

The Trail MIX

The neighborhood news from Trinity Woods | Issue: February 2024



Bears that Care.

By: Bonnie Polak, VP of Philanthropy and Community Engagement and Editor

Meet Elizabeth Bartlett or, as many people call her, “Mama Bear.” Elizabeth has taken a small gesture, a teddy bear and an encouraging note, and made a profound impact. If you have never heard of the Trinity Bears (or the Manor Bears, as they used to be called) it is a great ministry and service brought about by the passion and heart of one very special lady.

When Elizabeth moved to Trinity Woods in 2009, she was inspired by a group of women who also lived here that made quilts for people who were sick. “This group of ladies were so impressive. Some of them had trouble with their eyesight, some couldn’t sew but they all found a way to be part of the effort.”

In 2010 Elizabeth started making special little bears for the people living at Trinity Woods. She originally started making them for the birthdays of residents of the Holliman Center and now she focuses her efforts on residents who are in the Trinity Woods Health Center.

When asked why she spends her free time making stuffed bears, she says, “When someone moves to the Health Center, their life really changes and I think people tend to do better when they know other people care about them.”

When Elizabeth first started her passion project, it was just a team of two - she and her late husband Lynn. Now, nearly 15 years later, there is a team of 20 helpers who cut, draw, stuff, sew and deliver the bears to Health Center residents.

Elizabeth says that over 5,000 Trinity Bears have been given out to residents since they started. The bears mean so much to recipients that, even after they leave the Health Center, they or their families often keep their bears as mementoes of the care that was shown to them. She has even shared her pattern and program with people across the country. “A Health Center family member from Alaska once asked if she could start making bears in her community,” said Elizabeth. “I happily gave her the pattern and told her how I did it.”

Each bear is made by hand with a handwritten scripture and note of encouragement. Elizabeth hopes the Trinity Bears legacy goes beyond just individual interactions and contributes to a stronger, more connected community.

If you are interested in getting involved with this group of volunteers, please contact Irene Brown, Trinity Woods Life Enrichment Coordinator, at ibrown@trinitywoodstulsa.com or 918.346.6614.



Trinity Woods

Belong. Believe. Become.

In this issue:

Trinity Bears

Ash Wednesday Service

February Wellness
It's Heart Month!

Valentine Celebration

New Neighbors
Welcome Janet, Gloria
and Martha!



God is Love



By Weldon Tisdale, Chaplain

February is the month most often associated with love. We start seeing cupids and hearts in the stores and begin thinking of what to give the one we love. Valentines become available in January for sending to loved ones in February. This is a good month to think about what real love is. There are three kinds of love.

- Eros - This is erotic love. It is the first stage of a romantic relationship. It can be felt when you don't even know the person who is the object of this love. It is a physical love centered on self.
- Philo - This love is based on a friendship between two or more people. It is based on give and take. It is a love that is centered on self but also others. This is "brotherly" love.
- Agape - This is totally selfless and unconditional love. It is love given without expectation of receiving any benefit in return. This is Spiritual love, and it is the highest form of love.

God is love. Here are examples of God's Agape love:

- God demonstrated His agape love. Even though we were not worthy of His unconditional love, He sent His Son to die as a sacrifice for our unworthiness. We do not deserve His love, but He loves us anyway. Romans 5:8
- Jesus loves me in the same way that God the Father loves Him. He wants me to feel secure in that love. Jesus wants me to love others in the same way He loved me. John 15:9-13

- I am certain that nothing will ever tear me away from God's love. Nothing in this life or the next, nothing seen or unseen, not even my own fears or worries, absolutely nothing can separate me from God's love. That's indescribable love. Romans 8:38-39
- God is love. The Bible says that when I live in this love, I live in God and God lives in me. I have seen the ability to love others grow in me. Because I love God, I can love other people. I love because God loved me first. 1 John 4:16,19
- Allow the love of God to overwhelm your life this month and the rest of 2024 and then watch how your love for God and self will extend to loving others.

True love, that is, deep, abiding love that is impervious to emotional whims or fancy, - is a choice. It's a constant commitment to a person regardless of the present circumstances.

Mark Manson

ASH WEDNESDAY SERVICE

FEBRUARY 14, 2024 IN THE TRINITY WOODS CHAPEL AT 10:00 A.M.



This service is the perfect way to start your Lenten Season. Chaplain Weldon Tisdale invites you, your family, and all employees to experience a brief 30-minute service in the Chapel to celebrate Ash Wednesday.

This is a day recognized as the beginning of Lent, a 40-day period of self-examination and prayer culminating with our celebration on Easter Sunday, March 31st.



