You want to ensure the goal is not too ambitious; setting an unattainable resolution is only setting yourself up for failure. Like my father always says, "How do you eat an elephant?... One bite at a time!" Break the resolution up into attainable achievable pieces and take it one step at a time. Also make sure the resolution has an end goal. Having a timeline gives you the chance to look at your successes and reevaluate areas if needed.

Then write it down! Put it on paper, on a calendar or in a planner, and share it with your friends and family. Writing it down helps

make it more tangible than letting it float in the back of your head, and sharing your goals with your friends and family helps set up an accountability network of support.

Finally, allow yourself to be imperfect. You are only human! You are bound to fall off a wagon or miss a step but get back up and keep trying. There is no 'failure' here, there is only opportunity to learn from the moment and try again.

And remember, the purpose of a resolution is personal growth and change for the better. Enjoy the journey, celebrate each win along the way, and keep positive and keep going!

"You are never too old to set another goal or to dream a new dream."

C. S. Lewis

JANUARY EVENTS

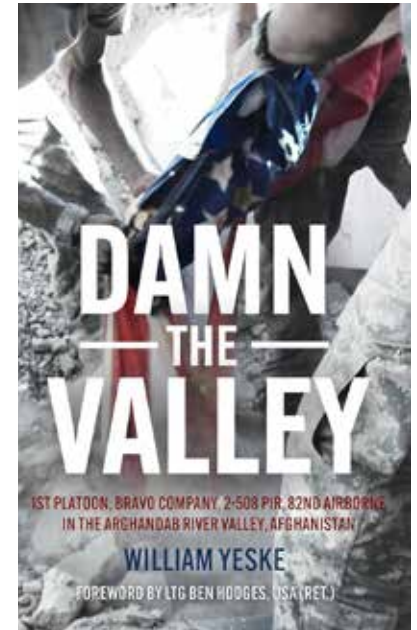


Joseph Kingma Piano Concert
Thursday, January 11 at 7 p.m.
Community Life Center, Westervelt Hall
No reservations necessary.

Declared by the New York Concert Review to be a "...a rare gift..." and praised for "...showing the command of a master and composer's insight", award-winning pianist Joseph Kingma comes to Trinity Woods to present a program of the world's favorite piano music. The program will include favorites by Chopin, Liszt, and Debussy augmented by a few rarer gems. Joseph has won awards in several international piano competitions, including First Prize in the American Liszt Society's 2017 Franz Liszt International Festival and Piano Competition, and has performed as a soloist with numerous orchestras. Joseph and his family recently relocated to Tulsa to start a private piano studio, and we can't wait to hear him play. You can find out more at www.josephkingma.com.

Book Review: Damn the Valley by William Yeske
Tuesday, January 16 at 7 p.m. in Fleming Center
No reservations necessary.

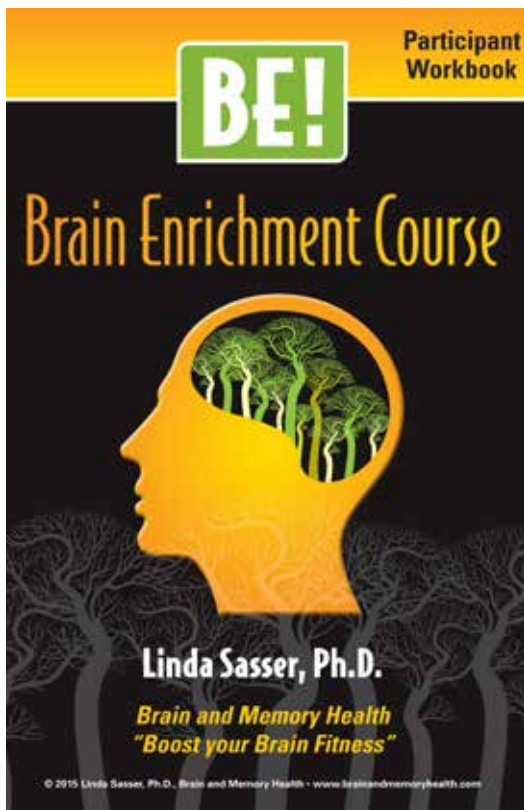
A riveting, unsparing, gritty, first-hand account of life in a great airborne unit that engaged in some of the toughest fighting in Afghanistan. "Damn the Valley" was a phrase regularly uttered by the men of 1st Platoon, Bravo Company, 2/508 PIR, 82nd Airborne that spent any amount of time in the Arghandab River Valley, Afghanistan during deployment in 2009–2010. It was a deployment that the media didn't talk about, and the government doesn't acknowledge. The valley has claimed bodies from the troops of Alexander the Great, the British Empire, and more recently, the Russian Army. This new book will be reviewed by John Brown, Jr., son of Trinity Woods Life Enrichment Coordinator Irene Brown, who recently completed four years in the Army 2/508 PIR, 82nd Airborne, working two doors down from the company profiled in this book.



