

The Trail MIX

The neighborhood news from Trinity Woods | Issue: April 2024



20 Years of Serving in the Spirit of Christ

By: Steve Dickie, CEO

Serving Trinity Woods for the past 20 years has been one of the greatest privileges of my career. This month I want to take the opportunity to say thank you as we pass the torch to a new leader.

What warms my heart as I say “goodbye”? I am thankful for the strong governance provided by the Board. I am grateful for the dedication and commitment of my colleagues on the leadership team. I am appreciative of all the love and support offered by the members of this great community.

As we look back on the last 20 years who could have imagined all the progress we would make as an organization? Moving to a person-centered model of healthcare, completing the development of Crestwood, promoting whole-person wellness, building the new Holliman Center, adding Memory Care Assisted Living, and completing the Community Life Center have all been major accomplishments!

Nothing is more gratifying to me than to witness the positive impact Trinity Woods has on the people and the families we serve.

Trinity Woods has an outstanding Mission: Serving the Trinity Woods family in the spirit of Christ. None of us lit the flame. That happened 68 years ago! But we are all responsible for keeping the flame of the mission of Trinity Woods burning bright.

I am pleased to share the Board voted unanimously to hire Garrett Lee as the next CEO of Trinity Woods. Next month’s issue of the Trail Mix will be devoted to introducing Garrett to the community. I look forward to seeing all that God still has in store for Trinity Woods.

Your neighbor and friend,

Steve Dickie

Please be watching for communication about events to honor Steve.



Trinity Woods

Belong. Believe. Become.

In this issue:

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Welcome Ron and Martha!

Seasons of CHANGE AND TRANSITION



By Weldon Tisdale, Chaplain

Jesus Christ the same yesterday, today and forever. Hebrews 13:8 (NKJV)

Through seasons of change and transition, we can rest assured that one thing never changes, “Jesus Christ the same yesterday, today and forever.” As we look at what the Bible says about the divisions of the year known as the seasons, we find assurance for the seasons of our lives as they change and transition. In the Bible, winter, spring, summer, and autumn are spoken about in relation to the agricultural activities of planting, growing, and harvesting. The seasons of change and transition are also used to describe the lives of God’s people.

Everyone will experience change; however, change is not always the problem, it’s the transition or the adjustment to or acceptance of change. In other words, my difficulty lies in transitioning my internal response to the external stimuli of change.

Change and transition are related concepts, but they have distinct meanings:

Change:

- Change refers to an alteration in a situation, circumstance, or condition. It can be external or internal.
- It is often visible and tangible—for example, moving to a new city, switching jobs, or adopting a new hairstyle.

Change can be sudden or gradual, and it can be planned or unexpected.

- In an organizational context, change might involve restructuring, process improvements, technology upgrades or new leadership at the top.

Transition:

- Transition goes beyond the surface-level change. It encompasses the psychological and emotional process that accompanies change.
- It involves adjusting to the new reality, letting go of the old, and embracing the unknown.
- Transitions are more about the internal journey—the feelings, thoughts, and adaptations.
- In an organizational context it can be when someone retires: the change is leaving the workplace, but the transition involves finding a new sense of purpose and identity.

In summary, change is the external shift, while transition is the internal process of adapting to that change. Both are intertwined and essential for growth and development. And remember we can all rely upon the One who does not change, Jesus Christ, to help us face all of life’s personal transitions.



April Birthdays at Trinity Woods

Connie Facker.....1	Betty Kirk.....10	Sharline Thompson.....23
Gloria Nicholson.....1	Dara Martin.....10	Dee Maguire.....24
Lucy Annett.....5	Emily Wood.....11	Tom Owens.....25
Ken Frazier.....5	Marion Debose.....12	Eileen Walker.....25
Patsy Fawcett.....6	Ron Bell.....14	Oakley Deisenroth.....26
Carole Scott.....6	Ron Anderson.....15	Dorothy Gibbs.....28
Chuck Hanna.....7	Mary Davis.....16	Claudia Thomas.....28
	Craig Dolinsky.....22	Carol Shortridge.....30
	Shirley Nelson.....23	John Wright.....30

April Anniversaries

Buddy and Diane Fallis.....4/1/1961

In Memory of

Robert Houston.....2/27/2024
 Sally Percy.....2/29/2024
 Robert Doolittle.....3/1/2024
 Joe May.....3/12/2024



By Alison McMillan, Wellness Manager



The Heart Of Rock and Roll... and the Brain... and the Body!

Crank the tunes and jam out to improve your health! No, really! Music has an astonishing and profound positive effect on our bodies in so many ways.