By Lupina Fry, Wellness Nurse

LOVE YOUR HEART Month

The month of February is famous for the celebration of Love. It's a time to celebrate relationships with family, friends, spouses, and connections that make life worthwhile. We spend time finding the right gift to show our appreciation of those relationships. However, we often forget one of the most important relationships—the one we have with ourselves. If we don't take care of ourselves, we can't serve those we love.

Love Your Heart month is an opportunity to care for yourself. One of the first and easiest ways to do this is to be aware of what you eat. Food is, after all, important medicine. Eating well-balanced meals with an eye toward fresh fruits and vegetables, nuts, and whole grains, avoiding red meats in favor of fish and chicken, is essential to protecting your heart. Avoid excessive sweets as well as fatty and fried foods. Choose healthy oils for cooking and in your salads and avoid using butter and excess salt.

Getting enough exercise may be a bit more of a challenge but easy to achieve simply by walking. The American Heart Association suggests you participate in 150 minutes of moderate exercise per week. A good test of whether the activity is moderate, is to try the "walkie-talkie" test. If you can talk while exercising but are unable to sing, that's considered a moderate activity. A good

30–40-minute moderate intensity workout a few times a week can include a brisk walk, dancing, swimming, or yoga. If exercise isn't already part of your routine, start slowly and work steadily towards that 150-minute goal.



“Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries.”

Mark Halperin

Lastly, make sure you know your numbers. It's important to be aware of your cholesterol levels, your weight, and your blood pressure. Make sure your blood pressure is under control. High blood pressure is known as the “silent killer” because it can exhibit no symptoms and still damage your heart, arteries, and other organs. Check your blood pressure often and work with your doctor to make improvements. When armed with knowledge about your health, you can make the improvements needed to love your heart and enjoy a healthier you.



February Birthdays at Trinity Woods

| | | |
|-----------------------|------------------------|--------------------------|
| Martha Weatherl.....2 | Martha Blake.....13 | Stella Schwartz.....23 |
| Mary Ann Kirk.....3 | Becky Neuhaus.....13 | Elson Hargrove.....24 |
| Nevin Loerke.....4 | Diane Elliot.....14 | Don Hoose.....24 |
| Diane Kirchner.....5 | Vic Hairston.....17 | Mary Duncan.....25 |
| Suzanne Sartin.....5 | Dr. Mack Himaya.....18 | Helen Blankenship.....26 |
| Chris Hoose.....6 | Sally Pearcy.....18 | Shirley Carle.....27 |
| Linda Cypert.....9 | Lillian Wetzold.....20 | Kathy Keating.....28 |
| Boyd Stephens.....11 | Beth Dunkin.....21 | Mel Pearson.....28 |
| | Richard Hedger.....23 | |
| | Anne Johnson.....23 | |

February Anniversaries

| |
|--|
| Rev. David and Claudia Thomas.....2/5/2016 |
| Don and Chris Hoose.....2/6/1960 |
| Jan and Bernie Skinner.....2/21/1981 |
| Carson and Donna Jackson.....2/25/1967 |

In Memory of

| |
|-------------------------------------|
| Ardith Andrist.....12/24/2023 |
| Mary Alice Claybaugh.....12/28/2023 |
| Rita Vail.....1/7/2024 |
| John “Dan” Nickel.....1/15/2024 |
| Martha Zachary.....1/16/2024 |
| MaryAnn Bles.....1/21/2024 |

February Events



Amani Children's Choir from Uganda
Tuesday, February 6 at 7 p.m. in the Community Life Center,
Westervelt Hall
No reservations necessary.

Amani Children's Choir from Uganda is a ministry of Kampala Community Church and Light Africa Ministries, a Christ-centered non-profit organization that specializes in developing children through education, Christian teachings, and leadership training. The children will give us an experience of how Africans praise and worship God with their smiles and joyful African tunes, accompanied by local instrumentation. The program features children's songs, hand clapping, traditional spirituals and contemporary tunes. In spite of the tragedy that has marred their young lives, the children are radiant with hope, musically gifted and wonderfully entertaining.



Don Irwin Piano Concert
Thursday, February 8 at 7 p.m. in the Community Life
Center, Westervelt Hall
No reservations necessary.

Don Irwin returns with a special concert for Valentine's Day. This month marks the 100th anniversary of George Gershwin's Rhapsody in Blue so that piece will be a highlight of the concert.

A Jazzy Valentine's Celebration of Friendship,
Community, & Love featuring The Grady Nichols Band
Tuesday, February 13 at 5:30 p.m. in the Community Life Center
\$19 per person charged to your Trinity Woods account. No reserved
seating. RSVP on the Wellness Reservation Form or via the Wellness
Portal by February 7.

5:30 p.m. Dinner - Caprese Salad, Sliced Chateaubriand w/red wine demi-glace, Gratin Dauphinois, Roasted Asparagus Mélange, Gâteau à la crème de fraises. You may also pre-purchase a glass of house wine (your choice of red or white) for \$4 when you make your reservation.

