

The Trail MIX

The neighborhood news from Trinity Woods | Issue: March 2024



WHAT AM I DOING HERE?

By: Duane Blankenship, Trinity Woods Resident

Janice and I lived in three wonderful homes east of Broken Arrow for a total of 46 years. In May of 2023, we acknowledged that we needed a plan that would define how and where we would spend our Golden Years. Two weeks later we attended a presentation by Trinity Woods' CEO Steve Dickie and the sales team. Our eyes were opened! Early the next morning we headed to Trinity Woods for a tour of available properties and received answers to all our questions.

Together, we had decided that now was a great time to implement plans for a final move. We were getting older, had no relatives living near us, and did not want to leave the Tulsa area where I had lived for nearly 60 years. Plus, I cherished the thought of no more mowing, edging, trimming, replacing broken sprinkler heads, repairing or replacing appliances, making repairs to our home and property as needed, no more utility bills, etc. And we did not want to be a burden to our kids as we got older. Getting the idea?

We've now lived in our new Trinity Woods patio home for seven months and there is no place we would rather be! Every aspect of Trinity Woods has exceeded our expectations! We love our new home and the Trinity Woods community. It's a perfect fit for us! We never expected to make so many friends so quickly. There are so many activities in which to participate to keep our brains and bodies healthy and the entire community is welcoming, helpful, friendly, and fun! Our kids are delighted that we are so happy, and our friends compliment us for making the decision to move to Trinity Woods.

Charter Oak, Cypress Grill and Tree Top, combine to provide exceptional dining choices for breakfast, lunch and dinner. And all the food at Trinity Woods is excellent! Plus, seemingly endless amenities, entertainment and opportunities for self improvement abound!

In short, Janice and I feel like we've moved to a fine resort to spend the remainder of our Golden Years with wonderful, new friends!

And just for the record, we know what we're doing with our future! Do you?



Trinity Woods

Belong. Believe. Become.

In this issue:

Why Select a Life Plan Community?

Holy Week Services

March Wellness
Making Connections!

March Events

New Neighbors
Welcome Jan and Chuck!



The Lamb of God

By Weldon Tisdale, Chaplain

In the Bible, Jesus is often referred to as the Passover Lamb. Let's explore why this analogy is significant as we enter the Lenten Season in preparation for Easter:

1. ORIGINS OF THE PASSOVER:

- The concept of Passover originates from the book of **Exodus**. During the time when the Israelites were enslaved in Egypt, God instructed them to celebrate the Passover as a memorial of their deliverance.
- In **Exodus 12**, God commanded the Israelites to take an unblemished one-year-old lamb and sacrifice it during the Passover feast. The blood of this lamb was to be applied to their doorposts, signifying protection from death.
- The Passover commemorated God's grace in sparing the Israelites from the final plague that struck Egypt, where the firstborn of every household died. The blood on the doorposts allowed death to "pass over" their homes.

2. SYMBOLISM OF THE PASSOVER LAMB:

- The lamb sacrificed during the Passover served as a **substitute**. Its innocent blood protected the Israelites from death.
- This sacrificial provision pointed forward to the coming of **Jesus Christ**, who would be the ultimate and perfect Lamb of God.
- Just as the Passover lamb's blood shielded the Israelites, Jesus' blood would provide salvation for all humanity.

3. JESUS AS THE LAMB OF GOD:

- John the Baptist recognized Jesus as the Lamb of God. In **John 1:29**, he declared, "Behold the Lamb of God, which taketh away the sin of the world."
- **Isaiah 53:7** also prophesied about Jesus: "He was brought as a lamb to the slaughter."
- Jesus willingly sacrificed Himself on the cross, shedding His innocent blood. His death became the ultimate Passover sacrifice.
- By accepting Jesus as the Lamb of God, we can be saved from spiritual death. His sacrifice offers redemption and eternal life.



*lamb. shepherd.
teacher. savior.
judged.*

4. NEW CREATION AND SPIRITUAL LIFE:

- Jesus' sacrifice goes beyond physical deliverance. He is the Passover Lamb who brings about the true exodus.
- Through His death and resurrection, Jesus initiates **a spiritual new creation**. He raises His people from spiritual death to spiritual life.
- As the Lamb of God, Jesus fulfills the symbolism of the Passover lamb, providing salvation for all who believe in Him.

In summary, Jesus' role as the Passover Lamb signifies His sacrificial love, redemption, and the opportunity for humanity to escape spiritual death through faith in Him.



