



Voice of Vitality

JUNE 2025





INTRODUCING *Brad Gunter* Director of Community Services

I am excited to introduce myself as the new Director of Community Services. My name is Brad Gunter, and I am truly delighted to be joining this extraordinary community. From the moment I arrived, I was met with warmth, kindness, and a genuine sense of belonging. It already feels like home.

With more than 20 years of experience as an electrician in residential and commercial settings, I've dedicated my career to ensuring the highest standards of safety, reliability, and care. I also hold a Stationary Building Engineer's license, which I'm excited to utilize within Monterey's plant operations and building systems. For the past eight years, I've had the privilege of working in a healthcare environment, supporting both the team and residents through my technical expertise and passion for service.

After more than 25 years in Colorado, I've proudly called Tulsa, Oklahoma home for the last nine. I have deep connections to this community, and I am excited to give back in meaningful ways. Outside of my professional life, I'm a devoted father to my 14-year-old daughter, an enthusiastic softball coach, and an avid motorcycle rider. My daughter and I hope to immerse ourselves in all this vibrant community has to offer.

As I step into this new role, I am filled with optimism for all that we will accomplish together. With a shared commitment to quality, teamwork, and continuous improvement, I am confident we will enhance and elevate our community services, especially in the realm of plant operations. I believe in the power of collaboration, and I look forward to working side by side with all of you to build on the strong foundation already in place.

Thank you for the warm welcome.



KNOW WHERE TO RECYCLE AT MONTEREAU

There are six refuse & recycling rooms on the first floor of the Towers apartment building.

You'll find them near these apartments:
107, 114, 120, 136, 145, & 151

Leave your recyclables in the yellow containers.

Garden Home residents may take recyclables to the yellow bins near the Loading Dock on the east side of the building.

Are you:

Throwing a Party?
Planning a holiday dinner?
Hosting a family gathering?



**For all your Event Planning needs,
contact Dana Vandagriff at:**

events@montereau.net

“MEALS ON SNEAKERS”

A Montereau Volunteer Initiative

There are countless ways to get involved in active living here at Montereau, not the least of which is the opportunity to volunteer. There are so many ways to use your time and talents to benefit our community; from greeting guests at our front door and assisting with large events like Easter Eggstravaganza and MontePalooza, to giving tours of the Health Center. One project in particular has had a major impact on both Montereau residents and our culinary partner, Compass.

Last fall, Jeff Miller asked the Compass team how volunteers could help improve the resident experience. The answer was in delivery of carry-out orders.



In September, the “Meals on Sneakers” initiative was implemented and the impact was almost immediate. The team not only makes deliveries, but they also call residents with carry-out orders to let them know when their order is ready.

Volunteers deliver about ten meals per day between lunch and dinner and make countless phone calls for pickups. Kathleen and Harry Hannigan use the service almost daily. Kathleen says it makes things much easier. “They call me and say, ‘Your food is ready,’” she says. “I come down and pick it right up, and I don’t have to wait.” Sometimes she opts for delivery.

The volunteers are getting something out of it, too. In addition to staying active and moving, there are social and emotional benefits. Paula Waugh has been a Montereau resident for a year now. At 90 years



young, she’s a regular Meals on Sneakers volunteer. She smiles broadly when asked why she keeps doing it. “It’s a great way to get acquainted with people and get to know where things are in the building.” Jeff Miller often makes meal deliveries to the Garden homes and says he’s enjoyed meeting new people there.

The program has also helped the culinary team by increasing customer satisfaction with timely deliveries and pickup and by freeing up Compass team members. They can now focus their energies in the kitchen or in the various dining venues. Compass held an appreciation cookout on the Veranda last month for the Meals on Sneakers volunteers.



The Meals on Sneakers project is bigger than meal delivery, though. A portion of each \$5 delivery fee helps fund volunteer initiatives. “The goal of the volunteer initiative is to find projects that will benefit the whole community,” Jeff says. The first project focused on the Veranda. It’s been power-washed,



seat cushions have been cleaned, there are new winter storage bins for the cushions, as well as three new umbrellas for the tables and a new hose reel for hosing down the patio area.

Jeff says they’re working to develop other community improvement ideas that can be funded through Meals on Sneakers. If you’re interested in volunteering here at Montereau, reach out to Jeff Miller at m-jeff@att.net or 918-504-9167.

PHOTO: Jeff Miller & Mandy De La Cruz, Compass Regional Director for Operations.





