

this & that

A MEMBER SERVICES PUBLICATION

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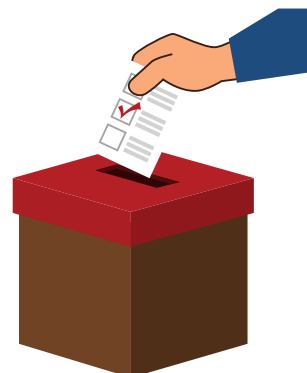


Member Council Elections

It is that time of the year again. Member Council Elections are right around the corner!

- Friday, October 13th - Please join us for Town Hall. Howard Rhodes, Member Council President will announce the new nominees for Member Council and explain how the election process works.
- Monday, October 16th through Tuesday, October 24th - Absentee ballots will be available. You may get an absentee ballot from Karen Dills in the Member Services Office.
- Wednesday, October 25th - Election Day! There will be tables set up in the Crestwood Lobby for all Independent Living Members to vote from 9:00 a.m. to 4:00 p.m. Signatures are required to receive a ballot.
- Friday, October 27th - Winners of the Member Council Election will be announced to the Trinity Woods Community.

We are looking forward to the Member Council Election and we hope everyone participates!

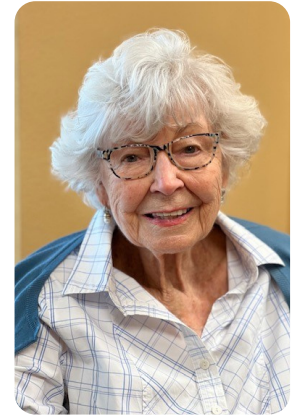




Carolyn Moore
3207 S. Pittsburg Pl.



Tom & Patsy Fawcett
3202 S. Pittsburg Ct.



Maggie Gilliland
CW #3024

WELCOME



Gayle & Mouzon Biggs
CW #4022



Chelley Wallack
CW #1004

Did you know...

CW Member's Club

Furniture in the Member's Club is permanently placed and should not be moved by Members. Not only could Members get hurt but the furniture gets damaged as well.



If you get a new golf cart, please stop by Member Services and register it. After it is registered, Security will stop by and give you a Trinity Woods Parking Sticker.

Words of Wellness:

By Alison Mc Millan, M.Ed., CPT
Wellness Manager



The Return of Tai Chi

Tai chi is an ancient Chinese traditional martial arts-based practice that is a popular low-impact exercise using slow movements and breathing techniques. It has so many great benefits, like:

- Improve Proprioception
 - Proprioception is the body's ability to know where it is in space as it moves and tends to decline with age. Tai Chi encourages slow and deliberate movements that helps train participants to focus on and pay close attention to the way their body moves which helps with every day movements.
- Strengthens Balance
 - Because of the slow movements that involve reaching, twisting, stretching out, and shifting weight, Tai Chi trains the body's stability and teaches the body how to move when your weight is shifting.
- Reduces Fall Risk
 - By improving Balance and Proprioception, Tai Chi helps reduce risk of falls by training the body to be prepared for everyday movements like stepping over items, shifting weight and maintaining stability while doing so, and more. Research has found that Tai Chi also helps by reducing the fear of falling as it makes it easier to recover from a stumble and improves the confidence of the participant in their movements.
- Manage mood and anxieties.
 - Studies have found that Tai Chi can be effective in improving mental health by reducing symptoms of depression and anxiety, as well as contributes to more restful sleep and greater brain function.
- And so much more!

So, here's some good news! Tai Chi is coming back to Trinity Woods! Beginning on October 18th in Westervelt Hall, Alison will be leading an all-levels 30-minute Tai Chi class at 11:30am. Sign up for this class on the reservation form or through our online portal!

Make Recycling Simple Things to Recycle Every Time!



Paper



Cardboard (Flatten)



Plastic



Tin Cans
Rinsed



Clothing
Repurpose or Donate



Soft plastic bags
Recycle at Grocery Stores

Mahjong at Trinity Woods



Interested in Mahjong? Come and play in
Hobby Room 2 on Thursday at 1:00 p.m.
and/or Sunday at 2:00 p.m. If you have
questions, please reach out to Lou Felts at
918-260-9419.



THANK YOU for your generosity during our summer food drive which netted 719 lbs of food!

Remember:

- 32,390 (19.8%) kids in Tulsa County are food insecure (hungry).
- All food collected is picked up by Restore Hope, an affiliate of the Oklahoma Conference of the United Methodist Church, and is distributed in Tulsa County only.

New Food Drive!
October 1 - January 31
Trinity Woods Feed Families bins will be located in Tree Top at Crestwood and in the Spann Wellness Center seating area. Put your food donations in the bins any time and often.

Most needed items for the Restore Hope Food Pantry are:

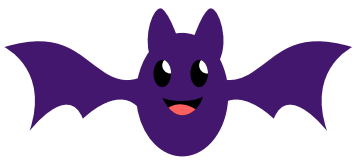
Peanut Butter and Jelly, Canned Fruit (peaches, pineapple, mixed fruit,) Canned Meats (tuna, chicken,) Breakfast Cereals

We cannot accept: Food that is homemade, home-canned, or previously opened.