By Alison McMillan, Wellness Manager

SEVEN DIMENSIONS OF WELLNESS: Social

When I was a child, my grandmother used to sing to me, “*Make new friends, and keep the old, one is silver and the other is gold!*” I never knew what she really meant until I was much older, but the intention there was to encourage me to continue being social and to grow my connections past the handful I already had. Social relationships and friendships are extremely important in our lives and make up one entire dimension of the Seven Dimensions of Wellness.

As we age, social well-being becomes even more important than ever. According to the CDC, social isolation and Loneliness are significant health risks, increasing the risk of developing dementia, depression, heart disease, and more. The CDC also reports that nearly one fourth of adults over the age of 65 can be considered socially isolated. Conversely, the National Institute of Aging reports that people who regularly engage in meaningful and productive activities tend to live longer lives, have greater mood boosts, and report feeling a strong sense of purpose.

There are many ways to increase your social activity to better care for your social well-being. One of them is through physical activity! A study published in June of 2021 found that increased physical activity in women over 60 helped foster social links to improve social relationships. Try an exercise class or join a walking group – it’s a good way to boost your social life by meeting new people and exploring new friendships. Another way is to find a

new hobby or activity to explore. Not only will you learn a new skill, but you will gain lifelong connections with people eager to meet you and teach you their interest.



Trinity Woods offers so many social opportunities. From Wii Bowling to Bingo, Fun Fit Boxing to Tai Chi, Weavers and Pickle Ballers, Walking Adventures, Concerts, and programs like Meet the Chef and Supper and a Show, there are endless options for attending social events. Each one is designed to help you fully engage in Seven Dimensions of Wellness. Remember: building connections can lead to a healthier you.



Stacy Sprinkle



Dr. Ray Owens



David Emery

HOLY WEEK SERVICES

Join us for Holy Week Services March 25th – 29th, 2024 in the Fleming Center at Trinity Woods. Services will begin each morning at 10 a.m. Light breakfast will be served before and after service. Communion will be served as part of the Good Friday Service.

SPEAKERS FOR THE WEEK:

- MONDAY** – Rev. Stacy Sprinkle, Assistant Pastor – Asbury Church Tulsa
- TUESDAY** – Rev. Dr. Ray Owens, Pastor – Metropolitan Baptist Church Tulsa
- WEDNESDAY** – Pastor David Emery, Senior Pastor – Harvard Avenue Christian Church
- THURSDAY** – Rev. Steve Dickie, CEO – Trinity Woods
- FRIDAY** – Pastor Alex Himaya, Senior Pastor – Church at BattleCreek



Steve Dickie



Alex Himaya

March Events

Candlelight Harp Concert with Linda Barton Paul
Thursday, March 7 at 7 p.m. in the Community Life Center,
Westervelt Hall

No reservations necessary.

Enjoy the soothing sounds of the harp in a candlelit setting. Westervelt Hall will be lit by dozens of candles for a special environment in which to hear this beautiful instrument, played by a master. Linda Barton Paul has performed both in concert and as a symphonic harpist. She toured in the U.S. and the Carribean with the New Christy Minstrels and has performed in pit ensembles for opera, ballet, and Broadway. Her repertoire includes jazz and Latin rhythms, classical, soft jazz, Broadway and movie hits, and gospel and hymn selections.



St. Patrick's Day New Member Reception
Thursday, March 14 at 6:30 p.m. in the Community Life Center,
Westervelt Hall

Tickets required. RSVP on the Wellness Reservation Form or via my.trinitywoodstulsa.com.

It's time for the wearin' o' the green! It's also time to officially welcome the many new neighbors who have joined our community most recently.

Menu: We'll enjoy heavy hors d'oeuvres: Corned Beef and Cabbage Turnover, Banger Bites, Colcannon Stuffed Potatoes, Vegetable Crudit , Shamrock Puffs, and Green Beer or Guinness if you wish.

Program: In addition to learning about our new neighbors, we'll be entertained by dancers from the Goode Academy of Irish Dance and an educational performance by the City of Tulsa Pipes & Drums band. Erin go bragh!

