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A MEMBER SERVICES PUBLICATION

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EMPLOYEE APPRECIATION CAMPAIGN A HUGE SUCCESS!

Thank you to everyone who contributed to the 2022 Employee Appreciation Campaign. We were able to raise the amount that was given to each employee and that was ALL because of YOU!

CAMPAIGN HIGHLIGHTS

INDEPENDENT LIVING PARTICIPATION = 88%

TOTAL CAMPUS PARTICIPATION = 69%

TOTAL NUMBER OF DONORS = 212

AVERAGE GIFT = \$432

TOTAL RAISED = \$91,620

NUMBER OF EMPLOYEES APPRECIATED = 100%

We would also like to give a special thank you to all the volunteers who helped with this campaign. Thank you for reaching out to your neighbors, following up, decorating, serving and bringing overall holiday cheer to this very special event!

THANK YOU VOLUNTEER COMMITTEE

Ginger Anderson
 Bill Bailey
 Bob and Becky Cable
 Julia Couch
 Sue Duncan
 Fred Elder
 Andy Ewing
 Gary and Dorothy Van Fossen
 Charlotte Frazier
 Shirley Frizzell
 Dolores Hedger
 Glenna Hertzler

Jill Byrne Hoilien
 Sarah Jenkins
 Richard Lilienthal
 Nevin Loerke
 Adrena Mahu
 Jane Mansfield
 Dee Maquire
 Phillele McBrayer
 Ruth Ann Odom
 Kay Owens
 Doris Piatak
 Jan Reynolds

Rollie Rhodes
 Dianne Rodehaver
 Stella Schwartz
 Jenneth Sheeler
 Carol Shortridge
 Betty Simmons
 Mary and Leonard Stubbs
 Cheryln Sunflower
 Mae Timmons
 Wayne Tremble
 Bobbie Ziegler



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

February Dates for Barry's Pest Control



February 7th: All Villas on Sandusky

February 8th: Spann Wellness Center, Crestwood Common Areas & Community Life Center



Member Handbooks

Are you interested in an updated version of the Trinity Woods Member Handbook? You may pick up a copy from Karen Dills in the Member Services Office during regular business hours or request an electronic copy be emailed to you by emailing Carri Matheson at cmatheson@trinitywoodstulsa.com

Work Orders

Please remember that work orders take 2-3 days for completion unless it is an emergency. A broken dishwasher while inconvenient is not an emergency. An example of an emergency would be heat/air that is not working especially in extreme temperatures or a broken water pipe. Calling and reporting the issue multiple times to multiple people does not make the repair happen any faster.

WELCOME



Anne Erker
Felt House #110





Recycling in the New Year



It's a new year! Have you set your 2023 goals yet? If you are thinking about it or have made your list, don't forget to include recycling as a goal. Recycling is so important to our world, our economy and yes, even our Trinity Woods community. Here are a few reminders as you set your goal.

1. In Crestwood, be sure to put your recyclables in a clear or blue transparent bag before sending down the chutes. This helps the staff sort the recycling from the trash.
2. In Crestwood, there are containers on every floor in the trash closets for your glass items. They will be picked up. Help our volunteer by leaving any lid off the glass jars. No broken glass should be placed in the container. Broken glass goes in the trash but should not go down the trash chute. There is also a container for plastic bags in the message center.
3. Throughout the public areas of Crestwood, Spann Wellness Center, the CLC, Fleming and Holliman, there are blue bins where you can put recyclables in such as plastic water bottles. Please do not put trash in these blue bins. Any trash in the blue bins will pollute the recyclables in the bin and everything has to go to trash.
4. Members living in the villas, lake homes, or patio homes have the benefit of obtaining their own city blue cart. Glass can go into these carts. Do not bag anything. Contact Debe Judah to get your city blue cart.
5. Mr. Murph bins are also available at the south end of the campus near the garden plots or across from the entryway to the Treetop Café near the patio homes. All recyclables going into Mr. Murph should be loose and not bagged. No glass.
6. Certainly not to be forgotten! Anytime is a good time to go through your closet and kitchen cabinets. Clothing and kitchen items are readily accepted at the Treasure Chest. Just another great way to recycle and help others through the Good Samaritan fund.
7. Last but not least...You can recycle your books. Check with the Crestwood library or Book Nook volunteers to donate your books.
8. Have a wonderful new year recycling!



Good Neighbors:

- **Mel Pearson**: Mel is a true neighbor who is always there when needed. He picks up his neighbor's newspaper and puts it at their door, rain or shine. This is just one example of his kindness!
- **Andy Ewing**: Andy has a kind word and a smile for everyone. He is always willing to lend a helping hand and is the perfect example of a good neighbor!
- **Jenneth Sheeler**: Jenneth loves all things Trinity Woods and the people who live here. She is kind and welcoming and does not know a stranger. Like a good neighbor Jenneth is there!

