

The Trail MIX

The neighborhood news from Trinity Woods | Issue: December 2023



Christmas in the Woods

By Irene Brown, Life Enrichment Coordinator

As the Christmas lights and music start to arrive, our thoughts turn to the many happy gatherings that December brings. At Trinity Woods, the happiest gathering of all is Christmas in the Woods. This year, this annual campus-wide celebration will take place on Thursday, December 7th from 6 to 8 p.m.

Over the years this has become an honored tradition among residents, families, and employees. In addition to great food at several venues, there will be horse drawn carriages, live music, and the beautiful living nativity. Christmas in the Woods wouldn't be complete without a candy shop and photos with Santa and Mrs. Claus. We are also bringing back by popular demand the huge Christmas train display. New this year will be a light tour of Owens Park!

"This event is the core of who we are as a community and brings people together in a special way," said Steve Dickie, CEO. "Trinity Woods community members, families, friends, and employees are all encouraged to attend this event. That is sure to put us in the holiday spirit!"

Christmas in the Woods is more than just a tradition; it's a testament to the enduring power of family, nature, and the magic of the holiday season. In a world that often rushes through festivities, this cherished tradition encourages us to slow down, connect with one another, and rediscover the simple pleasures that make Christmas truly special. So, this holiday season, consider stepping away from the noise and immersing yourself in the enchantment of Christmas in the Woods.

We ho, ho, hope you can make it! To purchase an admission wristband, visit the Crestwood Concierge or Holliman Center Receptionist - \$13 members, \$16 guests, and \$8 children ages 3-12. Children under 3 are free. For more information call 918.346.6614.



Trinity Woods

Belong. Believe. Become.

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An evening full of family fun for all.

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New Neighbors

Mouzon and Gayle,
Dick and Gerry, and Chelley!



By Weldon Tisdale, Chaplain

A Right Christmas



“For unto you is born this day in the city of David a Savior, which is Christ the Lord” (Luke 2:11).

Christmas means many things to many people according to their backgrounds, ages, and interests. For born-again believers, it means that God loved them, regarded their lost condition, and did something about it by giving the best gift ever. Our Savior was laid in a manger for His cradle (Luke 2:7). He came to experience everything man must experience, “yet without sin” (Hebrews 4:15), and then die on our behalf on the cross (Hebrews 9:28). One day He will return and be crowned King of kings with every knee bowing and every tongue confessing that He is Lord (Philippians 2:9–11).

Therefore it is important for a Christian to have a right Christmas! Here are some ingredients to include in our celebration: A right Christmas includes making room for Jesus. The innkeeper reminds us of those who have no room for Him. We should be sure our hearts are not so full of other things that there is no room for Him this Christmas. A right Christmas includes worship and the grace of giving. We should take time for special worship

today, and give, as God gave His Son. We should also follow the example of the wise men who “fell down, and worshiped Him, and . . . presented unto Him gifts” (Matthew 2:11). A right Christmas includes telling others. The shepherds “made known abroad” what they had seen and heard (Luke 2:17). What an opportune time we have at Christmas to tell others its real meaning!

Were the angels mistaken when they talked about peace on earth and good will to men (Luke 2:14) since we have so much hurt today? No, the angels were not mistaken: the peace God offers is for those who will trust His Son, the Lord Jesus Christ, as Savior and Lord.

I’m Dreaming of a Right Christmas



December Birthdays at Trinity Woods

Gayle Biggs.....	1
Donna Jackson.....	1
Tom Fawcett.....	2
June Martin.....	2
Judy Stout.....	2
Linda Watts.....	3
Fred Elder.....	4
Ken Tobler.....	5
Norma Dreyer.....	6
Ruth Ann Odom.....	6

Carolyn Moore.....	8	Buddy Fallis.....	19
Stan Teter.....	8	Betty Fryrear.....	21
Thelma “Toots” Rollins.....	9	Jo Kirtley.....	22
Bill Shortridge.....	9	Sandra Canaday.....	22
Bud Maguire.....	10	Barbara Doolittle.....	24
Richard Willhour.....	10	Monsignor Dorney.....	24
Jessica Gledhill.....	11	James Nelson.....	25
Clinton Webb.....	12	George Graham.....	28
Al Sowards.....	14	Iline Mayrose.....	28
Jane Mansfield.....	15	Dianne Rodehaver.....	28
Mary Anne Pierce.....	15	Andrena Mahu.....	31
Shelia Parr.....	18		

