

# The Trail MIX

The neighborhood news from Trinity Woods | Issue: June 2024



## Embracing the Journey: The Wisdom of Age and Living Life to the Fullest!



**Trinity Woods**

Belong. Believe. Become.

**In this issue:**

**Living Life to the Fullest**

**June Wellness**  
Balance Through Yoga

**June Events**

**New Neighbors**  
Welcome Phala, Jerry and Julie!

In a world where youth often takes center stage, there's an invaluable treasure trove waiting to be discovered in the wisdom of age. Life is a journey, with its peaks and valleys, its triumphs and tribulations.

One of the most profound lessons we learn from the wisdom of age is the art of resilience. Life is rarely a smooth sail; it's the storms that teach us to adjust our sails. Through the lived experiences shared in these pages, we discover that change does not mean roadblocks but opportunities for growth. Whether it's the loss of a loved one, a career setback, or a health challenge, the wisdom of age teaches us to weather the storms with fortitude and emerge stronger on the other side.

Moreover, wisdom underscores the importance of relationships in shaping our lives. From the bonds forged with family members to the friendships cultivated, it's the connections we nurture that sustain us through life's ups and downs. Through the lens of age, we come to realize that it's not the quantity but the quality of our relationships that truly enrich our lives. Investing time and energy in building meaningful connections at all ages becomes paramount, reminding us that love and companionship are the true currencies of life.

Perhaps the most profound lesson gleaned from aging is the importance of living with intention and purpose. The wisdom of age implores us to seize each moment, to savor the simple pleasures, and to pursue our passions with unwavering zeal. Whether it's pursuing a long-held dream, giving back to the community, or simply finding joy in everyday moments, living life to the fullest means embracing each day as a gift and making the most of the time we have.

Even the Bible tells us that a long life brings wisdom and understanding. Leaning into what we learn over the years is a valuable key to enjoying your life and aging gracefully—something the residents of Trinity Woods excel at. As you will see in this issue, a few members have shared their insights on what makes life satisfying and sweet at any age.

# Father's Day



By Weldon Tisdale, Chaplain

**Psalm 68: 5 – “He is a father to the fatherless...” (Living Bible)**

The campaign to celebrate the nation's fathers did not meet with the same enthusiasm as the nation's campaign to celebrate mothers – perhaps because, as one florist explained, “fathers haven't the same sentimental appeal that mothers have.”

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, WV, but it was a one-time commemoration and not an annual holiday.

The next year a Spokane, WA woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers, and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910.

Slowly, the holiday spread. In 1916, President Woodrow Wilson honored the day by using telegraph signals to unfurl a flag

in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father's Day.

In 1966, President Lyndon B. Johnson proclaimed that the third Sunday in June would be officially known as Father's Day, saying that we look to fathers to “provide the strength and stability which characterize the successful family.” In 1972, President Richard Nixon made the day a national holiday.

On this Father's Day, June 16, 2024, our nation will pause to celebrate our fathers. But it might be difficult for some of you to celebrate because your father is no longer around. Or maybe your relationship with your father is broken, or not what you hoped it would be.

Even if you can't celebrate with your earthly father on Father's Day, you can still celebrate with your Heavenly Father. King David writes in Psalm 68:5 that God, our Heavenly Father, is “Father to the fatherless...”

If you belong to God, then you have a great Father. And because you are His, you can never be called fatherless. The Lord even gave you His name to wear. Wear it with pride. You are a treasured member of His family.

# Balance Through Yoga



By Wellness Manager, Alison McMillan

While it may be the end of spring, it's always a good time to think about fall. No, not fall the season where the leaves change and the weather cools, but rather tumbles, stumbles, trips, and spills. One in four Americans over the age of 65 fall each year and almost 40% of those who fall suffer injury from it. While there's a variety of factors that can cause an increased risk of falling, such as medications, loss of strength and balance, increased trip hazards at home, and lack of sufficient nutrition, there are also ways to mitigate and reduce your fall risk.

One of those ways is Yoga! Yoga has been growing in popularity in senior Americans. In fact, participation has doubled in the last 10 years; no wonder since yoga can be practiced by virtually everyone!

By practicing slow movements with holding poses, yoga helps to build strength throughout the body - legs, arms, and most importantly the core. It also helps to improve flexibility in stiff

muscles and joints. Many poses enhance stability and balance and teach the body how to adjust to changes in its position. It requires the participant to practice focus and concentration on their body.

Yoga poses improve the mind-body connection through coordination and mindfulness exercises. It requires the body and the brain to speak to and understand each other, which builds stronger neurological connections. The nature of the weight bearing yoga poses help to strengthen bones therefore helping reduce the risk of a fracture should you fall.