Nominate a Good Neighbor today: cmatheson@trinitywoodstulsa.com



New Year New You:

Health Tips All Seniors Should Know

It's important to take care of your health at any age but seniors can be more susceptible to illnesses making it even more of a priority. What better time to start taking care of your health than at the start of a new year. Setting **healthy New Year's resolutions** can be a good thing, you just have to make sure they're realistic and achievable. So this year, let's dedicate the new year to taking charge of your health both mentally and physically.

- **Get Active**: As an older adult, regular physical activity is one of the most important things you can do for your health!
- **Wash Your Hands Often**: Washing your hands frequently during cold and flu season is important but it's a good thing to practice all-year-round too.
- **Stay Connected**: Staying socially connected as we get older is important for our physical and mental health
- **Eat Better**: Eating a healthy diet is really important. Of course, you can enjoy your guilty pleasures in moderation but a diet that is rich in fruits and vegetables, and lean meats can do a lot of good for your body!
- **Consider Supplements**: Speak to your doctor to find out if you're deficient in any essential vitamins and minerals and to find out if supplements are a good option for you!
- **Get Better Sleep**: Seniors require about seven to nine hours of sleep per night.
- **Manage Stress**: There are many ways to manage stress. You may find yoga, tai chi, or other forms of physical exercise beneficial. You can also try meditation and breathing exercises.
- **Schedule Annual Checkups**: This year make it a goal to schedule your annual checkups. This goes for both medical and dental because oral health is important too!
- **Stimulate Your Mind**: Brain-boosting activities include reading, writing, learning new skills, enjoying hobbies, and playing games.

Strengthening the Culture of Courtesy at Trinity Woods

As the new year begins it seems a great time to reaffirm our commitment as a community to supporting a culture of courtesy. Now is a great time to take personal inventory and reflect on the affect our personal behavior has on others and to seek to do better.

Experience tells us that there are eight behaviors that are so detrimental to healthy community life that we should work together to eliminate them.

They are Triangulating, Distancing, Conflict, Over-Functioning, Under-Functioning, Sabotage, Cutting-off and Bullying.

1. **Triangulating** is indirect communication (around a person or group). We can prevent triangulating by asking others to go to source and offering to go along.
2. **Distancing** involves pushing away or being disengaged even when present. We can avoid distancing by choosing civility and by treating each other with respect.
3. **Conflict** involves disagreeing and arguing. It can be aggressive or passive aggressive. Conflict can be avoided by seeking help with mediation and revealing data.
4. **Over-Functioning** means doing too much and thinking you are the only one who can do a task. We can stop over-functioning by increasing self-awareness and actively recruiting and involving others.
5. **Under-Functioning** means refusing to do anything. It is shutting down emotionally. We can reduce under-functioning by bringing forth the talents of each community member and using those talents for the greater good.
6. **Sabotage** involves deliberate harm. It can involve being secretive, masking or using covert means. We can prevent sabotage by getting issues out in the open.
7. **Cutting-off** means leaving with no chance of conversation, healing, or reconciliation. We can avoid cutting-off by being available without pursuing and living out our commitment to reconciliation.
8. **Bullying** is intimidating or coercing the other. It takes on many forms. It can be physical, verbal, or emotional. We can stop bullying by identifying when it occurs and refusing to accept it for ourselves or the group.

The mission statement of our organization declares, “We serve the Trinity Woods family in the spirit of Christ.” This community has long been a place of shelter and solace. For more than 65 years, we have created a unique place where our kindness and faith are only matched by our love of our neighbors. All these connections are rooted in a shared sense of spirituality and togetherness. We would all do well to examine ourselves and find new ways in 2023 to re-commit to promoting a Culture of Courtesy at Trinity Woods.



Steve Dickie, CEO
Trinity Woods

Did you know...

Periodically Member Services prints and distributes Independent Living Directories. It is important that you dispose of the old directory properly so that personal information doesn't fall into the wrong hands. Please shred the old directory and recycle it. You may also put the old directories in the locked shredding box located in the Member Services office on the first floor of Crestwood.

Important Reminder:



Members are expected to be appropriately dressed while using the common areas of the Community. Pajamas and lounge pants, even if covered by a robe, are not considered appropriate dress. Please make sure that you are dressed and ready for your day before venturing out of your residence to enjoy the TreeTop Cafe, CLC or other venues.

Sudoku Puzzle

The goal of a sudoku is to fill in the missing numbers. Via logical deduction, the player must place the numbers 1-9 in every row, column and in each of the nine square grids.

Column 1
Column 2
Column 3
Column 4
Column 5
Column 6
Column 7
Column 8
Column 9

Row 1		4			6	8			7
Row 2	9			7	5			2	1
Row 3	7		5		2		6		4
Row 4	5		1	3			7		
Row 5						1	9	3	5
Row 6	3	9	7	8			2		
Row 7			8	4					
Row 8		7	9	6	1		5	8	3
Row 9	2	1	3		8	7	4		