

The Trail MIX

The neighborhood news from Trinity Woods | Issue: July 2024



announcing a more secure campus!

By Bonnie Polak, VP Philanthropy and Community Engagement

Trinity Woods is pleased to announce that we have started the process of gating the community. Over the past several months, informational meetings were held for residents to learn more about securing the campus by adding a gated entry system.

Gated communities are increasingly popular among seniors seeking a secure, serene, and sociable living environment. Some of the key features and benefits of a gated entry:

- **Enhanced Security and Privacy:** By limiting access to residents and approved guests only, the gated entry system will significantly reduce the risk of unauthorized individuals entering our neighborhood.
- **Controlled Access:** Residents will have the convenience of accessing the neighborhood seamlessly through the gated entry system, while guests will require approval from residents to enter.
- **Community Cohesion:** The implementation of a gated entry system encourages a greater sense of community by fostering a shared commitment to safety and security among residents.

“This is a great opportunity for our community,” said Garrett Lee, Trinity Woods CEO. “I am even more excited to announce that this project has been fully funded with donations and pledges. It speaks volumes that we have such support for this project and how it will add to the community.”

We thank the people who supported this effort with their prayers and contributions. The project is already under way, and we expect to break ground in the coming months. The estimated completion date of the project is the end of the year, weather permitting.



Trinity Woods

Belong. Believe. Become.

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Campus**

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ORDINARY TIMES

By Weldon Tisdale, Chaplain

The Christian year includes two central cycles focused on major events in the life of Christ: the Christmas cycle (Advent-Christmas-Epiphany) and the Easter cycle (Lent-Easter-Pentecost).

Each of these seasons begins with a time of preparation and anticipation followed by a time of celebration. A season designated as “Ordinary Time” follows each cycle. The word “ordinary” here does not mean “routine” or “not special.” Instead, it refers to the “ordinal numbers” (first, second, third, etc.) used to name and count the Sundays (such as the third Sunday after Epiphany).

The first period of Ordinary Time, the Season after Epiphany, begins on Epiphany Day and ends on the day before Ash Wednesday (the beginning of Lent). The central theme of this season is the calling of disciples and the early ministry of Jesus.

The second period of Ordinary Time, the Season after Pentecost, follows the Easter cycle. It begins the day after Pentecost and continues to Advent. The purpose of this season is to support new disciples and the whole congregation in living out the gifts and callings discerned during the Easter Season and commissioned on the Day of Pentecost.

Every year, Christians experience the contrast between the central seasons of Christmas and Easter, where we see God in the events around the coming of Christ, and the in-between times, where we see, speak about and join God’s ongoing work in the world.

It is our human tendency to get excited about Christmas and Easter and for our attention and enthusiasm to wane in between. Yet, we should not confuse “ordinary” with “commonplace.” One writer, Bo McAllister tells us that “Ordinary Time is extraordinary because it reminds us that God is with us even in the day-to-day ordinariness of our lives. God wants to be in our everyday lives, even the parts we view as ordinary and mundane.”

We thus experience two regular cycles of preparation, celebration and action in ministry each year, with the Ordinary Times as the primary periods of action. Ordinary Times should be a call to action during the in-between times. We are in an “Ordinary Times” season. What actions will you take to advance the Kingdom of God? Let us enjoy the relaxed nature of summer but let us do so in a way that also celebrates the sacredness of “Ordinary Time.”



Trinity Woods Named Senior Care’s Best Places to Work!

Trinity Woods has been named as one of Senior Care’s Best Places to Work for 2024 under a new program from WeCare Connect – the industry leader in senior care surveys. We are delighted to announce

we have met the rigorous benchmarks that signal excellence in care.

“We are so excited to receive this distinction. We pride ourselves on not just serving Tulsa seniors but also the people who choose to work in this industry. We love our employees and couldn’t

be prouder to be named Senior Care’s Best!” says Garrett Lee, Trinity Woods CEO.

Why Senior Care’s Best?

For a long time, it has been difficult to measure and rank the qualitative benefits such as satisfaction and engagement that are critical to senior care. WeCare Connect uses the largest third-party survey data set in senior care from which to assess, certify and rank organizations as Senior Care’s Best.

About WeCare Connect

WeCare Connect is the industry leader in senior care surveys. They enable senior care organizations to act on what their employees, patients and residents care about most, ultimately helping them increase retention, satisfaction and organizational stability.