Super Special Saturday with the Symphony
Saturday, March 16 at 2:30 p.m. in the Community Life
Center, Westervelt Hall

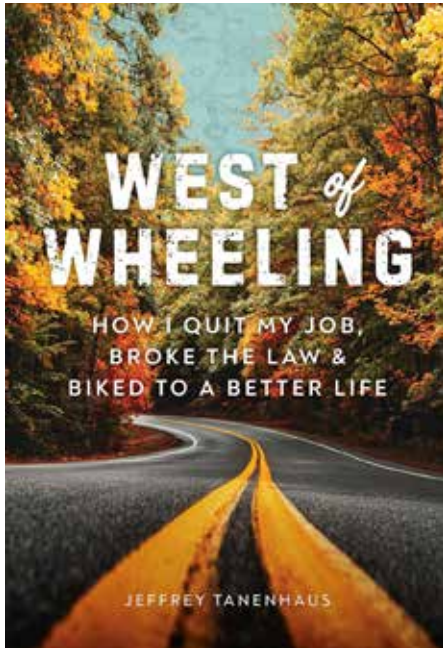
No reservations necessary.

Members of the Tulsa Symphony Orchestra will present a chamber music program featuring brass, piano, and strings. The program includes William Boyce Suite transcribed by Howard Cable, featuring horn, trombone, trumpets, and tuba, and Beethoven's Piano Trio No. 7 in B-flat major, op.97 "Archduke", featuring our marvelous Steinway!



**Also on Saturday, March 16:
Treasure Chest Open – Special Saturday Hours!
12:00 to 2:00 p.m.**

What, other than topnotch music, makes this Saturday with the Symphony “super special” you may ask? Well, the Treasure Chest of course! It will be open for your shopping convenience from 12:00-2:00 p.m. so bring the family for a shopping spree followed by an outstanding concert.



**Book Review by the Author: West of Wheeling: How I Quit My Job, Broke the Law & Biked to a Better Life
Tuesday, March 19 at 7 p.m. in Fleming Center
No reservations necessary.**

Jeffrey Tanenhaus is the first person to cross a continent by bike share. The native New Yorker broke away from the rat race to ride a Citi Bike 3,020 miles from Manhattan to Los Angeles. In this book, that has everyone talking—People, Newsweek, New York Post, The Guardian, Lonely Planet, NPR, and even The Late Show with Stephen Colbert—Jeffrey makes a lot of questionable decisions in pursuit of a fresh start, but they add up to one wild ride in this true story of the all-American adventure. Ultimately, it’s not the trek itself but the inspiring people he meets along the way who turn this funny, heartwarming exploration of small-town life into one man’s journey home. Jeffrey now lives with his two bikes in Tulsa. He’ll be here to tell us about his adventures. Copies of his book will be available for purchase and signing for \$20 cash or credit card.



March Birthdays at Trinity Woods

Julia Couch.....1	Becky Doyle.....15	Erna Conatser.....25
Scampy Rainey.....1	Jan Hawks.....15	Robert Hagle.....26
Doug Harrington.....3	Helen Pummill.....15	Marjorie Monnet.....26
Elisabeth Harrington.....4	June Cleary.....17	Mary Paull.....26
Dale Carson.....4	Kay Dixon.....21	Marg Vilven.....27
Georgia Lawless.....8	Merna Jo Robinson.....22	Patty Eaton.....27
Jean Priestley.....10	Wayne Tremble.....22	Bill Wilkinson.....28
	Wanda Holbert.....23	Sharon Miller.....29
	Dick Pittenger.....23	

March Anniversaries

Tom and Betty Simmons.....	3/19/1954
Mouzon and Gayle Biggs.....	3/30/196

✚ In Memory of

Anne Johnson.....	2/8/2024
Bob Hyer.....	2/18/2024

Welcome to the Woods!



Jan Lawson
Patio Home

Jan Lawson – Patio Home

Meet Jan Lawson! Jan is originally from Poplar Bluff, MO but grew up in Joplin, MO. She attended Phillips University in Enid, OK for speech pathology. That is where Jan met her late husband, Bob. She was traveling home for Christmas break when she stopped at a school mate's house and there he was. Their first date was on Valentine's Day. They were married for 56 years.

Jan was a speech pathologist for several years prior to staying home and raising her children. They have two sons, one granddaughter and three great-grandchildren. After Jan and Bob retired, they enjoyed traveling (via car) all over the country. Some of her most cherished memories are from the month-long trip they took to Nova Scotia. They especially enjoyed traveling to National Parks across the U.S.

Jan is excited to be at Trinity Woods and is glad she made the decision to move here. In her spare time Jan enjoys reading and setting up her new home at Trinity Woods. She is looking forward to getting more involved in the programs and classes on campus.

Chuck Uerling – Felt House

Chuck was born and raised in McCook, Nebraska. He grew up on a family farm that raised cattle, corn and wheat. Chuck is one of 10 children – seven girls and three boys! He is a graduate of the University of Nebraska with an electrical engineering degree. He is a proud Cornhuskers fan!