Several studies done regarding music's activation of the brain have found that not only does it stimulate the sound reception areas in your brain, but it also activates the parts of the brain involved in memory, emotion, and the motor system. Because of that kind of widespread activation, it's been shown that music can help stroke survivors recover their ability to speak and move.

One study showed that participants who took a weekly dance class saw improved Parkinson's symptoms including improved speech, better balance, reduced tremors, and more. Another study showed positive effects on Alzheimer's by music stimulating the brain to grow new nerve cells, build new neuron connections, and stimulate dopamine - a neurotransmitter that typically is deficient in Alzheimer's, and that impacts mood and executive skills like memory, problem solving, and inhibition control.

Not only does music impact the brain positively, but it creates positive effects in the circulatory system too! It stimulates the autonomic nervous system which controls the cardiac and respiratory systems. One meta-analysis showed that slower

music tempo led to reduced blood pressure and heart rate which helps the physical body and the mind relax. Participating in music by singing means expanding and using the lungs, controlling your breathing, and thus improving lung function. It can even help reduce shortness of breath and help improve the strength of your respiratory muscles.

Music can also improve your performance during physical activity and exercise. Some studies found evidence to support music increasing endurance and adherence to activity, improving blood flow and helping the heart rate and blood pressure return to a normal resting state faster after exercise, and reducing exercise-perceived exertion, helping you get more out of your workout.

With all these awesome benefits, why not press play on your favorite song the next time you exercise, work around the house, or wind down after a long day before bed? Or, take a music based class in the Spann Wellness Center! The Spann Wellness Team offers a class for tapping, line dancing, and a cardio and strength rhythm-based class, and new to the schedule is a music opportunity that allows for any style of dance. Also, the Trinity Woods Chorus starts again in April. Make sure you check out the Wellness Calendar for class days and times.



Trinity Woods: A Dementia Friendly Community

By Lupina Fry, Wellness Nurse



It's funny how time changes our perceptions of what is considered normal. Not long ago, the word cancer was taboo. Lack of community involvement made the fight for your life one you fought almost alone. But time and understanding, and increased support have changed things, and it took a while to get there. The diagnosis of dementia is following the same slow path.

Today we acknowledge that dementia issues are a real challenge to our collective future. All of us are likely to encounter cognitive challenges with those around us. Science tells us as we age one in four of us will be diagnosed with some type of dementia. And that person will need at least three people to provide adequate care. It can be a difficult road for each person in that scenario. With support, compassion and understanding for a person

living with dementia and their loved ones, we can make a difference. Trinity Woods is a dementia friendly community, and we are proud of the work we've done to support families and loved ones living with dementia. We understand it takes a community to change the tide.

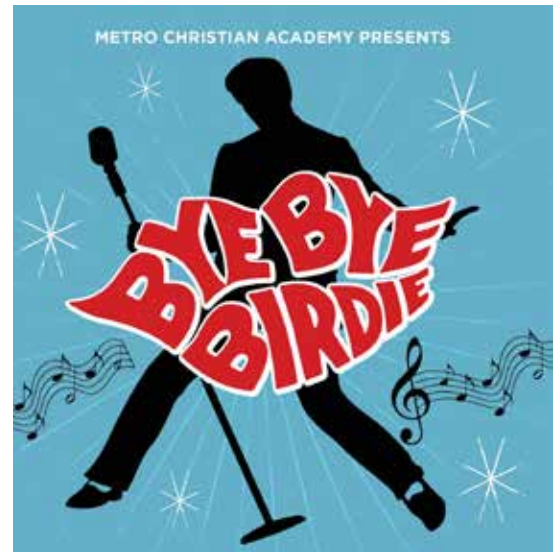
In the next few months, a series of presentations will be held to learn more about dementia and dementia care. Topics will include communication techniques, care challenges, the effects of different types of dementia diagnoses and a path forward. Whether you, your friend or a loved one has been diagnosed, join us. Check your Trinity Woods calendar for information on the date, time, and location or call 918.346.6618.

APRIL EVENTS

Bye Bye Birdie!

Thursday, April 4, 7:00 p.m. in the Community Life Center, Westervelt Hall
No reservations necessary.

Metro Christian Academy's theatre department will perform select songs and scenes, with costumes and props, from the hit musical Bye Bye Birdie. The acclaimed musical affectionately satirizes the 1950s, small-town America, teenagers and rock & roll. Come enjoy this lively performance by talented young people.



Book Review by the Author: ABC, What Do You See? Rolling Along Route 66 by Annette LaFortune Murray
Tuesday, April 16, 7:00 p.m. in Fleming Center
No reservations necessary.