To celebrate International Yoga Day, Trinity Woods is offering yoga classes twice-a-week by Julie Clemons! Julie is certified through YogaFit and has been teaching yoga for 18 years. Julie says, “If you want to get out of bed a little easier in the morning and who doesn't - try yoga!”

# Embracing the Journey:

## The Wisdom of Age and Living Life to the Fullest!



**Betty Swindle**  
Crestwood, 2 years  
Betty: “Working hard pays off.”

Up until seventh grade, I was mediocre in my studies and grades. I'd always wanted to be in the band, so I started playing the clarinet. The band teacher was also my math teacher. We were doing early algebra, and I was bumbling along like I always did, but I was excelling in band.

One day, I told my friend, “I’m not doing well in math, and I don’t feel I can do any better.” The band director overheard this and said, “If you would work harder, like you do with the clarinet, you would excel in math.” So, I worked harder and excelled in math. It didn’t come automatically, but I learned to like numbers a lot, and I ended up doing bookkeeping and accounting for my husband’s business.



**Chuck Hanna**  
Patio Home, 5 years  
Chuck: “Find a sense of purpose.”

I believe we have to have a purpose for a fulfilling life. When you define it, you can live it out, so finding that purpose is important at any age. My purpose these days has become much

more centered on helping others and immersing myself in the church and family. I didn’t come from a particularly religious family. In my later years of life, I’ve gotten closer and closer to God, but it really didn’t bloom until I got here. That’s the way people here at Trinity Woods live their lives. They have love in their hearts, and they’re accepting. So this is an important base for me. It grounds me, and I love that.



**Duane Blankenship**  
Patio Home, 10 months  
Duane: “Be friendly”

I grew up in a small town. I’ve always liked people, always been somewhat outgoing. And I saw that attribute in my dad. He was like Will Rogers; he never met a stranger. I remember consciously thinking there was a period where it was hard for me to meet people. But my dad could go up to any stranger and talk to him. And I thought, “I can do that.” And I did. Be friendly to everyone.



**Janet Hawks**  
Patio Home, 4 months  
Janet: “Be open to life’s possibilities.”

My advice is, just be open. Go with the flow and be friendly. Be welcoming and meet people. Everybody here at Trinity Woods is just so friendly

that it’s not a hard thing to do. There are new things here. I’d never been involved with Tai Chi before, and here I am in Tai Chi class. Being open applies to moving in here too. Talk to somebody that is in the situation. See what’s available and what interests you. I have been a fiber artist for many years, and my comfort place was at the sewing machine. After my husband Bob died, I would go to the sewing machine for hours on end. But I realized that there were days when I wouldn’t see or talk to anybody. That isn’t healthy for your well-being and your brain power. You need to be involved, so be open. Explore and see what it’s really like to live here.



**Mary Davis**  
Crestwood, 3 years  
Mary: “Live life to the fullest.”

Even as we age, we have many years of life left. So, enjoy it. Enjoy what you have, and don’t give up. The Lord wants you to enjoy your life. He put you here on earth, and He gave you everything you need to enjoy it. So, I’m going to live life to the fullest. I’ve got all the time in

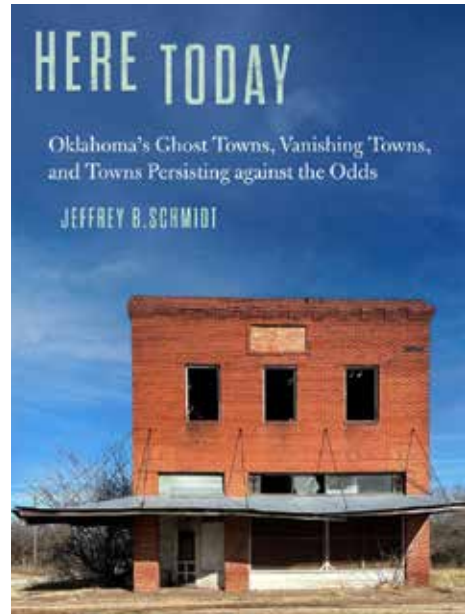
the world now to set up my day as I please. So I don’t hurry. I get up, make coffee, sit around, read a book, visit with people. My life is good here.

# June Events



**Young Talent Discovery Concert**  
**Thursday, June 6 at 7 p.m.**  
**Community Life Center, Westervelt Hall**  
**No reservations necessary.**

Presented in partnership with Celebrity Attractions and the Tulsa PAC Trust, The Discovery Awards highlight and award excellence in high school musical theatre. Professional arts adjudicators nominate the top two performers from each high school musical production who then participate in a showcase competition on stage at the Tulsa PAC on May 31. The overall awarded best female and male performers win an all-expense paid trip to represent Eastern Oklahoma in New York City at the Jimmy® Awards, otherwise known as The National High School Musical Theatre Awards®, at the end of June. Some participants in this year's Discovery Awards showcase will be here, along with Music Director and Tulsa Performing Arts Center's Director of Community Engagement, Jeremy Stevens, to present a musical theatre program for us.



