

# The Trail MIX

The neighborhood news from Trinity Woods | Issue: September 2024



## Welcoming the New Vice President of Health Services!

By Garrett Lee, Trinity Woods CEO

I am pleased to welcome Emilie Creswell to Trinity Woods as the new Vice President of Health Services. I have had the pleasure of knowing Emilie for several years and have been impacted by her passion for serving older adults, their families as well as the employees who care for them. Emilie comes to Trinity Woods with a wealth of experience in aging services. She has been a licensed long-term care Administrator for over 26 years!

“I am excited to develop meaningful relationships with and serve alongside the remarkable team at Trinity Woods as we continuously improve both personalized quality of care and the employee experience,” said Emilie.

Emilie is a highly knowledgeable senior living professional. Her balance of operational insight and relational style is a perfect fit for advancing and sustaining our health services.

When asked about what she wants people to know about her first and foremost, Emilie says “I am honored and blessed to be a part of an organization whose mission is to serve others in the spirit of Christ. I believe the secret to a meaningful and fulfilled life is simple: love God and love people.”

Emilie began her new role at Trinity Woods on August 28th. She is looking forward to getting to know the residents and their families and the Trinity Woods team. She will office in the health services administration hallway just across from the Therapy gym. Please stop by and introduce yourself in the coming days and weeks.

Thank you all for your prayerful involvement as we searched this summer for the new VP of Health Services. The future continues to be bright for Trinity Woods!



## Trinity Woods

Belong. Believe. Become.

**In this issue:**

**New Leadership in  
Health Care**

**7 Dimensions of Wellness**

**September Events**  
Family Day, Concerts and  
Health Fair

**New Neighbors**  
Meet Bob, Betsy,  
Joe and Jeanette!



By Weldon Tisdale, Chaplain

# You Are God's Masterpiece

**For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.**  
**Ephesians 2:10 NLT**

struggle or shame. Even as you read this, God is working to remove those layers. Just know that there is a masterpiece in you that you don't have to prove, you just have to reveal. When you do, the right people will recognize the masterpiece you are.

We all know what a masterpiece is. It's a creator's prized piece, his or her most valuable work. Artists are blessed if they have a single masterpiece. Few throughout history are fortunate enough to have had more. Beethoven is one of them. So are Vincent van Gogh and Michelangelo.

God chose you and molded you. Then He set you apart for His great purpose. The thing about a masterpiece is that it's made to stand out. As many masterpieces as Beethoven, van Gogh and Michelangelo created, not one was the same. They each were wildly unique and were crafted to express a unique part of their creator's heart. As are you!

No artist, of course, compares to God. Imagine the most beautiful sights you've ever seen in creation. Maybe the snow-capped mountains, the northern lights, a field of brilliantly colored wildflowers or waves crashing into a towering cliff. Out of nothing, God brought forth these masterpieces. He saw them for what they were long before anyone else could - that's how God sees you.

You are no mistake, nor the product of some random chance. You are the outcome of God's choosing, the result of His steady hand. Yes, you belong as you are with all your quirks and qualities, because with them, not despite them, you reflect something about God that the world needs to see. So, do not be afraid to stand out because that is what masterpieces do - "stand out."

Today you may be surrounded by obstacles, and your greatest features might be hidden under layers of insecurity, fear,

**"You Are God's Masterpiece!"**

Partially adapted from [kylewinklerministries.org](http://kylewinklerministries.org).

## September Birthdays at Trinity Woods

Mike Rodehaver.....1	Barbara Lilienthal.....14	Margaret Ellison.....24
Warren Danskin.....2	Zella Cock.....15	Mary Alice Wallis.....24
Joyce Hargrove.....3	Dan Bissett.....16	Virginia Gray.....25
Betty Swindle.....3	Judy Doyle.....16	Grant Goodman.....26
Brad Ferguson.....5	Jane Herndon.....16	Sharen May.....26
JoAnn Bingham.....6	Chelley Wallack.....16	Gary VanFossen.....27
Angela Denny.....10	Ken Johnson.....19	Aneta Wilkinson.....28
Bob Dickson.....10	John Miller.....19	Phyllis Davis.....29
Peggy Jackson.....10	Richard Ziglar.....22	Cherlyn Sunflower.....29
Sally Kemp.....13	Maggie Gilliland.....23	Faith Ferguson.....30



### September Anniversaries

- Jim and Linda Pat Colgan.....9/3/1960
- Richard and Dolores Hedger.....9/5/1955

### In Memory of

- Janet Donovan.....7/21/2024
- Owen Heiserman.....7/26/2024
- Gerene Adwon.....7/28/2024
- Betty Baxter.....8/9/2024
- Hal Bockelken.....8/9/2024
- Phyllis Rhodes.....8/10/2024

# TRINITY WOODS



## family Day

Trinity Woods Family Day!  
Saturday, September 7  
There is no charge for you or your family  
but tickets are required for breakfast.