Signature Symphony Inspirations Open Rehearsal
Thursday, January 25 at 7 p.m.
Community Life Center, Westervelt Hall
No reservations necessary.



Join Signature Symphony at TCC – along with students of Tulsa Youth Symphony and University of Tulsa - for an open rehearsal at Trinity Woods! This program features an adaptation of Georges Bizet's fiery and controversial Carmen by Rodion Shchedrin. Dynamic new Artistic Director Maestro, Scott Seaton, will lead the orchestra as alto saxophone soloist for an arrangement of George Gershwin's Piano Prelude No. 1, with Libertango featuring the zesty rhythms of Astor Piazzolla. Ralph Vaughan Williams' Fantasia on a Theme by Thomas Tallis utilizes two string orchestras and a solo quartet to pay a mesmerizingly beautiful homage to English composer Thomas Tallis. It will be a spectacular, educational, and fun evening!



NEW! BE Brain Enrichment Course

Classes Start: January 23 on Tuesdays and Wednesdays (times listed below)
Crestwood Theatre

RSVP on the Wellness Reservation Form. Space is limited.

The primary goal of this course is to help maintain cognitive function (thinking and memory skills). One goal is for participants' learning to transfer to tasks of daily living such as attention, word-finding, remembering names, and planning. It is designed for adults with no or only minor cognitive impairment.

There will be ten, 60-minute interactive sessions over five weeks in which participants.

- Learn about the brain's processes of attention, working memory, long-term memory, reasoning, and problem solving.
- Participate in mental exercises to engage and stimulate the brain.
- Learn about lifestyle practices for maintaining brain health.
- Practice strategies for improving thinking and memory.

This class will be two days per week for five weeks – Tuesdays at 1 p.m. and Wednesdays at 2 p.m. Please review the Wellness Calendar for more information. The course will be facilitated by Trinity Woods members Charlotte Frazier, and Toni Dickson. Cost of the coursebook, which is required, is \$19 charged to your Trinity Woods account. To get the full benefit of the class regular attendance is required.

SPIRITUAL LIFE OPPORTUNITIES

The cornerstone of the Trinity Woods community is commitment to the mission statement that we serve "In the Spirit of Christ." The Spiritual Life Council seeks to provide opportunities that everyone may grow in their relationship to Jesus Christ.

Sunday Devotions,

A brief service (30 minutes max) singing two hymns, praying prayers, and hearing a short message. Also, communion is served the first Sunday of each month, and the table is open to all who seek to follow Christ.

Christ Conversations

A Christian lifestyles video presentation followed by discussion. The video series is led by excellent speakers, such as Max Lucado, Andy Stanley, Philip Yancy, and others.

Bible Study

The Bible is the curriculum as we read through the New Testament or study lessons from Our Daily Bread booklets and discuss application to our lives.

For more information about spiritual wellness opportunities or pastoral care, please reach out to Reverend Weldon Tisdale at wtisdale@trinitywoodstulsa.com or 918.346.6607.



Trinity Woods Spiritual Life Committee

Jane Mansfield, Tom Winslow, Latricia Lingenfelter, Rev. Weldon Tisdale, Terry Seba, Marcia Seba, Jane Waters, and Andy Ewing. Not pictured: Rev. Richard and Peggy Ziglar.

Welcome to the Woods!



Ann Houston
Crestwood

Ann Houston – Crestwood

Ann Houston was born and raised in Ville Platte, Louisiana. She earned her bachelor's degree from the University of Louisiana and her master's from Tulane University. She pursued a career as a speech therapist and was on the faculty of LSU New Orleans before raising her children. Ann enjoys playing bridge and gardening. She was an avid golfer for many years until she was hit by a golf cart, breaking her hip.

