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A MEMBER SERVICES PUBLICATION

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Medication Disposal - April 18th



Do you have medications either prescription or over the counter that have expired, or you no longer use?

Your recycling committee is excited to announce that we will be having our first medication collection and disposal event on April 18th from 10:00 a.m. until 12:00 p.m. This event is being held in conjunction with the document shredding event scheduled for that day. Any old and expired medication including narcotics will be accepted. Please place the meds in a Ziplock bag and bring to the collection area just outside of Crestwood on April 18th. Once the medications are collected, they will be taken to a place designated for disposal.

It is also recommended to recycle your empty plastic medication bottles preferably after removing the labels. The barcode on the label may contain personal information.

We encourage you to regularly review your meds and call-in refills. You will be hearing more about the event in the coming weeks.

Please give a shout out to Donald Stout, Lupina Fry, our Wellness Nurse and Carri Matheson, our Director of Member Services, for their efforts to make this opportunity available to the members. It is so important that we do not put medications down our toilets or in our trash. At some point it makes its way into our environment and affects us all. It is also crucial that we avoid leaving medications in places where young ones have easy access.

Plan ahead and be ready for April 18th.

Trinity Woods Recycling Committee



April Dates for Barry's Pest Control

April 4th: Felt House and Crestwood Apartments

April 5th: Spann Wellness Center, Holliman Common Areas & Community Life Center

It's time to "Spring Forward":



Dining Reminder:

When dining in Charter Oak, please remember to come at your designated reservation time. If you come early, you may be asked to wait.

Coming at your scheduled reservation time allows other Members to be served in a timely manner.

Member Council Minute:

Did you know that Member Council is your representation from each area of Trinity Woods? Member Council is an advisory council to Trinity Woods Leadership and not rule makers.



WELCOME



George & Carol Graham
CW #2006

Sheila Parr
CW #3006

Did you know...

Document Shredding is Coming to TW!



Protect Your Identity!

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.

Newspaper Subscriptions:

If you live in Felt House or Crestwood and you make changes to your newspaper subscriptions, please let the Concierge know. You may call 918-346-6653 or send an email to

concierge@trinitywoodstulsa.com. This allows us to make sure everyone gets the correct papers. We don't know that you have made changes unless you tell us!

Mr. Murph - Recycling:



Robert Pickens from Mr. Murph will be here on Thursday, March 16th at 7:00 p.m. in the Fleming Center.

Come learn all about recycling. If you question whether an item can be recycled, bring it with you!



Good Neighbors:

- **Jeannie Westfield**: Jeannie is very welcoming and kind and has a way of making everyone feel special. Even visitors to our campus comment on how kind she is.
- **Oakley Deisenroth**: Oakley is so friendly and welcomes everyone with a kind smile and a hello. He doesn't know a stranger and is always eager to have a conversation with you.

Nominate a Good Neighbor today: cmatheson@trinitywoodstulsa.com

Housekeeping at Trinity Woods

Members often ask what services are provided by housekeeping on a weekly basis. Housekeeping service is provided once each week with certain exceptions during holidays. Service is scheduled for Monday through Friday during normal working hours. Housekeeping services in the residences will not be provided on weekends or holidays. To a degree that scheduling permits, housekeeping services will be provided in the residences on the same day and time each week. Housekeeping does not move or dust your personal belongings such as bric-a-brac.

Services Included in Routine Cleaning

Kitchen

Cleaning the top of refrigerator, stove, countertops, microwave, and sink; sweeping and wet mopping the floor.

Bathroom

Cleaning the bathtub and showers, sinks, countertops, mirror, toilet bowl, tank, and tank cover; sweeping and wet mopping the floor.

Living and Dining Room

Light dusting and cleaning the floor.

Bedroom

Light dusting; cleaning the floor. Removing linens from bed and remaking the bed with clean linens.

Sunroom

Light dusting; cleaning the floor.

Laundry Room

Sweeping and cleaning the floor.

General

Cleaning all windowsills, spot-cleaning carpet, Sweeping the porch or balcony, and trash removal. Trash must be in a trash bag and tied shut. Trash cannot be in Walmart or other grocery type bags.

