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A MEMBER SERVICES PUBLICATION

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2023 Member Council Representatives!

Villas:

Glenna Hertzler
Rob Rainey *

Crestwood:

Rich Lilienthal *
Howard Rhodes
Rollie Rhodes
Jenneth Sheeler
Cindy Ziegler *

Felt House:

Lela Brinlee *

Lakeside/Patio:

Andy Ewing *
Charlotte Frazier
Gary VanFossen *

Immediate

Past President: Chuck Hanna

*** 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, 8AM-4:30PM.

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



Ed Wagner
3171 S. Sandusky



Nancy Paul
Crestwood #1012



Shirley Crane
Crestwood #3001



Dorothy Gibbs
FH #305

WELCOME



Marcia and Allen Bates
3155 S Sandusky



John and Mary Alice Wallis
Crestwood #3026



Red and June Martin
3212 S. Quebec Ave.

January Dates for Barry's Pest Control

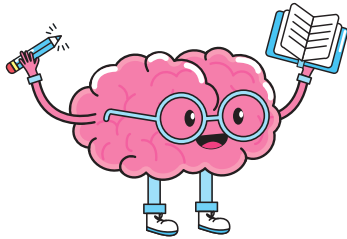
January 3rd: Felt House Apartments and Crestwood

January 4th: Spann Wellness Center, Holliman Common Areas & Community Life Center



Trash Reminder

If you live in the **Villas, Lakeside or Patio Homes**, you must bag all trash that goes into the city's trash can or they will not take it. To dispose of trash that does not fit inside your trash can, please bag the trash and apply an orange 'Extra Refuse' sticker to each bag. Bags must not exceed 40 pounds in weight. Extra Refuse stickers may be purchased at any area QT location in Tulsa.



Keeping Your Brain Sharp

Our brains are powerful, and they control every part of our daily lives. As we get older, it is common for our brains to have cognitive changes. You can help your brain stay sharp by making small lifestyle changes. Here are some things you can do to increase your brain health:

- Get routine preventive screenings from your doctor.
- Get enough good sleep. 7-8 hours a night.
- Limit how much alcohol you drink. Some medicines don't mix with alcohol.
- Be active! Try to be active for at least 2 1/2 hours a week.
- Play games or read.
- Learn a new skill or hobby.
- Eat a healthy diet with lots of fruit and veggies.
- Don't smoke or use tobacco in any form.
- Stay in touch with family and friends.



Good Neighbors:

- **John Marquis**: John is an asset to the Treasure Chest. He installed a dressing room, a place for volunteers to hang their coats and he picks up and delivers items....just to name a few!
- **Judy Marquis**: Judy goes the extra mile to help with the Treasure Chest. She greets people warmly, picks up and drops off donations, sorts and prices items and is there every week to serve as the cashier. The list could go on!
- **Mae Timmons**: Mae is a great neighbor! She will save your paper when you are out of town, brings flowers just because and she will even roll your trash can up!

Nominate a Good Neighbor today: cmatheson@trinitywoodstulsa.com

Did you know...

There is a **Lost and Found** located at the Concierge desk in Crestwood as well as in Spann Wellness Center and at the Security Office.

Recycling During the Holidays

As we enjoy celebrating the holidays, we end up with a lot to throw away – either in our trash or our recycling. Recycling is easy for Tulsa residents, especially during the holiday season. Most packaging and wrapping paper – such as cardboard boxes and basic wrapping paper without foil or glitter – are recyclable in Tulsa’s recycling system.

Below is a list of items that cannot be recycled and should be placed in the trash. Remember: when in doubt, throw it out.

Do Not Recycle:

- Styrofoam
- Plastic Strapping
- Tinsel
- Christmas Lights
- Ribbons or bows
- Bulbs or ornaments
- Ceramics
- Electronics
- Foil, shiny or glitter wrapping paper
- Plastic bags, flexible film plastics, bubble wrap or tarps
- Textiles - tree skirts, stockings, or clothing
- Artificial or live Christmas trees
- Christmas cards with foil, shiny or glitter material

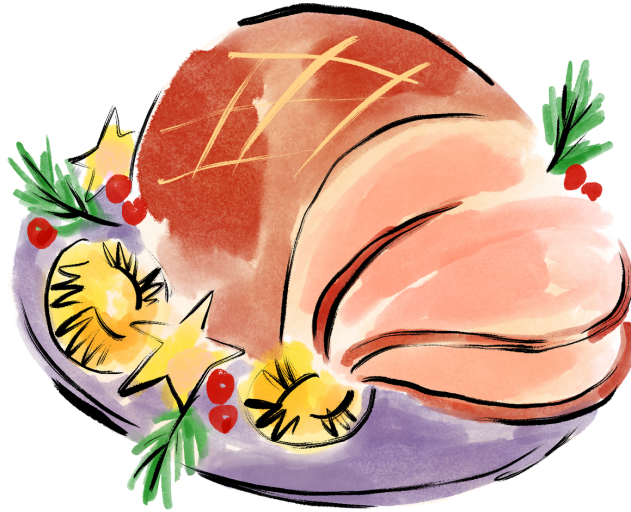
Live Christmas Tree Disposal: In December and January, residents may put live trees at the curb on their primary collection day. Trees need to be cut into 4-foot sections to fit into the hopper of the refuse trucks. Tulsa residents also may bring their live Christmas trees to be ground into mulch at the City’s Mulch Site, 2100 N. 145th East Ave. Trees brought to the site must have all decorations removed. Check Tulsa’s website for hours.

Consider donating decorations. If they’re in good condition and work as intended, charity resale stores are happy to accept decorations (i.e., ornaments, artificial trees, etc.) anytime of the year.

Did you get a new cellphone for Christmas? Check out the many places you can take your old cellphones. <https://metrecycle.com/cell-phones/> Many charities accept old cellphones, including DVIS, HOW Foundation, Salvation Army, and Goodwill Industries.



A new battery collection station has been placed near the breezeway between Spann and the CLC. It will keep the batteries away from the building and prevent any unexpected fires that might damage the buildings.



Christmas Dinner Take Out Special:

Ham or Lamb

Whipped Potatoes and Gravy

Steamed Asparagus

Dinner Rolls

Pecan or Pumpkin Pie

\$52.00 - 4 Person Box

\$104.00 - 8 Person Box

Please call or email the concierge to place your order. Orders are due by Monday, December 19th. 918-346-6653 or concierge@trinitywoodstulsa.com.

Christmas Announcements:

ATTENTION

Welcome Wednesday & Everybody Has a Story is cancelled for the rest of the year.

Administrative Offices and the Transportation Department will be closed on Monday, December 26th and Monday January 2nd.

There will not be a Concierge on duty Christmas Day or New Year's Day. The Charter Oak Dining Room will be open from 11:00 a.m. - 2:00 p.m. on those days. Please remember to make your dining reservation by 3:00 p.m. the day before.



Christmas Decoration Update:

All Christmas decorations across campus can stay up until after the Epiphany. They MUST be taken down and put away by Monday, January 9th.