December Anniversaries

Howard and Phyllis Rhodes.....	12/7/2013
Ron and Dixie Bell.....	12/28/1957
Allen and Marcia Bates.....	12/29/1977
Red and June Martin.....	12/31/1981

✚ In Memory of

Kenneth “Dick” Beauchamp.....	11/15/2023
Beverly Bessler.....	11/17/2023



By Lupina Fry, Wellness Nurse

STRESS, DEPRESSION, AND TIPS FOR COPING



This time of year is full of family, fun, and holiday activities, filling many with excitement. For others it can also come with stress and anxiety. According to the American Psychiatric Association 2023 survey on stress, most Americans downplay their stress. According to the survey 67% say their problems are not “bad enough” to be stressed about, feeling others likely have it worse. Additionally, when asked, 62% reported they don’t talk about their stress because they don’t want to burden others.

Stress itself is not the problem. The problems come with how a person manages their stress and the resulting effects on the entire body. It’s crucial to understand the mental and physical impact of stress and what can be done to reduce harmful effects. According to NAMI (National Alliance on Mental Illness) there is a correlation between prolonged stress and depression. Experiencing “holiday blues” is common. You may feel temporarily tense, frustrated, lonely, or even sad during the winter months. If those symptoms last longer than two weeks or affect your ability to function normally, it could be signs of clinical depression, requiring medical intervention.

No matter the cause of your low mood or negative feelings, it’s important to have a toolkit of healthy coping strategies. Moving

your body through exercise is one of the best ways to combat depression. Spending time in nature is also a great option. Sharing your feelings with trusted loved ones- family or friends- can also help.

People want to help; sometimes all you need to do is ask for it. Consider volunteering. Find a volunteer opportunity you feel passionate about and give it as much time as you feel comfortable. If someone exacerbates your stress or anxiety, limit time spent with them, even if it’s a family member. Singing, writing, painting, listening to music, prayer, and meditation can help lift your mood. Develop a list of your preferences for mood-boosting activities. Attach this list to the fridge and refer to it as needed. Set limits with yourself and with others.

Using these tools if your negative emotions begin to take over can make a difference. And remember that if you need help, you should seek it out. Contact your doctor and let them know how you feel. Combating stress, anxiety, and depression is vital to your mental and physical health. It’s important to get the help you need.



Boston Avenue Christmas Service at Trinity Woods
December 21, 2023
10:00 AM in Fleming Center

Led by Boston Avenue ministers including Rev. David Wiggs, along with a group of outstanding college-age singers, this meaningful service will include Christmas carols to hear and to sing, Scripture readings, and pastoral reflections. All Trinity Woods members, regardless of church affiliation, are welcome to attend this special service. No reservations necessary.



New Year’s Eve Service and Holy Communion
December 31, 2023
5:00 PM in Fleming Center

Led by Trinity Woods member clergy, this service will be a spiritual and meaningful way to mark the end of the year together and a moment of calm in the midst of the holidays. No reservations necessary.



December Events



Sistema Tulsa ELEMENTARY Christmas Program
Saturday, December 2 at 10 a.m. in Fleming Center
No reservations necessary.

Come enjoy young people from throughout Tulsa who are creating community through music. The Sistema choir and an instrumental chamber ensemble will present a Christmas program just for us. Since 2015, Sistema Tulsa has offered rigorous and high-quality music learning programs that are free of cost and accessible to all. Sistema's mission is "to nurture community and improve young people's lives through the practice of music." What a marvelous way to celebrate the season!



Regent Preparatory School Choir and Band Christmas Program
Wednesday, December 6 at 11 a.m. in Westervelt Hall
No reservations necessary.

Our stage will be filled with talented young people as the band, and middle school and high school choirs from the interdenominational, classical, Christian Regent Preparatory School present a beautiful Christmas program for us. Don't miss this inspiring performance.



