



# Voice of Vitality

JANUARY 2025





## NEW BEGINNINGS *with* Mark Trepanier Chief Operating Officer

The start of any calendar year feels like a fresh beginning. If we are fortunate, we close out the previous year with our loved ones in a friendly and loving environment reflecting on what we accomplished. As I reflect upon 2024, I am grateful for the opportunity to be part of this amazing community. The reception I have received from Residents and Team Members has been supportive and welcoming. The dedication I have witnessed in my first 100 days at the community is exemplary. I am thankful for everything our team members do each day. Montereau has great momentum and I wish to contribute to the successes moving forward.

Our team's focus will be to develop and implement systems and processes to build a solid foundation for the future. The second pillar of our strategic plan is to be Inspiring and Impactful. We achieve this through the development of our Team Members. Sound operating systems and processes allow the team to deliver exceptional and consistent service. Anticipating what a Resident needs or wants, even before they ask, enhances the life of every Resident at Montereau.

As your Chief Operating Officer, my focus is to enable and support the development of these standards. I will be working with all department directors on their plans, including standard operating procedures (SOP) for all positions within the organization. Training manuals will be added to our existing Team Member culture program. Residents will see and feel an elevated level of engagement through daily interactions and experiences.

The Montereau brand is established and continues to thrive. The respect and admiration are evident in the greater Tulsa community. Outside Tulsa, Montereau is well known as a top Senior Living provider. Our operations team will continue the commitment to helping Montereau thrive and enhancing Residents' lives for years to come.

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## MONTEREAU GIVES BACK *Holiday Party* Benefits Toys For Tots



Here's to the generous hearts of Montereau residents. December's Holiday Party benefiting the U.S. Marine Corps "Toys For Tots" program was a big success. Close to 100 residents turned out, dressed in holiday sweaters and hats, to match the festive atmosphere in the Coterie Theater.

There was live Christmas music by our TU Music Immersion students, Lexy and Jady, to set the mood. And everyone enjoyed the tasty cookies and punch. But it was certainly about more than a fun holiday gathering. This was an opportunity to contribute to those in need in the greater Tulsa community.

The outpouring of care and love for others was incredible.

Organizer, Iris Studenny, was thrilled by the turnout. More than 200 brand new toys were donated to ensure children in our area had something under the tree on Christmas morning. The local media took notice as well. Channels 6 and 23 sent photographers to record video of the successful event, which they shared with all of northeastern Oklahoma that evening. Thank you to everyone who attended the party and gave so generously from the heart. We can't wait to do it again next year!



# NOURISHING THE MIND: The Cognitive Benefits of the MIND Diet-Pt. 1 *with* Dr. Cody Diehl



In a world where neurodegenerative disorders are becoming more prevalent, the quest for lifestyle choices that support cognitive health has gained unprecedented significance. The MIND diet, a fusion of the Mediterranean and DASH diets, emerges as a promising approach tailored to promote brain health and potentially delay the onset of conditions such as Alzheimer's disease. This two-part essay delves into the intricacies of the MIND diet, exploring its origins, core principles, and the scientific evidence supporting its potential cognitive benefits.

## Origins and Principles:

The MIND diet, developed by nutritional epidemiologist Martha Clare Morris, Ph.D. and her colleagues at Rush University Medical Center in Chicago, draws inspiration from two well-established dietary patterns: the Mediterranean and DASH diets. The Mediterranean diet, rooted in the traditional eating habits of populations surrounding the Mediterranean Sea, emphasizes fruits, vegetables, whole grains, fish, and olive oil while minimizing red meat and processed foods. On the other hand, the DASH diet, designed to combat hypertension, promotes a nutrient-rich, low-sodium approach with a focus on fruits, vegetables, and lean proteins.

The MIND diet synthesizes elements from these two diets, incorporating foods believed to have a positive impact on cognitive health. The acronym MIND stands for Mediterranean-DASH Diet Intervention for Neurodegenerative Delay, underscoring its primary goal of delaying the onset of neurodegenerative conditions.

## Key Components of the MIND Diet:

**Leafy Greens** - The MIND diet places a high premium on leafy green vegetables such as spinach, kale, and collard greens which are rich in the vitamins, minerals, and antioxidants associated with cognitive health. Antioxidants in particular play a crucial role in protecting the brain from oxidative stress, a process linked to the development of neurodegenerative diseases.

**Berries** - Berries, especially blueberries and strawberries, are recognized as potent brain-boosting foods in the MIND diet. Packed with flavonoids and anthocyanins, these colorful fruits exhibit anti-inflammatory and antioxidant properties. Emerging research suggests that regular consumption of berries may contribute to improved memory and cognitive function.

**Nuts** - Nuts are a recommended source of healthy fats in the MIND diet. Walnuts, especially, contain omega-3 fatty acids, which are linked to cognitive benefits. These fats are crucial for brain health and may play a role in reducing the risk of cognitive decline.

**Olive Oil** - Olive oil, a staple of the Mediterranean diet, is a key component of the MIND diet. Rich in monounsaturated fats and antioxidants, olive oil is believed to contribute to cardiovascular health, which is closely linked to cognitive well-being.

**Fish** - Fatty fish, such as salmon and tuna, make regular appearances in the MIND diet due to their omega-3 fatty acid content. Omega-3 fatty acids are known for their anti-inflammatory properties and are associated with improved cognitive function.

**Whole Grains** - Whole grains, such as quinoa, brown rice, and oats, are recommended for their complex carbohydrates and fiber content. These nutrients contribute to sustained energy levels and support overall cardiovascular health, which is intricately connected to brain health.

**Beans and Legumes** - Beans and legumes are excellent sources of protein and fiber, contributing to a balanced and nutrient-dense diet. These plant-based proteins are a key component of the MIND diet and provide an alternative to animal proteins associated with potential negative cognitive effects.

**Wine** - In moderation, wine, particularly red wine, is part of the MIND diet. The polyphenols in red wine, specifically resveratrol, have been studied for their potential neuroprotective effects. It is crucial to note that excessive alcohol consumption has detrimental effects on cognitive health, and moderation is key.

