

The Trail MIX

The neighborhood news from Trinity Woods | Issue: February 2025



Brunch & Learn with Mark Loeber: Financial Insights from The Advancement Group Tuesday, February 25 at 10:30 a.m.

By: Bonnie Polak, VP of Philanthropy and Community Engagement

You're invited to enjoy the aroma of freshly brewed coffee, breakfast delicacies and the warmth of camaraderie filling the room at a **Brunch & Learn event featuring Mark Loeber**, Founder and CEO to The Advancement Group. On **Tuesday, February 25 at 10:30 a.m.**, Trinity Woods is providing the opportunity to gain valuable insights into financial stewardship, charitable giving, and legacy planning.

"This event will be an educational session perfect for anyone wanting to gain information on the ever-changing tax laws and charitable giving," said Garrett Lee, Trinity Woods, CEO.

Mark Loeber is known for his expertise in charitable planning and wealth management, will share actionable advice on:

- **Charitable Giving:** Simplifying philanthropy through donor-advised funds and tax-efficient strategies.
- **Legacy Planning:** Aligning financial goals with personal values to benefit loved ones and causes that matter.
- **Navigating Market Trends:** Tips for managing investments in a fluctuating economy.

Loeber's approachable style makes complex financial topics easy to understand, inspiring attendees to rethink their financial strategies. A lively Q&A will follow, offering personalized advice and deeper insights.

This Brunch & Learn is part of an ongoing effort to empower people with knowledge and tools for meaningful financial planning. With its blend of great food and valuable insights, the event will leave attendees inspired and equipped to create legacies that matter.

For more information or to RSVP, contact Bonnie Polak, VP of Philanthropy and Community Engagement at 918.346.6639.

Trinity Woods partners with The Advancement Group to help our patrons and their families navigate financial stewardship, donor-advised funds, and estate planning. With a focus on philanthropy and legacy building, the firm empowers clients to make a lasting difference.



Trinity Woods

Belong. Believe. Become.

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New Neighbors
Welcome Diana, Bob and
Jeanne, and Helen!



THE IMPORTANCE OF CELEBRATIONS AND BLACK HISTORY MONTH

By Weldon Tisdale, Chaplain

Celebrations are a fundamental aspect of human culture. They allow us to mark significant events, honor achievements, and bring communities together. Celebrations can be personal, like birthdays and anniversaries, or communal, like national holidays and cultural festivals. They provide a sense of belonging, joy, and continuity, reinforcing our shared values and histories. All cultures have something to celebrate because it keeps them in touch with their history.

February is a month that holds a special place in our hearts. It's a time when we come together to celebrate love, history, and the rich tapestry of cultures that make up our world. This month, we not only honor **Valentine's Day** but also pay tribute to Black History Month, a time dedicated to recognizing the invaluable contributions of African Americans to our society.

In February, Valentine's Day serves as a reminder of the power of love and connection. Whether it's through romantic gestures, heartfelt messages, or simple acts of kindness, this day encourages us to express our affection and gratitude to those who matter most. It's a celebration of the bonds that unite us and the love that enriches our lives.

Black History Month, also observed every February, is a time to honor the achievements and contributions of African Americans throughout history. It is a period of reflection, education, and celebration of the rich cultural heritage and enduring legacy of the African American community.

The significance of Black History Month extends beyond recognizing historical milestones; it is also about acknowledging the ongoing struggles and triumphs of African Americans. It serves as a reminder of the resilience, creativity, and strength that have shaped the course of history and continue to inspire future generations.

“Always remember you have the strength, the patience and the passion to reach for the stars and change the world.”

Harriet Tubman

In conclusion, the importance of celebrations, particularly Black History Month, cannot be overstated. It is a time to honor the past, educate the present, and inspire the future. By celebrating Black history, we acknowledge the rich tapestry of contributions that have shaped our world and continue to strive for a more inclusive and just society.

As we celebrate February, let us embrace the spirit of love, unity, and appreciation. Let us honor the legacy of those who have come before us and continue to strive for a future where everyone is celebrated and valued. Happy February, and may your celebrations be filled with joy and meaning.