After college Chuck served in the U.S. Army and was stationed in Pennsylvania and Germany. He was even lucky enough to see a Bob Hope Christmas Special while in Germany. Once he was out of the service, he began his career in at DuPont in Houston, TX. He spent most of his career working with his brother at their civil engineering firm. He retired after 40 years.

Chuck was married to his late wife Betty for 50 years. They have two sons and four grandchildren. He is happy to be closer to his son in Tulsa and enjoys getting to spend time with him attending and watching sports. He likes to read and has really enjoyed all the publications in the Community Life Center. So far, he is taking advantage of all the places to walk indoors and outdoors around campus.



Chuck Uerling
Felt House

Trinity Woods Service Awards



5

Years of Service
Jacob Dill,
Maintenance



5

Years of Service
Rhoda Robinson,
CNA Health Care



5

Years of Service
Kimberly Scott,
Member Services



10

Years of Service
Rosetta Davis,
LPN Health Care



20

Years of Service
Steve Dickie,
Administration

March STARS Employees of the Month



Sherrick Sanford

Sherrick Sanford, Cook on the Dining Team

Start Date: July 2023
Born and Raised: Tulsa, Oklahoma
Education: Tulsa Technology Center
Wanted to be as a Kid: An Athlete
Favorite Sport: Football, Basketball, Wrestling, UFC
One Meal Forever: Breakfast – “A very awesome meal!”
Described by Friends: Words can’t describe Sherrick
Hobbies: Music, Sports and Reading
First Job: Landscaping
Favorite Holiday: Christmas – I love giving gifts!
Family Recipe: Gumbo
Favorite Book: *Killers of the Flower Moon* by David Grann
Collects: Vinyl Records
What his supervisor says: “Positive and always willing to help staff and members. Sherrick is willing to assist those around him and is very pleasant to work with.” – Ling Pham, Executive Chef

We Stand on Giant’s Shoulders

By Steve Dickie, CEO

All of us share a common debt to the many others who “prepared the way” for us by shaping our community and giving of themselves in ways which served to our benefit. Because of their kindness and generosity our lives have been enriched and as they served the greater good. There is a collective blessing we inherit that we are now obligated to build upon and pass on to others. It is true: we stand on the shoulders of giants.

Rev. Elson Hargrove joined the staff of Trinity Woods (then Oklahoma Methodist Manor) as Assistant Health Care Administrator in 1984. He went on to be Health Care Administrator and later Executive Director prior to his retirement in 1996.

During his tenure he was involved in the construction of the Fleming

Center, the Patio Homes, and the Health Center. Rev. Hargrove had the distinction of hiring Dennis Graham (now Chief Operating Officer) as a contractor in 1995.

Dennis described Rev. Hargrove as a kind and compassionate leader who was always looking out for the residents and staff.

Elson and Joyce Hargrove now reside in the very Health Center he helped to build. It is an honor and a privilege for all of us to serve those who served us so well.



Elson with Dennis Graham, current COO



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

Phone Number:
(918) 743-2565

Website:
TrinityWoodsTulsa.com

Follow Us on Social Media





4134 East 31st Street
Tulsa, OK 74135

Formerly
Oklahoma Methodist Manor

NON PROFIT ORG
Postage & Fees
PAID
Tulsa, OK
Permit 2146

**CHANGE SERVICE
REQUESTED**



Easter and the Legend of the Dogwood Tree

Legend holds that the Dogwood Tree was once very large and because its wood was strong and sturdy, it provided building material for a variety of purposes. According to the story, it was the Dogwood Tree that provided the wood used to build the cross on which Jesus was crucified.

Because of its role in the crucifixion, it is said that God both cursed and blessed the tree. It was cursed to be small forever, so it would never grow large enough to be used again as a cross for a crucifixion. Its branches would be narrow and crooked, which makes it no good for building. At the same time, however, the tree was blessed so it would produce beautiful flowers each spring, just in time for Easter.



To remember God's promise to the tree, it is said He gave it a few traits so that whoever looks upon it will never forget. For example, the petals form the shape of a cross. Upon close examination, the blooms of the tree always have four petals. The middle of the dogwood flower is a tight grouping that resembles a crown of thorns. And the tips of each of the petals are indented, as if they bear a nail dent. There are even colors in the petals that bring to mind the drops of blood that spilled during the crucifixion.

The Legend of the Dogwood Tree. Happy Easter!