In February, we will discuss foods to limit or avoid when following the MIND Diet, explore the scientific evidence supporting this diet, and examine its challenges and things to consider before embracing it.



# THIS IS YOUR LIFE

## *with* Virginia Cohlmiya

It is positively impossible to wear a frown when you are in Virginia Cohlmiya's presence. She is never without a smile and spends each day appreciating things big and small.

She was born in Chickasha, Oklahoma and grew up in Wynnewood with three sisters and two brothers. Virginia still marvels at how her mother managed such a busy household. "Whatever my mother was doing, I wanted to do that," she says. Whether it was cooking, sewing, or gardening. "I have always loved working with my hands." It took a lot of organization to keep things running smoothly. Virginia remembers, "We all had our own jobs." Rather than get stuck with dishes or cooking, she opted to do the ironing!

In school, Virginia was on the cheerleading squad and was crowned Homecoming Queen her senior year. When asked how that felt, she has no words. But her eyes light up and a smile stretches from ear to ear. Virginia grew up following Sooners football with her dad. So, it is no wonder she headed to the University of Oklahoma after high school. She had high hopes of being an OU cheerleader and auditioned. While she didn't make the squad, Virginia has spent a lifetime cheering on her team and proudly keeps a pair of pom poms at the ready for gameday.

Virginia spent two years at OU before taking a job at Southwestern Bell. While visiting the laundromat across from Oklahoma City University one day, she met a young business school graduate named Charlie. He was enamored, but Virginia wasn't quite so taken. Always one to do things big, Charlie sent roses with a note asking Virginia for a date. When she didn't respond, he scheduled another delivery. This time, it was a Bird of Paradise with a note stating he hoped it would fly up her nose. That caught her attention. They soon started dating and eventually married. Their mutual love of flowers and plants, combined with Charlie's penchant for a big show, made for some memorable milestones. The morning of Virginia's 40th birthday, the Edison marching band, all her friends, and a circus tent awaited her on the front lawn. At her 50th, there were 50 dozen roses in varying colors delivered throughout the day.

As a young wife, she enrolled at a school for flower arranging in Wichita, Kansas and traveled there each week, returning to Oklahoma City for the weekends.

"I always had an armful of flowers when I got on the bus." Eventually, she started giving the flowers away. It fit her personal motto, "Spread joy with flowers!"

She and Charlie moved to Tulsa and opened "Cohlmiya's," a wholesale and commercial plant rental business. Not one to sit on the sidelines, Virginia was actively involved in the company. There were a lot of long days, and many sacrifices were made. With her background in floral design, private and corporate clients sought out her keen eye and ability to make the ordinary look extraordinary in company offices, shopping malls, private homes, and big holiday events. She recalls one big party for which the client made a special request. "They had all these Ficus trees and thought it would be a great idea to have live doves flying around the room!" At the end of the night she realized one of the birds had left its mark on the back of her dress!

It was a number of years before they turned their attentions to having a family. Lizzie and Ross are Virginia's pride and joy, as is her first grandchild, a girl, born less than two months ago. Virginia and Charlie took the kids on road trips around the country when it was time for big trade shows, planning extra time to make a vacation of each one. In 1979, they bought Tulsa's Binding Stevens seed company. At that point, Virginia was happy to move away from the demands of the business and dedicate herself to raising her children which she considers her proudest accomplishment.

Virginia came to Montereau three years ago and fell in love with the view and sunsets from the eighth floor. She's given floral arranging demonstrations for residents sharing the tips and tricks of simple flower arranging. Her apartment is filled with photos, and lots of her beloved Sooner red. At this time of year, a tree in the corner catches the eye. It's not a Christmas tree though. "It's a tree of love," she says. Covered in photos of happy memories, it stays up year 'round. It's representative of the simple gratitude and joy with which she greets every day.








# SIPSE LIVING *with* Kimberly Hookanson-Wellness Program Manager



**H**appy New Year and welcome to the first edition of the 2025 Voice of Vitality! As we step into this exciting new year, we are filled with anticipation for the opportunities it offers and the potential for growth that it holds. January is a time for reflection, goal setting, and new beginnings. Let's make 2025 a year to remember!

Start the year off on the right foot with a Fitness Testing and Goal-Setting session on January 2. Our Wellness Team will assess your fitness level and create a personalized plan to help you achieve your wellness goals for 2025. Whether it's better strength, endurance, or flexibility, our expert trainers can help you make this year your healthiest yet! On January 8, visit the Oklahoma Science Museum to explore fascinating exhibits and enjoy hands-on learning experiences. Afterward, enjoy lunch and maybe a craft beer at Bricktown Brewery. It's the perfect mix of culture, fun, and community. Unleash your creativity starting January 14 in a three-week Painting class with Anne Hill. Whether you're a seasoned artist or just starting, Anne's classes offer a fun, relaxed environment to explore techniques and bring your vision to life. On January 15, show off your quirky or fashionable headwear for SIPSE Spirit Day: National Hat Day. That afternoon, don't miss the Montereau Talent Show as your friends entertain you with music, dance, and everything in between. On January 19, put your busy days on pause and take part in a quiet evening of reflection at the Taize Candlelight Prayer Service. On January 23, get an exclusive peek behind the scenes as the Tulsa Ballet invites Montereau to a private rehearsal of "Alice in Wonderland."

With so many exciting events lined up, January is the perfect time to get involved, make new connections, and explore all the opportunities available. Mark your calendar, and we'll see you there!

| SUCCESSFUL AGING KEY SUCCESS FACTORS   |   |  |   |  |
|--|---|--|---|--|
| <b>S</b>   | <b>I</b>  | <b>P</b>   | <b>S</b>  | <b>E</b>   |
| <br>Social<br>Social Engagement | <br>Intellectual<br>Intellectual Challenge | <br>Physical<br>Physical Well-being | <br>Spiritual<br>Spiritual Fulfillment | <br>Emotional<br>Emotional Health |
| VITALITY MATTERS   |   |  |   |  |

# DINING

**PLEASE NOTE:** Beginning January 1, 2025 - All Dining Event reservations or cancellations must be made at least **THREE** business days in advance. Unless otherwise noted, the following Dining Events require an RSVP. You may RSVP or cancel a reservation by speaking to someone at the Host Stand in person, by calling 918-491-5212 or by email: [culinary@montereau.net](mailto:culinary@montereau.net).