Heart Healthy Recipe

POACHED SALMON & AVOCADO LETTUCE WRAPS

From the kitchen of our very own Richard Applegate, Trinity Woods Director of Food Service



- 6oz Fresh Salmon Filet (skinless)
- 1 Medium Avocado
- 1oz Extra Virgin Olive Oil
- Juice from 1 Lemon
- Pinch of no salt season (Mrs. Dash works well)
- 1 Small Head of Butter Lettuce

Instructions

1. Poach salmon in simmering water for 10-12 minutes. Check with a probe thermometer to ensure internal temperature is at least 145 degrees.
2. Place salmon in refrigerator to cool off for around 20 minutes. Split avocado in half and remove pit, scoop from the rind into a mixing bowl.
3. Add salmon to avocado, season with no salt seasoning, add olive oil and lemon juice. Carefully mix while keeping the salmon a little chunky.
4. Place a couple of ounces of the mixture in lettuce leaves and roll. Enjoy!



By Lupina Fry, Wellness Nurse



SOCIAL CONNECTIONS AND HEALTHY AGING

There is no magic pill, special diet, or groundbreaking exercise program that guarantees healthy aging. However, one factor comes close: having strong social connections.

According to the CDC, “social connection encompasses the size and diversity of one’s social network and roles, the functions these relationships serve, and their positive or negative qualities.” This means feeling a sense of belonging and having the support and care you need. Having high-quality connections and relationships can lead to longer, healthier, and more fulfilling lives.

Later in life, various factors can negatively impact social connections. Retirement may reduce one’s network, while the loss or passing of aging friends or a spouse can create isolation. Additionally, moving to be closer to family often means leaving behind familiar communities and close friends. Physical limitations, such as using walkers or wheelchairs, may also hinder the ability to connect with others and going out in public with friends. Social isolation, loneliness, and poor

relationships are linked to a higher risk of heart disease, stroke, dementia, and even premature death.

All is not lost. To regain social wellness and its benefits, you must actively seek opportunities to connect with others. Make a firm plan to stay in touch with friends and family by scheduling specific times to communicate and keeping those appointments. Get moving, get outdoors, and talk to your neighbors. Volunteer with a favorite charity, school, or organization. Consider adopting a pet; they can provide companionship and facilitate spontaneous interactions with others. Engage in faith-based groups or activities in your church. Take a class to connect with people who share your hobbies and interests. Additionally, ensure you have your hearing checked, as hearing issues are a common cause of social isolation that can lead to becoming homebound.

Remember, it all starts with that first step outward. In a vibrant, neighborhood community like Trinity Woods, countless opportunities await!



February Birthdays at Trinity Woods

Nevin Loerke.....4	Martha Blake.....13	Richard Hedger.....23
Jeanne Funk.....5	Becky Neuhaus.....13	Stella Schwartz.....23
Suzanne Sartin.....5	Diane Elliot.....14	Elson Hargrove.....24
Chris Hoose.....6	Mary Elrod.....16	Don Hoose.....24
Renea Hudson.....6	Vic Hairston.....17	Mary Duncan.....25
Linda Cypert.....9	Helen Vanderveen.....17	Helen Blankenship.....26
Boyd Stephens.....11	Mack Himaya.....18	Shirley Carle.....27
	Lillian Wetzold.....20	Katherine Keating.....28
	Beth Dunkin.....21	Mel Pearson.....28
	Martha Weatherl.....22	

February Anniversaries

Rev. David and Claudia Thomas.....2/5/2016
Don and Chris Hoose.....2/6/1960
Jan and Bernie Skinner.....2/21/1981
Carson and Donna Jackson.....2/25/1967
Alan and Cathy Perlingiere.....2/25/1989

✚ In Memory of

Diana Schulz.....12/22/2024
Carole Scott.....12/29/2024
Janis Sprouse.....1/2/2025
Garry Kemp.....1/12/2025
Marjory Thomas.....1/19/2025

February Events



Chamber Music Tulsa Concert: Escher String Quartet Saturday, February 8 at 1 p.m. Community Life Center, Westervelt Hall

We are honored to have this international quartet perform for us, thanks to Chamber Music Tulsa. Inspired by the Dutch graphic artist whose name they bear, the Escher Quartet creates elegant performances from the complex interplay of individual parts. The quartet has performed at the BBC Proms at Cadogan Hall and is a regular guest at Wigmore Hall. In its hometown of New York, the ensemble serves as season artists of the Chamber Music Society of Lincoln Center. Be sure to attend this powerfully moving listening experience!