6:30 p.m. Musical Entertainment - Throughout a career spanning over two decades, jazz saxophonist Grady Nichols has crafted seven highly acclaimed albums and performed extensively, opening for such luminaries as Luciano Pavarotti, Ray Charles, Al Green, Wayman Tisdale and The Beach Boys. A riveting live act, his repertoire runs the gamut from his own original songs to pop/rock classics and Motown hits.



Book Review: The Passes of Colorado: An Encyclopedia of Watershed Divides by Gloria & Ed Helmuth
Tuesday, February 20 at 7 p.m. in Fleming Center
No reservations necessary.



Part travelogue, part atlas, part history, the book was also a labor of love. Co-author and new Trinity Woods resident Gloria Helmuth and her late husband hiked these paths and created together an authoritative reference work listing every known watershed divide in Colorado, including geographic location, historic import, general accessibility, past use, and related events. It is an invaluable index for climbers, sojourners, researchers, and armchair explorers. Gloria will share reminiscences of these paths and of the path to publication in 1994 of this fascinating guide.

Tulsa Youth Symphony Chamber Music Recital
Thursday, February 22 at 7 p.m. in the Community Life Center,
Westervelt Hall
No reservations necessary.



The Tulsa Youth Symphony began as an educational wing of the Tulsa Philharmonic Society in 1963 and now serves over 200 talented young musicians across northeast Oklahoma each season. TYS alumni have performed with the Chicago Symphony, Cincinnati Symphony, Metropolitan Opera Orchestra, National Symphony, and San Francisco Symphony, among others. Several small groups of young musicians are preparing beautiful music just for us! You will be entertained and inspired by some of the best middle and high school musicians in the area.



TRINITY WOODS SEEKS BOARD NOMINATIONS

Trinity Woods is a Mission Driven Organization and has one purpose. Our reason for being is clear - we serve the Trinity Woods family in the spirit of Christ. Every year we search for people who are willing to dedicate themselves to advancing our mission by serving on the Board of Directors.



Board members are expected to commit their time, talent, and treasure:

- The time commitment involves committing to prepare and participate in a monthly meeting of the full board.
- The talents of the board member are called upon as they offer their expertise through involvement in committee work.
- The treasure acknowledges the responsibility of board members to include Trinity Woods as they make decisions about their charitable giving.



We encourage the Trinity Woods community to submit nominations to the Governance Committee. If you wish to nominate someone, you must fill out the Nomination Form and submit by Friday, February 19, 2024. Every nominee that is submitted will be reviewed, if they are not selected for this year, the committee maintains a list of prospective board members for future consideration. To receive a Nomination Form, contact Heidi Garrett, at 918-346-6671 or hgarrett@trinitywoodstulsa.com.

Welcome to the Woods!



Janet Hawks
Patio Home

Janet Hawks – Patio Home

Janet “Jan” Hawks is originally from Kansas City, KS. She is a graduate of the University of Kansas with a degree in occupational therapy. Jan is a proud Kansas Jayhawks fan and even says it was meant to be when she married her late husband, Bob, and became “Mrs. J. Hawks.”

Prior to retiring Jan worked as an occupational therapist for 40 years. She was the head of the OT department at Hillcrest Rehab Center for the majority of her career.

Jan is also a very talented artist and is the creator of a technique called sculpted thread. This special free-motion stitching on a sewing machine can be used to create jewelry and other decorative items. She continually challenges herself to use traditional materials, techniques and methods that create unexpected artwork. She has also published a book on the subject, “Sculpted Threads.”

Jan and Bob met when he was the photographer for a photo shoot that featured Jan in her OT job. Their first date was in March, got married in May and were married for 49 years. They have two children.

Gloria Helmuth – Crestwood

Gloria Helmuth is originally from Hutchinson, KS. After high school, she attended Hutchinson Community College and then went on to attend the University of Colorado at Denver and received her bachelor’s degree in business. Then received her MBA from Bowling Green University in Ohio.

While living and working in Denver she met Ed, her late husband, at a bowling alley. He worked in the oil industry. They were married for 58 years and have two children – a son and daughter.

Gloria was the head of accounts receivable for Diners Club but spent the majority of her career with Marathon Oil as a corporate recruiter. She retired in 1989. Once she even interviewed a young college student by the name of David Letterman, while recruiting at Ball State University.

After they retired, Gloria and Ed enjoyed a life of travel – both nationally and internationally. They especially loved to travel by RV. She has written three books on various travel destinations. She collects teapots from the various places they traveled and events they attended.

Gloria was honored in 2020 with the President’s Volunteer Service Award from the Corporation of National & Community Service. This award honors individuals whose service positively impacts communities in every corner of the nation and inspires those around them to take action, as well.