**8:30-11:00 a.m.** Waffle Breakfast in Fleming Center  
(Tickets required): Come and go as space permits.

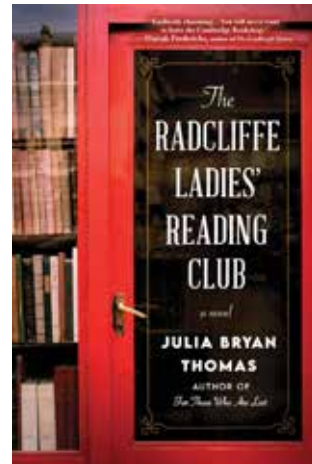
**9:30-11:00 a.m.** FUN in and around the Community Life Center:  
Model Railroad, Petting Zoo, Photo Booth, and Games Galore!  
Bring the family to show off our campus and have fun together!  
Please make reservations for breakfast on the TW Neighborhood  
App or the Wellness Reservation Form.



**Piano Concert: Don Irwin**  
**Thursday, September 12 at 7 p.m.**  
**Community Life Center, Westervelt Hall**  
**No reservations necessary.**

We welcome back Steinway artist Don Irwin for an exciting and varied program featuring beautiful arrangements of your favorite popular music from past decades. Don's CDs will be available for purchase, cash or check, for \$20 each.

## September Events



**Book Talk by the Author: Julia Bryan Thomas**  
**Tuesday, September 17 at 7 p.m.**  
**Fleming Center**  
**No reservations necessary.**

Julia Bryan Thomas is a graduate of Northeastern State University and the Yale Writers' Workshop. She is the author of two contemporary British mysteries and two historical novels. She is married to mystery novelist Will Thomas. She will talk to us about her writing journey and process as well as her two historical novels. A heart-wrenching, inspiring, extraordinary love letter to books set against the backdrop of one of the most pivotal periods in American history, the 1950s, *The Radcliffe Ladies' Reading Club* explores how women forge their own paths, regardless of what society expects of them, and illuminates the importance of literature and the vital conversations it sparks. Her WWII-era novel, *For Those Who Are Lost*, was an Oklahoma Book Award finalist and was selected by the Library of Congress to represent Oklahoma at the 2023 National Book Festival.



**Supper & A Country Western Show**  
**Thursday, September 26 at 6 p.m.**  
**Community Life Center, Westervelt Hall**  
**Tickets required. Members Complimentary.**  
**Guests are \$7.**

**6:00-6:30 Buffet Supper & Socializing:** A yummy down home menu of smoked bologna with tangy slaw on a bun, house-made chips, and fried pie.

**6:30-7:30 Program:** Country & Western Music from topnotch musician's fiddler Shelby Eicher, bassist Jake Erwin, steel guitarist Steve Bagsby, and vocalist/guitarist Jacob Tovar. Jacob is an Oklahoma musician bringing country music back to its classic roots. Country standards and original tunes that carry stories with which everyone can relate. Join in this relaxed gathering that is a chance to meet new friends, enjoy a casual meal and some great music!



# the Seven Dimensions of Wellness

By Weldon Tisdale, Interim Director of Wellness

Many people think about “wellness” in terms of physical health only. The word invokes thoughts of nutrition, exercise, weight management, blood pressure, etc. Wellness, however, is much more than physical health. Wellness is a full integration of not just physical, mental and spiritual well-being but so much more. It is a complex interaction that leads to an enhanced quality of life when fully embraced.



Trinity Woods has adapted the seven dimensions of wellness model: **Spiritual, Physical, Intellectual, Emotional, Social, Environmental and Vocational.** Each dimension contributes to our own sense of wellness or quality of life, and each affects the others. Here’s an overview of each of the seven dimensions.

