

The Trail MIX

The neighborhood news from Trinity Woods | Issue: August 2024

It is MORE
BLESSED TO GIVE
THAN TO RECEIVE
ACTS 20:35



Being a Good Samaritan

By Garrett Lee, Trinity Woods CEO

Most people long for peace of mind, security, and belonging. When the mission of Trinity Woods is successfully carried out, these are all gifts that residents can experience. I can think of no better demonstration of living out our mission to serve others in the spirit of Christ than what is modeled through our Good Samaritan Fund.

I've heard it said that it is more of a blessing to give than to receive. Clearly Trinity Woods recognized that all those years ago. They noticed that not only did we have an opportunity to serve and love each other in the spirit of Christ by the giving of our money and time but also, we have an opportunity to receive tremendous blessings by creating and giving to this Fund.

The need for benevolent care hasn't changed, nor has the opportunity to be a part of something marked by generosity and kindness. Every year, we have the honor to serve people from all walks of life and every year, some of our precious neighbors through no fault of their own, experience something that can be traumatic; that is, they outlive their financial resources. Support comes to them through donors to the Good Samaritan Fund.

Each person who gives to this Fund is showing up for those who need help, and through this, we get the blessing of living out our promise at Trinity Woods to care for people for the remainder of their lives – allowing them to experience the amazing gift of peace of mind, security, and belonging.

Please join us as we carry out the responsibility of the Golden Rule and care for our neighbors. We ask you to prayerfully consider what your involvement in the Good Samaritan Fund could be this year, and I invite you to experience the blessing of generosity, as outlined to us through the life and ministry of Jesus. An envelope has been enclosed but you can also make a donation via our website. For more information on how you can help, please call 918.346.6639.



Trinity Woods

Belong. Believe. Become.

In this issue:

Good Samaritan Fund

TW Longest Reigning Resident

August Events

Concerts, Book Talk and
Hot Rods & Hot Dogs

New Neighbors

Meet Tom and Donna and
Brad and Faith!



Ordinary Times

By Weldon Tisdale, Chaplain

*“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the **unforced rhythms of grace**. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” Matthew 11:28–30 MSG*

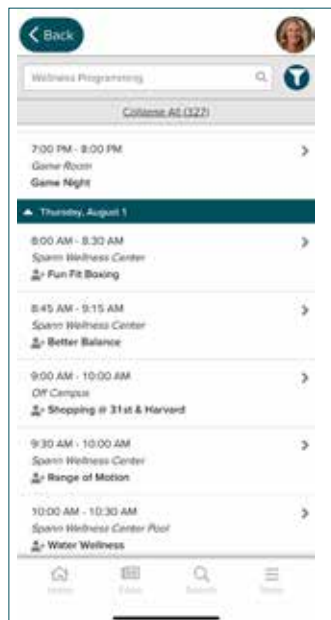
Do you feel as though you are trapped on a never-ending treadmill based on your own efforts to try to earn God’s forgiveness, approval and acceptance? If you are trying to earn your own forgiveness and thinking that God is constantly mad at you, I am here to tell you that is not the heart of God.

When Jesus spoke of “the unforced rhythms of grace,” He means that there is an ease and enjoyment when you walk in His grace. This contrasts with the struggle and strain found in self-effort. There is rest when you know there is nothing you can do to earn His forgiveness. It is freely given. Receive His forgiveness and stop punishing yourself, because your sins have already been punished on the body of another—His name is Jesus. No wonder the Gospel is called the Good News.

When you understand God’s grace and forgiveness, you will understand the difference between religious obligation and relationship. Under the old covenant of the law, right-living is done out of religious obligation. Under the new covenant of grace, everything we do today is birthed out of an inward motivation that flows directly from a love relationship with Jesus.

God is not a legalist. He doesn’t want you to read His Word just because He said so, as a religious obligation. He wants you to experience His love and spend time in His Word because you want to enjoy His sweet presence. The reality is, when you don’t read the Bible, you should not feel guilty; you should feel hungry.

Jesus invites you to walk, work and watch in rhythmic timing as He does, and experience “the unforced rhythms of grace.” Keep company and in sync with Him and you’ll learn to live freely and lightly!



Trinity Woods THE APP!

We are excited to announce we have entered the wonderful world of Apps! This is a great addition for our residents. The app called the TW Neighborhood App can be used on a desktop or mobile device. The TW Neighborhood App features include reservations for the restaurants, programs, exercise classes submitting work orders for maintenance; track your Dining Dollars; connect with neighbors through the directory; and peruse menus, newsletters, and Town Hall videos. Another great feature is free tech support! We hope all our residents will take time to download the app and utilize it to its fullest. If you have any questions, please reach out to Alison McMillan at 918.346.6682. The Wellness Team is eager to help!



