

The Trail MIX

The neighborhood news from Trinity Woods | Issue: October 2024



A CULTURE OF COURTESY

The Trinity Woods Difference

By Garrett Lee, CEO

When I first arrived as the new CEO at Trinity Woods, one of the first things I was exposed to in my onboarding was the Culture of Courtesy Guidelines. In reading through these guidelines and learning about the history and their implementation, my decision to come here was once again confirmed.

In my experience with being a part of a senior living community, I have found courtesy is the single most effective expression of extending grace to one another. That is what makes the difference.

Over time, courtesy has been defined in various ways, but at its core, it refers to polite behavior that reflects respect and consideration for others. The term has roots in medieval chivalry, where it initially referred to the manners expected in a royal court or among the nobility. Its meaning has broadened to encompass general good manners in social interactions that still stand to this day.

I believe the courtesy that is woven into the Trinity Woods resident and employee culture is important and is what makes us special or as we like to say “neighborly”. For our community to thrive and continue to be home to everyone who lives here, courtesy must be organic to our communication with each other and to our way of life. I am committed to prioritizing a culture of courtesy, always, as a core personal practice and as a core belief of Trinity Woods.

I leave you with these influential words from the great Maya Angelou *“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel”*.



Trinity Woods

Belong. Believe. Become.

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DIFFERENCE**

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Meet Barry!



By Weldon Tisdale,
Chaplain

The Power of Letting Go

...But one thing I do: Forgetting what is behind and reaching forward to what is ahead, Philippians 3:13b

In the tapestry of life, we often find ourselves clinging to threads that no longer serve us—threads woven from memories, expectations, low self-confidence and fears. But what if we could unravel those threads, allowing space for growth, renewal, and freedom? That’s precisely what the power of letting go offers us.

The Bible teaches us that surrendering control is not a sign of weakness but rather an act of strength and faith. It requires us to relinquish our own desires and ambitions and trust that God’s plans are far greater than our own. Use the example of Jesus, who surrendered His heavenly rights to redeem humanity—a powerful act of letting go.

In Philippians 4:6-7, we are urged not to be anxious about anything but instead to present our requests to God through prayer, with thanksgiving. This passage reminds us that letting go of fear and anxiety involves trusting God with our concerns. When we surrender our worries and fears to Him, we find peace that surpasses understanding. It’s an invitation to release the burdens we carry and embrace God’s peace.

Ephesians 4:31-32 instructs us to let go of anger, bitterness, and resentment. Instead, we are to show kindness, compassion, and forgiveness to others. Through forgiveness, we experience healing and find freedom from emotional burdens. Jesus modeled this when He forgave those who crucified Him, demonstrating the power of letting go and embracing grace.

The power of letting go lies not in our own strength but in our willingness to yield to God’s wisdom and grace. It allows us to participate in God’s redemptive work, unshackling us from self-centeredness and opening our hearts to love, service, and transformation. As we release our grip on the past, fears, hurts, low self-esteem and unfulfilled dreams, we make space for God’s healing touch.

So, as we enter the last quarter of 2024, consider what you need to let go of today—whether it’s control, bitterness, self-doubt or worry—and trust that God’s love will carry you forward.

Remember, what the Apostle Paul says in Philippians 3:13b.



October Birthdays at Trinity Woods

Roberta Hairston.....1	Ann Houston.....12	Marita Morgan.....19
Shirley Hockett.....4	Evelyn Mantooth.....12	Norma Stephenson.....19
Donna Keener.....4	Matt Watson.....12	Martha Swezey.....20
Carol Langenberg.....6	Carolyn Ehlers.....14	Anne Erker.....23
Red Martin.....6	Donna Miller.....14	Betty Miller.....24
Phillele McBrayer.....6	Leonard Stubbs.....14	David Thomas.....26
Shirley Sutterfield.....6	Mary Damewood.....15	Sue Duncan.....27
Tom Williams.....6	Sarah Jenkins.....16	Bruce Nixon.....27
Doris Piatak.....9	Margie Thomas.....16	Carl Misak.....28
Jan Lawson.....10	Jane Waters.....16	Rhonda Nichols.....28
Robert Rainey.....10	Carol Tobler.....17	
Mary Stubbs.....10		
Bobbie Ziegler.....10		
John Marquis.....11		
Bill Bailey.....12		

