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A MEMBER SERVICES PUBLICATION

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## Tis the Season for Gratitude!

We know sometimes it is hard to stop and look around to see all the many blessings we have but that is exactly what we, the Employee Appreciation Chairs, are asking all community members to do! Think of all the ways Trinity Woods employees make your day and life better – with a smile, kind words and acts of service.

We have just kicked off this year’s Employee Appreciation Campaign and we hope you will join us! By now you should have received a letter and brochure about the campaign. This campaign is run by members so we can thank the Trinity Woods employees for all they do for us.

As you may know our policy at Trinity Woods does not allow employees to accept individual gifts or tips throughout the year, but this time of the year a member committee actively reaches out to our members and solicits donations for the Employee Appreciation Fund.

We aim to show our employees that their hard work does not go unnoticed. EVERY employee receives a monetary gift - senior leadership is excluded. Please consider a gift to express your gratitude for the wonderful Trinity Woods team. It doesn’t matter what you give, only that you give!

For questions contact chairs: Andy Ewing or Rollie Rhodes.

Carri Matheson  
 Director of Member Services  
 918-346-6651  
 cmatheson@trinitywoodstulsa.com

# WELCOME



Jerri Hudson  
CW #3008



Joyce Saunders  
CW #2018



Anne Houston  
CW #2017



**Join the fun in the Fleming center on Tuesdays and Thursdays at 10:00a.m.**

*Did you know...*

## **Hiring Outside Services by Members**

Anyone hired by a Member to provide any services on our campus **MUST** provide proof of liability insurance, workers compensation insurance (or a waiver) and have a signed Independent Contractor Acknowledgement and Indemnification Form. There is no exception to this rule. Trinity Woods works with all Home Care Agencies to obtain this information. All other independent contractors are the responsibility of the Member. More detailed information can be found on page 21 & 22 of the Member Handbook (2023 version). If you have any questions, you may reach out to Karen or Carri in the Member Services Office.



# 2024 Member Council Representatives!

**Crestwood:**        **Sarah Jenkins\***  
Rich Lilienthal  
**Latricia Lingenfelter\***  
**Gayle Teter\***  
Cindy Ziegler

**Felt House:**        Lela Brinlee

**Lakeside/Patio:** **Duane Blankenship\***  
Andy Ewing  
Gary VanFossen

**Villas:**                **Donna Jackson\***  
Rob Rainey

## **Immediate**

**Past President:** Howard Rhodes

**\*The newly elected representatives are in bold.**

Thank you to all who participated in the Member Council voting process. Per the Member Council guidelines, representatives serve two consecutive years.

If you would like a copy of the Member Council Guidelines, please stop by the Member Services Office in Crestwood, Monday-Friday, 8 AM-4:30 PM.

# Everyday items I can't recycle!

These items simply don't belong in your recycling bin.



Dirty tissues



Styrofoam



Greasy pizza boxes



Aluminum Cans with liquid  
Pour out liquid before recycling

What is contamination? Contamination happens when we put the wrong things in the recycling bin. When the occurrence of contaminants in a load of recycling becomes too great the items will be sent to the landfill even though some of them are viable for recycling. This typically happens because recycling is a business: If extra costs add up simply to separate out the contamination, it is likely that a use for that money will be found elsewhere.



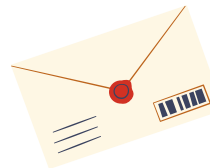
# Thanksgiving Announcements:

## Notice:

Administrative offices will be closed on Thanksgiving Day. There will not be a Concierge on duty. The Charter Oak Dining Room will be open from 11:00 a.m. to 2:00 p.m. Please remember to make your reservation by 3:00 p.m. on Wednesday, November 22nd. Cypress Grill will be open for their regular service hours.



There will be no shopping on Thursday, November 23rd. Please plan to shop on Monday instead.



Stacey, our friendly neighborhood postman, has asked that Members remember to check their mail daily during the holiday season. Mailboxes fill up quickly with the extra catalogs and Christmas cards!

"Give thanks to the Lord because he is good, because his faithful love endures forever."

1 CHRONICLES 16:34



## Andrea's Bake Sale in the TreeTop Cafe

Wednesday, November 22nd  
11:00 a.m. - 2:30 p.m.

First come, first served.

Items: Homemade Pies, Dinner Rolls, Cookies, Muffins, Brownies, Bars and more.