## NEW YEAR'S DAY BRUNCH

Wednesday, Jan 1: **11:00a-2:00p** - Rotunda

Ring in the new year with a brunch buffet. Menu: Waffle Bar, Omelet Station, Bacon, Sausage, Pork Osso Buco, Coq au Vin, Saffron Rice and Braised Collard Greens, Black-Eyed Peas, Corn Bread and assorted desserts! Cost is \$30, charged to your meal allowance. **RSVP BY DEC. 30, 2024. \*\*Only La Patisserie will be open from 7a-2p so team members may enjoy the holiday with their families.**

**SIPSE CATEGORY: Social**



## ACTION STATION

Thursdays: **4:30p-7:00p** - Café Mondial

**Jan 2:** Pasta, **Jan 9:** Stir Fry, **Jan 16:** Fajitas, **Jan 23:** Burritos, **Jan 30:** Mediterranean. Our chefs prepare a delicious meal, fresh to order. A cost of \$14 will be charged to your meal allowance. **No RSVP required.**

**SIPSE CATEGORY: Social**



## WINE WEDNESDAY

Wednesday, Jan 15: **4:00p-5:00p** – Café Mondial

Sit down over a glass of wine with a member of Monterey Leadership. Share what's on your mind and hear their thoughts and visions for our community. Due to growing attendance, this event will now be held in the Café Mondial. No cost.

**SIPSE CATEGORY: Social**



## MARTIN LUTHER KING JR. DAY BRUNCH

Monday, Jan 20: **11:00a-2:00p** - Rotunda

Celebrate Martin Luther King Jr. Day with brunch. Menu: Southern Potato Salad, Arugula Salad, Southern Fried Chicken, Smothered Steak, Macaroni & Cheese, Black-Eyed Peas, Braised Collard Greens with Ham Hocks, Pecan Pie, Peach Cobbler. Cost is \$25, charged to your meal allowance. **\*\* La Patisserie open 7a-2p. Café Mondial closed for breakfast, Le Marché closed for lunch. Le Marché & Grand Riviera Lounge open for dinner service.**

**SIPSE CATEGORY: Social**



## CHEF'S TABLE

Wednesday, Jan 22: **5:00p** – Rue 6800

Our culinary team offers a tantalizing, five-course meal. Menu: Burrata Crostini with Tomato Jam & Pesto, Wild Mushroom Bisque, Arugula Salad with Lemon Vinaigrette, Beef Wellington with Duchess Potatoes & Roasted Brussels Sprouts, Chocolate Lava Cake. Cost is \$55, charged to your meal allowance. Wine or cocktail selections may be ordered as desired and will be charged separately.

**SIPSE CATEGORY: Social**

# OUTINGS & LE CINEMA

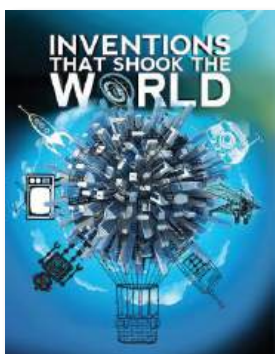
**PLEASE NOTE:** Beginning January 1, 2025 - All Independent Living Events involving a cost, limited capacity, or bus transportation require an RSVP or cancellation at least 3 business days in advance. Late cancellation will result in a \$10 fee + event cost charged to your account. Exceptions will be made for emergencies and illness. RSVP on the ConnectedLiving app, Reservation Sheet, or call Lifestyle and Wellness at 918-491-5245. Cancel through the app or Reservation Line.



## LET'S EAT LOCAL 4:30p – Trip

**Thursday, Jan 9:** The French Hen \$\$ (French cuisine)  
**Tuesday, Jan 14:** Redrock Canyon Grill \$\$ (Southwest-inspired Bistro)  
**Tuesday, Jan 21:** Uncle Paco's Mexican Grill \$ (Mexican Fare)  
**Tuesday, Jan 28:** Il Seme \$\$ (Locally-sourced Italian Fare)

**SIPSE CATEGORY:** Social



## LE CINEMA DOCUMENTARY & TV SERIES

**Thursdays 7:00p:** Documentary Series: Inventions that Shook the World

**Fridays 2:00p:** TV Series: Outlander

**Fridays 3:00p:** PBS Masterpiece TV Series: Sanditon

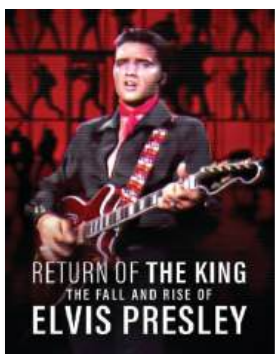
**SIPSE CATEGORY:** Social/Intellectual



## LE CINEMA MOVIES:

**Wednesdays 7:00p: Jan 15:** **The Best Exotic Marigold Hotel** (PG-13) British retirees travel to India to take up residence in what they believe is a newly-restored hotel. Less luxurious than advertised, the hotel begins to work its charm. **Jan 22:** **The Founder** (PG-13) Based on the true story of how Ray Kroc turned two brothers' innovative fast food eatery, McDonald's, into the biggest restaurant business in the world. **Jan 29:** **Puzzle** (R) A woman with a talent for jigsaw puzzles, sneaks away from her suburban home and goes to New York City to partner with a stranger for a puzzle tournament. With newfound independence, she begins to view her value and her life in a new light.

**SIPSE CATEGORY:** Social/Intellectual/Emotional



**Saturdays 2:00p: Jan 4:** **The Ryan White Story** (NR) Based on the true story of a 13-year-old hemophiliac who contracted AIDS from a routine blood transfusion and his family's fight to protect his human rights against fear and misinformation. **Jan 11:** **Return of the King: The Fall and Rise of Elvis Presley** (TV-MA) He had one chance to show the world he was still the King of Rock-n-Roll. Discover the story behind Elvis Presley's triumphant '68 comeback special. **Jan 18:** **The Mirror Has Two Faces** (PG-13) A shy, middle-aged professor enters into a romantic but non-physical relationship with an unlucky-in-love colleague. **Jan 25:** **Hope Floats** (PG-13) Birdee must choose between her morals and her heart after her husband divorces her and a charming young man comes back into her life.

