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A MEMBER SERVICES PUBLICATION

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SARA Pendants

SARA stands for Situational Awareness Response Assistance.

Upon move-in, each Trinity Woods Member is given a SARA Pendant. It is an important piece of equipment meant to help you and your neighbors here on the Trinity Woods Campus should you need medical assistance. Accidents can happen when you LEAST expect them. Wearing and activating your SARA Pendant can get the medical help you or your friend needs as quickly as possible. Did you know that SARA Pendants have even been used to help staff in need?

Once the button is pressed and activated, a message goes to Security and the Wellness Nurse. The message relays who you are, where you live and the location of the pendant when it was activated. If the signal shows you are at home, Security will call to verify that you need help and it is not a false alarm. If they cannot reach you by phone or if you are unable to answer the phone, they will come to you wherever you are on campus to help you.

The SARA Pendant works anywhere on our 40-acre campus. In the case of a medical emergency requiring EMSA, go ahead and call 911 and press your pendant to notify Security. Security officers will escort EMSA to your apartment, villa, lakeside or patio home as quickly as possible. Your pendant does not work if you are off campus. *If you are going to be away overnight, Trinity Woods recommends that you leave your pendant in your home.*

If you haven't used your pendant in some time or are unsure if it works bring it to Carri's office, Lupina's office or ask a Security Officer to check it for you. They are all happy to help you stay safe now and later.

Good Samaritan Fund

The Good Samaritan Fund at Trinity Woods helps residents when they need it most. When a community member runs out of money, through no fault of their own, this Fund provides financial assistance to these people to ease their burden. Through the month of July, we are raising funds to support this Fund. Your donation makes a difference. Any gift helps. If you donate \$300 you will receive an engraved commemorative brick. These bricks are placed in front of the Community Life Center. All donations are tax deductible and greatly appreciated. If you need a remittance envelope, you can pick one up at the Concierge or Reception Desk.

Recycling Batteries

When placing used batteries to be recycled in the battery collection bin near the breezeway between Spann and the CLC, please take all batteries out of any packaging.

Batteries that are left in their packaging are being thrown away by the recycling company.



Judy Doyle
FH #302

WELCOME



Sally & Garry Kemp
FH #201

Why Does it Make a Difference When We Recycle?

Decomposition rates vary dramatically based on factors like temperature, moisture, exposure to sunlight and the elements, the presence or lack of microorganisms, and whether the object is buried or exposed.

Here are six common items that may be found in landfills:

1. Plastic bags are usually made of any one of three materials: High-density polyethylene (HDPE), Low-density polyethylene (LDPE), or Linear low-density polyethylene (LLDPE). They take at least a decade to break down, whereas commonly discarded thin plastic bags can take as long as 1,000 years.
2. Styrofoam is made using fossil fuels and dangerous chemicals, making it efficient and inexpensive. It is not biodegradable, so it never decomposes. Three million tons or more of polystyrene products are produced in the U.S. annually, most of which are single-use throwaway products. Americans throw away 25 billion Styrofoam coffee cups yearly. That is enough to circle the Earth 436 times.
3. Glass breaks quickly, but it's actually one of the most durable materials on Earth, at least when it comes to decomposition. Artifacts from the earliest days of glass-making in 2000 B.C. Egypt still exist. This means that a glass bottle would take 1 million years or more to fully decompose on its own.
4. Billions of bananas are consumed yearly, and their peels don't decompose for several months. Therefore, banana peels are perfect for composting or tossing in the garden. If the conditions are ideal, composting banana peels should take about 3 to 4 weeks. However, a banana peel could take up to two years to decompose. Nevertheless, fruit peels decompose more quickly than materials like plastic or glass, but they still stick around for a while.
5. Aluminum starts to break down only after 80 to 100 years and fully decomposes only after several centuries. Therefore, unlike many other materials, aluminum can be recycled unlimited times, making it one of the most critical and widely repurposed recyclables. Complete decomposition is impossible for these thin, foldable, metallic sheets.
6. Recently plastic straws drew the attention of environmentalists hoping to reduce plastic waste. Unfortunately, plastic straws can take up to 200 years to decompose, gradually disintegrating into smaller and smaller particles, known as microplastics, up to 200 years. Americans use millions of straws daily, which can remain on the Earth for two centuries after being tossed in the garbage.

Although we cannot recycle all of these items in Tulsa, it shows us why it is so important to recycle what we can.

“If you think you are too small to make a difference, try sleeping with a mosquito.”

