

this & that

A MEMBER SERVICES PUBLICATION

In This Issue

Seven Qualities of a Good Neighbor

Barry's Pest Control

Concierge Hours

Member Council Minute

Welcome to Our Newest Members

Tulsa People A-List

Did You Know?

Good Neighbors

New Employees at Trinity Woods

Words of Wellness

Trinity Woods - A Recycling Community

The Wet Brush Club

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

Seven Qualities of a Good Neighbor

Everyone at Trinity Woods would probably agree that it is important to be a good neighbor. We are kind to each other; We are kind to strangers, and we serve each other in the spirit of Christ. When our Members are asked what it means to be a good neighbor, these are the most common answers:

1. Good neighbors are friendly.

- Friendly neighbors are welcoming to new members. They introduce themselves, build relationships, and are welcoming and approachable. They also enjoy being social in their community and encourage others to do so as well.

2. Good neighbors are trusting.

- Trusting neighbors have their neighbors' best interests at heart. They treat their neighbor's home and family as if it was their own. Trusting neighbors also keep their word and follow through when asked to do something.

3. Good neighbors are helpful.

- Helpful neighbors are always there to lend a hand. They are considerate of others and offer their services to help those in need.

4. Good neighbors are respectful.

- Respectful neighbors understand boundaries and are respectful of their neighbors time and space. They are also respectful of those that may not like a lot of interaction and prefer to communicate on an as needed basis.

5. Good neighbors are considerate of noise.

- Neighbors that act responsibly to noise levels is a large part of building a respectful relationship. They are accommodating and willing to adjust noise levels when their neighbor may feel disturbed or uncomfortable.

6. Good neighbors avoid conflict.

- Neighbors seek help with mediation, respect other's opinions, use diplomatic speech, and non-judgmental and non-confrontational.

7. Good neighbors are positive!

- Good neighbors are positive and look on the bright side of things. They point out the good things in life instead of focusing on the negative.

May Dates for Barry's Pest Control

May 2nd: Villas

May 3rd: Spann Wellness Center, Crestwood Common Areas & Community Life Center



REMINDER

Concierge Hours:

Monday - Saturday 8:00 a.m. - 4:30 p.m.
Sunday 9:00 a.m. - 3:00 p.m.

Calls made after hours are not received until the next day. If call to cancel your reservation for that evening after hours, the dining room will not get the message.

If you leave a message after hours and need your call returned, you will not get a call until the following business day.

Member Council Minute:

If you live in a Lakeside or Patio Home your Member Council Representatives are Andy Ewing, Charlotte Frazier and Gary Van Fossen. Charlotte is Chairman of the Recycle Committee and Gary is Chairman of the Safety Committee.



Suzanne Davis
3143 S. Sandusky Ave.

WELCOME





PLEASE VOTE FOR US!

VOTE APRIL 1-16

Help Trinity Woods be named to the TulsaPeople A-List awards for best retirement Community in Tulsa. Let everyone know how caring and compassion for your fellow neighbor is really what makes the difference at Trinity Woods. To vote go to tulsapeople.com/a-list/ or visit our Facebook page for a link. Trinity Woods is in the “services” category under “Retirement Community.” Vote Today!

Did you know...

Document Shredding & Medication Disposal is Coming to TW!



Protect Your Identity and Dispose of your old and unwanted medications all in the same place! American Document Shredding will be coming to Trinity Woods on April 18th from 10:00 a.m. - 12:00 p.m. to shred all of your unwanted documents. They will be located in front of Crestwood in the circle drive. A representative from Oklahoma Bureau of Narcotics will also be in front of Crestwood collecting old and unwanted medication during the same time.



Good Neighbors:

- **Joyce Peace**: Joyce is so much fun and always has a smile on her face. She gives of her time to lead The Wet Brush Club in the Hobby Room on Mondays. She's an all-around good neighbor and Friend.
- **Bobbie Ziegler**: Bobbie is a kind soul. She is always pleasant to others and welcomes others to sit and visit in the Crestwood Lobby. She is appreciative and compliments residents and staff.
- **Stella Schwartz**: Stella has a positive outlook on life and always tries to see the bright side of things. She is happy to live at Trinity Woods.
- **Phyllis Rhodes**: Phyllis has birthday parties for the neighbors in her hall and Christmas parties for everyone on the floor. She is always willing to help her neighbors when needed.

