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A MEMBER SERVICES PUBLICATION

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Transportation at Trinity Woods

The Trinity Woods Transportation Department consists of three drivers. Myself (Cliff Mosley, Transportation Supervisor), Clarence Elliot and our newest driver, Anbriel Abercrombie.

Transportation service around campus is offered on a scheduled basis in Trinity Woods vehicles, at no charge, for Members.

Off-campus transportation for Members is also available for local trips when requested. These trips are accommodated on a first come first served basis. Trinity Woods has cars and a wheelchair accessible van available for these trips. The cost to book transportation round trip is \$30.00. One-way trips can also be booked for \$15.00. Outpatient appointments for surgeries and dental procedures require the patient to have an escort. There are no additional fees for an escort to accompany you.

Trinity Woods also provides regular shopping days, at no charge to Members. These shopping trips happen on Mondays and Thursdays at 9:00 a.m. unless otherwise posted. On **Mondays**, we travel to the 21st and Yale area. Stops could include Walmart, Reasors, Target, Burlington or Lowes. On **Thursdays**, we travel to 31st and Harvard. Stops could include Walmart, Walgreens, Braums, Dollar Tree, Aldi, Bank of Oklahoma, CVS or Sprouts. Let the driver know if you would like to go to one of these places. There may be some wait time for pick up if Members choose multiple locations, but we are happy to accommodate. Please be patient.

Reservations for all Transportation can be made Monday through Friday from 8:00 a.m. - 4:00 p.m. through the Receptionist, Kim Scott, by calling 918-346-6610. Reservations should be made 48 hours in advance.

We look forward to driving for you!
 ~ Cliff Mosley and the Transportation Team



Trinity Woods

Placing Workorders

There are two ways to submit a workorder at Trinity Woods.

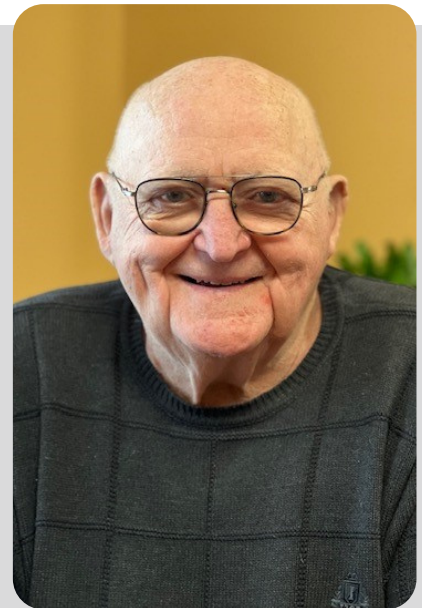
1. On our Website.

- Call or email Debe Judah (918) 346-6631 or djudah@trinitywoodstulsa.com to get set up.
- Once you are set up you can go to our website (trinitywoodstulsa.com) and scroll all the way down until you see "Maintenance Requests". Click on that and fill in your login & password. Follow the prompts.

2. Members can also submit work orders through the Concierge at (918) 346-6653, Karen Dills, Member Services Coordinator at (918) 346-6654 or Debe Judah, Operations Coordinator at (918) 346-6631.

Work orders may not be submitted through Viibrant!

WELCOME



Bob Harper
CW #3017



You Can Make a Difference!

“Never doubt that a small group of thoughtful, committed citizens can change the world: it is the only thing that ever has.” -Margaret Mead

You know how it is. When you order takeout, you're bombarded with single-use plastic silverware, straws, packaging, containers, and condiments. Throwing all that out after one meal can feel like a huge waste. The problem is that most takeout material cannot be recycled. Our tendency to opt for what is convenient often leads to waste.

Fast food is designed for mass production and commercial resale with a priority on speed of service. Nearly 36.6% of adults consume fast food daily, producing mountains of plastic and Styrofoam waste. Fast food packaging accounts for 88 percent of the waste accumulating along many of the world's coastlines.

The good news is society is placing more emphasis on environmental sustainability. Proposed legislation to ban the use of Styrofoam is occurring in some states and cities, while the fast-food industry is working to provide reusable or compostable containers.

Instead of giving up and never ordering takeout again, here are some ways you can help to make takeout more bearable for the planet.

