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A MEMBER SERVICES PUBLICATION

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Welcoming New Neighbors

Helpful Suggestions for Meeting Your New Neighbors:

- 1. Wait a few days.** When new neighbors are moving into their home, they likely have a lot on their plate. Instead of interrupting them as they're unpacking, wait a few days to let them settle in before stopping by to introduce yourself.

 - Feel free to introduce yourself if you happen to bump into your neighbors as they're moving in, but be considerate of their situation and keep it brief. Sometimes, a smile and a wave are more than enough right at first.
 - Try simply saying hello, giving your name and saying, "I'll stop by another time to talk when you aren't busy."
- 2. Bring other neighbors with you.** When you go to introduce yourself to new neighbors, you may want to bring some other neighbors with you. You can open by saying something like, "welcome to the neighborhood, I'm (provide your name) and these are some of your neighbors." Then introduce your fellow community members.

 - By bringing a group of neighbors with you, it will limit the number of times different neighbors stop in.
 - When you incorporate more people into the conversation it can reduce any awkward pause that may arise.
- 3. Be courteous and respect their privacy.** Not everyone enjoys interacting with new people, and your new neighbors may be hesitant to have a lengthy conversation with you or a group of people. Keep your meeting brief, and if your new neighbor seems uncomfortable, politely introduce yourself and leave.

 - If your new neighbor suggests that it isn't a good time, respect their wishes and come back another time.
 - Don't take offense if your neighbors aren't welcoming. It is difficult for some people to meet strangers.
 - If your neighbor seems busy or uninterested in talking right now, you may want to ask when would be a better time. Try saying something like, "I can tell you're busy. Is there a better time for me/us to stop by?"

At Trinity Woods we pride ourselves on being good neighbors. It's who we are. When new Members move to our community, we want to welcome them and make them feel comfortable in their new home.

Did you know...

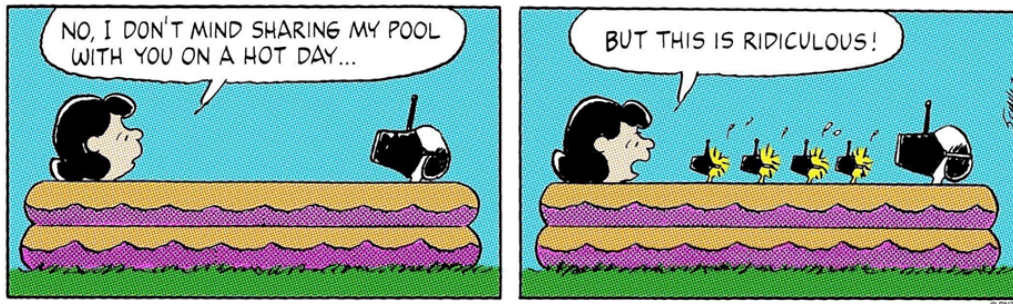
Crestwood Trash Chute

It is very important that you do not throw kitty litter or other heavy objects down the Crestwood Trash Chute. It is breaking the bins at the bottom of the chute. Kitty litter and other heavy objects need to be taken by the Member to the trash bins located in the parking garage. The bins are located by the TreeTop elevator and by the freight elevator.

Making Changes to Your Trinity Woods Home

If you want changes made to your Trinity Woods Home, please do not talk with any of our vendors including landscapers about additional work that you would like to have done. Members must work with Trinity Woods directly to make those changes. You must first fill out a Modification Request Form. These forms are available in Member Services or in Debe Judah's office. As soon as it has been approved by Dennis Graham, COO, then Trinity Woods will get an estimate. The Member will then approve the estimate. Once all has been approved and signed by both the Member and Trinity Woods, then work can proceed.

Peanuts



WELCOME



Janice & Duane Blankenship
3205 S. Pittsburg Pl.



Phyllis Davis
CW #3002



Gerry & Dick Pittenger
CW #3023

Words of Wellness:

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

Fitness Trivia

Test your knowledge of fitness with these ten fitness related questions. Give it a go!

1. Why are dumbbells called 'dumbbells'?
2. What muscle is, on average, the biggest in the body?
3. What is a popular type of high intensity exercise that starts with the letter 't'?
4. What is the measurement that is the ratio of body weight and body height?
5. When you're sore a couple days after working out, you have DOMS. What does DOMS stand for?
6. What does 'aerobic exercise' mean?
7. What muscle is the opposite (antagonist) of your bicep in your arm?
8. What is the proper way to breathe when lifting weights?
9. What does the acronym HIIT stand for?
10. What happens to body fat when it is burned?

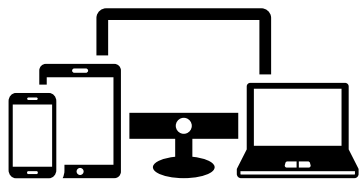


*Answers can be found on page 5.

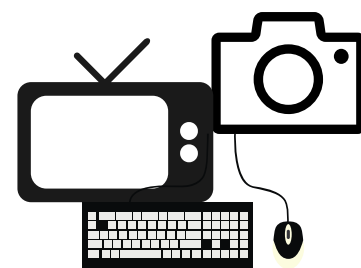
Friendly Reminder:

When we meet with new Members, the Member Services office doors will be closed. If you stop by and this is the case, please see Lori at the Concierge Desk for assistance. Lori can make copies and assist you with work orders and other questions. If she is unable to assist you, she will give us a message when our meeting is over, and we will reach out to you. We are always happy to help. Please do not interrupt these meetings. This move can be overwhelming, and we share a lot of information with new Members. We want to be able to focus on them and any questions they might have. Thank you for helping us with this matter. When the doors are open, come on in!

