

this & that

A MEMBER SERVICES PUBLICATION

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Hidden Dangers of Hoarding to Seniors

When seniors hang on to a lot more stuff than necessary, they could be hoarding. Hoarding behavior should be addressed as it can be dangerous to a senior's well-being.

What is hoarding?

Hoarding is the compulsive purchasing, acquiring, searching, and saving of items that have little or no value. The behavior can cause a decline in emotional, physical, social, financial, and mental health, especially for seniors.

Over 10 million people in the United States are diagnosed with hoarding at different stages. Hoarding can escalate as we grow older. The largest population of individuals who hoard are single or divorced females ages 50 to 85.

It is important to remember that hoarding is a psychological condition that cannot be resolved just by cleaning up a space. In fact, doing so without addressing hoarding behavior could cause more stress. When dealing with a hoarding situation, it is a good idea to work slowly and involve a professional counselor.

There are many reasons people begin to hoard items. Often, hoarding happens over time. Seniors who hoard might resist getting rid of items because they feel their items are:

- Needed for future use
- Great deals they couldn't pass up
- Unique or have sentimental value

Hoarding can result in some serious problems for seniors, including:

- Decreased mental health
- Unsanitary conditions and health issues
- Fire hazards
- Greater risk of falling
- Prevention of emergency care



The Treasure Chest*

Help Others / Help Yourself

If you haven't visited the newly renovated Treasure Chest, you've missed more than its new name. The new layout feels more open and allows for more attractive displays.

Each month, items are featured based on upcoming celebrations. In May, we are featuring items for Mother's Day at the beginning of the month. Red, white, and blue items will be featured toward the end of the month in time for Memorial Day. Quarterly, we have "blowout" sales with great bargains as we move into a new season.

We rely on the donations of our residents for our merchandise. The funds from our sales go to the Good Samaritan Fund. Whatever we receive that we are unable to sell, is passed along to other charitable organizations including John 3:16, Salvation Army, Dress for Success, Lion's Club, Hearts for Hearing, Christ for Humanity, and the SPCA.

Mark your calendar now! The Treasure Chest holds sales on the first and third Friday of each month 11:00 to 3:30. And don't miss our auctions for larger household items and furniture, held simultaneously. Great bargains! Great cause!

*Formerly known as the Bargain Basement

WELCOME



Joe & Sharen May
3187 S Sandusky



Betty Coleman
CW #1026

New Weekend Concierges at Trinity Woods



Vanna Hixon

Weekend concierge

- Born in California, moved to Arkansas, after she graduated from college in Oklahoma.
- Vanna loves food! She loves anything from international to American and even simple things like peanut butter and apples.
- She tried retirement but didn't like it so she is excited to be working at Trinity Woods!
- In her freetime Vanna looks for any excuse to go outside: gardening, kayaking, bicycling, walking, camping, fishing swimming.....She loves traveling and exploring God's creation!



Jamie Boatwright

Weekend Concierge, PRN

- From Owasso, Oklahoma
- Mexican food and Sushi are her favorite foods.
- Jamie was a Division 1 Collegiate gymnast in Anchorage, Alaska on a full ride athletic scholarship.
- In her free time, Jamie likes spending time with her kids, her Corgi pups, working out, organizing and binge watching reality TV.

If you see Vanna or Jamie in Crestwood or around campus, please take a minute to stop and say hello. We know you will give them all a warm Trinity Woods welcome!

How Can I Make a Difference?

Plastic bags were first introduced into stores in 1977. Lauded for being cheap to manufacture and purchase, as well as convenient for carrying groceries, plastic bags are products of crude oil, natural gas, and other molecules. As Americans, we throw away approximately 100 billion plastic bags annually and less than 5 percent of all plastic bags used are recycled. It is estimated that 1 trillion bags are used each year around the world, which equates to approximately 1 million bags every minute. Each plastic bag is only used for around 12 minutes.

When it comes to the end of a plastic bag life one of three things can happen.

1. They can simply end up in the trash. It takes 1,000 years for a plastic bag to decompose, but it never completely biodegrades.
2. They are recycled. Refrain from placing bags inside Mr. Murph or Tulsa City recycle bin because recycling machines will only clog and malfunction. Recycle plastic bags at locations such as grocery stores. Known as film plastic, plastic bags can be recycled at Walmart along with bread, produce, and newspaper bags, cereal box liners, shipping envelopes, and resealable food storage bags.
3. They are reused as liners for trash cans and to pick up dog poop.

The best option when it comes to plastic bags is to **refuse** them. Use reusable bags. If you are only purchasing one or two items, carry them out.



YOU CAN DO A LOT FOR OUR ENVIRONMENT IF YOU ONLY REDUCE, REUSE OR RECYCLE YOUR PLASTIC BAGS!

**A recycle bin for plastic bags is available in Crestwood in the community mail room.

~ The Recycle Committee ~



Did you know...



Tulsa World

Have you ever awakened to find that your newspaper was missing?

If that ever happens here is what you should do:

Call or email your local carrier!

April Sisson

918-901-3712

aprilsisson21@gmail.com

It is important that you call April directly!



May Dates for Barry's Pest Control



June 6th: Lakeside and Patio Homes

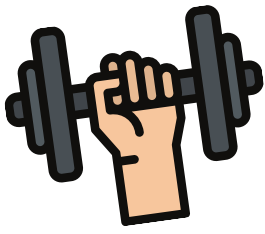
June 7th: Spann Wellness Center, Crestwood Common Areas, Community Life Center

Good Neighbors:



- **Betty Swindel:** Betty is upbeat and always has a smile on her face. She cares about her neighbors and other Members at Trinity Woods. She is always looking for ways to help someone.
- **Recycling Committee:** Andy Ewing, Don Stout, Wayne Tremble, Stella Schwartz, Jane Mansfield, Kay Owens, Cherlyn Sunflower and Charlotte Frazier. This committee is working hard to make Trinity Woods a better place to live and teaching the Members how to go green!
- **Adrena Mahu:** Adrena is a heroine for sharing how she became a victim of a scam. She did this to save others from being victimized. She is a great example of a good neighbor!

Nominate a Good Neighbor today: cmatheson@trinitywoodstulsa.com



Words of Wellness:



Did you know that in conjunction with your 150 minutes of moderate intensity physical activity per week, its recommended you also get at least two non-consecutive days of strength and flexibility training as well? Here's 10 reasons to include weightlifting and stretching to your weekly routine!

1. Build Strength - Train your muscles consistently with increasing weights will make them stronger.
2. Burn More Calories - strength training boosts your metabolism making you burn more calories.
3. Decrease Fall Risk - your ability to balance and support your body is improved with strength training.
4. Improve Heart Health - Improve circulation, lower blood pressure and cholesterol, and manage blood sugar levels.
5. Better mobility and flexibility - Increasing your range of motion will improve your ability to do your day-to-day tasks and activities.
6. Reduce injury risk - Stronger muscles support your joints better and protect against injury and falls.
7. Reduce Osteoporosis risk - Resistance training helps strengthen the bones by encouraging bone building cells to build the bone stronger.
8. Improve Mental Health - Release stress and anxiety, and get a mood boost from your natural endorphins.
9. Improve Circulation - Working the muscles increases the overall blood flow throughout your body.
10. Boost your self-esteem - Gaining more strength and range of motion will lend to increased confidence levels.

Take the Muscle May Challenge and try to complete as many boxes as you can this month. Go above and beyond, and complete the boxes more than once, to build a healthy strength and flexibility routine!