Ann met her husband Bob at a bridge table in the Tulane Medical School cafeteria where they were both in school: Bob in medical school and Ann in graduate school. Bob was born and raised in Tulsa and attended Central High School and then Westminster College before medical school. He served as an Air Force flight surgeon in Vietnam. Bob was a physician at St. Francis Hospital, and after retirement, he volunteered for 20 years at Xavier Clinic, which provides medical service to Tulsa's uninsured and underserved. The Houstons have two sons and two grandsons, as well as a 10-year-old rescue Cavalier Spaniel named Dottie.

They are excited to be at Trinity Woods and “love how friendly the people are here.” They are just starting to get involved with all the programs and opportunities on campus.

Jerri Hudson - Crestwood

Jerri Hudson was born in Claremore, OK and then moved to Tahlequah, where she graduated from Sequoyah High School. She studied business at Northeastern State University and then began a career in mortgage banking, focusing on loans for returning Korean War veterans.

Her career took her to Tulsa where she met her husband, a plumbing contractor. In Tulsa, she worked for Oklahoma National Mortgage and Oral Roberts University. Jerri enjoys the performing arts and reading, especially about politics.

She and her late husband traveled to all 50 states, Europe, and the Panama Canal. They had planned a trip to Tokyo and Shanghai when COVID hit. Jerri has been dogsledding in Alaska and “climbed” the Eiffel Tower! Her husband passed away in June of this year. She has two sons, one in Tulsa and one in Texas, four grandchildren, and one great grandchild.



Jerri Hudson
Crestwood



Joyce Saunders
Crestwood

Joyce Saunders - Crestwood

Joyce Saunders was born and raised in Kansas, attending Pratt High School and Pratt Junior College. She met her late husband Roy when the two were cast as the two leads in the Pratt Junior College theater production of My Little Margie.

Roy was Director of Public Events for the City of Tulsa for over three decades and oversaw the construction and operation of the Cox Convention Center and the Tulsa Performing Arts Center. Joyce's career was in real estate.

Together, Joyce and Roy visited more than 50 countries on six continents and all 50 of the United States. Prior to moving to her Crestwood apartment, she lived for 60 years in a home near 31st and Utica. She was drawn to Trinity Woods because she used to play bridge here and already knew several people who live here.

Joyce has two children, a son in Tulsa and a daughter in Austin, Texas, and four grandchildren.

January STARS Employee of the Month



Lori Calix, Housekeeping

Start Date: March 2023
Born: Tulsa, OK
Raised: Santa Ana, CA
Education: Career Point College
Wanted to be as a Kid: Health Care Professional
One Meal Forever: Pizza or Cereal
Described by Friends: Kind, sweet and down to earth
First Car: 1994 Dodge Neon
Favorite Movie: Home Alone
Favorite Book: *The Notebook* by Nicholas Sparks
Free Time: Cooking, Dancing and Exercising
Family: One Daughter
What her supervisor says: "Lori has worked at Trinity Woods for nine months and has fit in perfectly. She does a great job and makes the residents she serves very happy. We are glad to have her on our team!" – Cathy Green, Housekeeping Manager



Trinity Woods Leadership Team

Steve Dickie
Chief Executive Officer

Dennis Graham
Chief Operating Officer

Crystal Creekmore
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



2021 Member Council

Duane Blankenship, Andy Ewing, Donna Jackson, Sarah Jenkins, Rich Lilienthal, Latricia Lingenfelter, Rob Rainey, Howard Rhodes, Gayle Teter, Gary VanFossen, and Cindy Zeigler. Not pictured: Lela Brinlee

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MAD LIBS

Remember the fun game of filling in the blanks and then reading the story that followed? Try your hand at this Trinity Woods New Year's Resolution version!

First, without reading the opposing paragraph, fill in the blanks, then use your answers in the story blanks!

1.-----
your worst habit

2.-----
your neighbor 4 doors down

3.-----
one fun thing you'd like to do this year

4.-----
one healthy habit you'd like to adopt

It's time for another year and I'm still wishing I didn't __ 1 __. Instead of beating myself up about it, I'm going to make a list of three small steps to get moving in the right direction. I'm going to make more friends and talk to __ 2 __ and get to know them better. Life is better with friends! I'm going to make time to try __ 3 __ because hey, why not?? I'm going to try __ 4 __ and I'm not going to give up on January 2 either. I'm going to give it a fair shot and make a plan. It's going to be a great year!