Honoring Trinity Woods' Longest Reigning Resident!

By Bonnie Polak, VP of Philanthropy and Community Engagement

This month, I took time to sit down with someone who needs no introduction to most people in the Trinity Woods community - Phillele McBrayer. Phillele holds the honor and distinction of being the person who has lived here the longest – 29 years! In fact, the home she currently resides in is the place she has lived in

the longest throughout her life.

Phillele's ties to Trinity Woods, and Oklahoma Methodist Manor, are strong. Her parents built a villa on Sandusky back in 1979 that is still in use. She remembers them moving in on her birthday.

When asked about all the changes since then she will tell you, that the feeling of community has never changed. "The people are great and it is has been a wonderful place to live then and now."

She remembers every time there has been a new building project on campus wondering how it would change things,

and appreciating how it has always added something that was needed and important, making things better.

This year Phillele will turn 99 and she credits her long life to being blessed with good health. She has helped that along by being active – she walks and exercises, she still teaches piano, and is active in campus programs, as well as in her church community.

Looking back at her 29 years in the community, Phillele mentions her love of playing the piano with her most beloved friend Ann Dorff. Most people probably don't know that this community is what brought this dynamic piano duo together. They have played over 25 programs together throughout the years.

Perhaps my favorite part about my time with Phillele was her words of wisdom...“Be active and accumulate friends.” And to that I say, well done, Phillele!



Phillele and friend Ann Dorff



August Birthdays at Trinity Woods

Suzanne Davis.....1	Tom Simmons.....11	Jacqueline Clark.....22
Allison Fallin.....1	Bob Mansfield.....11	Cindy Ziegler.....22
Versa Bailey.....3	Gerene Adwon.....13	Carolyn Hart.....25
Mary Elsa Hocker.....3	Nita Boring.....15	Joan Derr.....26
Bob Cable.....4	Margaret Newendorp.....15	Mae Timmons.....26
Rosemary Frew.....4	Duane Blankenship.....16	Elma Briggs.....27
Margaret Davidson.....5	Jeanette Hooks.....17	Betty Coleman.....27
Linda Pat Colgan.....7	Susan Williams.....17	Helen Moorer.....27
Ginger Anderson.....8	Kay Owens.....18	Billie Payne.....27
David Maddox.....10	Don Stout.....19	Garry Kemp.....28
Ed Wagner.....10	Jeannie Westfield.....21	Bena Miller.....28
Richard Allen.....11	Allen Bates.....22	Bill Moorer.....29
		Marcia Seba.....30

August Anniversaries

Don and Becky Neuhaus.....8/6/1966
Dick and Gerry Pittenger.....8/8/1966
Stan and Gayle Teter.....8/8/1987
Jerry and Julie Gustafson.....8/16/1957
Don and Glenna Hertzler.....8/17/1963
Brad and Faith Ferguson.....8/19/1967
Warren and Lynette Danskin.....8/20/1972
Ken and Ruth Weston.....8/24/1963

Bob and Jane Mansfield.....8/28/1960
Bill and Helen Moorer.....8/28/1960
Elson and Joyce Hargrove.....8/30/1958

✚ In Memory of

Bob Harper.....6/28/2024
Goldia McGinnis.....6/29/2024
Betty Kirk.....7/11/2024
Suzann Ham.....7/17/2024

August Events



Dance Styles of India Thursday, August 1 at 7 p.m. Westervelt Hall, CLC

Priya Raju, choreographer and Director of Kripalaya Dance Academy, will be here with a few students to perform and teach us about the history and meaning of various styles of Indian dance. Priya will even teach us, and our Trinity Tappers, some of the movements! And you'll get to taste some traditional Indian sweets as well.