**SIPSE CATEGORY:** Social/Intellectual/Emotional



# HIGHLIGHT EVENTS

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## FITNESS TESTING AND GOAL SETTING

Thursday, Jan 2: **1:00p-3:30p** - Coterie Theater

Sign up for a 30-minute time slot with the Wellness Team for fitness testing to assess your strength, endurance, balance, and flexibility. Your Wellness Specialist will make recommendations for an exercise plan based on your results. They will also provide strategies to help you achieve your fitness goals.

**SIPSE CATEGORY: Physical (Mild Difficulty)**



## GET MOVING CHALLENGE!

Friday, Jan 3: **11:00a-11:30a** - Coterie Theater

Get your fitness regimen back on track in the new year! Introduce a friend to your favorite fitness classes! You'll earn an entry into a prize drawing for each class you attend and each friend or family member you bring with you this month. Prizes awarded Monday, Feb 3. Attendance at this informational event is not required for participation in the challenge. **No RSVP required.**

**SIPSE CATEGORY: Intellectual**



## FIT BITES: FIBER FOCUSED

Friday, January 3: **2:00p-2:30p** - Grand Riviera Lounge

A high-fiber diet contains many benefits including weight management which may be a goal for the new year! Come learn all the advantages of fiber while sampling cranberry-pecan wheat berry salad, a cabbage white bean soup, and oatmeal cookies.

**SIPSE CATEGORY: Intellectual**



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## ADVANCED SPANISH

Mondays, Jan 6 & 13: **11:00a-12:00p - Studio de Monet**

Go beyond the basics of conversational Spanish. Join Montereau resident Malcolm Stewart to advance your knowledge of the language.

**SIPSE CATEGORY: Intellectual**



## HAPPY HOUR MEET & GREET WITH MARK TREPANIER & WIFE

Monday, Jan 6: **4:30p-7:00p - City View Lounge**

Our Chief Operating Officer Mark Trepanier and his wife, Estelle Foucault, have officially relocated to Oklahoma. Drop by to meet Estelle and show them some good, old-fashioned Oklahoma hospitality while enjoying tonight's Happy Hour with dancing, live music and drinks for purchase. **No RSVP required.**

**SIPSE CATEGORY: Social**



## TULSA CITY COUNTY LIBRARY BOOKMOBILE

Tuesday, Jan 7: **10:00a-11:00a - Main Entrance Drive**

The Tulsa City County Library's Bookmobile returns to Montereau on the first Tuesday of each month. Come check out a book, DVD, audio book and music CDs. You can even request specific materials. No library card? No worries! They can set you up with one. **No RSVP required.**

**SIPSE CATEGORY: Intellectual**



## C3 FIT: CARDIO, COGNITION, COORDINATION

Tuesdays beginning January 7: **1:00p-1:30p - Exercise Studio**

Our Wellness Team offers a brand new class to keep you fit in the new year. Get your body moving and stimulate your brain in this circuit-style class that allows each participant to work at their own pace and use fun, new brain fitness equipment.

**SIPSE CATEGORY: Physical (Mild-Moderate Difficulty)**



## CLASSIC CINEMA: THE CAINE MUTINY (1954)

Tuesday, Jan 7: **7:00p-8:15p - Le Cinema**

Starring Humphrey Bogart and Fred McMurray. When a U.S. Naval captain shows signs of mental instability that jeopardizes the ship, the first officer is urged to consider relieving him of command. **No RSVP required.**

**SIPSE CATEGORY: Social**

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## OKLAHOMA SCIENCE MUSEUM & LUNCH BRICKTOWN BREWERY IN OKLAHOMA CITY

Wednesday, January 8: **8:00a-4:00p - TRIP**

Experience more than 39,000 square feet of hands-on science, history, and art at the Oklahoma Science Museum. Then head to Bricktown Brewery for lunch and perhaps a craft beer. \$17 museum admission charged to your account. Please bring a form of payment for lunch and souvenirs.

**SIPSE CATEGORY: Intellectual**

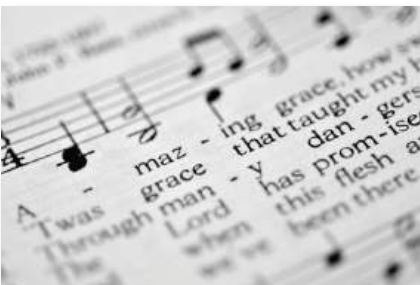


## CONVERSATIONAL SPANISH

Wednesdays Beginning Jan 8: **11:00a-12:00p - Studio de Monet**

Learn Spanish with Montereau's own Dr. Malcolm Stewart. You'll have fun and socialize while learning practical, conversational Spanish you can use anywhere.

**SIPSE CATEGORY: Intellectual**



## OLD HYMN SING ALONG

Wednesday, Jan 8: **3:00p-4:00p - Warren Chapel**

Join Chaplain Dr. Bill Crowell in singing your favorite hymns, accompanied by Dr. Deborah Gwin. Share your faith with Montereau friends while lifting up your voices together in song. **No RSVP required.**

**SIPSE CATEGORY: Spiritual**



## DINNER & A MOVIE: REAGAN

Wednesday, Jan 8: **6:00p-8:30p - Coterie Theater**

Enjoy the film based on the life of Ronald Reagan from his childhood to his time in the oval office. On the dinner menu: Tossed Salad, Meatloaf with Brown Gravy, Yukon Gold Mashed Potatoes, Roasted Seasonal Vegetables, and Apple Crisp. Cost is \$16, charged to your meal allowance.

**SIPSE CATEGORY: Social**



## TULSA SYMPHONY: WAGNER'S TRISTAN AND ISOLDE

Saturday, Jan 11: **6:30p-9:30p - TRIP**

Experience Smetana's "The Moldau," Wagner's "Prelude and Liebestod" from Tristan and Isolde, and Nielsen's Symphony No. 4 with guest conductor James Bagwell. A pre-purchased ticket is required but does not guarantee transportation. Bus seating requires an RSVP on a first-come, first-served basis.

