

MONTEREAU®



# Voice of Vitality

MAY 2025

Publication • Tulsa, Oklahoma



# FISCAL FITNESS

## *with* Ben Scott, CFO

I am excited to share that our community has embarked on another zero-based budgeting approach for Fiscal Year 2026.

I am grateful for the hard work and dedication of our Leadership Team and want to thank each Leader who plays a vital role planning for our commitment to stewardship as we strive for best-in-class experience for our residents in the coming fiscal year.

As in the prior year, a zero-based budget presents a unique set of challenges and opportunities. The process provides the opportunity to expand knowledge, develop skills, and strengthen leadership capabilities. It provides an opportunity for both experienced and new leaders to take on a rapid learning approach as we apply rigor in deeply understanding where we stand today in meeting our planned financial goals for the current fiscal year as well as opportunities and challenges that may occur in Fiscal Year 2026.

By working toward a common goal, we leverage each other's strengths, knowledge, and commitment in achieving a purposeful plan. I am grateful for the spirit of camaraderie and mutual support that have characterized our efforts every step of the way.

As I look to Fiscal Year 2026, I am excited to share in the experience of our Leadership Team and Team Members as we place these plans in motion and aspire to be a best-in-class experience for our Team Members and residents of Montereau.



# MONTEREAU TOURS RECYCLING FACILITY

## *a Recap with* Dave Bagwell & JoEllen Aaron

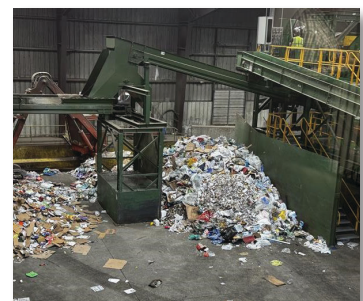
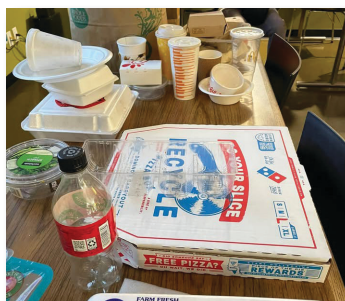
In early April, American Waste, a locally-owned recycling business, hosted a group of Montereau residents for a tour of their facility. Our visit, scheduled for one hour, was so interesting that our many questions resulted in a two-hour trip! The company's "Mr. Murph" video was enlightening, and we wanted to pass along some tidbits of information we thought were worth sharing.

Did you know that we should all be able to recycle about 70 percent of all our consumables?

American Waste wants recycling to be as easy as possible. Before you throw something in the trash, ask yourself, "Is this recyclable?"

Containers with a small amount of food residue or grease (think pizza boxes and take-out containers) can be recycled as-is!

McDonald's and Walmart are both committed to recycling. All of McDonald's paper products and cups with lids (not plasticware or straws) are recyclable. Walmart stores provide bins near their entrances where you can recycle any plastic shopping bag and shrink wrap used in packaging.



# MONTEPALOOZA 2025

## Team Member Appreciation Event

The big day is almost here! This will be our third year to celebrate our Montereau team members with this wonderful MontePalooza event. While this event is for our team members and their families, there is some important information for you, our residents, to know as well.

### DATE & TIME:

MontePalooza will take place on Thursday, May 22 from 2:00pm until 6:00pm.

### VOLUNTEERS:

We are thankful for those who have signed up as volunteers, though there are still spots available. If you'd like to be part of this exciting event, contact Janet Lewis or Billie Field. They'll find a place that's just right for you!

### DINNER:

Our culinary partner, Compass, has again generously agreed to provide a complimentary meal for MontePalooza. The menu will include hamburgers, hot dogs, potato salad, baked beans, chips, a cookie and a drink. Residents who want to partake of the meal **MUST** sign up at the Concierge Desk no later than **Thursday, May 15**. On the day of the event, those who signed up must go to the Resident Registration table in the puzzle area to get a meal ticket before proceeding to the Rotunda where the food will be served. Please remember, this is an event for our team members and their families. Residents are asked not to invite outside guests. Residents who do not sign up for the complimentary meal may enjoy dinner from a limited menu in Le Marche, applied to your dining allowance. The Grand Riviera Lounge and the Rue 6800 will be closed.

### TRAFFIC & PARKING:

Access to Garden Homes will be limited on MontePalooza day from 1:00pm until 6:00pm. Garden Home residents who must travel to or from their homes will need to call **Security at 918-232-7064** to be granted access. Please note, the parking areas at the ends of the east and west towers will be closed.



## MontePalooza

Team Member Appreciation Event

THURSDAY, MAY 22 2PM – 6PM  
GRAND LAWN

**Complimentary meal for residents who sign up at the Concierge Desk.  
Deadline: Thursday, May 15**

**To enjoy the meal on MontePalooza day, you must first pick up a meal ticket at the Resident Registration table in the puzzle area.**

**MENU:** HAMBURGERS, HOT DOGS, BAKED BEANS,  
POTATO SALAD, CHIPS, COOKIE, DRINK

**Le Marche will be open with a limited menu, applied to your dining allowance, for those not wishing to partake of the complimentary meal.**



# THIS IS YOUR LIFE

## with John & Barbara Stafira

If life is a book, with milestones and loved ones marking chapters, John and Barbara Stafira, together nearly 55 years, could fill a novel the size of “War and Peace.”