THIS IS YOUR LIFE

with Mary Ann Meckfessel

Mary Ann Meckfessel is one of those people who doesn't sit still for very long. In the last nine years, she has been an active member of the Montereau community, and shows no signs of stopping.

Mary Ann is the eldest of four with three brothers who all grew up on a farm in western Kansas. She recalls attending the first grade in a one-room schoolhouse in the country before moving to their new family farm outside Garfield, Kansas. Mary Ann says she was a tomboy. "I loved to go out on the farm," she grins, "and walk through the mud after it rained with no shoes and squish the mud between my toes." Her family raised wheat and milo, pigs, chickens and a couple of dairy cows. "We were pretty self-sufficient." She helped care for the house while her mother worked the farm with her father. An avid reader, she often took a snack and walked to a grove of trees to read her book. Mary Ann and her brothers took piano lessons and she remembers attending musical concerts with her mother. During her school years, she enjoyed playing softball with friends and worked for a local café, printing the menus each week. When she was a sophomore, a junior named Charles asked her to go to prom, igniting a half-century long love story.

Mary Ann graduated from Garfield High School in 1960 as class valedictorian. Then she was off to business school where she finished in six months instead of the usual nine. She and Charles married a short time later in 1961, and she joined him at Fort Hays Kansas State University where she earned a bachelor's degree in economics and business. She was focused on accounting, despite a professor who discouraged her saying she should consider teaching. "He told me there were no opportunities for women in accounting," she says sardonically. She stuck with it though and says proudly, "I made it in spite of him."

After finishing college, she and Charles moved to Great Bend, Kansas. Mary Ann worked briefly for a small, local oil company, then taught economics, business law, and bookkeeping at Great Bend high school. After two years, "We just decided we wanted to live in a bigger city." Charles took a job in Tulsa in 1966 and they fell in love with their new home. Mary Ann was hired as a tax accountant with the largest local CPA firm, Sartain Fishbein. She and Charles soon started their family with the birth of Jennifer, and 18

months later, Julie. As a working mother, Mary Ann successfully balanced work and family, passing the CPA exam in 1972 and making partner 11 years later. She specialized in income tax, estate and retirement planning, and closely held businesses for the next 20 years.

Her daughters now live in Chicago and San Diego. Mary Ann has three grandsons and a granddaughter. While the girls were young, the family enjoyed road trips and water skiing at the Keystone Lake on Sundays after church. She also traveled a bit with the girls who were competitive swimmers. While Mary Ann will tell you, "I'm an okay cook," don't be fooled by her modesty. She was featured in a Tulsa Tribune article in 1991 for her Sour Cream Raisin Pie which she made often for Charles. "That was his favorite," she says, "and everybody thinks it sounds so terrible, but is so good." Charles was quoted in the article saying she was as good a cook as his own mother. She still makes the pie today.

Once the girls left home, Mary Ann took up golfing to spend more time with Charles. "I was never very good," she says, "but we both enjoyed being outside together." For their 25th anniversary, they took a golf trip to England and Scotland. Back home, they enjoyed the occasional, spontaneous road trip. "We'd put our clubs in the car and just start driving," Mary Ann remembers. "We'd see a golf course and stop to play."

Mary Ann has been involved with Tulsa's YWCA for more than 30 years. She served as president of the board from 1994-1995 and co-chaired a fundraising committee tasked with raising \$4 million for a new community building. They raised \$6 million. Asked why she wanted to be part of the YWCA organization, Mary Ann replies, "It was women taking care of women, children, and people in need."

Mary Ann lost Charles to cancer in 2012 after nearly 51 years of marriage. In the years since, she has traveled with her daughters and their families including a cruise to Alaska and a trip to Hawaii. She has always enjoyed cross stitch, loves doing puzzles and collecting bunnies.

Mary Ann has immersed herself in the Montereau community since arriving in 2016. "I feel like you need to give some of your time to where you live." She has served on committees, participates in fitness classes and hikes, and volunteers at the Food Bank. "I love the friendship of being around other people. That's the neatest thing about living here."

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: events@montereau.net.