**SIPSE CATEGORY: Emotional**

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## BRIDGE LESSONS WITH RANDY

Sundays, Jan 12, 19, 26: **2:00p-3:30p - Studio de Monet**

Whether you're new to the game of Bridge or just want to brush up on your skills, join Randy Stainer for tips and tricks to have you playing your best game. This is a five-week series of lessons that continue through February 2 & 9. **No RSVP required.**

**SIPSE CATEGORY: Intellectual**



## BREAKFAST BIBLE STUDY: BOOK OF REVELATION

Tuesdays, Jan 14, 21, 28 - **9:30a-10:30a - City View Lounge**

Join Chaplain Dr. Bill Crowell for this six-week study exploring the book of Revelation. Please bring your Bible. Dr. Crowell will provide study materials. Attendees may enjoy a complimentary breakfast buffet. This Bible Study continues through Feb 4, 11, & 18.

**SIPSE CATEGORY: Spiritual**



## PAINTING WITH ANNE HILL

Tuesdays, Jan 14, 21, 28: **12:30p-3:00p - Studio de Monet**

Join local artist Anne Hill for this three-week, guided art class focused on an 8x10 oil painting. Residents must supply their own 8x10 canvas. Anne will provide other materials and instruction. Please RSVP by Jan 9. Cost is \$60 for the three-week class, billed to your account.

**SIPSE CATEGORY: Emotional**



## MONTEREAU TALENT SHOW

Tuesday, Jan 14: **1:00p-3:00p - Coterie Theater**

Join us for an entertaining afternoon of fun and follies with your fellow Montereau residents and team members as they take the stage to share their unique talents! **No RSVP required to attend.**

**SIPSE CATEGORY: Social**



## SIPSE SPIRIT DAY: NATIONAL HAT DAY

Wednesday, Jan 15: **ALL DAY**

Top hat, beret, baseball cap, beanie, fedora, visor, fez, or cowboy hat; this is the day to wear your favorite hat! Break out the fun, the quirky, or the fancy for National Hat Day! **No RSVP required.**

**SIPSE CATEGORY: Social**

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## GRIEFSHARE SUPPORT GROUP

Wednesdays, Jan 15, 22, 29: **2:00p-3:00p** - Warren Chapel

This support group will meet on Wednesdays for six weeks beginning January 15 through February 19. GriefShare is a worldwide, non-denominational program using biblical concepts to help and encourage those struggling with the death of a spouse, child, family member or friend. **No RSVP required.**

**SIPSE CATEGORY:** Emotional



## TRIVIA HAPPY HOUR

Wednesday, Jan 15: **4:30p-5:30p** – City View Lounge

Grab your thinking cap and bring your A-game to show off your trivia knowledge! Gather your friends in groups of four and come ready to best your opponents in this once-a-month, friendly competition. Drinks available for purchase from the bar.

**SIPSE CATEGORY:** Intellectual



## PRECIOUS MOMENTS CHAPEL & LUNCH AT TASTE OF ITALY IN CARTHAGE, MO

Thursday, Jan 16: **8:30a-3:30p** - TRIP

Explore the Precious Moments Chapel and its intricate stained glass, hand-painted murals, and hand-carved wooden doors. Free admission. Then enjoy lunch at "A Taste of Italy." Please bring a form of payment for souvenirs and lunch.

**SIPSE CATEGORY:** Spiritual



## LIBRARY BOOK SALE

Thursday & Friday, Jan 16 & 17: **10:00a-2:00p** - Commons Hallway

Come pick out a few books to add to your personal library. Montereau's first- and sixth-floor libraries are bursting at the seams with new material, so they have to make room on the shelves. They'll have lots of books for sale at bargain prices. Cash only, please. **No RSVP required.**

**SIPSE CATEGORY:** Intellectual



## FAITH WITH FATHER JOE: THE GOSPEL OF MATTHEW

Thursday, Jan 16: **2:00p-3:00p** - Warren Chapel

Join Father Joe Townsend in a discussion of how the Gospel of Matthew differs from the Gospel of Mark. **No RSVP required.**

**SIPSE CATEGORY:** Spiritual

# HIGHLIGHT EVENTS

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## FIT & FABULOUS: PROTEIN PACKED

Friday, Jan 17: **11:30a-1:00p** - Grand Riviera Lounge

Protein helps our bodies build muscle, repair cells, and function properly. Enjoy a protein-packed lunch of Quinoa & Kale Salad, White Bean & Broccoli Soup, Pistachio-Crusted Halibut with Honey-Roasted Brussels Sprouts and a Deep-Dish Cookie for dessert. Cost is \$20, charged to your meal allowance.

**SIPSE CATEGORY:** Intellectual



## COOKING WITH NANCY & RANDY: WINTER COMFORT FOODS & EASY DESSERT

Friday, Jan 17: **3:30p-4:30p** - Coterie Theater

Nancy and Randy are cooking up some hearty, warm-your-tummy, comfort dishes perfect for wintertime. They'll show you how to make Mexican Surprise Rice, Hot Dog Casserole, and Clafoutis. You'll have a chance to sample each dish and take the recipes home with you.

**SIPSE CATEGORY:** Intellectual



## TAIZE CANDLELIGHT PRAYER SERVICE

Sunday, Jan 19: **5:00p-5:30p** - Montereau Warren Chapel

Celebrate the Christian tradition of Taize prayer, kindness and reconciliation. The choir of St. Dunstan's Episcopal Church brings this evening of candlelight prayer and meditative worship to the Warren Chapel. **No RSVP required.**

**SIPSE CATEGORY:** Spiritual



## CORNHOLE TOURNAMENT

Wednesday, Jan 22: **2:30p-3:30p** - Coterie Theater

The cornhole competition is back! Participants play in teams of two in this bracket-style competition. Winners advance to the next round until one team remains. Everyone is invited to come watch and cheer on our competitors. Please RSVP ONLY if you plan to participate. You'll be matched with a partner.