October Anniversaries

John and Marilyn Berry.....10/16/2012
Richard and Barbara Lilienthal.....10/22/1988

✚ In Memory of

Sally Schweikhard.....9/6/2024
Morris “Carl” Cartwright.....9/7/2024
Margie Herndon.....9/10/2024
Linda Goldsmith.....9/19/2024
Bill Wilkinson.....9/22/2024
Marilyn Wilson.....9/22/2024



By Lupina Fry, Wellness Nurse

Preparing for Seasonal Changes in a Dementia Friendly Community

The weather is beginning to change, and the days will be getting shorter, bringing falling leaves, cooler temperatures and seasonal changes most of us look forward to. While most people enjoy the Fall season with its promise of pumpkins, family gatherings, and activities, people with dementia tend to struggle with these changes.

Turning back the clock for Daylight Savings Time is a difficult adjustment for most of us. For people living with dementia, decreased sunlight goes hand in hand with noticing more shadows, less clarity, and increased confusion and agitation, a condition known as sundowning. This behavior becomes more prevalent in the late afternoon and evening hours. It's common and occasionally very disruptive to a household. Symptoms can include sleep disturbances, increased agitation and irritability, depression, confusion, increased paranoia, increased pacing, and wandering.

It will be important when assisting a person living with dementia to maintain a stable routine if possible. Spending

time outside can also improve their mood, as can moderate exercise. Sunlight helps to increase Vitamin D and helps to regulate melatonin levels leading to better sleep. A short walk or a few minutes of sitting outside can boost Vitamin D levels and make for a more restful night.

It also helps to turn lights on a few hours before nightfall and use warm light sources instead of cool light which can cast harsh shadows. Dementia often affects vision, and those harsh shadows can be very confusing. It is important to keep a calm environment and a stable routine, so they know that when certain activities occur, it's getting close to bedtime. As a care provider, it is important to ask for help if you need it. If you're unsure what to do, reach out for help from a family member for support, a dementia organization for information, or a home care agency to give you a respite. With support, it may be easier to deal with this difficult but often temporary condition.

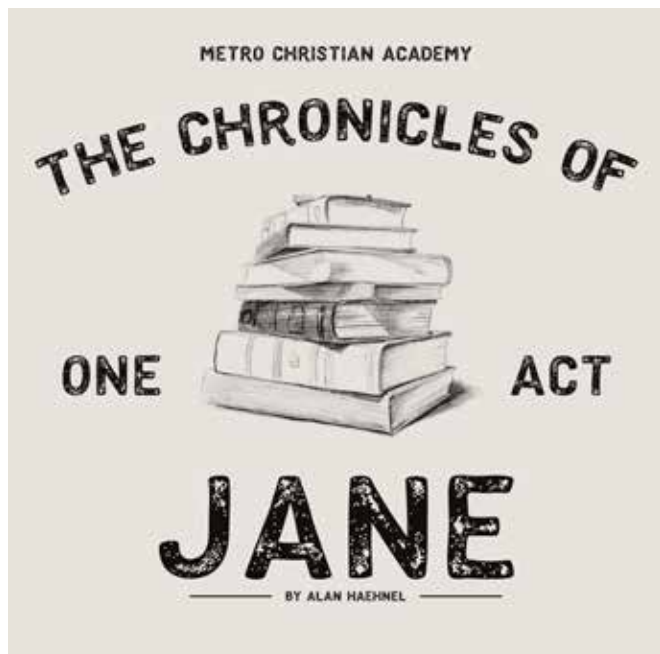


Meet the Trinity Woods Wellness Advisory Committee

These volunteers work with the TW Wellness Team to plan, program, and promote fun and enriching wellness programming. They are a source of information if you have questions, and they are your advocates for change.

Wellness Advisory Committee: Alison McMillan, Rollie Rhodes, Guy and Vicky Langston, Charlotte and Ken Frazier, Glenna Hertzler, Betty Simmons, Julia Couch, and Lupina Fry (not pictured Angela Denny)

OCTOBER EVENTS



Metro Christian Academy presents
The Chronicles of Jane, Book Seven by Alan Haehnel
Thursday, October 3 at 7 p.m.
Community Life Center, Westervelt Hall
No reservations necessary.

