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A MEMBER SERVICES PUBLICATION

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## Recycling During the Holidays

During the holiday season, the Recycling Committee is often asked what is trash and what can be recycled. Most packaging and wrapping paper such as cardboard boxes and basic wrapping paper can be recycled. Wrapping paper that has foil or glitter must be thrown away.

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
- Foil, shiny or glitter wrapping paper
- Christmas Cards with foil, shiny or glitter material.

If you have questions about what can be recycled, you may ask a committee member or reach out to the Member Services office. We are all always happy to answer any questions you may have.

~ The Recycling Committee

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

# Did you know...

If you ever have an emergency and need to be transported from Trinity Woods to the hospital via ambulance, the cost is covered. If you ever receive a bill for ambulance service, please take it to accounting and they will help you resolve it.



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## Emergency Contact Information

Keeping your Emergency Contact Information up to date is very important. Trinity Woods cannot share information about you with anyone who is not an emergency contact. If you want to make sure that Trinity Woods has updated information, please reach out to Lupina Fry, Wellness Nurse at 918-346-6618 or [lfry@trinitywoodstulsa.com](mailto:lfry@trinitywoodstulsa.com).

## WELCOME



Janet Hawks  
3211 S. Pittsburg Place



Martha Weatherl  
3207 S. Pittsburg Ct.



Gloria Helmuth  
CW #4015

# Christmas Dinner Take Out Special



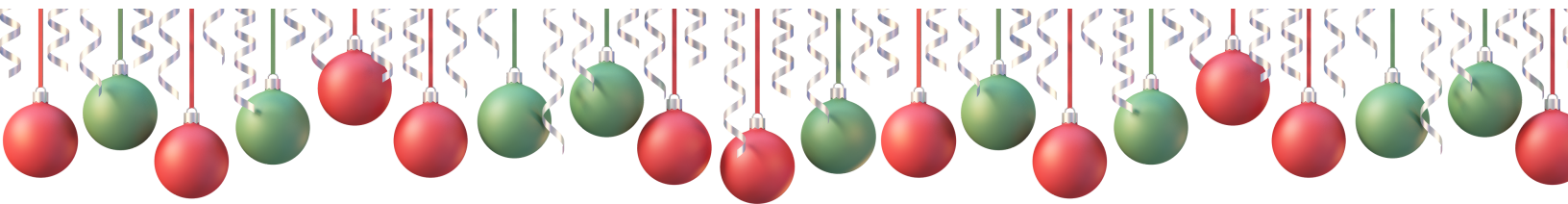
**Ham or Prime Rib with Au Jus  
Whipped Potatoes with Gravy  
Steamed Asparagus  
Rolls  
Pumpkin or Pecan Pie**

**\$52.00 - 4 Person Box  
\$104.00 - 8 Person Box**

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

***Orders must be placed by Monday, December 18th 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 Christmas Day at TreeTop Cafe To Go Station at 11:00 a.m. or 1:00 p.m.



# Christmas Announcements:

## Notice:

The Administrative Offices  
and the  
Transportation Department  
will be closed on  
Christmas Day ( Monday, December 25th) and  
New Year's Day (Monday, January 1st)



There will be no shopping on  
Monday, December 25th or  
Monday, January 1st. Please  
plan to shop on Thursday  
instead.

## ATTENTION

There will not be a concierge on duty  
Christmas Day or New Year's Day. However,  
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  
reservations by 3:00 p.m. the day before.



## Housekeeping Holiday Scheduling

We will observe Monday December 25th  
and Monday January 1st as our observed  
holidays.

If your cleaning day falls on Monday  
December 25th you will be skipped that  
day and we will follow our normal  
schedule the rest of the week.

The following week we will resume  
cleaning on Tuesday January 2nd and  
Monday's people that were not cleaned on  
December 25th will be cleaned on  
Tuesday and Tuesday's people will be  
skipped and the rest of the week will be  
cleaned as scheduled.

Thank you for your understanding!

If you have any questions, call  
Housekeeping at 918.346.6622



## Food Drive

Since October 1st Trinity Woods has  
donated 337 pounds of food for Restore  
Hope. Donation bins are located in  
TreeTop Cafe and the Spann Wellness  
Center. Your donations are truly  
blessing others and your generosity is  
appreciated! Food Drive continues  
through January 31st.



# ISAIAH 7:14

14 THEREFORE THE LORD HIMSELF SHALL GIVE YOU A SIGN; BEHOLD, A VIRGIN SHALL CONCEIVE, AND BEAR A SON, AND SHALL CALL HIS NAME IMMANUEL. KJV





## January Dates for Barry's Pest Control



**January 2nd**: Felt House and Crestwood Apartments

**January 3rd**: Holliman Common Areas, Spann Wellness Center & Community Life Center

## Concierge Lunch Break

Monday through Saturday the Concierge will take a 30-minute lunch break. During that time, there will be no one covering the desk. Please feel free to leave a message and Vanna or Lori will call you back when they return to the desk. Monday through Friday, Lori's lunch break will be from 12:30 - 1:00 p.m. We appreciate your patience and cooperation. Please plan accordingly and try to avoid calling during this time.



# Words of Wellness:

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



## Ten Tips to Maintain Wellness Through the Holidays

The Holiday season is in full swing! It can be hard to put one's own health and wellness first, but especially now, it has to be your top priority. With the stress of event planning, the busyness of visiting family and friends, and the change of weather, there's a lot to consider that would impact us! So, as Maintain Don't Gain continues, and as we enjoy the celebration of the holiday season, here are 10 tips to help maintain your wellness through the holidays:

1. Mindful Eating - We get easily distracted when we eat, and sometimes wind-up overeating because of it. Take the chance to slow down when eating and stop eating when you feel full instead of cleaning your plate.
2. Adhere to a consistent bedtime - With the time change and with celebrations, it's easy to get off track and lose sleep, but sleep is vital for our health. Pick a bedtime and stick to it!
3. Go outside - While it is getting colder out and the desire to stay warm and snug inside is strong, it is still beneficial to get outside and get some fresh air and sunlight, both of which are extremely good for you.
4. Set boundaries - It is tempting to put your needs aside for the sake of pleasing others during the holidays, but it can be harmful to your mental, emotional, or even physical wellbeing. It's okay to say no!
5. Keep up your physical activity habits - The holiday season is an easy time to slack off on our exercise, but it's important to try to maintain consistency. Keep your habits as normal and avoid the risk of losing progress and positive impact from physical activity.
6. Be Intentional about Planning Ahead - It's a great idea to use a calendar and ensure you're up to date on your events and commitments, that way you can prepare for those events and commitments and avoid things slipping through the cracks which can cause more unnecessary stress.
7. Stay Hydrated - There's so many holiday drink options, both alcoholic and nonalcoholic, to choose from but its important to remember to keep drinking plenty of water throughout the holidays.
8. Cultivate your relaxation - Be intentional about creating a relaxing and calming space where you can decompress after a busy day or night of planning and celebrating.
9. Create a Budget - Avoid the risk of overspending this holiday season by setting a realistic budget for food, gifts, and other items, and sticking to the budget.
10. Reach out - Sometimes the holiday season can feel lonely or sometimes we can get overwhelmed. Reach out to trusted friends, family, and loved ones who are there to help support you and your needs.

*The Spann Wellness Team wishes you a very blessed and Merry Christmas!*