Barbara was born and raised in Claremore, growing up with an older brother. Her eyes light up when she talks of her hometown. “I had an idyllic childhood,” she says. Her mother owned a dress shop in town and her father operated a grain elevator. “I was a Daddy’s girl,” she says. She was involved in high school theater and hosted a daily, radio show for women.

After graduating high school in 1963, Barbara attended the two-year Stephens College in Missouri. During her first year, her brother was killed in a crash. She says the devastating loss changed her forever. “If I appreciate something about someone, I tell them, because we don’t know if we’ll be here tomorrow.” Barbara earned an associate’s degree in English, then finished her bachelor’s at the University of Oklahoma. After studying business briefly at The University of Tulsa and taking a job at Shell Oil, she realized her true calling. In 1968, she went to OSU for her master’s in education. The decision put her on a collision course with a handsome fellow from Pennsylvania.

Enter John Stafira, a young military man who had never heard of Oklahoma State University. He grew up in Mount Pleasant, Pennsylvania, the second of four children in a devout Catholic family. “My first 18 years, I was involved in the church,” he says. John was a good student and when he wasn’t in school, he was throwing newspapers. In high school, he worked at the local bowling alley as a pin setter.

Days after graduating from Hearst High School in ‘58, John joined the U.S. Navy. “I knew I could join the Navy and then go to college on the G.I. Bill,” he explains. While studying electrical engineering at the Naval Academy, he marched in President Kennedy’s inaugural parade. Upon graduation from the Academy in ‘63, John accepted a chance to join the Air Force, hoping to become a pilot. With less-than-perfect eyesight, he was instead trained as a procurement and production officer. Later, stationed in Utah, John was appointed Contracting Officer for the U.S. government. A stint in Okinawa offered opportunities to visit Hawaii and Hong Kong. Now a captain, the Air Force sent John to OSU to earn his master’s in industrial engineering.

On campus in ‘69, John and Barbara lived in the same apartment building and caught each other’s eye one day at the pool. Barbara recalls with a wink, “He was so good looking!” John was also smitten. “She was beautiful and a wonderful person.” They began dating and soon, family members were telling them “Marry her” and “He’s the one!” John finished at OSU that year and the Air Force sent him to Pittsburgh while Barbara stayed to complete her studies. They married the following year, and she joined him up north. It was like going home for John, but was a new experience for his Oklahoma bride. Barbara taught English, and her accent was a source of fascination among the students.

They were soon on the move again, though. Over the next 13 years, their time with the Air Force took them from coast to coast. Sons John and Jeffrey came along during an assignment in Washington, D.C. Today, there are also three grandsons. In California, Major Stafira was Chief of Air Force Plant 42 where the first space shuttle was being built. Florida was John’s favorite. “I loved the weather and the beaches,” he says. He was promoted to Lieutenant Colonel and they enjoyed trips to DisneyWorld. In 1980, they were sent to Alaska where they loved skiing and hiking and Barbara returned to teaching.

John retired from the Air Force in ‘83, and they moved to Claremore to be closer to Barbara’s parents. She was back at her former school, now as a teacher. She laughs at the serendipity of it. “I had four students who were the children of former classmates!” John got his law degree from TU and practiced for the next 20 years. Barbara taught for ten years, then became the librarian at Claremore’s new junior high. Then came a breast cancer diagnosis in 2003. “I thought, ‘I wonder if this is my last time in the library,’” she remembers. “But I had a fighting spirit.” She’s been cancer-free for 21 years.

After retiring in 2004, she helped make the Claremore Museum of History a reality and worked with “Friends of the Library” and “Claremore Reads.” They traveled the world together but really always enjoyed working on their land together; Barbara planting flowers after John created beautiful landscaping.

They moved to Montereau last year as John’s Parkinson’s Disease demanded more attention. He’s begun doing some boxing and looks forward to getting into the pool. Barbara says “One of the things that I’m appreciating most is the people here. They’re what makes it!”



# DINING

**PLEASE NOTE:** Unless otherwise noted, the following Dining Events require an RSVP. All Dining Event reservations or cancellations must be made at least **THREE** business days in advance. 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).