JULY EVENTS



Independence Day Celebration
Tuesday, July 2
No reservations necessary.

10:00 a.m. Campus Parade – Join us in the main circle drive on the north side of campus! There will be an array of parade entries from antique cars to bicyclists to floats representing campus organizations. This is always a festive and patriotic time. Bring a chair to sit along the sidewalk or watch from a window or balcony. (Fleming Center will be open as a viewing area.)

99-year-old resident and World War II veteran Dick Wilhour will serve as our Grand Marshal this year.

2:00-3:00 p.m. Ice Cream Social in the Community Life Center Westervelt Hall. We will honor our first responders as we gather for a come-and-go build-your-own-ice cream-sundae event. We have invited our local police and fire divisions as well as EMSA to stop by and enjoy ice cream and let us thank them in person.



Supper and A Show
Thursday, July 25 at 6p.m.
Community Life Center, Westervelt Hall
Tickets required. Members are free. Guests are \$7.

6:00-6:45 Buffet Supper & Socializing: A yummy menu of ham, turkey, cheese, tomato on Kaiser rolls, homemade chips, and a patriotic popsicle for dessert!

6:45-7:30 Show: Preservation Barbershop Quartet. What could be better in July than good ol' barbershop singing? Did you know that the Barbershop Harmony Society, legally named the Society for the Preservation and Encouragement of Barber Shop Quartet Singing in America, Inc. (SPEBSQSA), was founded in Tulsa?



Young Talent Discovery Concert:
Joshua Taylor
Thursday, July 11 at 7:00 p.m.
CLC Westervelt Hall
No reservations necessary.

If you attended Trinity Woods' 2023 Veterans Service, you were surely moved by 18-year-old Joshua Taylor's singing of our National Anthem. Now you will get to hear more of his talents as a singer and pianist! Joshua has just graduated from Jenks High School. While at Jenks he won the High School Talent Show three years in a row, and multiple vocal and piano contests and awards. Joshua is passionate about U.S. History. His faith and desire to honor our military, our veterans, and our country, and bring awareness to his generation, led him to achieve a goal of performing the National Anthem 100 times by the time he graduated. Now he is headed to the University of Oklahoma, where he will be a President's Community Scholar, majoring in Vocal Performance with a minor in U.S. History. Come to enjoy this talented and dedicated young man!

Summer School

SCHOOL IS IN SESSION!



For the eighth year in a row, we are proud to offer Trinity Woods Summer School with a plethora of classes, all taught by Trinity Woods community members! There are 12 different classes this year, some with multiple sessions. Since classes are held right on campus and at different times, you can easily take part in every single class if you wish. We are very grateful to the instructors who are sharing their time and wealth of knowledge with their neighbors. Three instructors, including one who just moved to Trinity Woods, are leading a class for the first time; others are returning with exciting, new topics. Please remember reservations are required for all classes.



Beginning Billiards
Mondays, July 8-29 at 2 p.m.
CLC Gwartney Gathering Area
Instructor: Tom Williams

Tom is an avid pool player both on his home table and in the CLC.

If you have never played pool, you're missing out on a great game that provides brain exercise and improves hand-eye coordination. And it's available to you anytime in the CLC! Come learn basic rules and techniques of the game.



Micro Plastics
Wednesday, July 17 at 3 p.m.
CLC Trudy Plowman Classroom
Instructor: Marcia Bates

Marcia holds a degree in chemistry and her doctorate in environmental engineering.

In 1975, she was the first female engineering professor hired at OSU. Although micro plastics have been around for a while, they are currently garnering a lot of attention. They are ubiquitous in our environment even in our beer! Scientists are currently investigating the many problems associated with their presence. This session will cover their sources, environmental effects, effects on the human body, and remediation efforts.



Japanese Language and Culture
4 Tuesdays, July 9, 16, 23, 30 at 1 p.m.
CLC Trudy Plowman Classroom
Instructor: Sarah Jenkins.

Sarah is a native of Japan and elementary and middle school teacher for 26 years.

This class will give you a glimpse of Japanese culture and will include some language instruction as well as cultural insights. Sarah will demonstrate a "Tea Ceremony" where she will encourage participants to be the proper guests. There will be lots of interactive fun!



Improving Billiards
Fridays, July 12-August 30 at 12:30 p.m.
CLC Gwartney Gathering Area
Instructor: Tom Williams

Tom is an avid pool player both on his home table and in the CLC.

