

The Trail MIX

The neighborhood news from Trinity Woods | Issue: May 2024



Thank you for the Opportunity to Serve

By Garrett Lee, New Trinity Woods CEO

One thing we know for sure is that everything changes, right? Ecclesiastes (and the Byrds, circa 1967) inform us that there is a time for everything under the sun and a time to embrace. We have the privilege of embracing change together with the transition in leadership from Steve to myself.

I'm grateful for the divine timing of this transition and the symbolism that the Spring season sheds over this period; that is, we get to honor and remember yesterday, and experience the new growth and beauty that is possible because of a rich, cultivated foundation. Too deep for my first message to you? Oh, the fun we are going to have!

I cannot tell you how excited I am to join the Trinity Woods family and help continue the good work that has gone on here for many years, making it the amazing place it is today. Perhaps what I am most looking forward to is getting to know and building meaningful relationships with each of YOU.

We each bring a uniquely gifted set of personality, skills and perspective to this community which results in what I've experienced so far: a warm, welcoming, friendly and active environment at Trinity Woods. So, my message to you today as we start this new journey is simply thank you!

Thank you, Trinity Woods, for this opportunity to come alongside and serve with you. Thank you for sticking it out this last year through the CEO search and, thank you in advance for everything you are doing and will do to help make this leadership transition a seamless and successful one for everybody. I look forward to meeting each of you!

Blessings,

A handwritten signature in blue ink that reads "Garrett Lee".

Garrett Lee
Trinity Woods, CEO



Trinity Woods

Belong. Believe. Become.

In this issue:

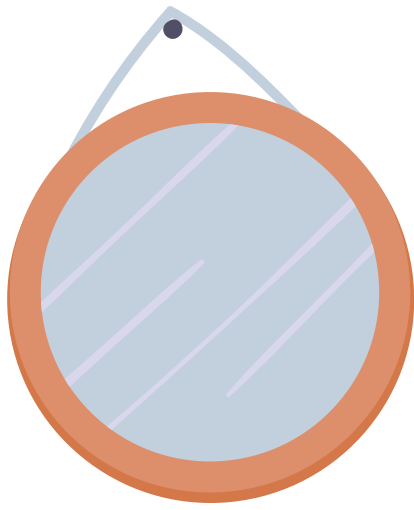
Hello From Garrett Lee

**Is A Life Plan Community
Right for You?**

**May Wellness
Enjoy the Outdoors**

May Events

**New Neighbors
Welcome Zella!**



GOD MADE YOU TO BE YOU



By Weldon Tisdale, Chaplain

“Just be yourself!” The resounding encouragement most likely to be spoken to someone doubting their abilities.

In the smash hit Frozen, Elsa had to learn to be herself, discarding the “conceal” message her parents had instilled in her as a child and harnessing her unique powers for the good of her kingdom.

In the smash hit Coco, young Miguel had to break out of the “make shoes” message of his parents and learn to be himself, a music-loving Mexican singer who brought joy to his village.

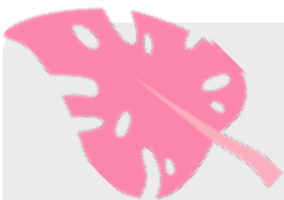
How does God feel about this message to “be yourself”? After reading the Bible, I would say that God cautiously loves it. We see God’s love for our uniqueness in Paul’s masterful analogy of the human body “God has placed the parts in the body, every one of them, just as he wanted them to be” 1 Corinthians 12:18. Just as God wants elbows to be elbows and eyeballs to be eyeballs, so also God wants you to be you.

The idea that we are unique and are uniquely made for a purpose is wonderfully biblical. That begs the question—Who are you?

I’ve come to realize that I can read faster, write more clearly, and speak more easily than the average person. For me, “be you” looks like investing as much of my time into these God-given talents so that more people can get connected to Jesus.

And you? Are you wired for emotion, compassion, or comforting people? Do you have the courage to take that first step as a leader? Do you have the ability to come up with fresh ideas? I don’t know exactly how God made you, but I do know that God made you to be you...for Him. Because when you are who God created you to be for Him, you’ll be the best you possible.