## ACTION STATION

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

**May 1:** Pasta, **May 8:** Stir Fry, **May 15:** Fajitas, **May 22:** No Action Station, **May 29:** Mediterranean. Our chefs prepare a delicious meal, fresh to order. **A cost of \$14 will be applied to your monthly dining allowance. No RSVP required.**

**SIPSE CATEGORY:** Social



## MOTHER'S DAY BRUNCH

Sunday May 11: **11:00a-2:00p - Rotunda**

Celebrate Mom with a bountiful buffet. Menu: Bacon-Wrapped Tenderloin w/Dijon Cream Sauce, Grilled Salmon w/Creme Fraiche, Honey Garlic Airline Chicken Breast, Omelet Station, Scrambled Eggs, Potatoes O'Brien, Bacon & Sausage, tasty sides, salads and assorted desserts. Watch the app & digital signs for full menu. **Cost is \$40, applied to your monthly dining allowance.**

**SIPSE CATEGORY:** Emotional



## WINE WEDNESDAY

Wednesday, May 21: **4:00p-5:00p – Café Mondial**

Sit down over a glass of wine with a member of Montereau Leadership. Share what's on your mind and hear their thoughts and visions for our community. **No cost.**

**SIPSE CATEGORY:** Intellectual



## CHEF'S TABLE

Wednesday, May 21: **5:00p-6:30p – Rue 6800**

Our culinary team offers a gourmet meal. Menu: Caprese Skewer w/Basil Pesto, Chilled Cucumber Gazpacho, Grilled Ora King Salmon w/Dill & Spring Greens, Strawberry Shortcake. **Cost is \$45, applied to your monthly dining allowance.** Wine or cocktail selections may be ordered as desired and will be charged separately.

**SIPSE CATEGORY:** Social



## LE MARCHÉ SPECIAL MEMORIAL DAY MENU

Monday May 26: **11:30a-2:00p and 4:30p-7:00p - Le Marché**

Holiday menu includes choice of 1 protein: Shredded Pork Sliders w/Vinegar Slaw, Fried Chicken, Hamburger, or 2 Hot Dogs. Choice of 2 sides: Macaroni & Cheese, Baked Beans, Corn on the Cob, Country Potato Salad, Coleslaw. Dessert: Watermelon Wedges or Mixed Berry Cobbler. **Cost without dessert is \$12.50, with dessert is \$15.50, applied to your monthly dining allowance.**

**SIPSE CATEGORY:** Emotional



# LET'S EAT LOCAL & LE CINEMA

**PLEASE NOTE:** Unless otherwise noted, the following Outings & Le Cinema Events 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. Cancellations may be made through the app or Reservation Line.



## LET'S EAT LOCAL 4:30p – Trip

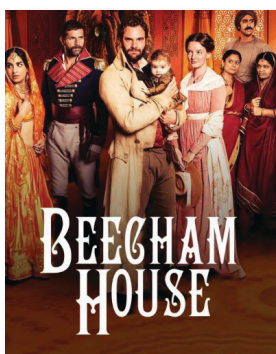
**Tuesday, May 6:** Uncle Paco's \$\$ (Mexican Fare)

**Tuesday, May 13:** Bird & Bottle \$\$ (Fresh Ingredients, American Fare)

**Tuesday, May 20:** Stonehorse Cafe \$\$ (Eclectic, French Fare)

**Tuesday, May 27:** The Bistro \$\$ (American & French Comfort Food)

**SIPSE CATEGORY:** Social



## LE CINEMA DOCUMENTARY & TV SERIES

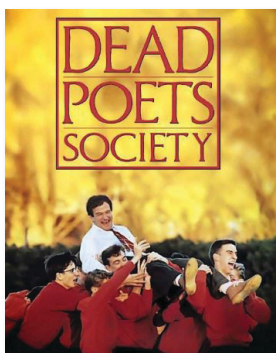
### (No RSVP Required)

**Thursdays 7:00p:** Documentary Series: **May 1**-The Twister (Caught in the Storm), **May 8**-Pearl Harbor Minute By Minute, **May 15**-Declaration of War & Dancing with the Birds, **May 22**-Our Oceans: The Atlantic Ocean, **May 29**-Our Oceans: The Indian Ocean

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

**Fridays 3:00p:** **May 2, 9, 16, 23:** Pride & Prejudice, **May 30:** Beecham House

**SIPSE CATEGORY:** Social/Intellectual



## LE CINEMA MOVIES (No RSVP Required)

**Wednesdays 7:00p:** **May 7:** **The Darkest Hour** (PG-13) In May, 1940, the fate of World War II hangs on Winston Churchill, who must decide whether to negotiate with Adolf Hitler or fight, knowing it could mean the end of the British Empire. **May 21:** **Dead Poets Society** (PG) A maverick teacher uses poetry to embolden his students at a boys' boarding school. **May 28:** **Tortilla Soup** (PG-13) A Mexican-American master chef and father to three daughters has lost his taste for food, but not for life.

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



**Saturdays 2:00p:** **May 3:** **I Am Somebody's Child: The Regina Louise Story** (TV-14) An abandoned black child is shuttled from foster home to foster home until a white counselor forms a bond and petitions to adopt her. Based on the true story of Regina Louise. **May 10:** **Because I Said So** (PG-13) A meddling mother tries to set her daughter up with the right man so she won't follow in her footsteps. **May 17:** **The Rewrite** (Not Rated) An Oscar-winning writer in a slump leaves Hollywood to teach college screenwriting class and falls for a single mom taking classes there. **May 24:** **Blue Miracle** (TV-PG) To save their cash-strapped orphanage, a guardian and his kids partner with a washed-up boat captain for a chance to win a lucrative fishing competition. Based on a true story.