ACTION STATION

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

Jun 5: Pasta, **Jun 12:** Stir Fry, **Jun 19:** Fajitas, **Jun 26:** Burritos. 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



MOCKTAIL CLASS

Wednesday, Jun 11: **2:00p-3:00p - Café Mondial**

Katy Council will host a class to teach you how to make delicious mocktails at home. Learn how to make alcohol-free drinks that include a Cranberry Mojito, Mint Julep, and Sangrita Fresca. Attendees will receive recipe cards to take home. **Cost is \$10, applied to your monthly dining allowance.**

SIPSE CATEGORY: Intellectual



FATHER'S DAY BRUNCH

Sunday Jun 15: **11:00a-2:00p - Rotunda**

Celebrate dad with the family at this delicious brunch that includes Carved Prime Rib, Maple Bacon Salmon, tasty sides, traditional brunch favorites, and peach cobbler and other assorted desserts. **Cost is \$40, applied to your monthly dining allowance.**

SIPSE CATEGORY: Emotional



WINE WEDNESDAY

Wednesday, Jun 18: **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, Jun 18: **5:00p-6:30p – Rue 6800**

Our culinary team offers a tantalizing, five-course meal. This month's menu includes Watermelon and Feta Bite, Shrimp Ceviche w/ Mango, BBQ Pork Tenderloin with Corn on the Cob, and Key Lime Pie. **Cost is \$35, applied to your monthly dining allowance. Wine or cocktails may be ordered and charged separately.**

SIPSE CATEGORY: Social

LET'S EAT LOCAL & LE CINEMA

PLEASE NOTE: Unless otherwise noted, the following Outings & Le Cinema Events require an RSVP or cancellation at least **THREE** 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, Jun 3: Los Cabos \$\$ (Mexican Fare)

Tuesday, Jun 10: Barons on 1st \$\$\$ (Fine Dining)

Tuesday, Jun 17: Bodean Restaurant \$\$\$ (Fresh Seafood)

Tuesday, Jun 24: Mahogany Prime Steakhouse \$\$\$ (Steaks, Fine Dining)

SIPSE CATEGORY: Social



LE CINEMA DOCUMENTARY & TV SERIES

(No RSVP Required)

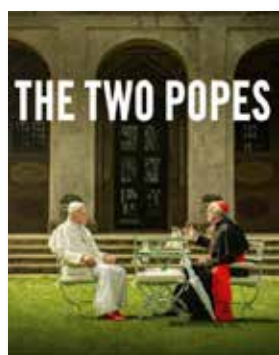
Mondays beginning Jun 16 3:00p: TV Series: The Chosen

Thursdays 7:00p: Documentary Series: **Jun 5**-The Farthest - Voyager in Space, **Jun 12**-Building the Ultimate, **Jun 19**-Building the Ultimate, **Jun 26**-Lewis & Clarke - The Journey of the Corps of Discovery

Fridays 2:00p: TV Series: Outlander

Fridays 3:00p: PBS Series: Beecham House

SIPSE CATEGORY: Social/Intellectual/Spiritual



LE CINEMA MOVIES (No RSVP Required)

Wednesdays 7:00p: **Jun 4: About My Father** (PG-13) When Sebastian tells his old-school Italian immigrant father that he is going to propose to his all-American girlfriend, his father insists on crashing a weekend with her parents. **Jun 18: The Two Popes** (PG-13) Behind Vatican walls, the conservative Pope Benedict XVI and the liberal future Pope Francis must find common ground to forge a new path for the Catholic Church. **Jun 25: The Long Game** (PG) In 1955, five young Mexican-American caddies were determined to learn how to play, so they created their own golf course in the middle of the South Texas desert. Based on true events.

SIPSE CATEGORY: Social/Intellectual/Emotional



Saturdays 2:00p: **Jun 7: When Love is Not Enough** (PG) Based on the true story of the enduring but troubled love between Lois Wilson, co-founder of Al-Anon, and her alcoholic husband Bill Wilson, co-founder of Alcoholics Anonymous. **Jun 14: Rumor Has It** (PG-13) A woman learns that her family was the inspiration for the book and film "The Graduate" and that she might be the offspring of the well-documented event. **Jun 21: Two Tickets to Greece** (16+) Childhood friends cross paths after many years and decide to finally take their dream vacation to Greece. **Jun 28: Isabel's Garden** (Unrated) The life of an ambitious small-town TV reporter is upended when the death of her husband leaves her to help raise her 15-year-old stepdaughter.