Adapted from Pastor Mike Novotny at timeofgrace.org



May Birthdays at Trinity Woods

Leola Jurrens.....1	Barbara Ellis.....10	Kathy Johnson.....19
Pat Perrin.....3	Leona Wiggs Newell.....10	Sandra Nicholson.....20
Mary Dennehy.....6	Andy Ewing.....11	Marcia Bates.....22
Steve Lance.....9	Suzann Ham.....11	Bob Coles.....24
	Jean Fine.....17	Janice Blankenship.....25
	Carol Johnston.....18	Joyce Peace.....27
	Norma Kinzie.....18	Betty Simmons.....30

May Anniversaries

Mike and Dianne Rodehaver.....5/1/1965
Tom and Kay Owens.....5/16/1964
Bud and Barbara Ellis.....5/24/1952
Dennis and Norma Shoemaker.....5/25/1962
Richard and Peggy Ziglar.....5/28/1958
Doug and Elisabeth Harrington.....5/30/1987
Bob and Becky Cable.....5/31/1981

In Memory of

Meredith Yoakum.....3/14/2024
Robert Hembree.....3/15/2024
Robert Hagle.....4/19/2024



GETTING OUTSIDE IS GOOD FOR YOUR HEALTH



By Lupina Fry, Wellness Nurse

Springtime is a beautiful season with bursts of bright greens, pinks, and yellows everywhere you look. However, simply observing it through your living room window may not be beneficial for your overall health. According to the National Library of Medicine, spending time outdoors and in nature can significantly improve your physical and mental well-being.

In just 20 minutes, being outside can improve your physical wellness by increasing your Vitamin D level, which is important for bones, blood cells, and the immune system. Spending time in green spaces, at least 2 hours a week, can help reduce cortisol levels, decrease muscle tension, and lower blood pressure. Walking in nature or doing regular exercise, can lead to improved digestion, heart and lung health, and weight loss while maintaining muscle strength. Additionally, it positively impacts circadian rhythm, which improves sleep quality.

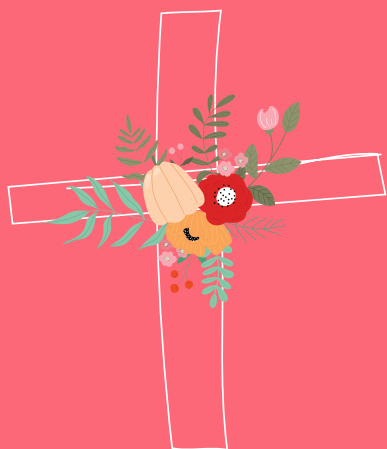
Being outside in nature can improve mental health by improving our thinking, reasoning, and other cognitive abilities. It brings feelings of pleasure that can reduce stress,

anxiety, tension, and mental fatigue. There are many ways to make getting outside part of your routine.

“The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quite alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature. ... I firmly believe that nature brings solace in all troubles.”

Anne Frank

For example, if you need to make a phone call, take it outside. Take up a hobby such as outdoor photography or bird watching. Invite a friend to sit outside with you and find a location where you can enjoy nature together such as one of the benches on the Trinity Woods campus. Get outside and enjoy nature and don't forget to take your shoes off and feel the grass beneath your feet- it feels wonderful!



Memorial Day Service

Fleming Center | Friday, May 24th at 10 am

Each year we gather as a community to remember loved ones who have passed. Please join us for the Trinity Woods Memorial Service on Friday, May 24th at 10 a.m. in the Fleming Center. Please feel free to invite friends and family to attend.



MAY EVENTS



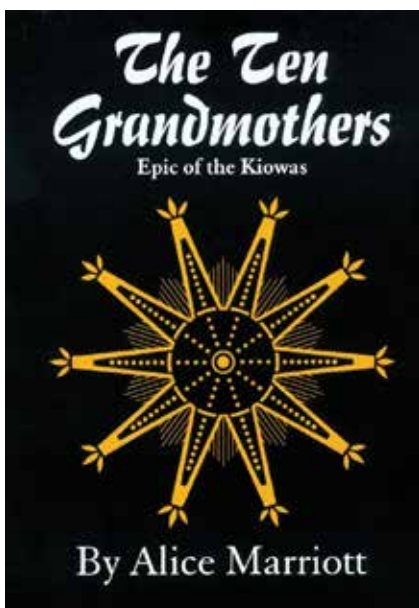
Broadway Senior Cinderella
Thursday, May 2 at 2 p.m. in Fleming Center
No reservations necessary.