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



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## SIPSE SPIRIT DAY: NAT'L. DIFFERENT COLORED SHOES DAY

Friday, May 2: **ALL DAY**

Celebrate your unique self by wearing different colored shoes. Junior high teacher Dr. Arlene Kaiser started the tradition, saying her students wanted to see her “take a risk” in her life if she expected them to “take a risk” in their learning.

**SIPSE CATEGORY:** Emotional



## TU STUDENT FAREWELL CONCERT

Saturday, May 3: **7:00p-8:00p - Coterie Theater**

Show some love for our TU Music Immersion students Lexy Harmon, violin, and Jadyn Fording, piano, accompanied by several guest musicians. They wrap up their time at Montereau with a farewell concert including pieces performed here this year.

**SIPSE CATEGORY:** Emotional



## CINCO DE MAYO CELEBRATION

Monday, May 5: **11:00a-12:00p - Rotunda**

Celebrate Cinco De Mayo with delicious chips and dips and a mocktail bar! Get your fill of Queso, Guacamole, Street Corn Dip, and four kinds of Salsa including Red, Green, Pineapple, and Mango. **Cost of \$10 will be applied to your monthly dining allowance. Mangonada, Pineapple Strawberry Mojito, and Margarita mocktails may be purchased separately for \$5.50 each.**

**SIPSE CATEGORY:** Social



## ADVANCED SPANISH

Monday, May 5 & 12: **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



## TULSA CITY COUNTY LIBRARY BOOKMOBILE

Tuesday, May 6: **10:00a-11:00a - Main Entrance**

The Tulsa City County Library's Bookmobile returns to Montereau on the first Tuesday of each month. Come check out a book, DVD, audiobook 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



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## CLASSIC CINEMA: AN AMERICAN IN PARIS

Tuesday, May 6: 7:00p-9:00p - Le Cinema

Three friends struggle to find work in Paris. Things get complicated when two of them fall in love with the same woman. Featuring Oscar-winning music, singing, dance & comedy with Gene Kelly, Oscar Levant, Leslie Caron, Georges Guetary and Nina Foch. **No RSVP required.**

**SIPSE CATEGORY:** Social

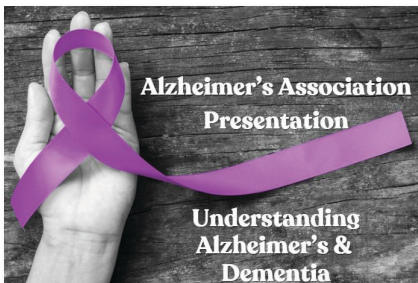


## CONVERSATIONAL SPANISH

Wednesdays in May: 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



## ALZHEIMER'S EDUCATIONAL PRESENTATION: UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Thursday, May 8: 1:00p-2:30p - Coterie Theater

Learn the difference between Alzheimer's and dementia, Alzheimer's stages and risk factors, current research and treatment options, and Alzheimer's Association resources. Presented by Alzheimer's Association Outreach Program Coordinator Diane Powell.

**SIPSE CATEGORY:** Intellectual



## TULSA BALLET: SIGNATURE SERIES

Thursday, May 8: 6:30p-9:30p - TRIP

Tulsa Ballet closes out its season with an exciting trio of original choreographed works including Classical Symphony, Divenire, and Legends of Pop. **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



## TRAIL OF TEARS ART SHOW & LUNCH AT EL MOLCAJETE

Friday, May 9: 9:00a-2:00p - TRIP

Visit Tahlequah for the longest-running, inter-tribal, juried native art competition in Oklahoma celebrating the artistic expression of Native American heritage. View this year's entries & winners, purchase works for your home. Then enjoy lunch at El Molcajete. Admission is free. Please bring money for purchases and lunch.

**SIPSE CATEGORY:** Emotional



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## SPRING AFTERNOON TEA

Friday, May 9: 3:00p-4:00p - Coterie Theater

Let's celebrate Spring as it blooms into beautiful color! Enjoy a traditional afternoon tea featuring a selection of loose-leaf teas, cucumber tea sandwiches, chicken salad sandwiches, mini quiche, macarons, danishes, and scones with lemon curd. **Cost is \$18, applied to your monthly dining allowance.**

**SIPSE CATEGORY:** Social



## TULSA HEART & SOIL GARDEN TOUR & LUNCH AT DOC'S WINE AND FOOD

Saturday, May 10: 9:45a-2:15p - TRIP

The Tulsa Garden Club hosts its 74th annual Garden Tour. Take self-guided tours of four private gardens in all their Spring splendor. Learn about styles of gardening and landscaping. **Cost is \$30 applied to your monthly service fee statement.** We'll stop for lunch at Doc's Wine and Food. Please bring money for lunch.