Whether you just know the basics or are a seasoned player, you can always improve and learn something new. Tom Williams will guide play and provide instruction as you enjoy the game.



Don't Be Afraid of Contemporary Art! Tour
Thursday, July 18 at 1 p.m. to 4:30 p.m.
Facilitator: Jan Hawks

Jan is a fiber artist as well as an original board member of 108 Contemporary.

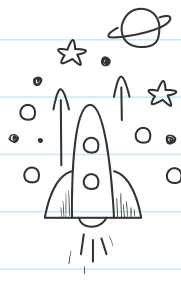
Jan Hawks will lead a tour of two contemporary art galleries in the Tulsa Arts district: 108 Contemporary, where the current exhibit is Fiberworks 2024, a juried show of Oklahoma fiber artists; and the Steve Liggett Gallery, which is hosting artworks of Paul Acevedo Gomez, who will be present to guide us as well. Cost of this class is \$10 per person.



Create Your Own Earrings!
Wednesday, July 31 at 2 p.m. to 4 p.m.
CLC Trudy Plowman Classroom
Instructor: Cherlyn Sunflower

Cherlyn loves playing cards, teaching crafts, and making new friends.

Are you missing some earrings for one of your necklaces? Or perhaps you just need some new bling to add to your look! Come make a pair of dangle earrings. All supplies provided (but a \$5 donation to the Treasure Chest would be appreciated.) Bring your necklace with you, if you wish to match it.



The Solar Maximum
Wednesday, August 7 at 3 p.m.
CLC Trudy Plowman Classroom
Instructor: Don Hertzler

Don is Emeritus Professor of Chemistry, Southwestern Oklahoma State University.

Our sun has an 11-year solar storm cycle through which it goes from very calm to a maximum of turbulence. This year the sun is at its maximum turbulence. The sun is being extensively investigated by solar probes, radiation detectors, and telescopes from space, on earth and on Mars. This talk will show what has been found using a combination of spectacular photography and graphical analysis.



BE! Brain Enrichment Course
Tuesdays and Thursdays,
July 30 – August 29 at 11 a.m.
CLC Howard Plowman Classroom
Facilitators: Charlotte Frazier and
Toni Dickson

The primary goal of this course is to help maintain cognitive function (thinking and memory skills). One goal is for participants' learning to transfer to tasks of daily living such as attention, word-finding, remembering names, and planning. It is designed for adults with no or only minor cognitive impairment. Cost of the coursebook, which is required, is \$19. In fairness to all, regular attendance is a must. If you are anticipating missing for more than one of the class dates, please do not enroll in this class.

There will be ten, 60-minute interactive sessions over five weeks in which participants:

- Learn about the brain's processes of attention, working memory, long-term memory, reasoning, and problem solving;
- Participate in mental exercises to engage and stimulate the brain;
- Learn about lifestyle practices for maintaining brain health;
- Practice strategies for improving thinking and memory.



Some Things Get Better
Wednesday, August 14 at 3 p.m.
CLC Trudy Plowman Classroom
Instructor: Don Hertzler

Don is Emeritus Professor of Chemistry, Southwestern Oklahoma State University.

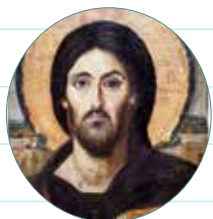
Geriatric Research is reported in several journals such as the 'Journal of the American Geriatrics Society' and 'Journals of Gerontology - Series A.' The focus is mostly on healthy aging and solutions for diseases related to aging. Research has shown that some things get better with age. This talk will focus on those things.



An Insider's Look at the Tulsa Zoo:
Past, Present, and Future
Monday, August 26 at 2 p.m.
CLC Trudy Plowman Classroom
Instructor: Ken Frazier

Ken was a Biologist with the US Fish and Wildlife Service for 37 years.

Did you know that our almost 100-year-old Tulsa Zoo is home to about 400 species and more than 3,000 animals? Ken Frazier, who has been a Zoo docent for 12 years, will present an illustrated lecture that will be like a virtual visit to the Zoo. He will tell us how the Zoo came to be, their amazing world-wide conservation efforts, and what's in store for the Zoo's future. We plan to follow up the class with a trip to the Zoo in September.



The Parables of Jesus
3 Tuesdays, August 6, 13, and 20 at 1 p.m.
Crestwood Theatre
Instructor: Dr. Robert Mansfield

Bob is Emeritus Professor, Oral Roberts University.