Christmas Piano with Don Irwin
Thursday, December 14 at 7 p.m. in Westervelt Hall
No reservations necessary.

Don Irwin will be back to entertain us with his spectacular playing of Christmas music on our Steinway. (He will have CDs for purchase after the concert.)

University United Methodist Church
Wesleyan Handbells Concert
Thursday, December 21 at 7 p.m. in Westervelt Hall
No reservations necessary.

Our friends from UUMC, led by Dan and Cathy Call, return to bring us the sounds of the season through resonant and relaxing bells. Their programs are always eclectic and delightful.



ANNOUNCING THE NEW VICE PRESIDENT OF HUMAN RESOURCES CRYSTAL CREEKMORE



“When Bill Peterson notified us he wished to retire, we knew that Crystal would be the right person to succeed him,” said Steve Dickie, CEO. “Crystal has served the Trinity Woods team for five years and shown her ability to create a positive and inclusive environment. Crystal is well-positioned to lead Trinity Woods in creating a workplace that attracts, retains, and develops top talent.”

Crystal received her bachelor’s degree from Northeastern State University in psychology and has over 15 years of experience in human resources. She holds a certification with the Human Resources Certification Institute as a Senior Professional in Human Resources. Her passion for fostering a culture of collaboration and employee engagement makes her a natural fit for Trinity Woods mission and values.

Trinity Woods is pleased to announce the promotion of Crystal Creekmore as the newest member of its executive leadership team. In her new role as Vice President of Human Resources, Crystal will be responsible for overseeing all aspects of human resources management, including talent acquisition, employee development, performance management, payroll and employee relations.

“I am honored to serve the Trinity Woods team and contribute to the continued success of the organization,” said Crystal Creekmore. “I am excited to step into this role and I am grateful to Bill and the others on the Leadership Team for this opportunity. I know I can help create an environment where everyone can thrive and contribute to the company’s growth.”

Welcome to the Woods!



**Mouzon and Gayle Biggs
Crestwood**

Mouzon and Gayle Biggs – Crestwood

This month Trinity Woods welcomes the Biggs to the neighborhood. Mouzon and Gayle met in a small country church when they were teenagers and have been married for 62 years. They have two sons who live in Tulsa, four granddaughters and two grandsons.

Mouzon is originally from Carthage, Texas and is a graduate of Centenary College in Shreveport, LA as well as Southern Methodist University with a bachelor's degree in history and a master's degree in theology. He started his career in the ministry when he was only 18 when he was appointed to two small churches in Texas. Mouzon has served over 50 years in ministry. Prior to retirement in 2013 he was the Senior Pastor of Boston Avenue United Methodist Church.

Gayle was born and raised in Louisiana and then her family moved to Texas where she finished up high school at Elysian Fields. She attended the University of North Texas and studied psychology. Gayle has enjoyed sports all her life and especially loves playing and teaching tennis.

Both Mouzon and Gayle were avid travelers. In fact, they have travelled abroad 48 times by train, boat and plane. Their favorite trip was to Italy where they were able to connect with distant relatives.

They are excited to be at Trinity Woods and "love how friendly the people are here." They are just starting to get involved with all the programs and opportunities on campus.

Dick and Gerry Pittenger – Crestwood

Meet the Pittengers, Dick and Gerry. Dick and Gerry have been married for 70 years! They met in the spring of 1951 at Oklahoma State University. They have two daughters, three grandsons and five great grandkids.

Dick was born in Lamar, CO and was raised in Zenda, KS. He later moved to Stillwater, OK where he graduated from high school. Dick has his bachelor's and master's degrees from Oklahoma State University in electrical engineering. He served in the Signal Corps of the US Army as a 1st Lieutenant. Prior to retirement he worked in electro-mechanical design and engineering.

Gerry is originally from Bixby, OK. She is a graduate of Oklahoma State University with a bachelor's and master's degree in business. The Pittengers started and owned a manufacturing company in Tulsa and managed it for 25 years. The company is still going strong today. Additionally, Gerry mentored junior high students, taught Sunday School and started a primary choir. Her passion was to serve the underserved through her volunteer work.