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



## TULSA OPERA: RENEE FLEMING'S VOICE OF NATURE: THE ANTHROPOCENE

Saturday, May 10: 6:30p-9:00p - TRIP

Grammy-award-winning soprano Renee Fleming brings her legendary voice to Tulsa, performing romantic and contemporary songs that explore our relationship with nature. **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

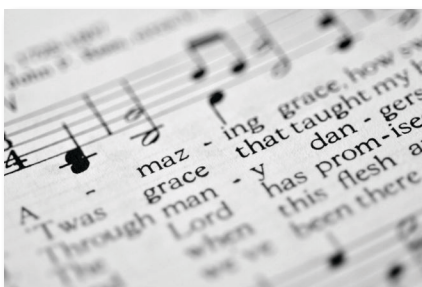


## FITNESS WALK: RIVER PARKS

Wednesday, May 14: 1:30p-4:00p - TRIP

Tulsa's River Parks feature 26-miles of paved trails along the Arkansas River. Prepare to walk 2-3 miles of the trail while enjoying the views, unique bronze wildlife sculptures, and gathering areas.

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



## OLD HYMN SING ALONG

Wednesday, May 14: 3:00p-4:00p - Warren Chapel

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

**SIPSE CATEGORY:** Spiritual

# HIGHLIGHT EVENTS

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## DINNER & A MOVIE: THELMA

Wednesday, May 14: 5:00p-8:00p - Coterie Theater

Thelma is a 93-year-old grandmother who loses \$10,000 to a con artist. With help from a friend and his motorized scooter, she embarks on a mission to reclaim what was taken from her. On the menu: Fresh Fruit and Fruit Dip Tray, Grilled Chicken with Rosemary Butter Sauce, Roasted Carrots & Little Potatoes, No-Bake Lemon-Blueberry Cake. **Cost is \$20, applied to your monthly dining allowance.**

**SIPSE CATEGORY:** Social



## TULSA BOTANIC GARDEN

Thursday, May 15: 9:45a-12:00p - TRIP

Step into the beautiful paradise of the Tulsa Botanic Garden. Stroll through 60 acres of sculptures, water features, and gardens that feature a vast array of flora and fauna native to Oklahoma. This visit also includes the "Florigami" art installation. Please bring a **CASHLESS** form of payment for \$15 admission.

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



## FAITH WITH FATHER JOE: MARY, MOTHER OF GOD & MOTHER OF THE CHURCH

Thursday, May 15: 2:00p-3:00p - Warren Chapel

Join Father Joe Townsend in a discussion of what the Church really means by its reverence of Mary as the Mother of God, and why she is also considered the Mother of the Church. **No RSVP required.**

**SIPSE CATEGORY:** Spiritual



## FIT & FABULOUS: MEDITERRANEAN DIET

Friday, May 16: 11:30a-1:00p - Grand Riviera Lounge

Learn about the Mediterranean diet and its benefits while enjoying a four-course meal that includes an Almond Barley Salad, Vegetable Florentine Soup, Mahi Mahi with an Avocado Mango Salsa, Asparagus and Wild Rice, and Raspberry Sorbet for dessert. **Cost is \$18, applied to your dining allowance.**

**SIPSE CATEGORY:** Intellectual



## TULSA OPERA ON THE LAWN

Friday, May 16: 3:00p-4:30p - Grand Lawn

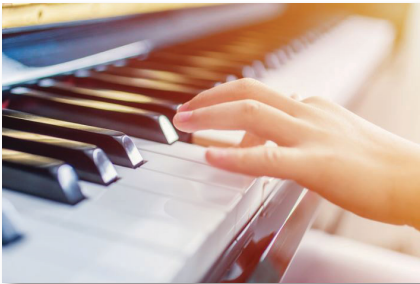
Members of the Tulsa Opera perform a variety of pieces from this season and some works from musical theater. Some of the singers will remain after the performance to visit with residents. **Attendees receive a complimentary glass of wine with additional wine available for purchase as desired and applied to your monthly service fee statement.**

**SIPSE CATEGORY:** Social



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## ELITE PIANO SPRING RECITAL

Saturday, May 17: 1:00p-2:30p - Coterie Theater

Come enjoy the talents of some of Tulsa's budding young musicians. Tatyana Lantos has been teaching piano in Tulsa for more than 35 years. Her Elite Piano Studio students will perform a variety of music including classical, jazz, and even duets.

**SIPSE CATEGORY:** Social



## TULSA SYMPHONY: DEBUSSY AND RACHMANINOFF

Saturday, May 17: 6:30p-9:30p - TRIP

Tulsa Symphony ends the season with guest conductor Marcelo Lehninger and the Tulsa Chorale. Enjoy Navarro's "Downey Overture," Debussy's "Nocturnes," and Rachmaninoff's "Symphony No. 2." **Required, pre-purchased ticket does not guarantee transportation. RSVP for first-come, first-served bus seating.**

**SIPSE CATEGORY:** Emotional



## BRIDGE LESSONS WITH RANDY STAINER

Sundays May 18 & 25: 2:00p-3:30p - Studio de Monet

Whether you're new to the game or just want to brush up on your skills, join Randy Stainer for tips and tricks to have you playing your best Bridge game. This Five-week class continues on Sundays through June 15.