Expanded Cleaning

Certain cleaning tasks will be accomplished by Trinity Woods Staff on a periodic basis, including:

- Window washing, inside and out
- Carpet shampooing, if needed
- Cleaning baseboards, dusting blinds, ceiling fans, light fixtures, and return air grills

Services Not Included in Routine or Expanded Cleaning

- Washing dishes; preparing food; waxing floors
- Dusting bric-a-brac; moving furniture
- Cleaning inside the refrigerator
- Polishing silver or brass, etc.
- Personal laundry
- Personal services such as bathing, hair styling, dressing, feeding, or administering or assisting with medication
- Cleaning up of biohazards. Biohazards are any materials that can possibly contain infectious diseases.

New Items on Display in the CLC



The first of each year display shelves in the Community Life Center change to highlight different items and people in the Trinity Woods neighborhood.

Currently the glass enclosed display shelves on either side of the magazine area contain photography by Jerry and Carolyn Ehlers.

We are also excited to highlight an array of interesting items from Japan, which are on loan from Trinity Woods' resident Sarah Jenkins. She has graciously allowed us to showcase items from her culture and family history. This picture shows Sarah in her Japanese silk kimono.

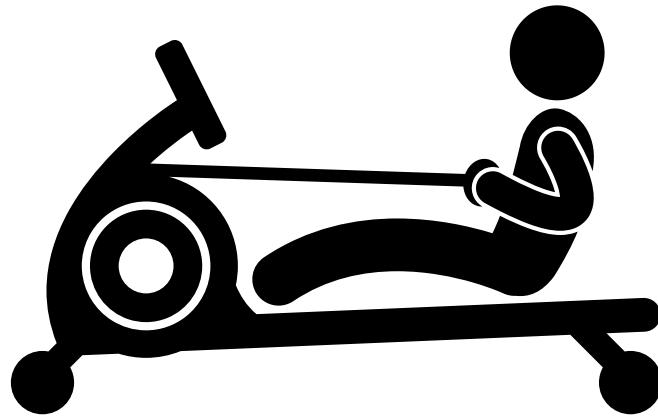
The top left shelf has a traditional Japanese shuttlecock racket and a girl holding an incense burner by Kyugetsu (famous doll maker). Also included in the display is a Japanese teapot, a Bible verse from 1 Thessalonians 5:16-18 written in Japanese, and a lacquer box and tray. The lacquer box and tray were part of Sarah's mother's dowry, which is almost 100 years old. On top of the box is a lady playing Shamisen (Japanese Balalaika).

The collection also has a magnificent Samurai warrior's helmet. You will not want to miss the beautiful blue bowl which is hand painted on the inside and carved on the outside with the signature of the artist on the bottom and a Kannon Goddess holding a scroll. Make sure you take time to notice the tea ceremony kettle with carved art and a Haiku poem on the vessel.

If you any suggestions for future exhibits, please contact Irene Brown.

- Jerry & Carolyn Ehlers

Words of Wellness:



10 reasons you should try the Rowing Machine

1. Great Cardio - Easily get your heart rate up with this full body work out.
2. Strengthen your Lower Body - Doing a big push and pull with the thighs and rear end builds strength in your leg muscles.
3. Develop your upper body - Strong pulls with the arm and back muscles build a strong torso and core.
4. Protect your joints - This machine is low impact and has a low risk of negative effects on the joints.
5. Challenge your brain - Using proper form challenges your mind/body coordination.
6. Build Endurance - Train your heart and muscles to handle longer and longer bouts of exercise.
7. Burn fat away - Higher energy consumption in this exercise will help reduce total body fat.
8. Improve mental health - Exercise gives you endorphins, and endorphins make you happy!
9. It is versatile - You can change your rowing pattern, adjust to do short fast cardio bursts or long slow sessions, and more!
10. It's free and right here in Spann - Come take advantage of this great machine anytime, we're open 24/7!!

For an orientation or tutorial of use, call Alison or Delisa in Spann Wellness Center!