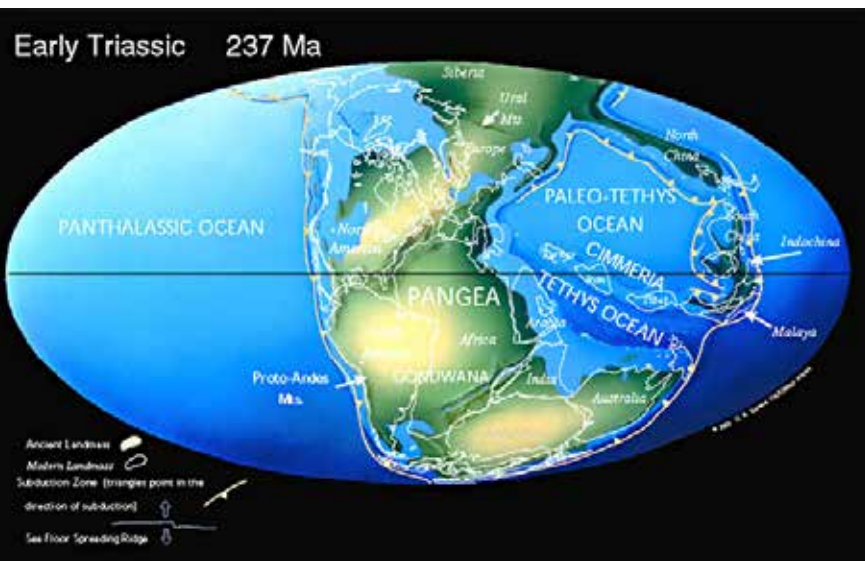
Priya Raju began studying the Indian classical dance known as Bharatanatyam at age five. She has studied and worked with some of the great luminaries of dance and music in India and won many accolades. She founded the Kripalaya Dance Academy in Tulsa in 2002. In 2018, she received the Women of the Year – 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.

New Member Reception: “The Beginning of a Beautiful Friendship” featuring Kelly Ford and Cathy Venable Thursday, August 15 at 6 p.m. Westervelt Hall, CLC

Let's welcome the newest additions to the Trinity Woods neighborhood with introductions, food, and top-notch entertainment! International artists tenor Kelly Ford and pianist Cathy Venable, two Trinity Woods favorites, will present a program celebrating friendship. Kelly is Traditional Music Director at Harvard Avenue Christian Church and sings professionally at corporate events, with recording groups, and in local bands and entertainment venues. Cathy is the pianist/organist at Harvard Avenue Christian Church, a pianist for the Tulsa Symphony, and played in the orchestras for 15 shows on Broadway before going on national tours of *The Sound of Music*, *The Phantom of the Opera* and *Frozen the Musical*.

The menu of heavy hors d'oeuvres will be: Filet Kabob (bite size bacon wrapped beef tenderloin, mushroom, pear onion, and grape tomato,) Chicken Salad Sandwich Puff, Roasted Yukon Potatoes, Vegetable Crudité, Fresh Fruit Tray, Brownie or Blondie.





Additional Summer School Class: How North America Became Our Favorite Continent
Wednesday, August 21 at 3 p.m.
Trudy Plowman Classroom, CLC

Instructor: Dr. Robert W. Scott, Once-Upon-A-Time University of Tulsa Adjunct Professor of Geology and Amoco Production Company Research Associate

Dr. Scott will review the many geological puzzle pieces that make up North America and how and when they came together to form the blessed place we call “Home”. The discussion will be set in the context of the Geologic Time Scale that has evolved over many years by diverse methods. We will discuss the complex tectonic processes that add crustal rocks to continents and move them to their present sites.

Book Talk & More by Connie Cronley
Thursday, August 22 at 7 p.m.
Fleming Center

The author of five books, Connie Cronley does a monthly book review on KOTV’s “Noon News” and writes a book review column for “Vintage” newsmagazine. Her most recent book, *A Life on Fire*, about Oklahoma firebrand Kate Barnard, won the E.E. Dale Award for Outstanding Book on Oklahoma History from the Oklahoma Historical Society. Connie is a lifelong Oklahoman and an enrolled citizen of the Cherokee Nation of Oklahoma and, on top of all that, she is a marvelously entertaining and witty speaker. She will regale us with true stories of Oklahoma legends Tom Mix, Clem Rogers, Laura Clubb and the Fabulous 101 Ranch AND leave a little time to talk about books!



Dog Days of Summer
Friday, August 30 at 11 a.m. to 12:30 p.m.
Lunch is \$7. All are welcome to enjoy the car show for free!

Come to a Car Show and Hot Dog fundraiser benefitting the Walk to End Alzheimer’s! Join us in the Westervelt Hall for lunch (2 hot dogs, bag of chips and a drink for \$7) and then stroll through the CLC parking lot to peruse a variety of gorgeous cars.

Welcome to the Woods!



Tom and Donna Reed
Crestwood

Tom and Donna Reed – Crestwood

Please welcome Tom and Donna Reed to the neighborhood! Tom and Donna are enjoying all the new people they are meeting and the amazing food at Trinity Woods.

The Reeds met on an airport shuttle in 1984, and as Donna tells it, “she just knew he was the right one.” They dated and were married a year later and have been married for 39 years. They have one daughter, three grandchildren and three great grandchildren.