SIPSE CATEGORY: Social/Intellectual/Emotional



HIGHLIGHT EVENTS

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BRIDGE LESSONS WITH RANDY STAINER

Sundays, Jun 1, 8, 15: **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. **No RSVP required.**

SIPSE CATEGORY: Intellectual



TULSA CITY COUNTY LIBRARY BOOKMOBILE

Tuesday, Jun 3: **10:00a-11:00a** - Main Entrance

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

SIPSE CATEGORY: Intellectual



CLASSIC CINEMA: THE POSTMAN

Tuesday, Jun 3: **7:00p-8:30p** - Le Cinema

A simple Italian postman learns to love poetry while delivering mail to a famous poet, and then uses this to woo a local beauty. **No RSVP required.**

SIPSE CATEGORY: Social

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ILLINOIS RIVER FLOAT TRIP & LUNCH

Wednesday, Jun 4: **7:45a-4:00p - TRIP**

Enjoy a four-mile float trip down the Illinois River. We'll float for three hours. You may bring snacks and drinks in a small cooler. Afterward, we'll eat lunch at Emery's Grill. **Cost is \$30, billed to your monthly service fee account, depending on headcount.** Please bring a form of payment for lunch. **RSVP Deadline: May 30.**

SIPSE CATEGORY: Physical (Maximum Difficulty)



TECH TABLE WITH BLAKE BOLIN

Thursdays, Jun 5, 12, 19, & 26: **10:00a-11:00a - Board Room**

Thursdays, Jun 5, 12, 19, & 26: **2:00p-3:00p - Board Room**

Montereau Tech Concierge Blake Bolin hosts a one-hour session each Thursday morning and afternoon in June to answer questions about any Sentric's product including the ConnectedLiving app, Engage TV, phone, internet, and emergency pendants and pull cords. **No RSVP required.**

SIPSE CATEGORY: Intellectual



DRILLERS BASEBALL GAME

Thursday, Jun 5: **5:30p-9:30p - TRIP**

Come out and root for the home team! Cool off with "Thirsty Thursday" as the Tulsa Drillers take on the Amarillo Sod Poodles. OneOK Field will offer soda and beer specials all evening. Bring money for food/beverage/souvenir purchases. **Admission is \$20.50, applied to your monthly service fee statement. RSVP Deadline: June 3.**

SIPSE CATEGORY: Social



PHILBROOK MUSEUM & LUNCH

Friday, Jun 6: **9:30a-2:15p - TRIP**

View the Philbrook's special exhibit, "SAMURAI: Armor from the Collection of Ann and Gabriel Barbier-Mueller." Take in the culture, lifestyle, and art of the Samurai in Japanese society spanning the 12th through 19th centuries. Then eat lunch at SMOKE Wood Fire Grill. Please bring money for lunch. **Museum admission of \$22 will be applied to your monthly service fee statement.**

SIPSE CATEGORY: Intellectual



TULSA OPERA: THE HOBBIT

Saturday, Jun 7: **5:30p-8:00p - TRIP**

Enjoy this delightful performance of the beloved J.R.R. Tolkien fantasy by Tulsa Youth Opera. **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

HIGHLIGHT EVENTS

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TULSA PAC BROADWAY: WICKED

Sunday, Jun 8: 12:00p-3:00p - TRIP

See the epic musical that has taken Broadway by storm! It's a new perspective on what happened in the Land of Oz. The story follows Galinda's arrival and her rivalry-turned-unlikely friendship with Elphaba. **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



ART WITH ANN HILL

Tuesday, Jun 10, 17, & 24: 12:00p-3:00p - Studio de Monet

Learn from Ann Hill how to create a masterpiece with colored pencils. Supplies will be provided. Each of the three classes features a separate project. **Cost of each class is \$20, applied to your monthly service fee statement.**

SIPSE CATEGORY: Intellectual



GRADUATION CELEBRATION & SEND-OFF FOR JOSH MURRAY

Tuesday, Jun 10: 1:00p-2:00p - Coterie Theater

Monterea's Film & Social Media Intern, Josh Murray is ready for his next project. After graduating from TU in May, Josh will be moving on at the end of this month. Stop by to enjoy a cupcake, wish him well, and celebrate all he has meant to our community!

SIPSE CATEGORY: Social



ALL COMMUNITY SING ALONG

Wednesday, Jun 11: 3:00p-4:00p - Warren Chapel

Calling all music lovers! Join us for an afternoon of singing. Residents and Team Members are welcome to join in the fun. Come sing along to many pop favorites you're sure to recognize.