**SIPSE CATEGORY:** Intellectual



## FIT BITES: STRAWBERRIES

Wednesday, May 21: 2:00p-2:30p - Grand Riviera Lounge

Strawberries are back in season! A juicy and nutritious fruit bursting with healthy benefits. Enjoy a Strawberry Spinach Salad, Strawberry Green Tea Smoothie and a Fruit Salsa with Cinnamon Pita Chips.

**SIPSE CATEGORY:** Intellectual



## MONTEPALOOZA

Thursday, May 22: 2:00p-6:00p - Grand Lawn

Volunteers are still needed. Contact Billie Field or Janet Lewis to help. Grand Riviera Lounge and Rue 6800 will be closed for dinner. Le Marche will offer a limited menu for resident dinner service, applied to your meal allowance.

**Residents interested in the complimentary meal of hot dogs, hamburgers, baked beans, potato salad, chips, drink & cookie must register by May 15 at Concierge.**

**SIPSE CATEGORY:** Social

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## TULSA TOWN HALL: CHEECH MARIN

Friday, May 23: 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.

**SIPSE CATEGORY:** Intellectual



## DIY CRAFT: FRUIT-STAMPED TEA TOWELS

Tuesday, May 27: 10:00a-12:00p - Studio de Monet

Create fresh, pretty tea towels to brighten up your kitchen for summer! We'll use cut fruit and paint to stamp them for this simple do-it-yourself project. Please RSVP in the app as space and supplies are limited.

**SIPSE CATEGORY:** Social



## CORNHOLE TOURNAMENT

Wednesday, May 28: 3:00p-4:00p - Grand Lawn

Participants play in teams of 2 in this bracket-style competition. Winners advance to the next round until 1 team remains. You'll be matched with a partner. Everyone is invited to watch. **Please RSVP ONLY if you plan to play.**

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



## OKC MEMORIAL MUSEUM & LUNCH AT METRO WINE BAR & BISTRO

Thursday, May 29: 8:00a-3:30p - TRIP

Tour the OKC Memorial Museum, archives, and outdoor memorial. No bags larger than 14x14 are allowed in the museum. Later, enjoy lunch at OKC Metro Wine Bar & Bistro. **Museum admission of \$16 will be applied to your monthly service fee statement.** Please bring a form of payment for lunch.

**SIPSE CATEGORY:** Emotional



## OSAGE FOREST OF PEACE & LUNCH

Friday, May 30: 9:30a-2:30p - TRIP

The Osage Forest of Peace is a sanctuary for peace, connection, and reflection. Learn about the grounds and history, use free time to explore the labyrinth, walking trails (walking sticks encouraged), and the library. 20-minute guided meditation available before lunch on site. **RSVP by 12:00p Friday, May 23. Cost is \$18 charged to your monthly service fee statement.**

**SIPSE CATEGORY:** Spiritual



# HEALTH CENTER HAPPENINGS

*with* Kim Calabrese



**H**ello, May! We are trading April showers for May flowers and have plenty of exciting events and activities ahead. First, let's reflect on all the great things that happened in April.

We enjoyed several nice days on the patio with mocktails by Jane and brain games in the Villa Courtyard. We made

the most of happy hour with live music on the Villa courtyard. We enjoyed wine, lemonade and cookies while listening to the OK Wildlife Band. The Easter Bunny stopped by to visit, not once but twice, during the lunch hour. There were smiles all around as he handed out treats and lots of hugs to the residents. We took a trip to Honor Heights park in Muskogee for the beautiful Azalea festival. There was also an educational tour of Route 66 where we visited the Blue Whale in Catoosa.

As we step into May, we are excited to share what is ahead. Right off the bat we will be planting flowers, herbs, vegetables and fruit in our raised garden beds. The residents will be hard at work all summer maintaining their gardens and boy do they have green thumbs! We will be taking a scenic drive to Woodward Park to admire more of Tulsa's colorful blooms. We will celebrate Cinco De Mayo with a big party in the Abbey with chips, salsa and margaritas of course. In the Villa the residents will challenge themselves to a game of "Operation" where they will practice their strategy skills by trying to remove ailments from the patient using tweezers. This month's Alzheimer's Presentation is called "Understanding Alzheimer's and Dementia." Our speaker, Diane Powell, will talk about treatment options, stages of the disease and risk factors.

In the Abbey we will be firing up our virtual reality goggles called "Rendever." We'll use them to travel around the world, take a hot air balloon ride and ride bicycles all through a headset while sitting down.