Valentine's Celebration of Friendship, Community & Love Thursday, February 13

Community Life Center, Westervelt Hall

\$19 per person charged to your Trinity Woods account.

Come on your own or with a friend or family member.

It'll be a great night of food, music, and fun!

5:30 p.m. - Doors open for a gourmet dinner of Mixed Green Salad with Candied Pecans, Dried Cherries, Goat Cheese, and Champagne Vinaigrette, Thyme-Smoked Sirloin with Wild Mushroom Ragout, Rustica Three-Cheese Macaroni Bake, Garlic and Olive Oil Broccolini, Crème Brûlée Cheesecake with Grand Marnier Raspberry Compote.

6:30 p.m. - Musical entertainment by Joey & the Jazz Guys Band with vocalist Kelly Ford - Joey and the Jazz Guys are back with singer Kelly Ford for a night of swingin' big band music with space for dancing!



Joey and the Jazz Guys

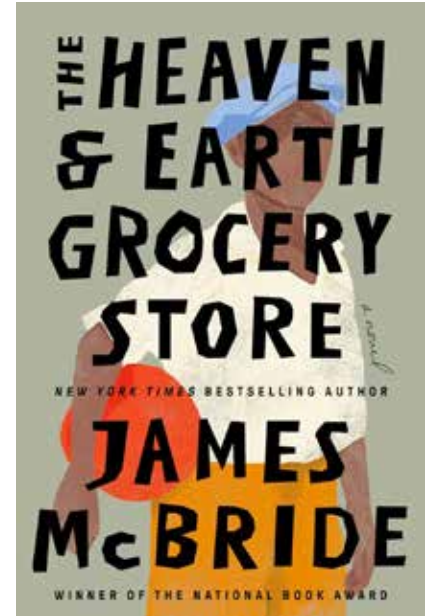


Tulsa Youth Symphony Chamber Music Recital Thursday, February 20, 7 p.m. Community Life Center, Westervelt Hall

The Tulsa Youth Symphony began as an educational wing of the Tulsa Philharmonic Society in 1963 and now serves over 200 talented young musicians across northeast Oklahoma each season. TYS alumni have performed with the Chicago Symphony, Cincinnati Symphony, Metropolitan Opera Orchestra, National Symphony, and San Francisco Symphony, among others. Small groups of TYS musicians are preparing beautiful music just for us! You will be entertained and inspired by some of the best middle and high school musicians in the area.

Book Review: The Heaven and Earth Grocery Store
Tuesday, February 25 at 7 p.m.
Fleming Center

Larissa McNeil, coordinator of the Tulsa City County Library's African American Resource Center, will review *The Heaven & Earth Grocery Store* by James McBride, one of Time Magazine's 100 Most Influential People of 2024. In 1972, when workers in Pottstown, Penn., were digging the foundations for a new development, the last thing they expected to find was a skeleton at the bottom of a well. Who the skeleton was and how it got there were two of the long-held secrets kept by the residents of Chicken Hill, the dilapidated neighborhood where immigrant Jews and African Americans lived side by side. When the truth is finally revealed about what happened on Chicken Hill and the part the town's white establishment played in it, McBride shows us that even in dark times, it is love and community—heaven and earth—that sustain us. Winner of the 2024 Library of Congress Prize for American Fiction, named Best Book of the Year by NPR/Fresh Air, Washington Post, The New Yorker, and Time Magazine.



MOCKTAILS & HOBBIES!



Mocktail Hour and Hobby Fair
Thursday, February 27 at 6:30 p.m.
Community Life Center, Westervelt Hall



At 6:30 p.m., come to the Community Life Center and enjoy a free “Mocktail Hour”, tasting some fun and innovative, non-alcoholic cocktails and visiting with friends new and old. At 7:00 p.m. we'll open up the Hobby Fair for you to marvel at your friends' and neighbors' collections, creations, and pastimes. We'll have a scavenger hunt sheet and all who complete it will be entered in a drawing for a free meal in one of the Trinity Woods restaurants!

Welcome to the Woods!



**Diana Wagner
Crestwood**

Diana Wagner – Crestwood

Diana is originally from Bartlesville, OK where she was born and raised. She graduated from Central State University in Edmond, OK with a bachelor's degree in business. She worked for Phillips Petroleum in accounting and contract analysis. Most recently Diana lived in Knoxville, TN with her late husband Jim. She is excited to be back in Oklahoma. Additionally, she is the sister of Trinity Woods resident Donna Jackson.