**SIPSE CATEGORY:** Physical (Mild Difficulty)



## TULSA BALLET PRIVATE REHEARSAL: ALICE IN WONDERLAND

Thursday, Jan 23: **12:30p-3:00p** - TRIP

Tulsa Ballet Artistic Director Marcello Angelini invites you to a private rehearsal of "Alice in Wonderland" premiering at the PAC in February. You'll also hear from the choreographer and tour the company's costume shop. Montereau will provide a bus for 13, though all are invited to attend via their own private transportation.

**SIPSE CATEGORY:** Emotional

# HIGHLIGHT EVENTS

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## MUSEUM OF OSTEOLOGY & LUNCH AT SANTA FE CATTLE CO. IN OKLAHOMA CITY

Friday, Jan 24: 8:00a-3:45p - TRIP

Explore this unique museum dedicated to the study of bones and their structure, shape and composition. It boasts exhibits from all corners of the world. \$9 museum admission will be billed to your account. Please bring a form of payment for lunch at Santa Fe Cattle Company after the museum. Bus returns by 3:45p

**SIPSE CATEGORY:** Intellectual



## SIGNATURE SYMPHONY: PICTURES REIMAGINED

Saturday, Jan 25: 6:30p-10:00p - TRIP

Perpetual Motion Dance joins the Signature Symphony with jaw-dropping feats by aerial flyers and dancers. After intermission, enjoy Modest Mussorgsky's epic Picture at an Exhibition; a musical representation of works of art with a Tulsa twist. A pre-purchased ticket is required but does not guarantee transportation. Bus seating requires an RSVP on a first-come, first-served basis.

**SIPSE CATEGORY:** Emotional



## TULSA PAC BROADWAY: LES MISERABLES

Sunday, Jan 26: 12:00p-4:00p - TRIP

See this "brilliant staging of one of the greatest musicals ever created" hailed as "Les Mis for the 21st Century." Set in 19th century France, it tells the story of broken dreams, passion, sacrifice and redemption. A pre-purchased ticket is required but does not guarantee transportation. Bus seating requires an RSVP on a first-come, first-served basis. Bus returns by 4:00p.

**SIPSE CATEGORY:** Emotional



## DIY CRAFT: DECOUPAGE WINE TUMBLER

Monday, Jan 27: 10:00a-12:00p - Studio de Monet

Make your next glass of a wine more creative and colorful with this DIY craft. Choose printed napkins, glitter and other craft items that reflect your personality, hobbies, and interests. Then decoupage them onto a tumbler to take home. Tumblers and all other supplies will be provided, though you may bring your own if you choose.

**SIPSE CATEGORY:** Social



## JAVA & JOURNALS WITH DR. CODY DIEHL

Tuesday, Jan 28: 8:30a-1000a - Grand Riviera Lounge

Each month, Dr. Cody Diehl provides a collection of scholarly journal articles on various topics. Choose one to take home and read. Consider the findings and implications. Next month, the group will discuss their chosen articles and how they can or do apply to living at Montereau. Attendees will then choose new articles to take home. Complimentary muffins and coffee provided. **No RSVP required.**

**SIPSE CATEGORY:** Intellectual



## JANUARY THAW AFTERNOON TEA

Tuesday, Jan 28: **3:00p-4:00p - Coterie Theater**

Enjoy a traditional afternoon tea featuring a selection of loose-leaf teas, assorted finger sandwiches, deviled eggs, assorted mini pastries, macarons and truffles. Cost is \$18, charged to your meal allowance.

**SIPSE CATEGORY: Social**



## CULTURE EXPLORATION LUNCH & GROCERY TRIP

Wednesday, Jan 29: **10:30a-2:00p - TRIP**

Try something new and exciting! Travel the globe and experience a variety of cultures without ever leaving Tulsa. We'll start with lunch at Meddy's Mediterranean Grill and then explore all the unusual, exotic, delicious offerings available at the Pan Asia Supermarket.

**SIPSE CATEGORY: Social**



## SCHOLARS & SUDS: BRAIN HEALTH & NEW YEAR RESOLUTIONS

Wednesday, Jan 29: **4:00p-6:00p – Coterie Theater**

Learn something new over a beer. This month we'll hear from Dr. Cody Diehl on brain health and new year resolutions with the potential to improve memory. Attendees receive one complimentary beer with others available for purchase.

**No RSVP required.**

**SIPSE CATEGORY: Intellectual**



## FITNESS HIKE: LUBELL PARK

Thursday, Jan 30: **1:00p-3:30 - TRIP**

Lubell Park is located northeast of Turkey Mountain and includes 40 acres of heavily-wooded land. We'll hike about two to three miles of relatively flat, dirt paths with some loose rock. You are encouraged to bring water and walking sticks.

**SIPSE CATEGORY: Physical (Moderate-Maximum Difficulty)**



## TULSA TOWN HALL: CHEECH MARIN

Friday, Jan 31: **9:30a-12:00p - TRIP**

Spend an hour with actor, comedian, musician, writer, director and art collector Cheech Marin. A pre-purchased ticket is required but does not guarantee transportation. Bus seating requires an RSVP on a first-come, first-served basis. Bus returns by 12:00p.

**SIPSE CATEGORY: Intellectual**



## A CLASSICAL EVENING AT MONTEREAU

Friday, Jan 31: **7:00p-8:00p - Coterie Theater**

Enjoy an evening of classical music performed by our TU Music Immersion students, Lexy Harmon on violin and Jady Fording on piano. They've invited a few additional musicians from the University of Tulsa to join them on stage as well.

**No RSVP required.**

**SIPSE CATEGORY: Emotional**

## LOW VISION SUPPORT GROUP

Meets 3rd Thursday Each Month  
Studio de Monet 11:00am-12:00pm



Barbara felt helpless when her low vision made it difficult to write checks. She found a magnifying stand online that freed her hands and enabled her to write checks again with ease.

She shared her story at a recent meeting and says she feels more in control once more.

Visit the Low Vision Support Group for resources that can make a difference for you.

## Independent Resident Pulse Survey

### VOLUNTEERS NEEDED!

Monday, January 6 - Friday, January 10  
10:00am-5:00pm daily  
in the Puzzle area.