## A MESSAGE *from* Tracie Nail- Health Center Administrator

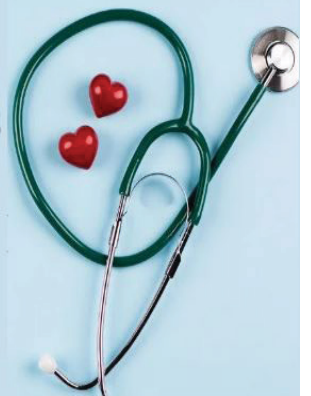
**I**n May, we take a moment to honor the compassionate caregivers who make our community feel like family. Nurses and Nursing Home Week is a time to recognize the dedication, kindness, and strength of the individuals who care for our residents day in and day out.

To our incredible nurses, thank you for being the steady hands and warm hearts our residents depend on. Whether you're managing care plans, offering comfort, or sharing a smile, your impact is immeasurable. You are more than healthcare professionals. You are advocates, listeners, and friends.

We also celebrate every member of our skilled nursing team—from aides to dietary staff, housekeeping, activities, and administration. Each of you plays a vital role in creating a safe, welcoming, and joyful place to live and work.

As you walk our halls through our community, take a moment to say "thank you" to our clinical team for the work they do, the compassion they show, and the love they give every single day. Happy Nurses and Nursing Home Weeks this month!

**National Nurses  
Week  
May 6-12**





**J**im Ezell is one of those people who makes you feel as if you've been friends for years the first time you talk with him. He is kind, witty, and quick with a smile.

Jim was born on Valentine's Day in Waurika, the youngest of three, and grew up in Rush Springs. As the baby of the family, he says his sister and brother looked out for him. He had his first job at the age of 13, working on a farm to harvest watermelons. Rush Springs claims the title of "Watermelon Capital of the World;" in case you didn't know. In school, Jim played basketball and football though he preferred football. "I loved defense, loved to hit and tackle," he says. He lettered all four years in high school. He also met a young lady named Janie who would be more than just a high school sweetheart.

When he turned 15, he joined his father working for the railroad. "I was driving spikes and dragging ties around," he recalls. During the summers, he worked on the rail line between Fort Worth and El Reno. After high school graduation in 1960, he went full-time. He chuckles, "One summer, we were out there, and it was hot. I told my buddy, 'There's got to be something better than this!'"

Not long after, Jim joined the Air Force at the age of 19. He served five years until he was 24. After basic training, the Air Force trained him to be a firefighter on base. "I wasn't sure about it, but at least I was learning a trade," Jim says. In 1962, he was stationed in England for a three-year tour. Jim promised Janie to visit after 18 months, and he saved up his money for a plane ticket home. "Right before that 18 months was up," Jim says, "I got a 'Dear John' letter!" Instead of flying home, he used the money he'd saved to buy a car. Janie wrote him later to say she regretted her letter and they stayed in contact.

While in England, Jim worked structural fires and plane crashes on and off the base. He recalls a crash involving an F-100 that had lost an engine. A colonel in the back seat ordered the pilot to eject. With the hobbled plane in a nosedive, the colonel steered it away from a school and into a field, though he did not survive the crash. A scene like that was tough for a man in his early 20s. Jim reflects, "They prepared you to fight fires, but not for loss of life."

## THIS IS YOUR LIFE *with* Jim Ezell

Shortly before returning home for good in 1965, Janie wrote Jim another "Dear John" letter, explaining that she was engaged. Once back in Rush Springs, he didn't contact her. "I guess I played it kind of cool," he says, which naturally had the desired effect. Janie returned the engagement ring and soon married Jim. They spent more than five decades together. Jim was soon stationed in Del Rio, Texas. But the desert wasn't for him. He left the military as an Airman First Class in '66. He and Janie moved back to Oklahoma and Jim went to Southwestern State College in Weatherford for a bachelor's degree in business administration. That opened the door for a sales position with PSO in Chickasha. He spent the next 25 years in sales, engineering, district management and marketing management, moving to Tulsa in 1984.

In the years after the Air Force, Jim and Janie welcomed three children; Darrin, Jennifer, and Justin. Jim smiles broadly when asked about grandchildren. He has eight: four boys and four girls, one great-grandchild and another on the way. He and Janie and the kids loved to go camping together all over Oklahoma. "We went about every two weeks in the summers," he says. They frequented the lakes where Jim seized every opportunity to fish.

Jim traveled regionally while working for PSO, and Janie sometimes joined him. He took up golf during his Air Force years and he collected golf balls from courses all over the country, even Hawaii, amassing a collection of about 80 altogether. He's played every course in and around Tulsa except Southern Hills.

After more than two decades with PSO, Jim was thrown a curveball. He was painting their home and fell two stories, breaking his back. "I was paralyzed from the chest down for about five months," he explains. Surgery restored feeling and mobility. Jim returned to work for two years before going on disability in 1993 and finally retiring in 2007. In his retirement, he worked at Tulsa's Page Belcher golf course as a marshal, then a starter.

In 2018, Jim lost Janie unexpectedly, a month shy of their 53rd anniversary. "I couldn't take care of the house, and I was having health problems," he says. He soon moved to Montereau and says a couple of guys took him under their wing. He enjoyed playing pool with his new friends. Jim is on the Veterans Committee. Raised Baptist, he recently converted to Catholicism with the guidance of Father Joe Townsend. "These days, it's great to be at Montereau," he says.