Nominate a Good Neighbor today: cmatheson@trinitywoodstulsa.com

New Employees at Trinity Woods



Rita Crooks

Accounts Receivable

- Moved to Oklahoma from Georgia.
- Would eat tacos everyday.
- Likes restoring old cars and furniture - latest project is a 1989 Fleetwood Prowler camper.
- I'm a cat lady with 3 and counting.



Frank Fitchben

Maintenance

- From Loveland Colorado and Panama City Beach Florida.
- Pizza is his favorite food.
- Likes to dance and can play a mean game of scrabble.
- In his free time, Frank likes to golf and go to the gym.



Lea Ann Sims

Sales Representative

- Military brat born in Pennsylvania. Moved to Japan, Germany and then to Oklahoma.
- enjoys learning new things and and likes to tinker in the the kitchen with food.
- Loves to travel and experience different cultures.
- Her family is her world!
- She is excited to work here and can't wait to meet everyone.

If you see Rita, Frank or Lea Ann around campus, please take a minute to stop and say hello. We know you will give them all a warm Trinity Woods welcome!

Words of Wellness:



10 Reasons You Should Start Using Suspension Training

Have you ever seen the TRX straps hanging on the cable machine in Spann Wellness but hadn't been sure about trying them? Here are 10 reasons why you should!

1. It's a great strength building tool.
 - Suspension training increases muscle activation compared to doing the same exercise on a stable surface.
2. You'll build a strong core.
 - Suspension training makes you use your core more for stability, which is great for spine support and proper posture.
3. You can gradually increase the difficulty.
 - The straps allow for you to change resistance levels, improving as you go!
4. You burn more calories.
 - TRX uses compound movements to engage more muscles which leads to a higher caloric expenditure.
5. There is a Low risk of injury compared to free weights.
 - TRX training has a lower risk for injury and is easier on the joints.
6. You can get a great passive stretch.
 - The straps can help you get a deep stretch that may not be doable alone.
7. All skill levels can use TRX Straps.
 - Even if you're a beginner or if you're a well-seasoned exerciser, you can use the straps.
8. You get more results in less time.
 - Using the TRX compound exercises means a greater muscle activation and makes sure you work more than doing a single exercise with free weights.
9. It builds a mind and body connection.
 - TRX teaches you body awareness and helps build the mind body connection
10. You get some cardio in!
 - Some TRX exercises can really get your heart rate up.

Bonus 11th reason! It's fun and something new to try! Add a little variety into your work out today: Come see Alison or Delisa in Spann Wellness for an overview of some of the many exercises you can do with the TRX straps!



Trinity Woods A Recycling Community

Congratulations to all our members for the efforts each of you are making to recycle. You deserve a standing ovation. The Recycle Committee is working to provide you with the information you need to make your best recycling efforts. Recently, we were pleased to have Robert Pickens, a Mr. Murph representative, come to us and explain the “ins and outs” of recycling. It was exciting to have such a big group attend despite the weather. Before and after, members lined up to ask Mr. Pickens questions. The program included pictures of the computerized recycling system that sorts and distributes paper, plastic, glass, and metal to be sent to Oklahoma manufacturers who use these recyclables to make new items. We also had items set out on a table for Mr. Pickens to tell us whether or not they were recyclable.

What we learned may have informed, confused, or even surprised some of you. One surprising item was that NOT all items that appear plastic are plastic. Some are Polystyrene, another form of Styrofoam. Polystyrene is used to make cups and dishes. Typically, these items have the number #6 (six) on its bottom. The clear plastic dixie cups and the containers (black bottom/clear top) we are given to put salad in for takeout are #6 containers and are not recyclable here in Oklahoma. TOSS those items in the trash!

Another item, Mr. Pickens mentioned in his presentation was Lithium-ion batteries. This type of battery was what caused his company to be closed down for almost a year because this battery caused a fire in their system. Several of you have asked me about items you own which have Lithium-ion batteries in them. Examples are rechargeable items such as some electric toothbrushes, cellphones, and iPads. If you want to get rid of them, you can take them to the Central Tulsa M.E.T. at 3495 S. Sheridan Ave. across from the Ford dealership. DO NOT put them in our battery recycling container.

As always, if you don't know, check it out or toss in trash. Recycle Committee members are available to respond to your questions.

- Charlotte Frazier + The Trinity Woods Recycle Committee

ALL ARE WELCOME!



THE WET BRUSH CLUB

Mondays, 11:30-2:30 in the Hobby Room

Artists! Come wet your brush with others. Bring whatever you're working on, along with your own supplies, and let's paint and visit together.

For questions, call Joyce Peace at 918-693-2896.