**Dick and Gerry Pittenger
Crestwood**

A fun fact about the Pittengers is that they are world travelers. They lived in Saudi Arabia, crossed the Atlantic Ocean twice on the Concord and have traveled on the Queen Elizabeth II.



**Chelley Wallack
Crestwood**

Chelley Wallack – Crestwood

Chelley Wallack and her dog Buffy and cat Mr. Binx are excited to be in their new home at Trinity Woods. "Being in midtown Tulsa and having friends here" was the main reason she selected Trinity Woods.

Chelley was born in Wichita, KS and later moved to Tulsa, OK where she graduated from Central High School. She then attended Katherine Gibbs Secretarial School in Boston, MA and Oklahoma State University where she received her degree in English. Prior to retiring Chelley had a long career as an executive administrative assistant. She worked at various organizations from the Kuwaiti government to Dresser Rand to Asphalt and Fuel Supply. She even had the opportunity to participate in an archaeological excavation at one point in her career.

She was married to her late husband Bob, and they have two daughters who live in Oklahoma. She currently volunteers at NatureWorks and is looking forward to participating in more activities on campus.

December STARS Employees of the Month



Jennifer Mullenix – Housekeeping

Start Date: January 2023
Born and Raised: Tulsa, OK
Education: Central High School and Platt College
Wanted to be as a Kid: Oceanographer
Favorite Sport: Golf
One Meal Forever: Watermelon
First Job: Bakery Assistant
Family Recipe: Mother's Homemade Noodles
Favorite Movie: Tombstone
Favorite Book: Where The Crawdads Sing by Delia Owens
Collects: Rocks
Fun Fact: She is able to do bird calls, mainly duck calls.
Family: Married with one daughter
What her supervisor says: "Jennifer does a fantastic job cleaning in the Health Center. She is very detail oriented and wants to do the job right the first time. I get a lot of compliments on her work. I am very glad to have her on our team!" – Cathy Green, Housekeeping Manager



Lea Ann Sims – Sales Representative

Start Date: March 2023
Born: McKeesport, PA
Raised: Beggs, OK
Education: Oklahoma State University Institute of Technology
Wanted to be as a Kid: Doctor's Wife or Farmer
Favorite Sport: Olympics
Hobbies: Reading and Flower Gardening
First Job: Picking pecans in an orchard
Favorite Holiday: Christmas
Family Recipe: Mom's Potato Salad
Favorite Movie: Hope Floats
Favorite Book: Remarkably Bright Creatures by Shelby Van Pelt
Collects: Rocks or sand from places she travels
Fun Fact: Would like to move to Costa Rica one day
Family: Married for 23 years with one daughter
What her supervisor says: "Lea Ann is a valued member of the Trinity Woods sales teams. She has a passion for helping people find their way to our senior living community. She continually goes above and beyond to help people feel at home here at Trinity Woods." – Bonnie Polak, VP of Philanthropy and Community Engagement.



A New Face on the Wellness Team

Weekend Concierge Vanna Hixson is joining the Wellness Team! In addition to her Weekend Concierge duties, Vanna is the new Wellness Assistant and will be working in the Community Life Center's Life Enrichment office on Mondays, Thursdays, and Fridays. She will be your primary contact for Wellness Reservations and will be a great addition to the Wellness team.



Trinity Woods Leadership Team

Steve Dickie
Chief Executive Officer

Dennis Graham
Chief Operating Officer

Bill Peterson
VP of Human Resources

Bonnie J. Polak
VP of Philanthropy and
Community Engagement
and Editor

Jerome Steele
CFO and
VP of Finance

Jacob Will
VP of
Health Services

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**CHANGE SERVICE
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Employee Appreciation Campaign

It is this time of year we all count our blessings –family, friends, our health. It is also the time of year that we say “thank you” to the employees of Trinity Woods. As you may know our policy at Trinity Woods does not allow employees to accept individual gifts or tips throughout the year, but this time of the year we actively reach out to our community and solicit donations for the Employee Appreciation Fund. This year the residents of Trinity Woods are leading the charge and inviting you to express your gratitude and give thanks to those special people who are here each day to serve.

Enclosed is an envelope to give to this fund. It's not too late. Please consider a gift to express your gratitude for the wonderful Trinity Woods Team.