ABC, What Do You See? Rolling Along Route 66 is the newest Route 66 picture book, written for readers ages 5-8 (and the child in all of us!) Author, educator, and retired school librarian Annette LaFortune Murray will look back with us at the history of Route 66, from small state roads into one long highway from Chicago to Santa Monica. She will highlight the perseverance of leaders in all eight states who collaborated with Cyrus Avery, Father of Route 66, to construct a 2,244-mile highway. Annette will also read her picture book, ABC, What Do You See? Rolling Along Route 66, and discuss the whimsical landmarks, famous architecture, fascinating wildlife, and more as we see the collage-like illustrations arranged in alphabetical order. Dozens of family summer trips on Route 66 are her inspiration for writing this book.

The book will be available for purchase and signing after the review. Consider it for a gift to the children in your life. The picture books (hardback cover) are \$20 each payable by cash, check, Tulsa Whimsy, or Venmo.



Supper and A Show:
Henry Mancini's 100th Birthday & Yours Too with Janet Rutland, John Wooley, and Scott McQuade
Friday, April 19 in the
Community Life Center, Westervelt Hall
Tickets required. Members are free. Guests are \$7.
RSVP on the Wellness Reservation Form or via email
(reservations@trinitywoodstulsa.com) by April 12.

6:00-6:30 Buffet Supper & Socializing: A yummy menu of club sandwich, housemade chips, and a birthday cupcake for dessert!

6:30-7:30 Program: Writer and radio host John Wooley and vocalist Janet Rutland are teaming with musician Scott McQuade to celebrate Henry Mancini's 100th birthday in history and song – with us! Rutland shared, "John and I have

talked about doing a show together for years. He was a big fan of the Peter Gunn TV series for which Mancini wrote the music and when I mentioned Mancini's 100th birthday it just clicked." You'll hear Moon River, Days of Wine and Roses, Dear Heart . . . and, of course, the theme from Peter Gunn!



To celebrate, you'll have an opportunity to sit with others from your birthday month and meet some new friends, along with enjoying good food and great music!

Maggie Bond & Dennis Hoch in Concert
Thursday, April 25, 7:00 p.m. in the Community Life Center,
Westervelt Hall
No reservations necessary.

This dynamic duo has been performing together for over six years and will make their Trinity Woods debut with a variety of music.

Singer Maggie Bond was born and raised in Broken Arrow. She competed in Miss Oklahoma for six years and was Miss Broken Arrow twice, Miss Tulsa, Miss Oklahoma City University and Miss Bricktown for two years. A disability advocate since the age of 16, she graduated from Oklahoma City University with a bachelor's degree in vocal performance and economics.

Guitarist Dennis Hoch served in the Navy in Vietnam and a few more years after that, before his civilian work brought him to Oklahoma. He now runs the Oklahoma Military History Center in Broken Arrow. Dennis has played guitar his whole life and earned college degrees in guitar performance.



Tulsa Festival Ringers Concert
Tuesday, April 30, 2:00 p.m. in the Community Life Center,
Westervelt Hall
No reservations necessary.

Tulsa Festival Ringers, Inc., Tulsa's only auditioned community handbell ensemble, is more than a musical novelty; it is an ensemble of musicians who specialize in handbell ringing. The members are handbell directors and ringers from various churches throughout Eastern Oklahoma who want to share their love of music and handbells. Since 1991, Tulsa Festival Ringers have been ringing for audiences from Tulsa to Texas and Arizona.



A retirement life ALL for you!
 At Trinity Woods, we're **ALL** about opportunities and options for **ALL** of you. Your whole life has been filled with different experiences, achievements and aspirations - and your retirement should be the same! It all starts with providing you with everything from our activities and amenities to our social clubs and dining as well as our floor plans and price plans choices, plus a variety of homes.
Call 918-743-2565 to speak with our team.

Welcome to the Woods!



Ron Subber and Martha Wood
Crestwood

Ron Subber and Martha Wood - Crestwood

Martha Wood was born in Princeton, New Jersey and raised in several states, graduating high school in Mamaroneck, New York. She earned her BA in art history from Smith College and her Master of Architecture from the University of Pennsylvania. In addition to her career as an architect, Martha has been a yoga teacher and was elected to the town government and served as Sewer Commissioner. Somehow, she has also managed to pursue hobbies of plein air painting, bike riding, reading, and gardening!