# HEALTH CENTER HIGHLIGHT EVENTS

- **SCENIC DRIVE: WOODWARD PARK** – Thursday, May 1 - **2:00p, OUTING**
  - **CHATEAU RAISED GARDEN BEDS** – Thursday, May 1 - **3:15p, CHATEAU CTYD**
  - **CINCO DE MAYO PARTY** – Friday, May 2 - **3:00p, ABBEY DINING ROOM**
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- **LUNCH: FAJITA GRILL** – Monday, May 5 - **10:45a, OUTING**
  - **MOTHER'S DAY CELEBRATION** – Friday, May 9 - **3:00p, FRENCH QUARTER**
  - **MOTHER'S DAY CELEBRATION** – Friday, May 9 - **3:30p, ABBEY DINING ROOM**
  - **MOTHER'S DAY CELEBRATION** – Friday, May 9 - **3:30p, CHATEAU 1 DINING**
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- **LUNCH: OSAKA** – Monday, May 12 - **10:45a, OUTING**
  - **SCIENCE EXPERIMENT: ICE CREAM** – Wednesday, May 14 - **2:00p, FR. QTR.**
  - **SUMMER FUN LUNCHEON** – Thursday, May 15 - **11:30a, GRL**
  - **VILLA RAISED GARDEN BEDS** – Thursday, May 15 - **2:00p, VILLA CTYD**
  - **ABBHEY RAISED GARDEN BEDS** – Friday, May 16 - **10:00a, ABBEY PATIO**
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- **LUNCH: FIRST WATCH** – Monday, May 19 - **10:45a, OUTING**
  - **HAPPY HOUR & LIVE MUSIC** – Tuesday, May 20 - **3:00p, VILLA COURTYARD**
  - **GATHERING PLACE** – Wednesday, May 21 - **2:00p, OUTING**
  - **MOVIE: BECAUSE OF WINN-DIXIE** – Thursday, May 22 - **2:00p, COTERIE**
  - **ROCK PAINTING** – Friday, May 23 - **1:15p, ABBEY**
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- **WOODLAND HILLS MALL** – Wednesday, May 28 - **1:45p, OUTING**
  - **COOKING GROUP W/CINDY** – Thursday, May 29 - **2:00p, FRENCH QUARTER**
  - **VIRTUAL REALITY EXPERIENCE** – Thursday, May 29 - **3:30p, ABBEY**



## HONOR ★ FLIGHT

If you are a veteran interested in experiencing the all-expense paid "Honor Flight" to visit the war memorials in Washington, D.C. please contact:

Ed Nonweiler - [enonweiler1@cox.net](mailto:enonweiler1@cox.net) - 918-260-4926  
 Julius Stevak - [jmstevak@cox.net](mailto:jmstevak@cox.net) - 918-629-0747

Must apply by May 31  
 Flight takes place in October

## Montereanu Gives Back

Thank you to everyone who donated in April to



Your donations of professional clothing and financial contributions will benefit dozens of University of Tulsa students who are about to graduate and enter the workforce.

*"We are so grateful for your support of the Career Closet and UTulsa students!"*

*-Rebecca McKee, Ctr. for Career Development & Professional Engagement*

## HAPPY MAY BIRTHDAYS

Join us for the May Birthday Brunch on Friday, May 9 at 11:00am in the Coterie Theater. We invite you to bring one guest with our compliments. Please watch your mailbox for a birthday card containing a request for your RSVP.

1 May	Bill Fox	14 May	Annette Chin
2 May	Karin Waterman	15 May	Dyanne Sidner
3 May	Lindsay Patterson	15 May	Charlie Payne
4 May	Pam Crosby	16 May	Joyce Games
4 May	Holly Zwingelberg	17 May	Carolyn Nestle
5 May	George Kamp	17 May	Maxine Smith
5 May	Audrey Williamson	17 May	Betty Young
5 May	Victor Kulp	18 May	Roger Bey
7 May	John Dorris	19 May	Mary Brock
7 May	Patria Gilbert	19 May	Michael Friedman
7 May	Jack Canon	20 May	Arnold Brown
9 May	Rick Paschal	20 May	Carrol Peery
10 May	Tom Hopper	21 May	Roy Rice
11 May	Susan Bey	21 May	Gloria Webb
11 May	Mike Ogle	22 May	Jim Snively
12 May	Judy Beam	23 May	Kay Miller
12 May	Sue Phillips	24 May	Beverly Diment
13 May	Carol Burnett	24 May	Janet Drummond
13 May	Barbara Jones	24 May	Mike Hall
14 May	Patrick Gibson	24 May	Bob Cronk
14 May	Anne Schmidt	25 May	Jerry Crockett

25 May	Bobbie Parkey
27 May	Mary Snider
28 May	Jack Maxwell
29 May	Charles Ingle
29 May	Gloria Jones
29 May	Jane Phelan
30 May	Linda Qualls