Under the auspices of the Tulsa Performing Arts Center’s Orbit Initiative, amateur senior thespians from all around Tulsa have been preparing this delightfully funny musical theatre production and now we get to see them shine! The Broadway Senior series, including this production of Cinderella, features author-approved 60-minute adaptations of popular musical theatre titles, catering to the tastes and capabilities of senior performers and audiences. All of the roles are designed for seniors and they can play any part. It’s a wonderful shift in thinking for everyone involved and it makes you feel ageless in a way. Come enjoy this fun show and who knows? You may be inspired to join the next production!

Supper and A Show: It Might As Well Be Spring!
Thursday, May 16 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 May 10.

6 p.m. Buffet Supper & Socializing: A yummy menu of chicken salad on croissant, house made chips, and fresh berries with whipped cream for dessert!

6:30 p.m. Program: Young professional singers and Trinity Woods audience favorites Sam Briggs and Alex Johnson, accompanied by pianist Christy Stalcup, present a program all about spring. A bit of jazz, a bit of classical, and of course Broadway!



Book Review: *The Ten Grandmothers: Epic of the Kiowas*
Tuesday, May 21 at 7 p.m. in Fleming Center
No reservations necessary.

Hailing this book as “a reading experience which I will cherish for the rest of my life.” One professional review states, “Miss Marriott has taken representative incidents from a tribal history of the Kiowas, an important and tenacious nation of the southern Great Plains, and built each into a unified narrative of personal experience, concrete and dramatic...Miss Marriott is an ethnologist and her book is based on eight years of work with the Kiowas. Her book has abundant humor, drama and melodrama, beauty and sordidness, pathos and tragedy...” Betty Swindle, Trinity Woods community member, will be the facilitator for the evening. Betty is an avid bird watcher and enjoys reading and cooking. She holds the distinction of receiving the last degree given for Public Speaking from TU.



Is a Life Plan Community/Continuing Care Retirement Community Right for You?

Life Plan Communities or Continuing Care Retirement Communities (communities like Trinity Woods) can be a wonderful solution for older adults who are independent and active today, but who seek the peace of mind that comes with living in a community that can provide assisted living or health care services if and when needed. But how do you know if a CCRC is right for you?

If you answer yes to most of these introductory questions, then it may be worth exploring your options further:

- Do you want to downsize your homeowner responsibilities? (interior/exterior maintenance and repairs)
- Do you like to plan ahead to control, reduce or eliminate the uncertainty about future housing and health care costs?
- If you ever need assisted living or advanced healthcare services, do you want assurance that such services are guaranteed and provided by the community in which you live?
- Would you prefer a social and active community environment—with various services and amenities available to you—that also affords you privacy and independence?
- Are you interested in having easy access to a variety of wellness programs and other activities?
- Would you like to reduce the number of meals you prepare by having access to a meal plan and possibly bistro-style dining options?
- Do you want to reduce the chance that your adult children or other family members will be responsible to provide or coordinate assisted living or nursing care if you need it?
- Are you prepared to possibly pay an entry fee and monthly service fees in exchange for the above?

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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!

Zella Murray Cock – Crestwood

This month we are excited to welcome Zella to the Trinity Woods neighborhood. Zella was born and raised in Enid, OK. She attended Houston Baptist College in Houston, TX where she studied interior design. She received her degree from La Salle University in Chicago, IL.

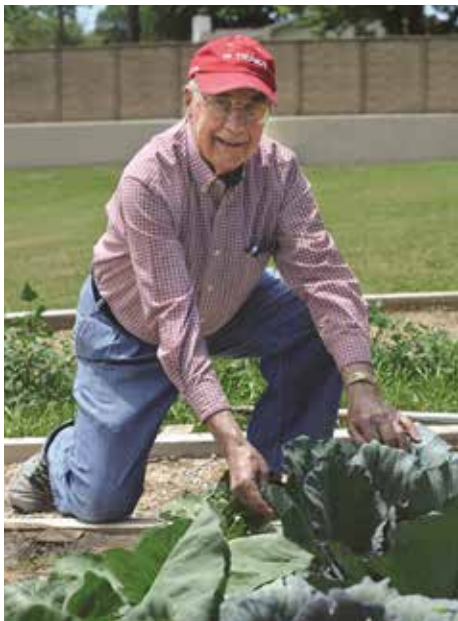
Zella worked in advertising and management of a major shopping center in California and Nevada for a number of years. She married her late husband, Leon in June of 1959. They were married for 64 years. Leon was a 1st Lieutenant in the military. His family was even on the Mayflower.