–Dalai Lama

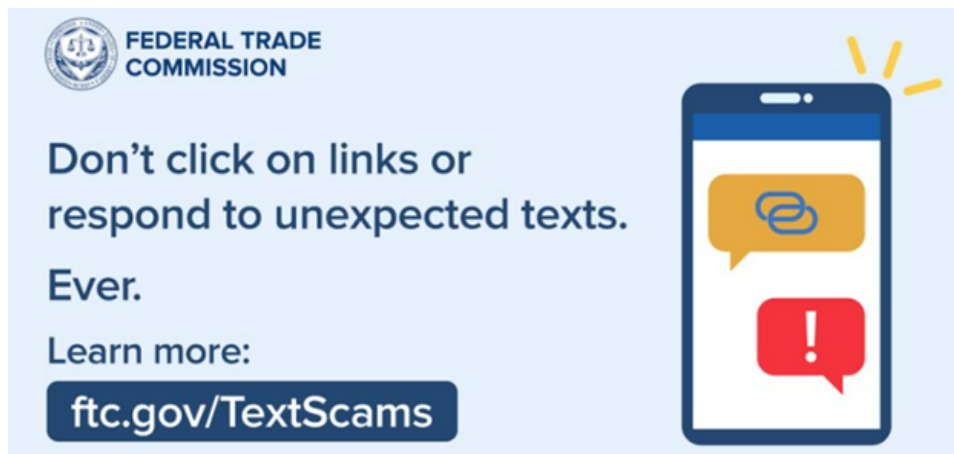
RECYCLE AND DO YOUR PART!

~The Recycling Committee~

Scam Texts are an Everyday Occurrence!

~ By *Lori Fullbright* - News on 6 ~

- Scammers are impersonating people and organizations we know and trust, like your bank, your credit card companies or places like Amazon, Netflix, you name it.
- They offer a free item or service.
- They claim your account has been hacked.
- They claim someone made a big unauthorized charge to your account.
- They claim there's been fraud on one of your accounts.
- They tell you to call a number or reply "yes or no" to confirm a big purchase (that you really didn't make).
- DON'T DO IT!
- There is NO PROBLEM!
- They just want your money or personal information.
- They will tell you to put money on a gift card or wire it to them...DON'T DO IT!
- NEVER CLICK ON A LINK IN A TEXT!
- You can report text scams by forwarding them to 7726 (SPAM).
- This helps your wireless provider spot and block similar messages.



GREAT JOB!

Trinity Woods has donated a total of 434 pounds of food to Restore Hope Ministries as of June 30th. Restore Hope is a non-profit organization meeting the basic human needs of families. Thanks to all who have donated. Keep up the good work! We will continue taking donations in July and August. Donation bins are located in the TreeTop cafe and in the Steen Coffee Bar located in the CLC.

Did you know...

When asking staff to submit a work order on your behalf, it is important to only convey your request to one person, not multiple people. If it has been more than three business days, please call Debe Judah or the concierge and ask them to check on the status of the workorder. Work orders that are an emergency will not take three business days. Emergencies include things like broken A/C in the summer or leaking pipes.



August Dates for Barry's Pest Control



August 1st: All Villas

August 2nd: Spann Wellness Center, Crestwood Common Areas & Community Life Center

Good Neighbors:



- **Wayne Tremble:** Wayne volunteers his time to take all glass recyclables and plastic bags that are collected in Crestwood to the proper locations to be recycled.
- **Sarah Jenkins:** Sarah is always smiling and upbeat. She makes beautiful floral arrangements from the flowers provided from her church and spreads them throughout Crestwood and helps keep the plants in the lobby thriving. She is a ray of sunshine!
- **Lela Brinlee:** Lela works hard to make everyone feel welcome when they eat at Cypress Grille. She is always friendly and inviting!

Nominate a Good Neighbor today: cmatheson@trinitywoodstulsa.com

Words of Wellness:

*By Allison Mc Millan, M.Ed., CPT
Wellness Manager*

Seven Dimensions of Wellness

When you think of wellness, odds are you think of your physical health. How well you feel, what you eat, how much you exercise. But in actuality, your wellness encompasses so many more aspects of your life than just the physical. In fact, did you know that there's actually seven dimensions to Wellness? The seven dimensions are:

- **Physical**
 - Taking care of your body through exercise, diet, and disease prevention
- **Intellectual**
 - Taking care of your brain through continued learning and skill development
- **Social**
 - Taking care of your relationships with friends, family and your community
- **Environmental**
 - Taking care of the world around you to keep it safe and healthy for yourself
- **Emotional**
 - Taking care of your emotions by understanding, respecting, and managing your feelings
- **Vocational**
 - Contributing your unique skills and talents to work that is purposeful and meaningful
- **Spiritual**
 - Taking care of your spirit by finding purpose, value, and meaning in your life with activities consistent with your personal principles and values

Each dimension is important in and of itself, but the dimensions are interconnected. They impact each other and influence each other, so it's highly important to give appropriate attention to each dimension. Forming good habits, adjusting your lifestyle, and being intentional about your wellness will go a long way toward improving your overall quality of life.

This month, try the July Whole Wellness challenge! Each day has an activity that is geared to positively impact one of the above dimensions. See if you can complete each activity for the whole month. When the month is over, maybe you'll have found some new habits you liked and will keep you in your life to help take care of your whole person wellness.