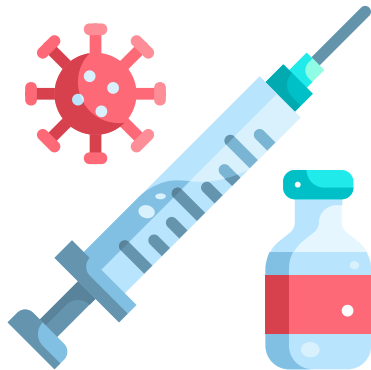
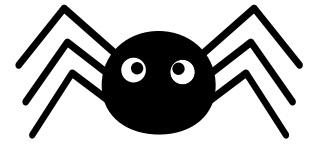
No unlabeled products or a product not in its original packaging.

No perishable food (including bread,) alcohol, medicine, or soda.

No rusty/dented cans. No outdated (expired) products.



October Events

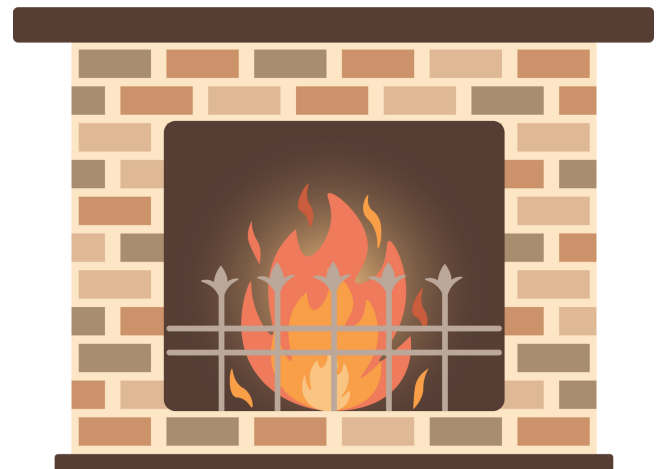


Flu Shots Available:

Tuesday, October 24th
CLC - Westervelt Hall
10:00 a.m. - 2:00 p.m.

Fireside Chats

Fireside Chats are underway! To sign up for one of the remaining sessions, you can complete the Wellness Reservation Form, use the Wellness Portal, or contact Heidi Garrett at 918-346-6671 or hgarrett@trinitywoodstulsa.com. The remaining Fireside Chats are on:



Tues., Oct. 10th at 11 am, Trudy Plowman
Wed., Oct. 11th at 9 am, Trudy Plowman
Thurs., Oct. 12th at 2 pm, Fleming Center



Staff/Member Pickleball Tournament

Monday, October 16th @ 1:00 p.m.
Outdoor Pickleball Court

Come and watch and cheer everyone on!



Fall Festival!

Thursday, October 19

4:00 Cowboy Games outdoors

5:00 Buffet Supper indoors

6:00 Concert outdoors featuring Monica Taylor

and her Red Dirt Ramblers

Community Life Center

Tickets required. \$14 per member; Guests are \$16.

RSVP on the Wellness Reservation Form or via the

Wellness Portal.



Trunk or Treat at Trinity Woods

Friday, October 27 from 6:30 to 7:15 p.m.

Inside and Outside the Community Life

Center

No reservations necessary to attend.

Please sign up to give out candy or help

with games on the Wellness Reservation

Form or via the Wellness Portal.

November Dates for Barry's Pest Control



November 7th: All Villas

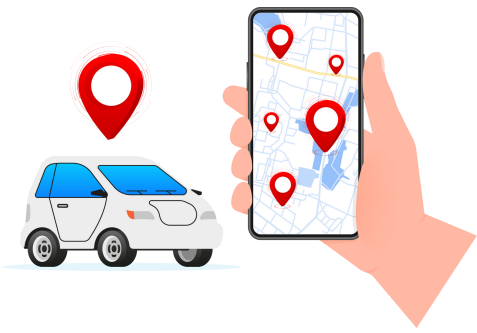
November 8th: Crestwood Common Areas, Spann Wellness Center & Community Life Center

Good Neighbors:

- **Dorothy Gibbs**: Gibbs is always ready when help is needed, from folding napkins to greeting at events to modeling in the fashion show, she's always willing to help the community.



We need your nominations for our Good Neighbor segment of This & That! To nominate a Good Neighbor, email Carri Matheson at: cmatheson@trinitywoodstulsa.com. You may also drop by a written nomination to the Member Services office during business hours.



Seniors: Getting Around Without Driving

Whether it's because of safety concerns or lack of confidence behind the wheel, driving as a senior may not always be an option but this doesn't mean you have to lose your independence.

Below are several alternative modes of transportation you can use as a substitute for driving.

- Trinity Woods Transportation is available Monday - Friday from 8:15 a.m. to 4:00 p.m. The cost is \$30.00 for local round-trip transportation and \$15.00 for one way transportation. These trips are accommodated on a first come first served basis. We also offer free trips to area stores on Monday and Thursday at 9:00 a.m. Check your Wellness Calendar for details. Members can schedule transportation service around campus and there is no charge for those services. You can call the receptionist at 918-346-6610 with any questions or to make a reservation. We do ask that reservations be made **48 hours in advance**.
- Uber and Lift are both great options for Seniors. Both have free apps that you can download on your smartphone. Uber offers UberAssist vehicles that can accommodate folding wheelchairs, walkers and collapsible scooters. If you don't have a smartphone, you might try GoGoGrandparent, <https://gogograndparent.com/> a service that connects older adults to ride sharing services.
- Family and friends are a good option too. Check to see what days and times are best for them before making your appointment and be flexible with your schedule. More people will be willing to help out if you offer to pay for gas. Remember, everyone has busy schedules, don't assume that your schedule is the same as theirs. Becoming overly reliant on a friend is a good way to lose a friendship.
- Check with your Medicare Advantage plan. Some may cover transportation to doctor appointments.