Metro Christian Academy High School Theatre Department presents a one-act play with a cast of 20 talented young people. Jane is a teenager of such prowess that, at last count, over 37,000 people in 18 different countries wanted to be her. She assembles her friends and followers so that she can retell the story of one of the greatest challenges in her heroic career - the dreaded tale of The Term Paper. Can she defeat teachers, time, procrastination, and her evil brother Stewart to finish her term paper? Of course she can, for she is...Jane! Come enjoy and support these high schoolers who love to perform!



Tulsa Community Band Outdoor Concert
Thursday, October 10 at 6 p.m.
Community Life Center Parking Lot (chairs provided)
No reservations necessary.

Celebrate fall with a rousing concert followed by root beer floats!

Founded in 1938, The Tulsa Community Band is made up of musicians from all walks of life and backgrounds. Their musical repertoire covers a wide range of styles, from difficult orchestral transcriptions for band all the way to Dixieland. We've enjoyed these annual outdoor concerts by talented members of the Tulsa community for many years and the root beer floats are not to be missed!

ideas

**FOR LOTS OF FUN FALL
ACTIVITIES**

Go apple picking (Browse the best apple orchards near you according to Yelp reviews!). Get lost in a corn maze. Run a race. Bake an apple or pumpkin pie. Fall pickleball tournament. Plant bulbs in your garden for next spring. Take a bike ride. Eat candy apples or make your own. Tailgate at your local football game. Make a big batch of chili and host football Sunday at your house. Carve your own pumpkins. Make s'mores.



Fall Festival: Cruise into Fall!

Thursday, October 17

Inside and Outside the Community Life Center

Tickets required. \$14 per member; \$16 per guest.

RSVP on the Wellness Reservation Form or the Neighborhood App.

5 p.m. Buffet Supper indoors in Westervelt Hall: Chopped Brisket, BBQ Boneless Chicken Wings, Baked Beans, Potato Salad, Cole Slaw, Hawaiian Sweet Rolls, and Apple or Peach Pie for dessert.

6 p.m. Concert outdoors (weather permitting) in the Community Life Center parking lot: Kelly Ford & The Hip Replacement Band! A 10-piece band including horn section will entertain us with “yacht rock”, easy listening songs you know by bands like Chicago, Billy Joel, Christopher Cross and more.

Wear your cruise (or yachting!) attire and enjoy a relaxed evening with friends, food, music, and fun!



The Saga of Outlaw Mummy Elmer McCurdy with Mike Williams of the OK Territorial Museum

Tuesday, October 22 at 1 p.m. in Fleming Center

No reservations necessary.

Just in time for Halloween, you’ll be amazed and entertained by the true story of Oklahoma outlaw turned sideshow mummy, Elmer McCurdy. It’s a story filled with outlaws, lawmen, sideshows, showmen, writers, artists, scientists, historians, and Broadway producers. An entertaining speaker, Mike Williams, director of the Oklahoma Territorial Museum in Guthrie, has appeared in numerous documentaries and TV spots speaking about events and people in Oklahoma history.



Whiteside Park Playground Adventure

Thursday, October 24, 1:30-3:30 p.m.

Whiteside Park Playground, 4009 S. Pittsburg Ave.

Reservations appreciated so we know how much ice cream to bring!

Trinity Woods members campus-wide will “take over” the inclusive, wheelchair-friendly playground at nearby Whiteside Park. Shuttles will run back and forth between Trinity Woods and Whiteside to take members from all areas of campus to the park to enjoy the rides, the fall weather, AND the free ice cream truck provided by Senior Helpers. There’s also a walking trail and more vigorous exercise equipment if you wish. Sign up for the shuttle, departing from Crestwood or Holliman, or drive yourself (There’s plenty of parking,) for this chance to enjoy visiting and playing with friends, new and old.



Welcome to the Woods!



Barry Selke
Patio Home

Barry Selke – Patio Home

Barry Selke is the newest neighbor to the Trinity Woods Patio Homes. He is originally from Abernathy, TX, which is located north of Lubbock. Barry is a graduate of Texas Tech University where he received a degree in electrical engineering. He served in the Army for two years and was stationed in White Sands Missile Range, NM.

Prior to retirement Barry was a pipeline engineer for Williams for 30 years. He traveled a lot with his job while designing and constructing pipelines for the company. After he officially retired, he did some contract work for OneOK.