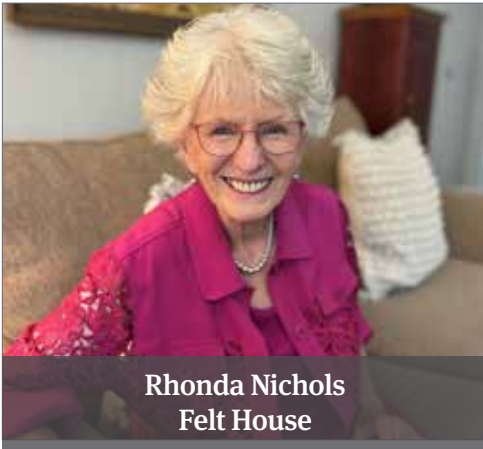
Everybody loves a good story. Jesus was a Master Storyteller, and he often told stories in Parables to arrest attention and to illustrate his religious points. Parables have been called "Windows into Heaven." They are unique in that they "do not say what they mean and do not mean what they say." We shall seek to make clearer the meanings that Jesus conveyed through parables and see how they still speak to us today.



Food & Wine Pairings
Wednesday, August 28 at 3 p.m.
Member Club in Crestwood
Instructor: Toni Dickson

As a native Californian, Toni and her husband Bob have visited many vineyards throughout the state. Though not connoisseurs, they enjoyed participating in the tastings each vineyard offered as they developed their palates. This class comes directly from the Beringer Vineyards outside Santa Rosa, California. Toni will demonstrate how the dominant taste in food changes the taste of wine and what flavors pair best with which wines. Cost of this class is \$14 per person.

Welcome to the Woods!



Rhonda Nichols
Felt House

Rhonda Nichols – Felt House

This month we welcome Rhonda Nichols to the neighborhood. Rhonda is originally from Tulsa and attended Webster High School. She enjoys flower gardening and spending time with her three children, eight grandchildren, and five great grandchildren.

Rhonda worked in the insurance field for 44 years. Prior to retirement in 2004, Rhonda worked for Rich & Cartmill Insurance. A fun fact is that Oklahoma Methodist Manor was one of her clients, so she is very familiar with our community.

She collects coins and teapots with cups and saucers. She is a proud two-time breast cancer survivor. Rhonda is still navigating her way through campus, but she likes how friendly everyone has been. In the coming months she is looking forward to getting more involved in fitness classes.

John and Donna Miller – Crestwood

Meet John and Donna Miller! They have been married for 59 years. They started dating when they were 14 and lived in a small town in Colorado. Donna asked John to the Sadie Hawkins Day Dance. She says “I loved his sense of humor and how mischievous he was.” They have two sons and two grandchildren.

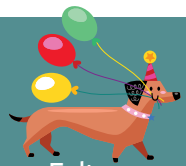
Donna grew up in Sterling, CO as one of seven children. She attended the University of South Dakota and Tulsa Community College. She enjoys writing, scrapbooking and crafts. She managed several home businesses while staying home to raise children. Donna’s true passion is learning about and sharing family history. She has even published a book about her childhood home.

John was born in Iowa and moved to Sterling, CO where he met Donna. Later his family moved back to Waukon, Iowa where he graduated high school. He received his bachelor’s degree in history and his master’s in education from the University of South Dakota. John worked for Case & Associates for 26 years prior to retiring. John also served on the Trinity Woods board for many years and was instrumental in the planning of the Crestwood building.

John and Donna are excited to be here and connect with so many friends, as well as meet new ones. They are excited to get more involved in the wellness classes.



John and Donna Miller
Crestwood



July Birthdays at Trinity Woods

Lou Felts.....4	Carson Jackson.....14	Julie Gustafson.....25
Kathy Moellenberndt.....6	Patricia Wood.....14	Joan Raczkowski.....25
Jan Steffensen.....6	Gerry Pittenger.....15	Mary Ziegler.....25
Shirley Frizzell.....8	John Berry.....16	Elizabeth Bartlett.....26
Bernie Skinner.....8	Peggy Hanna.....17	Dixie Bell.....26
Gayle Teter.....8	Page Parker.....18	Ruth Weston.....26
Marjorie Martin (will be 100).....9	Ken Johnson.....19	Tom Reed.....28
Jan Skinner.....9	Jerry Ehlers.....20	Carolyn Shumaker.....29
Phil Brinlee.....10	Mary Lynn Gilbert.....20	Chuck Uerling.....29
June Brown.....11	Joyce Saunders.....21	Bud Ellis.....31
Peggy Ziglar.....11	Paul Hockett.....23	Glenna Hertzler.....31
Kay Brown.....13	Dorothy VanFossen.....24	