#### Topics:

**Leadership, Accounting, Finance**

Survey Table Volunteers needed for 2-hour shifts

*Distribute & collect surveys  
offer refreshment tickets  
no computer experience needed.*

Sign up to volunteer in the "Survey" notebook  
in the resident Post Office



## ♻️ MR. MURPH'S ♻️

### RECYCLING TIP OF THE MONTH



Wondering if that plastic item is  
recyclable?

Look for the number inside the recycling symbol  
on the bottom.

Items with the numbers 1, 2, & 5 inside the symbol  
**CAN** be recycled!

**\*REMEMBER TO RINSE THEM WELL FIRST!**





## A MESSAGE *from*

### Tracie Nail Health Center Administrator

**H**appy New Year! As the calendar turns to January, we're greeted with the perfect opportunity for a fresh start. A new year symbolizes growth, possibility, and the chance to set meaningful goals. It's a time to reflect on what you've accomplished and to envision what you hope to achieve. Embracing the new year with a positive mindset is good for your health.

**Fresh Perspective:** January offers a clean slate. Use this time to declutter your space, reset your routine, or focus on new priorities.

**Motivation for Growth:** The energy of a new year can inspire personal and professional growth. Create goals that challenge you and reflect your aspirations.

**Opportunity for Self Care:** Start the year by nurturing yourself, the SIPSE way... Spiritually, Intellectually, Physically, Socially, and Emotionally. Even small changes, like drinking more water or walking around the community, can make a big difference.

**Celebrate Progress:** Recognize past wins, no matter how small. They are a foundation for future success.

Let January be the start of something amazing. Set your intentions, stay focused, and enjoy the journey ahead. And don't forget, Montereau's Health Center team is here to help you on that journey. Whether it's a short, skilled-nursing stay to rehab after time in the hospital, or a chance to learn more about your options as you move through our continuum of care, we are here for you! I look forward to spending time with more of you this year! Here's to a bright and prosperous 2025!

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## HEALTH CENTER HAPPENINGS *with* Kim Calabrese-Lead Therapeutic Recreation Specialist



**T**he Holidays were a whirlwind, but boy did we have fun! December was full of Christmas caroling, The Clark Theater Cabaret, a Holiday Cheer luncheon, walker and door decorating, Holiday light tours and Christmas parties.

The New year is here, and we are ready for new beginnings. In January, we are taking a scenic drive to the Rose District where we will try a new sweet treat at the Rose Rock Creamery. For one of two of our monthly outings, we plan to make a visit to the downtown Tulsa Library where a docent will give us a tour of the 3D printing area and their very own flight simulator. We will also be taking an outing to the Philbrook museum to brush up on our art culture. January will be full of SIPSE engagements, and we can't wait to start 2025 off with a bang!





# THIS IS YOUR LIFE

## with John Ford

**S**pend an hour talking with John Ford and you'll leave feeling better about the world. Born in Tulsa 86 years ago, John has made his own way in the world with instinct and grit.

John was an only child. He recalls his father, crippled by childhood polio, as a hard worker who installed radios in planes for American Airlines. He says his father allowed him to do his own thing. "I ran my own life." John's parents divorced when he was ten and he elected to stay with his father. He attended Tulsa's Central High School until he and his father moved to Graham, Texas when John was 16. He made friends, played tennis as well as intramural football, and earned excellent grades. John eventually returned to Tulsa and completed his junior and senior years back at Central High. Following graduation, he enrolled in a few night classes at the University of Tulsa.

As a young man, he was very interested in fast cars. "I had a copper, 1950 Ford," John remembers with a smile. "It had dual pipes, fender skirts and was lowered in the back. It was a pretty fast car!" He was known to race the car a time or two, or maybe more, sometimes to the frustration of the law. John says with a bit of tempered pride, "When the Highway Patrol stopped us on 11th Street, I was racing a '57 Ford, and I was beating him!"

John says college was not much of an option. "I didn't have two nickels to rub together." So, he took a job with Petroleum Publishing Company where he began operating a machine that printed address labels and wrapped the company's magazines for shipping all over the world. "It was a lowly job," John says, "but it was a job." It was also the open door to a lifelong career, and the love of his life. A young lady named Gloria sat at a desk not far from his. They got acquainted while ice skating with friends. Things blossomed between them, and they married in 1958. They soon welcomed Lisa, then Darren to the family. John is now blessed with five grandchildren and three great grandchildren.

John and Gloria spent time supporting their children in various interests during the school years. John coached baseball and enjoyed cheering on the Chicago Cubs with Darren. Thanks to a friend from work, John and Darren took up duck hunting together. His apartment still sports a number of paintings and a friend's hand-carved figures of ducks. John also enjoyed assembling model airplanes, both for display

and flying. He occasionally did some woodworking, harkening back to his high school days in Shop class. When relaxing, John often enjoyed a long draw on a pipe. "I had a collection of pipes," he recalls. Today, his two favorites sit in a visible spot on a bookshelf in his Villa apartment.

Over the years, John earned several big promotions with Petroleum Publishing, moving into Sales. In 1967, the company transferred him to California to sell advertising for its offshore magazine. He enjoyed the west coast, and the family visited Disneyland regularly. After three years, John was transferred again, this time to Chicago to take over the company's midwest sales territory. John continued to excel professionally, and the family returned to Tulsa after a few years in the windy city. Eventually, he was made Sales Manager for four of the company's 12 magazines including the flagship publication, "Oil and Gas Journal." Not long after the company changed its name to Penwell Publishing, John was sent to Boston for a temporary, six-month period that turned into five years until returning to Tulsa and a promotion to Senior Vice President of the company and publisher of the "Oil & Gas Journal."

John traveled frequently for work enjoying time in London, Paris, Germany, Japan, and others for trade shows. Gloria, didn't travel with him often, but went along on a trip to China one year. John fondly remembers climbing the stairs of the Great Wall and exploring the Forbidden City. He left Penwell in 1985 after 39 years and started his own communications consulting firm. A company called Syntroleum took notice and hired him as Communications Director. John helped take the company public and continued traveling. "It was the most fun I ever had working," he smiles broadly. "I wouldn't trade that for anything."