Zella and Leon traveled extensively throughout their marriage. They visited all 50 states, all the Canadian provinces and more European countries than they can remember. They retired to a retirement community in 2004 in Denton, TX. Zella was active in a Duplicate Bridge group and is excited to get back into playing.

Zella is the sister of Trinity Woods resident Dorothy Van Fossen.



Zella Murray Cock
Crestwood



GROWING IN THE GARDEN!

By Tom Simmons, Trinity Woods Community Member

I was born in the midst of the Great Depression, the second child and only boy of four children. I lived on a farm in Mississippi and was introduced to a hoe at the age of six, to learn how to chop cotton. At 10, I was introduced to a horse

pulling a plow. It was not as much fun as I thought it was going to be!

The cotton rows were long and there were many of them. As I progressed in age, more and different chores came along. I was sent to the garden with a hoe to get rid of grass and weeds. When I finished, Mom told me I did not do it correctly because I did it like I was chopping cotton: another lesson learned.

One year the cotton was over planted so we plowed it up and planted sorghum. I did not have an inkling what was to come. I have since learned sorghum is a genus of about 25 species

of flowering plants in the grass family. We dug a trench on the side of a gently sloping hill. When the sorghum was ready, it was ground for ensilage, put in the trench, covered, and we waited. Winter came and the cattle and horses ate the ensilage like it was candy. We also used our sorghum to make molasses. I could write a book on that subject!

Until I was a teenager, we heated our house and cooked by wood-heated stove – the best food ever! Then electricity was brought to our part of the country. Now we could care for the cattle and horses with electric light at night instead of a kerosene lantern.

I set aside farmwork when I started my career, but retirement gave me the opportunity to find joy using the skills I learned on the farm. I became a Master Gardener in 1995 but it wasn't until we moved to Trinity Woods eight years ago that I was able to start growing vegetables. I have a 400 square foot plot in the Community Garden and this year I'll be growing potatoes, tomatoes, onions, cucumbers, and squash, which my wife and I enjoy and share with our neighbors.

My best advice is whether you farmed some as a kid or have never tried, join me in the garden. We have fun and we are always open to teaching and sharing our spoils!

May STARS Employees of the Month



Sandra Price

Sandra Price – Dietary Aide

Start Date: December 2010
Born and Raised: Tulsa, OK
Wanted to be as a Kid: Fire Fighter
Favorite Sport: Hopscotch
One Meal Forever: Pork Chops and Cabbage
Described by Friends: Nice, Kind and Giving
Hobbies: Watching Movies
Favorite Holiday: Thanksgiving
Favorite Bible Verse: “Honor your mother and father.”
Family Recipe: Sweet Potato Pie
Favorite Book: Bible
Collects: Old Coins
Free Time: Watching grandkids.
Fun Fact: I like to have fun and play jokes!
What her supervisor says: “Sandra is always kind and compassionate with the members. She is willing to help staff and members daily. She is a pleasure to have on the Dietary Team and dependable.” – Liz Misak, Dietary Manager



Trinity Woods Leadership Team

Steve Dickie
Chief Executive Officer
(Retiring May 17)

Garrett Lee
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



THE TRINITY WOODS STEVE DICKIE EDUCATION FUND

Trinity Woods has established the **Steve Dickie Education Fund** as a charitable component Fund of Tulsa Community Foundation (“TCF”) for the purpose of the continuing education needs of Trinity Woods staff in honor of Steve Dickie. Donations can be made in the following ways:

- Make an online donation using your credit or debit card here using the QR code provided.
- Checks can be mailed to TCF at 7030 S. Yale, Ste 600 Tulsa, OK 74136. Make checks payable to Tulsa Community Foundation with a memo to the “Trinity Woods Steve Dickie Education Fund”.
- Send check to Trinity Woods attention Bonnie Polak for delivery to TCF.
- To send donations via ACH or transfer stock, please contact TCF Program Officer Jessica Sisemore for wire instructions at jsisemore@tulsacf.org.



Trinity Woods Service Awards



5

Years of Service
Alix Stuart, CMA,
Holliman Center

Phone Number:
(918) 743-2565

Website:
TrinityWoodsTulsa.com

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MOTHER'S DAY GUESS WHO?

In Honor of Mother's Day, see if you can spot someone you know!

1.



2.



3.



4.



5.

