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A MEMBER SERVICES PUBLICATION

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CULTURE OF COURTESY REFRESHER SEMINAR

October 3, 2023

10 a.m. to 3 p.m.

Westervelt Hall

The culture of an organization is one of its most important assets. In 2015, author and consultant Dr. Kay Collier-McLaughlin came to Trinity Woods (then Oklahoma Methodist Manor) to facilitate a seminar on developing a culture of courtesy in this community. Our goal was to enhance the life and well-being of everyone living and working at Trinity Woods. The current Culture of Courtesy Guidelines were developed at that time and then adopted by the Member Council and the Board of Directors.

Eight years have passed since the original guidelines were developed. Since then, many new residents and employees have joined our community. To ensure Trinity Woods continues to promote a healthy culture a refresher seminar is being planned to review these behaviors in light of the new neighbor archetype and our mission of serving the Trinity Woods family in the Spirit of Christ.

On October 3, 2023, Dr. Kay Collier-McLaughlin will return to lead the refresher seminar on the “Culture of Courtesy Guidelines” at Trinity Woods. It is the hope and desire of TW leadership that each resident and employee will be a part of this fruitful review and discussion.

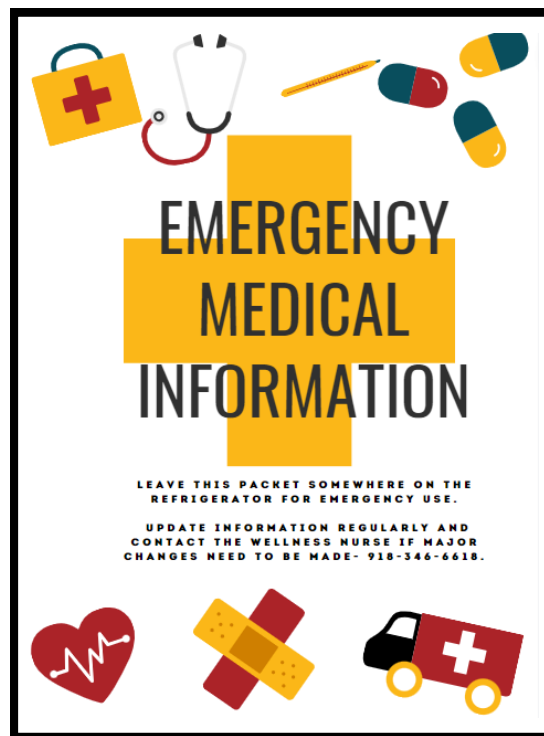
The Trinity Woods leadership team, members of the Board of Directors and the Member Council are invited to attend. We are also inviting any member of the community who would like to attend.

The event will take place on Tuesday, October 3, 2023, in the Community Life Center’s Westervelt Hall. The morning session will start at 10 a.m. Lunch will be served, and the afternoon session will end at 3 p.m. If you are interested in attending, please RSVP to Heidi Garrett by calling (918) 346-6671 or email at hgarrett@trinitywoodstulsa.com.

Did you know...

Emergency Medical Information Packets are produced for each member in Independent Living when they move in. Trinity Woods asks that each household keep these documents somewhere on the refrigerator, in case of an emergency.

Periodically, Lupina Fry, the Wellness Nurse will ask everyone to update their information. We ask members to take a moment now and check these packets and let Lupina know if you have missing information or need to update the information you have. Lupina can always produce a new copy of the documents she has if you need a replacement copy of your Emergency Medical Information. She regularly reaches out to members for their input to update their records. You can reach Lupina by calling 918-346-6618 or by email at lfry@trinitywoodstulsa.com.



Kay Graham
CW #4018

WELCOME





Trinity Woods Fun is Accessible to All!

Nothing should prevent you from enjoying Trinity Woods outings and all are welcome! Do you use a walker? Are you in a wheelchair? Have no fear! Our outings are carefully planned for accessibility. One of the first questions Irene Brown asks when planning an outing is “Are any stairs required?” If the answer is yes and there is no elevator or ramp alternative, she usually chooses a different destination. In some rare cases, we will go ahead with the destination but note in the trip announcement that stairs (or any other potential barrier) are required. (Yes, it is important to read the details when considering an outing!)

If you are ambulatory, you will need to get up the 2-3 steps with railing onto either of the Trinity Woods buses. Our Transportation Department is happy to assist by taking your walker from you at the bus entrance, stowing it in back and then meeting you with it as you exit the bus.

If you are in a wheelchair, as long as we know far enough in advance that you are going, we can take our bus with a wheelchair lift. You will need to transfer to a seat on the bus for the ride. Once the destination is reached, you must be able to propel your own wheelchair at a reasonable pace to keep up with the group or bring a qualified person to push you (and pay the trip cost for that person.)

Linda Goldsmith uses a walker and goes on almost every outing, including the monthly Walking Adventures. She says, “I do not let my walker hamper me one bit! Our wonderful Transportation Department knows who everyone is and they have the walkers ready for us to hit the ground running!”

Words of Wellness:

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

Inclined Treadmill Walking



Have you wanted to add more cardio to your exercise routine but haven't wanted to take up running to get your heart going? What if I said you could easily add cardio without running, and gain other benefits at the same time? Studies have shown more and more that simply incline walking on a treadmill provide the same great benefits of cardio as well as benefits to the skeletomuscular system without the stress and strain of running.