Diana enjoys reading, doing puzzles, playing games and traveling. She collects thimbles and magnets from all the places she travels to. A fun fact about Diana is that she has ridden in the Goodyear Blimp. They got to fly over the Los Angeles area.

She is already getting active on campus by learning Mahjong and Wii Bowling. Diana likes attending Trinity Woods concerts and is thrilled to meet so many friendly people and make new friends.

Bob and Jeanne Funk – Villa

Bob and Jeanne Funk have been active Trinity Woods and formerly Oklahoma Methodist Manor patrons. They are enjoying their new villa and getting to be back in Tulsa among life-long friends.

Bob and Jeanne were both born and raised in Bartlesville, OK. They attended College High School. While they knew each other in high school, it was when they were both attending the University of Kansas that they started dating. Their roommate brought them together. They have been married for 56 years and have two children, six grandchildren and a fur baby named Pancho.

Bob earned his bachelor's degree in chemical engineering from Kansas University. Prior to retiring he served as the Vice President of Planning & Economics, CITGO Petroleum. Many may recognize Bob for his service on the Trinity Woods Board. He was elected president of the Board in 2013 and served through 2020.

Jeanne earned her bachelor's degree in art education from Kansas University. She taught art to middle and high school students for several years. "I just loved it. The students were so much fun and so talented." Once they had children she volunteered at their church. She is passionate about animal welfare and literacy.

Bob and Jeanne appreciate how easy it has been to reconnect with and meet new people at Trinity Woods. They will tell you their villa on campus is "the best house they have ever had."



**Bob and Jeanne Funk
Villa**



**Helen Inbody
Crestwood**

Helen Inbody – Crestwood

Helen is originally from Eldon, OK a small town just outside of Tahlequah. They moved to Tulsa when she was six years old, and she attended Will Rogers High School.

Something people might be surprised to find out is that Helen is a high school dropout. She went back to school when she was 30 years old to get a college degree. She is a proud graduate of the University of Tulsa with a bachelor's degree in sociology, master's in psychology and counseling, and a Ph.D in social psychology. In fact she became the first college graduate in her family.

Helen has been an addiction, family and marriage counselor for more than 30 years. Later in her career she started consulting with companies on employee relations and helping to better manage stress on the job. She worked with companies all over the country from engineering to banking to baking. At one point in her career she even had her own radio and television program called "Let's Talk". She was "Tulsa's Dr. Ruth".

Helen enjoys reading and loves to entertain. Helen is a self-described people person. So far she has attended Trinity Woods concerts and book reviews and is so pleased with how "everyone seems to live out the tagline of believe.belong.become."

February STARS Employees of the Month



Rayo Ladapo

Rayo Ladapo, CMA - Holliman Center

Start Date: October 2022

Born and Raised: Lagos, Nigeria

Education: College in Nigeria

Described by Friends: Cautious and Principled

Hobbies: Shopping and Cooking

First Job: Pharmacist Intern

Favorite Holiday: New Year

Favorite Quote: Thankful people are happy people.

Family Recipe: Jollof Rice and Chicken

Favorite Movie: Message and The Messenger

Favorite Book: *Lineage of Grace* by Francine Rivers

Free Time: Helping Others and Watching Movies

Family: Married with two children

What her supervisor says: "Rayo consistently goes above and beyond to ensure the comfort and well-being of our residents during the quiet hours of the night. Her commitment to excellence makes a lasting impact on both the residents and her teammates. She is a shining example of what it means to serve in the spirit of Christ." Britani Chappell, Director of Assisted Living



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 Employee Fun Facts

Did you know....



Longest Serving Employee – over 37 years!

Department with the Longest Average Tenure – Wellness, 8.64 years

Percentage of Employees Serving for Over 5 Years or Longer – 35%

Average Employee Tenure – 4.92 years

Trinity Woods Service Awards



5

Years of Service
Jomar Caymo
Dining Team



5

Years of Service
Diana Martines, CMA
Healthcare Team

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CHANGE SERVICE
REQUESTED



Can you recognize these Valentine Sweethearts? Make your best guess and win a million dollars. Oh just kidding. But we will recognize you with a hearty handshake and winning smile!



a. David and Marilyn Nunnally b. Ken and Charlotte Frazier c. Charles and Phyllis McBrayer
d. Vondale and Kay Graham