SIPSE CATEGORY: Emotional



DINNER & A MOVIE: THE LAST RIFLEMAN

Wednesday, Jun 11: 6:00p-9:00p - Coterie Theater

Based on the true story of a WWII veteran who escaped his nursing home in Ireland, embarking on an arduous journey to France for the 75th anniversary of the D-Day landings. Menu includes Irish Vegetarian Stew, Corned Beef & Cabbage with Potatoes and Carrots, and Bailey's Chocolate Mousse Pie. **Cost is \$20, applied to your monthly dining allowance.**

SIPSE CATEGORY: Emotional

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NATIONAL COWBOY & WESTERN HERITAGE MUSEUM & LUNCH

Thursday, Jun 12: 8:30a-2:00p - TRIP

Enjoy the Prix de West Invitational Art Exhibit at the National Cowboy & Western Heritage Museum featuring works by contemporary Western artists. Then have lunch at Whiskey Cake Kitchen & Bar. Please bring money for lunch and gift shop purchases. **Museum admission of \$13 will be billed to your service fee account.**

SIPSE CATEGORY: Intellectual



ALZHEIMER'S ASSN. PRESENTATION: THE EMPOWERED CAREGIVER

Thursday, Jun 12: 1:00p-2:30p - Coterie Theater

Psychiatrist and clinical researcher, Dr. Sarah Land will detail how Alzheimer's disease is diagnosed, what treatments are available, and the research that is happening here in Tulsa. There will be time for questions and answers.

SIPSE CATEGORY: Intellectual



GRADY NICHOLS DUO

Thursday, Jun 12: 6:00p-8:00p - Coterie Theater

Enjoy the smooth jazz sounds of the Grady Nichols Duo in concert. Attendees receive a voucher for one beer or one glass of wine. Additional beer and wine will be available for purchase.

SIPSE CATEGORY: Emotional



FITNESS HIKE: NATURAL FALLS STATE PARK & LUNCH

Friday, Jun 13: 8:30a-2:30p - TRIP

Natural Falls State Park, near the Arkansas state line, features a 77-foot waterfall, a couple of miles of trails and observation platforms near the top and base of the falls. "Where the Red Fern Grows" was filmed here. After the hike, enjoy lunch at the Country Cottage. Please bring a form of payment for your lunch.

SIPSE CATEGORY: Physical (Moderate Difficulty)



FIT BITES: MANGOS

Wednesday, Jun 18: 2:00p-2:30p - Grand Riviera Lounge

Satisfy your sweet tooth with mangos; a low-calorie and nutritious fruit! Come enjoy samples of a mango salsa, mango fresca drink and a mango almond salad.

SIPSE CATEGORY: Intellectual

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SIPSE SPIRIT DAY: SHAKEN, NOT STIRRED

Thursday, Jun 19: **ALL DAY**

Celebrate National Martini Day by donning your best spy attire and channeling your inner James Bond.

SIPSE CATEGORY: Social



TASTES OF THE WORLD

Thursday, Jun 19: **3:00p-4:00p - Coterie Theater**

Celebrate cultures from around the world with a sampling of international cuisine. Savor Moussaka from Greece, Chicken Tikka Masala from India, Rabanadas (French Toast) from Portugal, a Banh Mi Sandwich from Vietnam, Picanha Steak from Brazil, Poutine from Canada, and Pavlova from Australia. **Cost is \$35, applied to your monthly dining allowance.**

SIPSE CATEGORY: Intellectual



FIT & FABULOUS: STRONG BONES

Friday, Jun 20: **11:30a-1:00p - Grand Riviera Lounge**

June is National Osteoporosis Month. Learn what foods you can eat to help build strong, healthy bones! Menu includes Kale Brussels Sprouts Salad, White Bean Soup, Salmon with Quinoa and Roasted Green Beans, and Blueberry Chia Cupcake for dessert. **Cost is \$20, applied to your dining allowance.** (Look for the cupcake in LaPatisserie June 23-28 for \$2.75!)

SIPSE CATEGORY: Intellectual



SUNSET AT THE MAYO

Friday, Jun 20: **6:30p-9:30p - TRIP**

Take in a beautiful Oklahoma sunset from the best seat in town, the rooftop bar and restaurant at the Mayo Hotel. Enjoy drinks and dinner with your friends. Please bring a form of payment for your food and beverage selections.