## Food Drive

Since October 1st Trinity Woods has donated 257 pounds of food. Donation bins are located in TreeTop Cafe and the Spann Wellness Center. Keep up the good work! Food Drive continues through January 31st.



# Thanksgiving Dinner Take Out Special



## **Party of Four!**

**1/2 of a Roasted Turkey with Dressing  
Mashed Potatoes and Gravy - Rolls  
Yams - Green Bean Casserole - Cranberry Sauce  
Choice of 1/2 Pumpkin or Pecan Pie  
Serves 4 Adults \$52.00**

## **Party of Eight!**

**Whole Roasted Turkey with Dressing  
Mashed Potatoes with Gravy - Rolls  
Yams - Green Bean Casserole - Cranberry Sauce  
Choice of Whole Pumpkin or Pecan Pie  
Serves 8 Adults \$104.00**

\*There will not be a take-out fee added to this special.

***Orders must be placed by Wednesday, November 15th at 3:00 p.m.*** No late orders accepted. To place an order, contact the Concierge at 918.346.6653 or [concierge@trinitywoodstulsa.com](mailto:concierge@trinitywoodstulsa.com)

Orders must be picked up Thanksgiving Day at TreeTop Cafe To Go Station at 11:00 a.m. or 1:00 p.m.

# Words of Wellness:

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

## Maintain Don't Gain

The air is growing colder, the daylight is growing shorter, and the holidays are almost upon us! While holidays and the winter season both bring us joy, cheer, and reflection, they can also bring negative symptoms such as stress, anxiety, headaches, weight gain, irritability, and more. That's why the Wellness Team in Spann Wellness Center is holding our annual Maintain Don't Gain challenge aimed at helping you stay on track by encouraging activity and wellbeing during the holidays, as well as our annual Senior Fitness Assessments, perfect for gauging your current fitness level, seeing the progress you've made so far, and updating your wellness goals! With an InBody scan at the beginning of the challenge and at the end, expert testing and guidance from our Wellness Staff, and community support through the holiday season, plus a stylish tee-shirt at the end, you'll not want to miss this challenge! See Alison and Delisa for details!



## December Dates for Barry's Pest Control



**December 5th**: Lakeside and Patio Homes

**December 6th**: Crestwood Common Areas, Spann Wellness Center & Community Life Center



## Good Neighbors:

- **Gayle Teter**: Gayle is a great person and has a kind heart for others.
- **Tina Pickle**: Tina is selfless. She calls and checks on her neighbors and is always offering rides to programs and meetings. She is generous and always thinking of others.
- **Marjorie Monnet**: Marjorie always has a smile on her face. She is always optimistic and has kind words for everyone she sees. Marjorie is great about helping out around campus when needed.

**Nominate a Good Neighbor today: [cmatheson@trinitywoodstulsa.com](mailto:cmatheson@trinitywoodstulsa.com) or 918-346-6671.**



# Decorating for the Holidays



*As you begin to decorate for the holidays, don't forget that Trinity Woods is a flameless community. Battery operated; flameless candles may be used.*

**All Christmas decorations that are outdoors or in common areas across campus MUST be taken down and put away by Monday, January 8th (the Monday following the Epiphany).**

## **Hallways, Common Areas and Door Decorations**

Each floor in Crestwood will have the opportunity to decorate the end of their corridor if the following guidelines are met:

- Let the Director of Member Services know you would like to decorate the table at the end of your corridor no later than Monday, November 20th. Trinity Woods decorations will be removed and stored by Trinity Woods Staff no later than Monday, November 27th at the end of the business day.
- Submit a proposal for the decorations to the Director of Member services before the decorations are put in place.
- All Members that live on the wing agree with the decoration(s).
- Building codes are met.

Please note that Member decorations may ONLY be placed at the ends of the hallways and not in or around elevators, offices, TreeTop Cafe, Charter Oak Restaurant, Member's Business Office, Crestwood Lobby, or other common areas in Crestwood or on campus.

Members in Crestwood are welcome to hang wreaths on their front doors with appropriate door hangers (no nails) as well as to decorate the ledge outside their front door. Please keep these decorations at your door and do not let them expand down the hallway. Felt House Members may also hang wreaths in their front doors with appropriate door hanger (no nails).

We are excited to see the Christmas decorations and appreciate your compliance with the above guidelines.

Happy Decorating!