John retired for good in 1991 and built himself a full-fledged woodworking shop where he enjoyed making wooden pens on the lathe. John likes to read, mostly crime novels. James Patterson is a favorite. Through the years, John has loved a number of dogs, too. But a little rescue named Buster stole his heart. "He was as smart as a whip!" John says Buster was always looking out for him, even in recent years, refusing to leave home for a walk until John had his cane. "I loved him more than any other dog I ever had."

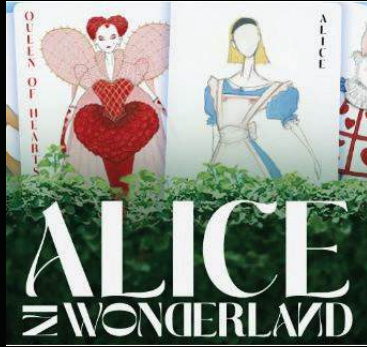
John lost Gloria about seven years ago and came to Montereau in 2019. He describes himself as laid back. "I'm a pretty simple guy," he says. A stunning painting of a wolf hangs in his room. John says he appreciates their self-sufficiency; a quality that has served him well throughout his own life.



## HEALTH CENTER EVENTS

- **SCENIC DRIVE** – Thursday, Jan 2 - **2:00p, OUTING**
  - **FIRST FRIDAY DONUTS** – Friday, Jan 3 - **9:15a, VILLA DINING ROOM**
  - **PET THERAPY WITH DASH** – Friday, Jan 3 - **10:30a, ABBEY**
- 
- **LUNCH: OLIVE GARDEN** – Monday, Jan 6 - **10:45a, OUTING**
  - **MONDAY MUFFINS** – Monday, Jan 6 - **3:00p, FRENCH QUARTER**
  - **COOKING GROUP: CHOC. CHIP MUFFINS** – Tuesday, Jan 7 - **2:30p, ABBEY**
  - **LET'S GET CRAFTY: TAPE ART** – Wednesday, Jan 8 - **2:15p, CHATEAU 1**
- 
- **LUNCH: BRAUM'S** – Monday, Jan 13 - **10:45a, OUTING**
  - **PIZZA PARTY** – Tuesday, Jan 14 - **5:00p, FRENCH QUARTER**
  - **MUSIC & TRIVIA WITH LIZ** – Wednesday, Jan 15 - **11:15a, VILLA DINING ROOM**
  - **PHILBROOK** – Wednesday, Jan 15 - **2:00p, OUTING**
  - **RED HAT PARTY** – Wednesday, Jan 15 - **2:15p, CHATEAU 1**
  - **CHAMPAGNE BIRTHDAY PARTY** – Wednesday, Jan 15 - **4:30p, VILLA DINING**
  - **NEW YEAR LUNCHEON** – Thursday, Jan 16 - **11:30a, GRAND RIVIERA LOUNGE**
- 
- **LUNCH: BRAVOS MEXICAN GRILL** – Monday, Jan 20 - **10:45a, OUTING**
  - **DOWNTOWN TULSA LIBRARY** – Wednesday, Jan 22 - **2:00p, OUTING**
  - **MOVIE: MAID IN MANHATTAN** – Thursday, Jan 23 - **2:00p, LE CINEMA**
  - **CHATEAU BIRTHDAY PARTY** – Friday, Jan 24 - **2:00p, CHATEAU 2**
- 
- **LUNCH: MAZZIO'S** – Monday, Jan 27 - **10:45a, OUTING**

**Tulsa Ballet  
Private Rehearsal & Tour**



**Thursday, January 23  
1:00pm**

*Enjoy a private rehearsal viewing, comments from the choreographer & tour the costume shop.*

**Bus seating is limited & requires an RSVP. Anyone with private transportation is also welcome to attend.**

**Celebrating Montereau's 2024  
Team Members Of the Year**

Warren Team Member  
**Mary Ross**

Callahan Mentor  
**Kim Calabrese**

Townsend Hospitality Champion  
**Geneive Yang**

Lloyd-Jones WOW Factor Chapion  
**Maile Morgan**

Heatley Innovator  
**Aaron Glover**

Ayres-Fairchild Cultural Leadership  
**Ralph Kelly**

Peery's Community Champion  
**Cris Jacuidne**

Montereau Ambassador  
**Josefina Saucedo**

**HAPPY JANUARY BIRTHDAYS**

Join us for the January Birthday Brunch on Friday, Jan 10 at 11:00am in the Coterie Theater. We invite you to bring one guest. A Montereau volunteer will reach out to you to inquire about your RSVP.



- |        |                       |        |                   |
|--------|-----------------------|--------|-------------------|
| 6 Jan  | Sharon Rodgers        | 19 Jan | Georgia Snoko     |
| 7 Jan  | Mary Blais            | 20 Jan | Ron Ingraham      |
| 7 Jan  | Monty Dossman         | 21 Jan | Dave Bagwell      |
| 7 Jan  | Nancy Zelewski        | 21 Jan | Norm Morton       |
| 8 Jan  | John Nikkel           | 23 Jan | Jerry Mitchell    |
| 9 Jan  | Marjorie Eidt         | 23 Jan | Ron Rouhselang    |
| 9 Jan  | Judy Weinkauf         | 23 Jan | Suzanne Ruckgaber |
| 10 Jan | Ernestine Parker      | 25 Jan | Janet Vierra      |
| 11 Jan | Marilyn Ayres         | 26 Jan | Hester Mans       |
| 12 Jan | Tom Bailey            | 26 Jan | Charles Parette   |
| 12 Jan | Harry Hannigan        | 28 Jan | Pat Brown         |
| 14 Jan | Anna Milligan         | 28 Jan | Virginia Vance    |
| 15 Jan | Marlene Hintermeister | 29 Jan | Gerry Reif        |
| 15 Jan | Lynn Stewart          | 30 Jan | Sharon Thompson   |
| 17 Jan | Thomas Dunn           | 30 Jan | Sandra Wylie      |
| 17 Jan | Ann Korte             | 31 Jan | Donna Hopper      |
| 18 Jan | Anne Fairchild        | 31 Jan | Gary Tripp        |
| 19 Jan | Rae Parette           | 31 Jan | Carol Vaughn      |