SIPSE CATEGORY: Social



THE LONGEST DAY CAR WASH

Wednesday, Jun 25: **9:00a-11:30a - Parking Lot E**

Let our team members wash your car! One hundred percent of your generous donations will benefit the Alzheimer's Association to fund research and support. A minimum \$10 donation is encouraged payable by cash, check, or card.

SIPSE CATEGORY: Social

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CORNHOLE TOURNAMENT

Wednesday, Jun 25: **3:00p-4:00p** - Coterie Theater

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 (Mild Difficulty)



BLESSED STANLEY ROTHER'S BAPTISMAL SITE & LUNCH

Thursday, Jun 26: **9:15a-4:30p** - TRIP

Join Father Joe on a trip to the baptismal site of Blessed Stanley Rother at Holy Trinity Catholic Church in Okarche, OK. Rother was a martyr for his faith and is America's only beatified priest. We will attend Mass and then have a late lunch at Eischen's Bar known for its fried chicken. Please bring money for lunch.

SIPSE CATEGORY: Spiritual



FITNESS HIKE: CLAREMORE LAKE & LUNCH

Friday, Jun 27: **9:00a-2:30p** - TRIP

Claremore Lake features a paved walking path that allows you to take in the beautiful views. After about a two-mile walk, we will eat lunch at Hamett House. Please bring a form of payment for your lunch.

SIPSE CATEGORY: Physical (Mild Difficulty)



ASBURY CHURCH CHOIR & ORCHESTRA PRESENT: AMERICANA!

Sunday, Jun 29: **5:00p-8:30p** - TRIP

Celebrate our nation's independence! The Asbury Church Choir and Orchestra will honor America's diverse musical heritage and pay tribute to our armed forces. Admission is free. **Bus seating requires an RSVP on a first-come, first-served**

SIPSE CATEGORY: Spiritual/Emotional



DIY CRAFT: WINE CORK AMERICAN FLAG DECOR

Monday, Jun 30: **10:00a-12:00p** - Studio de Monet

Get ready to celebrate the 4th of July! Create your own American flag hanging décor out of wine corks. We will have all the necessary supplies available, though you are welcome to bring your own glue gun and corks.

SIPSE CATEGORY: Social



A MESSAGE *from* Tracie Nail-Health Center Administrator

June is Alzheimer's & Brain Awareness Month, a time to raise awareness about Alzheimer's disease and other forms of dementia that affect millions of individuals and families around the world. It's also an opportunity to focus on the importance of brain health, something that matters at every stage of life.

Alzheimer's is a progressive disease that affects memory, thinking, and behavior. While there is currently no cure, early diagnosis and supportive care can make a meaningful difference in quality of life. This month, we honor those living with Alzheimer's and their support caregivers. We also recognize the ongoing efforts

of researchers searching for better treatments and, one day, a cure. Here are a few ways to support brain health and get involved this month:

- **Wear Purple** – Purple is the color of Alzheimer's awareness. Wearing it can spark conversation and show solidarity.
- **Stay Mentally Active** – Puzzles, games, reading, and learning new skills help keep the brain engaged.
- **Get Moving** – Regular physical activity supports brain and overall health.
- **Connect Socially** – Meaningful connections with others help reduce feelings of isolation and keep the mind sharp.
- **Learn and Share** – Educate yourself and others about the warning signs of Alzheimer's and the resources available.

Let's take June as a reminder to care for our brains, support each other, and advocate for a future without Alzheimer's. Every action, no matter how small, brings us one step closer to that goal.

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

May turned out to be a wonderful month!

Our residents enjoyed a variety of activities, from planting flowers in their outdoor garden beds to enjoying Mother's Day with goodie bags, cupcakes and a nice Mother's Day party. We celebrated Cinco De Mayo with guacamole, chips, virgin margaritas and a piñata. We enjoyed an outing to the Gathering Place, savored a sweet treat, and headed to Woodland Hills Mall for some walking and shopping.

June is shaping up to be just as exciting as we get ready to welcome the Summer season!

The Longest Day Car Wash is coming up. This annual tradition at Montereau raises money for the Alzheimer's Association. In June we are having a Summer Solstice Luncheon in the Grand Riviera Lounge to kick off the new season. A summer Luau party will bring the island vibe to the Abbey. Family

members and residents are invited to join in the fun.