1. The “recycling symbol” is a resin identification code that tells you what the item is made of and does not mean the item is recyclable. You can recycle containers that are #1, 2 or 5 and NOT black. Give a quick wipe or rinse to get rid of food residue.
2. Only recycle items larger than a credit card. Make sure you put the lids back on the bottles or containers.
3. Pizza boxes are recyclable if any grease on the bottom part does not seep through the cardboard.
4. When you get takeout, make sure you ask to exclude the silverware, napkins, and condiments you already have at home.
5. Reuse your plastic containers to organize your junk drawer or craft supplies.
6. Traveling is a great time to reuse these containers to secure your electronic cords or even fill them with special snacks!



Using Walkers Safely



As we age, our bodies change. We may be coping with balance problems, making fall prevention a top priority. Walkers can help many older adults remain independent and safer by providing extra stability while remaining active. Trinity Woods encourages those who need a walker, wheelchair, or cane to use them freely about the campus. Please keep in mind however, these devices, left in walkways, pathways, and in high foot traffic areas, can be a fall hazard to others.

It's important for you to place the walker in an accessible spot so that when you need it you can easily get to it. In dining areas, a staff member can readily assist you in your chair, place your device in a safe location and retrieve it for you when you're done dining. In crowded seating areas such as for a presentation, movie, or class, place your walker next to the wall and out of the aisle and choose a seat closest to your device. If you have a four-wheeled walker with a seat, feel free to use it as your chair nearer the back of the room in an open area away from aisles and walkways. Use your device for your own safety while always keeping in mind the safety of others.

Let's all do our part to help keep Trinity Woods safe!



Trinity Woods has donated 290 pounds of food to Restore Hope Ministries as of June 1st. Thanks to all who have donated. Keep up the good work! We will continue taking donations in June, July and August. Donation bins are located in the TreeTop cafe and in the Steen Coffee Bar located in the CLC.

Did you know...

At Trinity Woods we love our pets! Did you know that we have clean up stations conveniently located around campus that are stocked with waste bags for easy clean up after your pet?

If not in your fenced yard, pets are to be on a leash at all times. That includes your front yard if you live in a villa, lakeside or patio home.

The Concierge desk has dog treats available for your furry friend. If you are out for a walk, stop by and see us. We would love to get to know your pet.



July Dates for Barry's Pest Control



July 11th: Felt House Apartments and Crestwood Apartments

July 12th: Spann Wellness Center & Community Life Center

Good Neighbors:



- **Doug Harrington**: Doug is funny and makes everyone laugh. We all need that in a neighbor!
- **Barbara Doolittle**: Barbara is always doing neighborly things for others. From inviting friends to activities to crocheting an afghan for someone or giving out homemade chutney for the holidays, she is always doing something thoughtful for others. Someone once said, "You just can't out-nice her".
- **Jan Reynolds**: Jan is a great neighbor! She makes beautiful birthday cards that are a work of art and is always checking on other Members that are sick or need something.
- **Mike Reynolds** - Mike is always willing to help other Members with technology issues. He is really appreciated by his neighbors!

Nominate a Good Neighbor today: cmatheson@trinitywoodstulsa.com

Words of Wellness:



I've got a question for you... Have you found times where you felt your balance wasn't quite right? Or maybe you've been experiencing some stress lately? Perhaps you've been thinking about ways to build strength and flexibility that don't require using weights or machines. What can you do? I've got a great suggestion for you. Try yoga! Yoga, an ancient practice of a series of poses and movements, is a popular modifiable exercise that anyone can benefit from!

Yoga is composed of a variety of poses and breathing techniques that contribute to so many benefits for people of all ages. By supporting your body weight, the poses held improve muscular strength and sense of balance. Moving through the poses does that too, as well as improves the body's sense of proprioception by training the brain and building a better mind-body connection. Paired with yoga poses comes breathing techniques that work to reduce stress, relax the body, improve circulation, and reduce inflammation. Chemicals are released in the brain during yoga that promote improved mood and stress reduction, which will contribute to a better nights sleep and a more relaxed and content sense of being.

So what are you waiting for? Give yoga a try with Julie on Mondays and Wednesdays in Westervelt Hall at 10am!

Allsion McMillian
Wellness Manager

Prayer Line Update:

Weldon Tisdale, Trinity Woods Chaplain, is working on restarting the Trinity Woods Prayer Line (previously called the Care Line). In the meantime, please call the Chaplain's office at 918.346.6607 and leave a message if you have a prayer request.