Barry and his late wife, Denise, were married for 49 years. They met in second grade and have two children and two grandchildren. He collects glass and grows orchids, hobbies Denise introduced him to and he continues today. Barry's favorite pastime is photography. He got his first camera at age 10 and has been taking photos ever since. He combines his love of photography with travel and gets some amazing shots of places all over the world. He is very excited to travel with a group of fellow photographers early next year to Tanzania to photograph wildlife for two weeks.

Barry and his dog Biscuit and bird Roxy are enjoying Trinity Woods. He is looking forward to working out in Spann Wellness Center and getting healthier.



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LET'S GET STARTED! CALL 918.346.6639



Candy corn was originally called 'chicken feed'. Since roughly half of Americans were farmers in the 1880s, candy manufacturers produced agriculture-themed sweets for the masses of American farm children.



According to The Weather Channel, pumpkins are the most craved food during the fall. (Although, if you've left the house anytime recently, this may not come as a surprise to you.)

What do you know about Fall?



Superstition says that catching a falling leaf is good luck.

Americans typically refer to this time of year as "fall," while the British use the word "autumn." Both terms date back to the 16th century but before that it was called "harvest."

October STARS Employee of the Month



Amber Crabtree, Housekeeping

Start Date: August 2022
Born and Raised: Tulsa, OK
Wanted to be as a Kid: Photographer
Favorite Sports: Football and Basketball
One Meal Forever: Street Tacos
Described by Friends: Loving and Caring
Hobbies: Spending Time with Family
First Job: McDonalds
Favorite Holiday: Halloween
Family Recipe: Homemade Dinner Rolls
First Car: Kia Optima
Collects: Angels and Crosses
Motivated By: My kids
Free Time: Swimming, Bowling, and Camping
What her supervisor says: “Amber comes in everyday with a big smile on her face. She is always willing to help wherever she is needed without hesitation. We get many compliments from the members she serves. She genuinely enjoys her job and is an asset to the housekeeping team.” - Cathy Green, Housekeeping Manager



Kristi Hinesley, Sales Team

Start Date: December 2021
Born and Raised: Broken Arrow, OK
Education: Oklahoma State University
Wanted to be as a Kid: Writer
Favorite Sports: Basketball, Golf and Football
One Meal Forever: Enchiladas
Described by Friends: Quirky, Loyal and Competitive
Hobbies: Running, Cooking, Reading and Golf
First Job: Babysitting
Bible Verse: “For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life” John 3:16
Family Recipe: Chocolate Gravy and Biscuits
Favorite Movie: Wizard of Oz
Collects: Hello Kitty
Fun Fact: She has never lost a game of skee ball – ever!
Family: Married with four children
What her supervisor says: “Kristi has a positive attitude and has so much compassion for the people she meets and works with. She truly wants each person to find the right place for them during the sales process. Trinity Woods is lucky to have her on the sales team.” Bonnie Polak, VP of Philanthropy and Community Relations



Trinity Woods Leadership Team

Garrett Lee
Chief Executive Officer

Crystal Creekmore
VP of Human Resources

Emilie Creswell
VP of Health Services

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
Stacy Vance
Tranquility Wellness Spa



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**CHANGE SERVICE
REQUESTED**

**Formerly
Oklahoma Methodist Manor**

A central graphic for 'Trunk or Treat at Trinity Woods'. It features a yellow house silhouette with a full moon behind it, all on a dark blue background. The text 'TRUNK OR TREAT' is written in large, bold, yellow letters with a white outline, and 'AT TRINITY WOODS' is written in smaller white letters below it. There are four black spider silhouettes scattered around the graphic.

TRUNK OR TREAT
AT TRINITY WOODS

You're invited!
Wednesday, October 30 from 6:15 to 7:15 p.m.
Community Life Center and the Community Life Center parking lot
No reservations necessary to attend.

We are excited to once again host Trunk-or-Treat for Trinity Woods family and friends. Invite your grandchildren, nieces and nephews and special children in your life to dress up and show off their costumes. Employees are encouraged to bring their children for this special event. Members can sign up to pass out candy, decorate a car trunk, golf cart or a table inside the CLC to pass out candy. There will be carnival games as well. Join us for this Trinity Woods family fun night!