~ Carri and Karen



Recycling News



What about E-Waste?

We can all remember when we didn't have computers or cellphones or printers, etc. Hey, we used a mimeograph machine, not a copier in the office or school. I often think "What did we do without these things?" However, here we are. Our dependence on electronics and technology is continues to grow at an extraordinary pace.

When these products are no longer wanted or used, what do we do with them? We need to have an awareness of how to safely dispose of them. Why? Electronics can contain dangerous toxic materials such as lead, mercury, arsenic and cadmium. With improper disposal, these toxins can be released into the environment and cause severe human and environmental health consequence. With proper disposal, valuable materials from the old electronics can be recovered and used to make new products and prevent rapid buildup in our landfills.

The Central Metropolitan Environmental Trust (M.E.T) Recycling Center at 3495 S. Sheridan Ave. accepts your unused or unwanted electronics, such as computer towers, printers, phones, VCR/DVD players, cameras, keyboards, and laptops for free. For a small fee (\$10-\$26), they will also accept monitors (CRT) and televisions.

If you are planning to discard electronics, do your part and recycle at the M.E.T.

(info from The M.E.T)

Charlotte Frazier

~ Recycling Committee Chair ~

Dr. Google and the Pharmacist

There are plenty of reasons you should exercise caution when consulting with Dr. Google about your symptoms and treatment options. The best resource to answer any medical question including which medications you should and shouldn't take is your physician or pharmacist. Your doctor is the person with the most accurate knowledge of what you're already taking, your physical condition and what's safe to take and avoid. If your pharmacist manages all your medications, they can help you navigate the safest over the counters to take with your current medication regimen. Never take any medication from anyone other than these two resources. While a friend may mean well, they are likely unfamiliar with your health and the precautions you need to take. And please, **never share your prescription medication with anyone under any circumstances**. If you wish to donate unopened, unused medications contact the Wellness Nurse. She has contacts who can utilize pharmacists to distribute those donations to the needy and can get rid of unusable medications.

AWESOME!

Trinity Woods has donated a total of 574 pounds of food to Restore Hope Ministries as of July 30th. Thanks to all who have donated. Keep up the good work! We will continue taking donations until August 31st. Donation bins are located in the TreeTop cafe and in the Steen Coffee Bar located in the CLC.

Fitness Trivia Answers:

1. 16th century athletes used bells with their clappers removed rendering them dumb. Now our modern weights are called 'dumbbells'!
2. Gluteus Maximus
3. Tabata
4. Body Mass Index
5. Delayed Onset Muscle Soreness
6. Exercise with oxygen
7. Tricep
8. Exhale during the lift, inhale when returning to rest
9. High Intensity Interval Training
10. Broken down fat produces H₂O and CO₂ waste that is exhaled, sweated, or urinated out

September Dates for Barry's Pest Control



September 5th: Lakeside and Patio Homes

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



Good Neighbors:

- **Toni Dickson**: Toni brings many great ideas to the Treasure Chest. Her selfless contributions make the Trinity Woods a better place.
- **Carolyn & Jerry Ehlers**: Carolyn and Jerry are truly a Trinity Woods treasure! They help with the library, community newspapers and make sure that we always have pictures from events!
- **Mary Lynn Gilbert**: Mary Lynn is a great neighbor with a true godly spirit. She is considerate and kind and always takes time to talk with her neighbors and has a smile for all.

Nominate a Good Neighbor today: cmatheson@trinitywoodstulsa.com

Hosting Guests at Trinity Woods

At Trinity Woods we always welcome your guests of all ages with a smile.

Trinity Woods has Guest Suites that are located in Crestwood (\$ 80.00 per night) and Felt House (\$139 per night) and may be reserved for periods of up to three consecutive days. The Crestwood Guest Suite is like a typical hotel room with a mini fridge, coffee pot and microwave available. The Felt House Guest Suite has a bedroom, living room and kitchen. Check-in time is at 3:00 p.m. and check-out is at 11:00 a.m. These may be reserved for guests who are 21 and older. Guests may also stay with you in your residence and rollaway beds are available for \$10.00 per night. Guests staying on campus will need a parking permit so that Security knows their vehicle belongs on campus. Parking permits are available at the Concierge Desk.

Children who visit our community must be accompanied by an adult at all times. Please be respectful of your neighbors and watch children closely while out and about on campus. All guests must follow the policies of Trinity Woods.

Your guests may dine with you in Cypress Grille, Charter Oak and Tree Top Cafe. You may use your Dining Dollars or have meals billed to you on your monthly statement. Don't forget to make reservations if you want to dine at Cypress Grille or Charter Oak. Members may also reserve the Private Dining Room which can accommodate up to 12 people.

The Spann Wellness Center is available to your guests during their stay here. Guests are welcome to attend classes with you if there is room. Members wanting to attend classes do take priority over guests. All guests must sign a waiver prior to using the Spann Wellness Center. Please contact Alison at 918.346.6682 or Delisa at 918.346.6642 for details.

Visiting pets are welcome at Trinity Woods too. However, we are not able to accommodate pets in either of the Guest Suites. Visiting pets must have proof of current vaccinations and a Visiting Pet Form must be completed and turned into Member Services prior to their arrival to the Trinity Woods campus. Please see someone from the Member Services Team for needed forms and any other questions about visiting pets.

If you would like to book either of the Guest Suites, please call Lori at 918.346.6653.

If you would like to tour the Guest Suites prior to your guests visit, please call Karen at 918.346.6654 or Carri at 918.346.6651.