July Anniversaries

Bill and Aneta Wilkinson.....7/18/1964
Martha Wood and Ron Subber.....7/23/1994
Gary and Sally Kemp.....7/25/1970

✚ In Memory of

Wilma Roosa.....5/30/2024
Donna Cartwright.....6/18/2024

July STARS Employee of the Month



Sarah Shotwell, Dining Team Independent Living

- » **Start Date:** November 2023
- » **Born and Raised:** Eufaula, OK
- » **Wanted to be as a Kid:** Osteopathic Doctor
- » **Favorite Sport:** Baseball
- » **One Meal Forever:** Fettuccine Alfredo
- » **Described by Friends:** Happy and Encouraging
- » **Hobbies:** Reading and Being in Nature
- » **First Job:** CNA
- » **Favorite Quote:** Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen.
- » **Family Recipe:** Brownies
- » **Favorite Book:** *If You Give a Mouse a Cookie* by Laura Numeroff
- » **Free Time:** Spending time with Friends
- » **Fun Fact:** Very Spiritual Person
- » **What her supervisor says:** "Sarah has been a good addition to the Charter Oak team. She is very kind and funny. She has been a delight to work with and I am looking forward to all she will bring to the team and Trinity Woods." – Stacy Pine



Nick Terrell, Dining Team Health Center

- » **Start Date:** September 2020
- » **Born and Raised:** Tulsa, OK
- » **Education:** Currently Attending TCC
- » **Wanted to be as a Kid:** Storm Chaser
- » **One Meal Forever:** Red Hot Applesauce
- » **Described by Friends:** Sensitive and Caring
- » **Hobbies:** Crafts, Painting, Sewing and Embroidery
- » **First Job:** Clerk for Reasor's
- » **Favorite Quote:** "Smile at the people in the grocery store." – Allie Jensen
- » **First Car:** 2008 Jeep Wagoneer
- » **Favorite Movie:** The Whale
- » **Favorite Book:** *Billions & Billions* by Carl Sagan
- » **Collects:** Uranium Glass
- » **Free Time:** Hiking and Spending time with Family
- » **Fun Fact:** Parents were professional clowns.
- » **What his supervisor says:** "Nick is a pleasure to work with. He is very kind and compassionate when dealing with the members. He always goes out of his way to make sure they have what they need." – Liz Misak, Dietary Manager



Trinity Woods Leadership Team

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Crystal Creekmore
VP of Human Resources

Dennis Graham
Chief Operating Officer

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

Jerome Steele
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Trinity Woods Service Awards

5
Years of Service
Mark Caymo
Dining Team



**Formerly
Oklahoma Methodist Manor**



Why Making Your Wishes Known is Important

It's a difficult conversation to have. While no one knows when that time will be, as we grow older, the question comes with more urgency. Making your wishes known is crucial for several reasons,

as it helps ensure that your preferences and values are respected, particularly in situations where you might not be able to communicate them yourself. Here are some key points highlighting the importance of this practice:

1. **Personal Autonomy:** Clearly articulating your wishes helps maintain your autonomy by ensuring your decisions are honored.
2. **Peace of Mind:** Knowing that your desires will be respected can provide significant peace of mind. This applies to both you and your loved ones.
3. **Avoiding Conflicts:** When your wishes are explicitly known, it reduces the potential for conflicts among family members and friends.
4. **Legal Considerations:** Specifying your wishes in legally binding documents like living wills, advance directives, or powers of attorney ensures that your instructions are followed in accordance with the law.
5. **End-of-Life Decisions:** Making your end-of-life preferences known is particularly important to ensure that your dignity is maintained, and your end-of-life care aligns with your values.
6. **Financial Management:** By making your financial wishes known, you can ensure that your assets are managed and distributed according to your desires.
7. **Organ Donation and Funeral Preferences:** Indicating your preferences for organ donation and funeral arrangements can relieve your family of making difficult decisions during a time of grief and ensure your wishes are honored.
8. **Communicating Values and Legacy:** Beyond practical considerations, making your wishes known allows you to communicate your values, beliefs, and legacy. This can provide guidance and inspiration to your loved ones and ensure your personal and family values are upheld.