Walking on the treadmill at an incline challenges the muscles in ways they aren't used to when walking on flat ground. The activation of your quads, glutes, hamstrings, and calves all increase while also getting a greater stretch in the gait with each step. Having greater muscle activation like this will increase caloric expenditure - Studies have shown that walking at even a five percent incline you can burn up to 17% more calories, and at a ten percent incline that goes up to 32% more calories burned! Even if you're walking at a slower speed, walking at an incline increases the heart rate at a significantly higher rate than walking on a flat surface. You'll get great cardio endurance benefits including improved heart health and reduced risk of chronic cardiac disease.

For a more advanced and challenging exercise, try walking backwards! By walking backwards on a treadmill, especially at an incline, you are working to improve your knee's range of motion by altering your gait with backwards walking. You'll see improvements in your balance and mobility, as walking backwards challenges your balance and stability as well as leads to a higher core activation for stabilization.

Come to Spann Wellness Center and see Alison or Delisa for tips and tricks for getting started safely trying incline walking on the treadmill!



Important Announcements:

A Note from Lupina:

If you live in a Villa, Lakeside or Patio Home, please do not lock your storm doors. If you push your SARA Pendant and are in need of assistance, it makes it difficult for help to get to you. If you need our help, we want to get to you quickly!

Concierge Hours Sunday, September 17th:

On Sunday, September 17th, the Concierge hours will be 10:00 a.m. to 3:00 p.m. We appreciate your understanding in this matter.



Save the dates!

More information to come.

Thursday evening, October 19 – **Fall Festival** – Outdoor “rodeo” games, dinner, and a concert!

Friday evening, October 27 – **Trunk or Treat** – decorate your trunk or a table and make it a special night for the children!



Important Announcements Continued:



Abandoned Scooter

There is an abandoned scooter located in the Crestwood Parking Garage. If this scooter belongs to you, please contact Carri Matheson, Director of Member Services, at 918-346-6651 to claim it. If it is not claimed, it will be donated.

Lost and Found

There are four places that lost items are taken when they are found at Trinity Woods: Security, the Receptionist Desk in Holliman, the Concierge Desk in Crestwood and Spann Wellness Center. If you have ever lost car keys, hearing aids, glasses or other valuable items, these are the first places you should look.

Keep Your Family in the Know

There are so many exciting things that happen at Trinity Woods, and we would love to share these things with your family! Our Members are often featured in The Trail Mix whether it is a welcome announcement or as a guest contributor. We would be glad to add family members to The Trail Mix mailing list. If this is something you are interested in, please contact Heidi Garrett at 918.346.6671 or hgarrett@trinitywoodstulsa.com. She will need your family member's name and mailing address. We would enjoy sharing all the exciting news about our amazing community.

Reminder:

Trinity Woods subscribes to newspapers and places them out for our Members to enjoy. The newspapers are located in the TreeTop Cafe and in the Community Life Center. Out of respect for others who live at Trinity Woods, please DO NOT take sections out of the newspapers and keep them.

That way everyone can enjoy the newspapers in these common areas.

Library Alert:

If you check out a book or movie from the public library, please do not return it to either of the libraries at Trinity Woods. This mistake is happening. Please pay close attention so that you don't end up with fines because something is not returned properly.

October Dates for Barry's Pest Control



October 3rd: Felt House and Crestwood Apartments

October 4th: Holliman Common Areas, Spann Wellness Center & Community Life Center



Good Neighbors:

- **Virginia Gray:** Virginia looks out for her neighbors in Felt House. She is always willing to walk with them to events or show them the ropes in the dining room.
- **Jill Hoilien:** Jill is a fantastic neighbor and is always inviting new Members to attend events with her. She is welcoming to everyone she meets.
- **Rollie Rhodes:** Rollie is a kind and caring neighbor. He delivers coffee to his neighbor's doors and always smiles and says hello to those he passes.

Nominate a Good Neighbor today: cmatheson@trinitywoodstulsa.com



Reduce Reuse Recycle

You can make a difference!

"What can I do for the environment?" you asked. Several weeks ago Lupina Fry, our wellness nurse, put up a great bulletin board on recycling in the Spann Wellness Center. If you haven't seen it, I encourage you to go and read all the interesting information on it. Here are a few items on the bulletin board that you can do.

1. Donate your old eye glasses.
2. Use a refillable water bottle or mug instead of grabbing a disposable one.
3. Turn off all the lights when you leave the house or apartment.
4. When you go grocery shopping take a reusable grocery bag for your items instead of using plastic.
5. Turn off the water when you are brushing your teeth.

Another great resource for ways to help our environment is the August 2023 Life's Vintage Newsmagazine. There are some wonderful ideas you can also share with your family to reduce our carbon footprint.

Remember: REDUCE, REUSE, & RECYCLE

Charlotte Frazier
~ Recycling Committee Chair~



Trinity Woods has donated a total of **719 pounds** of food to Restore Hope Ministries during our summer food drive. Thanks to all who donated. This drive would not have been successful without each and every one of you.