Tom is originally from Burr Oak, Michigan which is located just outside of Battle Creek, Michigan. He went into the US Air Force right out of high school and served as a Staff Sergeant in Ft. Walton Florida and in the Philippines. He spent over 33 years as an air traffic controller and consultant. “I loved my job, it was truly a gift from God.” In his spare time Tom enjoys golfing, reading and watching movies. Tom collects military history.

Donna grew up in Tulsa and graduated from Will Rogers High School. She started her career as a computer consultant for the aerospace industry and had her own company for 20 years. Once she met and married Tom, she changed careers and was in the real estate business for the 15 years prior to retirement. Donna enjoys cooking, decorating, and tennis. She is a self-described people person and truly enjoys being with and caring for people around her.

Tom and Donna are looking forward to getting more involved in the Spann Wellness classes and attending the many concerts on campus.

Brad and Faith Ferguson – Villa

Meet Brad and Faith, the newest night owls of Trinity Woods. The Fergusons are still getting settled in their home and are enjoying their late nights in the Woods. They met on a blind date in July of 1965 and have been together ever since. This month they will celebrate 57 years of marriage!

Brad was born and raised in Decatur, Illinois. He went on to attend the University of Illinois where he received his bachelor’s degree and PhD from the University of Washington for his Ph.D in Chemical Engineering. He worked for a variety of oil and gas companies from 1971 to 2015 when he retired from Canadian Natural Resources Ltd. A fun fact about Brad is that he climbed Mount Saint Helen’s before it erupted. In his spare time, Brad enjoys reading.

Faith was raised in Brookhaven, Mississippi. She received her nursing degree from Gilroy School of Nursing in Jackson, Mississippi. Faith is the daughter of a Baptist preacher and prides herself on being able to show empathy to others. She worked on and off in the nursing profession for 20 years while raising a family. She enjoys playing the piano and collects tea sets, even though she does not like hot tea.

The Fergusons have two daughters and one son, six grandchildren, and one great grandchild.



Brad and Faith Ferguson
Villa

August STARS Employee of the Month



Cynthia Pettigrew, CNA Health Center

- » **Start Date:** February 2016
- » **Born and Raised:** Tulsa, Oklahoma
- » **Education:** Nathan Hale High School
- » **Wanted to be as a Kid:** Dentist
- » **One Meal Forever:** Chicken
- » **Described by Friends:** Caring and Fun
- » **Hobbies:** Reading Magazines and Spending Time with Grandchildren
- » **First Job:** Braums
- » **Favorite Bible Verse:** "He gives strength to the weary and increases the power of the weak." Isaiah 40:29 NIV
- » **First Car:** Trans Am
- » **Family Recipe:** Sweet Potato Pie
- » **Favorite Movie:** The Help
- » **Collects:** Candles
- » **Family:** Married with four Children
- » **What her supervisor says:** "Cynthia is loved by elders and family and puts forward her best everyday." - Harriet 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

Weldon Tisdale
Interim Director
of Wellness

Trinity Woods Service Awards



5
Years of Service
David Kruse
Dining



5
Years of Service
Gary Stanphill
Dining



15
Years of Service
Cathy Green
Housekeeping

Phone Number:
(918) 743-2565

Website:
TrinityWoodsTulsa.com

Follow Us on Social Media



**Formerly
Oklahoma Methodist Manor**

OLYMPIC fun FACTS!



Why are these rings different colors? Read number five and you'll find out!

As we enjoy the Summer Olympics, we thought it might be fun to share some interesting facts about this world wide sporting sensation. Go Team USA!!

Can you name this famous Oklahoma Olympian and which Olympics he participated in?



If you guessed Jim Thorpe in 1912, you're right!

1. The first Olympic Games took place in 776BC. The original Olympics began as part of an Ancient Greek festival. The whole competition lasted for up to six months, and included games like wrestling, boxing, long jump, javelin, discus and chariot racing.
2. The Olympic motto "Citius, Altius, Fortius," which translates to "Faster, Higher, Stronger," captures the essence of the Olympic spirit. It got an inclusivity upgrade in 2021 when it changed to "Faster, Higher, Stronger – Together".
3. In ancient Greece, athletes didn't worry about sponsorship, protection, or fashion – they competed naked.
4. From 1912-1948, artists participated in the Olympics: Painters, sculptors, architects, writers, and musicians competed for medals in their respective fields.
5. The Olympic symbol was designed to include everyone. The five reflect colors found on the flags of all participating nations, so everyone is represented. The overlaps also represent international cooperation, and the coming together of athletes from all over the world!