Ron Subber was born in Philadelphia and raised in New Jersey. He earned his BA from Rutgers University and served 6 years in the New Jersey National Guard. Ron owned a financial advisory firm for 52 years and served on numerous non-profit boards. He loved performing regularly in community theatre. He once sang a song from "Oklahoma" onstage with Broadway and movie star Hugh Jackman!

Martha and Ron met at a local museum dance. They love to travel and, in addition to dancing together, participated together in several triathlons and were avid golfers. They have been married 30 years and have three children and two grandchildren. After visiting family in Tulsa for 50 years, they chose to move here from their homes in Pittstown, New Jersey and Manhattan, New York to be near Martha's family. Martha is the daughter of Trinity Woods member Emily Wood. They are members of All Souls Church.

Serving Others



By Irene Brown, Life Enrichment Coordinator

National Volunteer Week debuted in 1974 in the U.S and later went on to become National Volunteer Month, celebrated with enthusiasm every April. So, this the month we say special thanks to our Trinity Woods volunteers who do so much that is both seen and unseen and so vital to building up this community.

Walk anywhere on the Trinity Woods campus on any given day and you will see volunteers serving our community in many different ways. Some will be in meetings, making long-range plans for our campus or planning the next party. Others will be sorting and pricing inventory in the Treasure Chest or sewing Trinity Bears for the Health Center. Still more will be teaching or leading programs.

Most of these volunteers live here and go above and beyond but some devoted individuals, who do not live here, give generously of their time to enrich the lives of our residents. We are grateful to them all.

More help is needed in some of these areas and there are always new ideas that require volunteer support so, if you have a desire to give more of your time and talent to Trinity Woods, please let me know!

Here is a list of most of the areas in which volunteers serve at Trinity Woods:

- Board of Directors
- Community Life Center Displays
- Decorations
- Supper and A Show
- Employee Appreciation Committee
- Feeding Families Committee
- Health Center
- Libraries
- Member Council & Its Committees
- Marketing Ambassadors
- Movie Techs
- Next Door Neighbors
- Program & Hobby Group Leaders
- Screen Watchers Guild
- Social Advisory Team
- Spiritual Life Council & Service Assistants
- Teachers
- Treasure Chest
- Trinity Bears
- Wellness Advisory Council

April STARS Employees of the Month



Cecelia Moti, LPN, Health Center

Start Date: June 2022

Born and Raised: The countryside of Kenya

Wanted to be as a Kid: Police Officer

Favorite Sport: Field Hockey

One Meal Forever: Corn and Beans and Mashed Potatoes

Described by Friends: A good storyteller.

First Job: Teacher

Motivation: My 3 a.m. calls with my mother who reassures me that I'm at the right place, at the right time, with the right people, and to always pray.

Favorite Movie: Gran Torino

Favorite Book: *The River and the Source* by Grace Ogolla

Free Time: Play acoustic guitar.

Fun Fact: She is a minimalist and never celebrates birthdays.

Favorite Bible Verse: Be still and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. Psalms 46:10

What her supervisor says: "Compassion, professionalism, and exceptional care - Cecilia embodies the true essence of a caregiver who goes above and beyond for the well-being of our elders here at Trinity Woods." – Anderson Bambokile, Priddy Harbor Household Manager



Tasha Thomas, CMA, Memory Care Assisted Living Houses

Start Date: August 2023

Born and Raised: Okmulgee, OK

Wanted to be as a Kid: Ballerina

Favorite Sport: Track and Field

One Meal Forever: Lasagna

Described by Friends: Goofy and very friendly

Hobbies: Writing Poetry and shopping

Favorite Bible Verse: The Lord is my Shepherd; I shall not want. Psalms 23

First Car: 1991 Mazda 626

Favorite Movie: Sleepers starring Robert DeNiro

Favorite Book: *While My Pretty One Sleeps* by Anne Canadeo

Motivated By: Knowing one day someone will care for me and I would like to be treated well.

What her supervisor says: "Tasha is a 'one of a kind' employee. She demonstrates all the values of Trinity Woods. She is honest, dependable, kind and is an asset to have on our team." – Kathy Cloyde, Memory Care Households Manager



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
Kelley Haralson,
Dining



5

Years of Service
Gary Stevenson,
Security

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**CHANGE SERVICE
REQUESTED**

**Formerly
Oklahoma Methodist Manor**



Marcia Mitchell

**Trinity Woods Annual
Ladies Luncheon
May 7, 2024**

**Speaker: Marcia Mitchell,
Founder of The Little Lighthouse**

**Save
the
Date!**



Clay Martin

**Annual Men's Cookout Lunch
June 13, 2024
Speaker: Clay Martin,
National Football League Referee**