**Book Review by Jeffrey B. Schmidt, Author: *Here Today: Oklahoma's Ghost Towns, Vanishing Towns, and Towns Persisting against the Odds***  
**Tuesday, June 11 at 7 p.m., Fleming Center**  
**No reservations necessary.**

In *Here Today*, Jeffrey B. Schmidt conducts readers, armchair travelers and adventurers alike, through places that tell Oklahoma's story. Part travelogue, part field guide, part history, the book is replete with photos, maps, and GPS coordinates. It documents the rise and fall of 100 of these towns, from the arrival of pioneers and settlers to the rise of buildings and businesses to the decline that came with natural disasters, manmade crises, and cultural change. After his talk, the book will be available for purchase and signing for \$25 Cash or Venmo. Jeffrey Schmidt is Associate Professor of Marketing & Supply Chain and Associate Director, Marketing and Supply Chain Management at the University of Oklahoma.



**Trinity Woods Men's Gathering**  
**Wednesday, June 19 at Noon**  
**Community Life Center, Westervelt Hall**  
**\$12 per member, \$14 per member guest**  
**RSVP on the Wellness Reservation Form**

A great gathering of our gentlemen! Buffet of prime hamburgers and hot dogs fresh off the grill, chili, potato salad, cole slaw, corn on the cob, and cobbler followed by a talk by National Football League referee Clay Martin. Clay Martin entered the NFL in the 2015 season as an umpire and was promoted to referee for the 2018 season. He graduated from Tulsa's Nathan Hale High School where he was an All-State Football and Basketball player. After high school, he played basketball and football at the University of Tulsa and then basketball at OBU. During his time at OBU his team reached the NAIA national championship. After graduating, Clay coached college basketball for a few years and then moved to coaching at Jenks High School where he helped build the program into one of the top high school programs in the state.



**Dance Styles of India**

**Thursday, June 20 at 7 p.m.**

**Community Life Center, Westervelt Hall**

**No reservations necessary.**

Priya Raju, Choreographer and Director of Kripalaya Dance Academy, will be here with one of her students to perform and teach us about the history and meaning of various styles of Indian dance. She'll even teach us, and our Trinity Tappers, some of the movements!

Priya Raju began studying the Indian classical dance known as Bharatanatyam at age five. She has studied and worked with some of the great luminaries of dance and music in India and won many accolades. She founded the Kripalaya Dance Academy in Tulsa in 2002. In 2018, she received the Woman of the Year – Pinnacle Award by the YWCA, in partnership with the Mayor's Commission on the Status of Women, recognizing her work in promoting diversity in the art of dance and for being a mentor and role model to young girls.

After the program, we'll enjoy traditional Indian sweets!



**Supper and BINGO!**

**Thursday, June 27**

**Community Life Center, Westervelt Hall**

**Tickets required. Members are free. Guests are \$7.**

**RSVP on the Wellness Reservation Form or email by June 21.**

**6:00-6:45 p.m. Buffet Supper & Socializing:** A yummy menu of egg salad sandwich, housemade chips, and lemon bars for dessert!

**6:45-7:30 Bingo:** Trinity Woods member Andy Ewing will be our caller for several rounds of bingo with prizes!



**June Birthdays at Trinity Woods**

Martin Godsey.....1	Beverly Donatelli.....10	Howard Rhodes.....19
J. Gibson.....2	Carol Graham.....14	Betty Brehm.....20
Virginia Hebermehl.....2	Dolores Hedger.....14	Jan Reynolds.....22
Phyllis Rhodes.....2	Don Neuhaus.....14	Jacqueline Whitehurst.....23
Mary Bisset.....3	Betty Jennings.....14	Ann Lackey.....24
Phala Clough.....6	Tom Winslow.....14	Diane Fallis.....25
Don Hertzler.....7	Martha Wood.....14	Rich Lilienthal.....26
Diana Schulz.....9	Charlotte Frazier.....17	Donna Cartwright.....30

**June Anniversaries**

Vic and Roberta Hairston.....6/1/1953	Rob and Scampy Rainey.....6/16/1962
Mel and Mary Pearson.....6/1/1955	Ken and Carol Tobler.....6/16/1961
Tom and Patsy Fawcett.....6/3/1972	Guy and Vicky Langston.....6/25/1965
Ken and Charlotte Frazier.....6/3/1972	<b>✦ In Memory of</b>
George and Carol Graham.....6/5/1978	Sandra Falkensten.....5/2/2024
Bob and Toni Dickson.....6/6/1976	Carol Johnston.....5/2/2024
Bud and Dee Maguire.....6/9/1956	Frances Baber.....5/8/2024
Duane and Janice Blankenship.....6/10/1967	Betty Fryrear.....5/9/2024
Leonard and Mary Stubbs.....6/10/1956	John Wright .....5/11/2024
Ron and Ginger Anderson.....6/13/1954	Sharon Hulin.....5/15/2024
Dan and Mary Bissett.....6/15/1963	

# Welcome to the Woods!

## Phala Clough – Felt House

We are excited to welcome our newest Felt House resident Phala Clough. Phala is an Oklahoma native; she grew up in Bartlesville. She is a graduate of Northeastern State University with a bachelor's in arts.