We can't wait to have Mary Sue's Mobile Petting Zoo join us in the Abbey Courtyard on Thursday, June 5th. This exciting event is open to all Residents and team members. This month, all of our Health Center residents will have an opportunity to experience the Rendezvous virtual reality goggles. We will dive into travel, art programs, and fitness games.

Also on the calendar is a sweet trip to Kilwins candy and ice cream shop in downtown Tulsa. The owner will give us a tour of their store and demonstrate how they make their sweet treats. There is a lot of summer fun in store. We hope you will join us.





For Edie Gregory, the world is a menagerie of wonder and color. An artist and a people-person to her core, Edie is always excited to meet new people and hear their stories. This time, however, the story is hers.

Born in Saint Louis, Edie and her parents moved to her father's home state of Maine when she was still a baby. By the time she was five, they had relocated to Oklahoma City where she spent the rest of her formative years. She was the eldest of three children, with a younger brother and sister to whom she felt obliged to show the ways of the world. "My mother said I always wanted to be the boss," Edie chuckles. They were a family of faith and she was involved in Bible studies at the Baptist church on Wednesdays. At Classen High School, her outgoing personality made her a perfect fit for the Pep Club. She says she still keeps in touch with friends from grade school and regularly attends her high school reunions. This year will be their 62nd. When she wasn't in school or at church, Edie was working as a Candy Striper at the hospital, helping with pick up and delivery of lab work. She enjoyed working in the quiet of the evenings.

Edie graduated from high school in 1963. Spurred by her experience as a Candy Striper, she studied Microbiology at OSU, earning her bachelor's degree in the subject. From there, she went to OU for a certificate in Medical Technology. Armed with her medical training, she made her way to the west coast and Pasadena, California at the age of 24. Edie loved the Golden State and laughs at how different it was. Driving on the highway is one such example. She says she was headed to work one morning when she was pulled over. "I didn't notice that I was going slower than everybody else," she says. "The policeman said, 'I'm going to have to give you a ticket for going too slow.'" Edie insists that was the only traffic ticket she ever received.

The following year, in 1970, she married Jay Gregory whom she had met in class at OSU. They settled in Albuquerque for a while where Edie worked in the med-tech field. After nine years of marriage, son Eli made them a family of three. Edie's family has now grown to include three beautiful granddaughters, including twins. After Eli was born, Edie continued working and the family moved to Muskogee in the

THIS IS YOUR LIFE *with* Edie Gregory

early 1980s. Soon, her interests began to shift from the medical field. Her agile mind was ready for a new challenge and she enrolled in law school at the University of Tulsa. She attended classes part-time, commuting from Muskogee and sometimes took Eli along with her. Edie earned her law degree in the late '80s.

She went on to practice law for 15 years with Robinson, Locke, Gage, Fite and Williams in Muskogee. She mostly took on civil cases. "I liked trying to make both sides feel like they got treated fairly," she explains. She was involved in the Law Council and worked to support the Muskogee Women's Shelter. In the mid-2000s, she moved to Tulsa where she worked as an attorney for AmeriTrust, retiring in 2015.

Edie nurtures a variety of interests and collections. She's rarely seen without a hat and says she has loved wearing them since she was young. "I have pictures of me in elementary school wearing hats." In her heyday, she had quite an extensive collection. Today, she hangs on to a handful of favorites. Edie also enjoys collecting blue and white ceramic vases and still has a dozen or more in her room. "I love the color, and I love the idea of collecting something," she says, "because just finding it is exciting." She loves to read and has several shelves full of books.



She has always enjoyed painting, often giving her creations as gifts. In her days of living in Muskogee, she and a group of friends got together each year to make hand-painted banners that hung from lamp posts in town to herald the city's annual Azalea Festival. Edie enjoys cooking and her son Eli insists "She's a fantastic cook!" He says she makes amazing chicken pot pie.

Edie has enjoyed every moment of living at Montereau since 2017. For years, she kept a garden bed and treasured opportunities to meet new neighbors. "No matter who you sit with, you're going to learn something." She's a bit of a social butterfly and greets everyone with a smile. Edie is always ready for the chance to meet someone new. She puts it simply, "My door is always open."