Gloria Helmuth
Crestwood



Martha Weatherl
Patio Home

Martha Weatherl – Patio Home

Martha Weatherl and her golden retriever Baylee are excited to be settling into their new home at Trinity Woods. Martha is a born and raised Tulsan. She attended Holy Family Cathedral School for high school and Tulsa Community College.

She is an avid reader and loves to garden, both flower and vegetable. She is looking forward to working in the Trinity Woods gardens in the spring.

Martha was a mortgage underwriter for over 30 years. Once she retired, she volunteered at Saint Francis Hospital but was quickly offered a full-time position in the Surgery Family waiting room, where she worked for 10 years, up until Covid. She is officially retired and enjoying her time with Baylee and family.

Martha was married to her late husband, Bill, for 57 years. They have four children, three boys and one girl, and 13 grandchildren. All of her sons and one granddaughter have followed in their father’s footsteps and became petroleum engineers.

She is excited to be here, “From my first visit it felt like home and I love midtown Tulsa.”

February STARS Employees of the Month



Jessica Definbaugh

Jessica Definbaugh, LPN – Health Center

Start Date: May 2023
Born and Raised: Tulsa, OK
Education: Tulsa Tech
Wanted to be as a Kid: Police Officer
Favorite Sport: Football
Favorite Team: Philadelphia Eagles
Described by Friends: Outgoing and Funny
First Job: Dietary Aid
Family Recipe: Coconut Chicken Curry
Favorite Movie: The Neverending Story
Motivated By: I love what I do!
Free Time: Enjoys hiking with husband.
Family: Married with five children
What her supervisor says: “Jessica showcases her person-first values daily, setting a great example for her team. Families continue to express their appreciation for the compassion she shows to everyone.” – Jacob Will, VP of Health Services



Vanna Hixson

Vanna Hixson – Wellness Team/ Member Services

Start Date: April 2023
Born and Raised: California
Education: Arkansas Tech University
Wanted to be as a Kid: Fashion Designer
One Meal Forever: Peanut Butter
Described by Friends: Bubbly, Fun and Big Heart
Hobbies: Gardening, Riding Bikes, Bird Watching
Favorite Bible Verse: “Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.” Proverbs 3:56
Family Recipe: Grandma’s Chocolate Gravy
Favorite Book: *Little Women* by Louisa May Alcott
Collects: Crosses
What her supervisor says: “Vanna is a dedicated member of the Trinity Woods team. She comes in with a smile and positive attitude every day and strives to fulfill our mission. Vanna has a passion to serve others and you can see it in the customer service she provides to the residents.” – Carri Matheson, Director of Member Services



Trinity Woods Leadership Team

Steve Dickie
Chief Executive Officer

Crystal Creekmore
VP of Human Resources

Dennis Graham
Chief Operating Officer

Bonnie J. Polak
VP of Philanthropy and Community Engagement and Editor

Jerome Steele
CFO and VP of Finance

Jacob Will
VP of Health Services

Trinity Woods Service Awards



5

Years of Service
Crystal Creekmore,
Human Resources



5

Years of Service
Judy Eller, CNA,
Health Care



10

Years of Service
Latasha Grundy,
Dining Team

Phone Number:
(918) 743-2565

Website:
TrinityWoodsTulsa.com

Follow Us on Social Media



**Formerly
Oklahoma Methodist Manor**



Healthy Super Bowl Recipe!

This month millions of people will gather around the television for the Super Bowl, here is a great “healthy” appetizer option - Air Fryer Loaded Zucchini Skins!

These loaded zucchini skins are a fresh twist on potato skins. They’re stuffed with cheddar, tomato, and avocado for intense flavor you’re gonna love. We bet you won’t even miss the potatoes.

Ingredients

- 1/2 lb. bacon
- 4 large zucchini
- 2 tbsp. extra-virgin olive oil
- 1/2 tsp. chili powder
- 1/4 tsp. ground cumin
- Kosher salt
- Freshly ground black pepper
- 2 c. shredded cheddar
- 1 c. sour cream, for garnish
- 2 green onions, thinly sliced, for garnish

Directions

Step 1. Preheat oven to 400°. Cook bacon until crispy, 8 to 10 minutes, then transfer to a paper towel-lined plate to drain and chop into small pieces.

Step 2. Cut zucchinis in half lengthwise. Using a large metal spoon, scoop out seeds from the insides, then cut each half crosswise into two pieces.

Step 3. Transfer zucchini to a large baking sheet and toss with olive oil. Season with chili powder, cumin, salt, and pepper.

Step 4. Bake until slightly tender, about 5 minutes. Top each piece of zucchini with cheese and bacon. Return to oven and bake until cheese is bubbly and zucchini is tender, about 10 minutes more.

Step 5. Garnish with sour cream and green onions before serving.