Phala had a 30-year career with the American Red Cross in a variety of roles. Her favorite position was working with the military men and women and their families. She met her late husband, Carl, while working in Hawaii with the Red Cross. He was in the Navy. They were married for 45 years, and Phala has one stepdaughter.

After retirement they enjoyed traveling across the country via RV. She has collected spoons from many of the places they traveled. In her spare time, she likes to read and listen to music. Her favorite book genre is mysteries.

She is enjoying the friendly atmosphere and kindness of everyone she has met and all the walking trails. Phala is hoping to get more engaged in water aerobics and the concerts.



Phala Clough  
Felt House



Dr. Jerry and Julie Gustafson  
Crestwood

## Dr. Jerry and Julie Gustafson – Crestwood

Meet the Gustafsons! Jerry and Julie have been married for 66 years. They met when Jerry and his friends drove by her friend's house while they were having a slumber party. They started dating when they were in high school in Kirkwood, MO. Julie says, "I loved him from the very beginning."

Julie is originally from Webster Groves, MO. She has a bachelor's in education from the University of Missouri with a minor in special education. She found her passion when she started working with the Community Service Council in the 1970's. She is one of the founders of The Parent Child Center in Tulsa, an organization that provides for the basic needs of foster families. In 2018, Julie finished a book about her family history that featured stories passed down through letters and word of mouth since 1865.

Jerry was born in Saint Paul, MN and moved to Missouri at age 16. Jerry has a bachelor's and medical degree from the University of Missouri. Jerry completed his general surgical residency at Parkland Hospital in Dallas where he was part of the team who triaged victims in the JFK assassination. He joined the military in

1966 and served as a Captain in Medical Services, stationed in Vietnam. After moving to Tulsa, Jerry joined Surgical Associates at Saint Francis where he worked until he retired. His career achievements include many medical board appointments, Saint Francis Medical Director, and creator of EMSA in Tulsa.

The Gustafsons are life-long learners and are looking forward to those opportunities on campus. They both enjoy gardening and Jerry is a Master Gardener. They like to dance as well as travel. Currently, Jerry and Julie are serving as the honorary capital campaign chairs for the Counseling and Recovery Mental Health Service of Oklahoma.

# June STARS Employee of the Month



**Leslie Sones, CMA, Health Center**

**Start Date:** July 2022  
**Education:** Edison High School and Tulsa Community College  
**Wanted to be as a Kid:** Nurse  
**Favorite Sport:** Football  
**One Meal Forever:** Tacos!  
**Described by Friends:** That she looks serious but is funny.  
**Hobbies:** Reading and Writing Poetry  
**First Job:** Kentucky Fried Chicken  
**Favorite Holiday:** Christmas  
**Favorite Bible Verse:** “When a man’s ways please the LORD, he makes even his enemies to be at peace with him.” Proverbs 16:7  
**Family Recipe:** Sweet Potato Pie  
**Favorite Movie:** Waiting to Exhale  
**Favorite Book:** The Babysitters Club series by Ann M. Martin  
**Collects:** Coffee Mugs  
**Free Time:** Spending time with grandkids  
**Fun Fact:** She has a fear of mermaids  
**Family:** Mother of four children  
**What her supervisor says:** “Leslie is very caring to elders and staff. Is always willing to help out.” – Harriett Zavala, Household Manager



**Trinity Woods  
Leadership Team**

**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



We are excited to welcome two Administrator in Training interns to Trinity Woods. Jacob Will, Vice President of Health Services is serving as the preceptor. Katie Gussenhoven and Aaron Stuart will spend 560 hours on campus observing every department learning what it takes to be an administrator. We are excited to provide them this learning experience and wish them luck on their journey into the senior living profession.

## Trinity Woods Service Awards



**5**  
Years of Service  
Cynthia Cook,  
Accounting



**5**  
Years of Service  
Shanette Edwards,  
CMA, Health Center



**5**  
Years of Service  
Bonnie Polak,  
Administration

**Phone Number:**  
(918) 743-2565

**Website:**  
TrinityWoodsTulsa.com

**Follow Us on Social Media**



**Formerly  
Oklahoma Methodist Manor**

# FATHER'S DAY GUESS WHO?

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

1.



2.



3.



4.



5.



1. Wayne Tremble 2. John Berry 3. Bill Moore 4. Don Hertzler 5. Garrett Lee