HEALTH CENTER HIGHLIGHT EVENTS

- **LUNCH: FREEWAY CAFE** – Monday, Jun 2 - **11:45a, OUTING**
- **MUSIC & MEDITATION** – Wednesday, Jun 4 - **2:30p, WARREN CHAPEL**
- **SCENIC DRIVE & SWEET TREAT** – Wednesday, June 4 - **2:15p, OUTING**
- **ABBEY FAMILY NIGHT** – Wednesday, Jun 4 - **4:30p, ABBEY SITTING AREA**
- **MARY SUE'S PETTING ZOO** – Thursday, June 5 - **2:00p, ABBEY COURTYARD**

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- **LUNCH: THE BROOK** – Monday, Jun 9 - **10:45a, OUTING**
 - **NAT'L BLACK COW DAY (ROOT BEER FLOATS)** – Tuesday, Jun 10 - **3:15p, CHATEAU 1 DINING ROOM**
 - **PIZZA PARTY** – Tuesday, Jun 10 - **5:00p, FRENCH QUARTER**
 - **FATHER'S DAY CELEBRATION** – Wednesday, Jun 11 - **2:00p, VILLA**
 - **ALZHEIMER'S ASSN. PRESENTATION: THE EMPOWERED CAREGIVER**
Thursday, Jun 12 - **1:00p, COTERIE THEATER**

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- **LUNCH: THE BROS. HOULIGAN** – Monday, Jun 16 - **10:45a, OUTING**
 - **MUSIC & TRIVIA** – Wednesday, Jun 18 - **11:15a, VILLA DINING ROOM**
 - **KILWINS ICE CREAM & CHOCOLATE** – Wednesday, Jun 18 - **1:30p, OUTING**
 - **MUSIC & MEDITATION** – Wednesday, Jun 18 - **2:30P, WARREN CHAPEL**
 - **SUMMER SOLSTICE LUNCHEON** – Thursday, Jun 19 - **11:30a, GRL**
 - **RENDEVER VIRTUAL REALITY** – Thursday, Jun 19 - **2:00p, FRENCH QUARTER**
 - **HAWAIIAN LUAU** – Friday, Jun 20 - **2:30p, ABBEY DINING ROOM**

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- **LUNCH: FISH DADDY'S** – Monday, Jun 23 - **10:45a, OUTING**
 - **PIZZA PARTY** – Tuesday, Jun 24 - **5:00p, FRENCH QUARTER**
 - **LONGEST DAY CAR WASH** – Wednesday, Jun 25 - **9:00a, TEAM MEMBER PARKING LOT**
 - **WOOLAROC MUSEUM** – Wednesday, Jun 25 - **1:30p, OUTING**
 - **RED HAT PARTY** – Wednesday, Jun 25 - **3:15p, CHATEAU 1 DINING ROOM**
 - **MOVIE & THEATER SNACKS: IF IT'S TUESDAY, THIS MUST BE BELGIUM**
Thursday, Jun 26 - **1:00p, COTERIE THEATER**

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- **LUNCH: HIDEAWAY PIZZA** – Monday, Jun 30 - **10:45a, OUTING**



HAPPY JUNE BIRTHDAYS

Join us for the June Birthday Brunch on Friday, June 13 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 Jun	Mary Jones
1 Jun	Carolyn Snively
1 Jun	Terri Stallcop
1 Jun	Sally Turner
3 Jun	Dana Minton
3 Jun	Fr. Joe Townsend
4 Jun	Ron Harwood
4 Jun	Tom Patterson
6 Jun	Mickey Brown
6 Jun	Chris Hoeg
6 Jun	Sam Orcutt
7 Jun	Ed Beasley
8 Jun	Bob Merrick
8 Jun	Gene Schmidt
9 Jun	John Stafira
10 Jun	Jo Beard
10 Jun	Brenda Tripp
12 Jun	Ken Campbell
12 Jun	DJ Lad
14 Jun	Debra Fisher
14 Jun	Joe Mize



16 Jun	Awilda Godsey
18 Jun	Mike Haugh
19 Jun	Lin Conine
20 Jun	Barbara Thornton
22 Jun	Betty Brann
22 Jun	Ray Smith
23 Jun	Linda Barry
23 Jun	Billie Field
24 Jun	Patricia Aaron
25 Jun	Edie Gregory
25 Jun	Joann Robertson
26 Jun	Carol Fruehling
26 Jun	Kay Grant
27 Jun	Bill Finger
28 Jun	Bill Snyder
29 Jun	Evelyn Davis
29 Jun	David Jenkins
29 Jun	Bud Kehew
29 Jun	Neal Lehman
29 Jun	Linda McClain
29 Jun	Lynn Wendelbo