**Spiritual Wellness:** Encompasses exploring one’s sense of purpose, meaning, and connection to someone larger than oneself. Living with meaning and purpose in life, guided by personal values, is key to feelings of well-being and connection to the larger world. Group and individual faith-based activities, Bible study, prayer, journaling and meditation create the opportunity for spiritual growth.

**Physical Wellness:** Centers around maintaining a healthy body through regular exercise, proper nutrition, managing stress, getting adequate sleep, regular check-ups and following medical recommendations. These lifestyle choices help maintain or improve health and functional ability.

**Intellectual Wellness:** Involves engaging in lifelong learning, mental stimulation, and challenging oneself to stay mentally active. Engaging in creative pursuits and intellectually stimulating activities is a proven approach to keeping minds alert and interested.

**Emotional Wellness:** Focused on managing emotions, developing coping skills, and fostering a positive mental state through peer counseling, stress management, humor/laughter and personal histories. Coping with challenges and behaving in trustworthy and respectful ways signal emotional wellness.

**Social Wellness:** Involves nurturing relationships, building social connections, and contributing to the community. Social interactions with family, friends, neighbors and chosen peer groups can be valuable for maintaining health.

**Environmental Wellness:** Incorporates being mindful of one’s impact on the natural world, conserving resources, recycling and promoting sustainability. Good environmental stewardship means respecting, protecting and caring for our God-given resources.

**Vocational Wellness:** Focuses on finding purpose and fulfillment in one’s work, maintaining a healthy work-life balance, and developing a sense of accomplishment. Leisure-time vocations in the arts and through hobbies as well as mentoring and volunteering help maintain vocational skills.

Embracing wellness means shifting your mindset to prevention and employing proactive strategies to thrive, rather than just survive. Wellness is a conscious and self-directed process with the goal of achieving your full potential. The Trinity Woods community desires to see all reach their full potential by embracing the seven dimensions of wellness. This will help drive Trinity Woods towards achieving its vision of “redefining aging.” For more information on ways you can get more involved in wellness programming reach out to any member of the Trinity Woods Wellness team.



By Alison McMillan, Wellness Manager



# Healthy Aging Month

As we enter the final quarter of 2024, sometimes we are feeling the need for a refresh, rejuvenation, or a renewal. After all, September is a time of transition from Summer to Fall, and it also kicks off Healthy Aging Month.

Healthy Aging Month, recognized officially by the Senate in 2021, sprouted from the Healthy Aging Organization's National Healthy Aging Campaign started in 1992 by the President of Healthy Aging. This campaign is intended to focus on positive aspects of growing older to draw attention to healthy active lifestyles at any age. It also has been helping to chip away myths of aging.

According to a Harris Poll of over 900 adults over the age of 50, there has been a dramatic shift in the way that aging is defined and perceived, with almost 80% of those adults reporting being more active and almost 60% of them reporting being more open minded and curious about aging. The poll reports more modern older adults feeling happier, freer, and less anxiety ridden than before.

As they say at the Healthy Aging Organization, it's never too late to take charge of your wellness! So take time this month to prioritize your wellness and refresh yourself going into Fall. Here's some tips from the Healthy Aging Organization to get you started:

- **Move more, sit less!** It's recommended to get about 150 minutes of moderate intensity physical activity per week. That's only 20 minutes a day!
- **Watch your salt intake and eat more fiber.** Adding fiber into the diet will help maintain good digestive health. Things like whole grains, broccoli, legumes, nuts, and more.
- **Be proactive with your social life.** Set up lunch dates, outings, or meet-ups with new and old friends to combat loneliness.
- **Plan for your Next.** Take up a new hobby, plan travels, forge new goals to accomplish.

Trinity Woods is celebrating Healthy Aging Month with Active Aging Week at the end of the month. Be on the lookout for fun activities, challenges, tips and tricks, and more from the Wellness Team.





# Welcome to the Woods!



**Bob Atkinson**  
Crestwood

## Bob Atkinson – Crestwood

Bob Atkinson is originally from Charleston, South Carolina where he was born and raised. He graduated from The Citadel - The Military College of South Carolina with a degree in Math.

Most recently he moved from Dallas, Texas to be closer to family. He worked for FedEx for over 23 years and had lived all over the country for his job. His daughter and son-in-law live in Tulsa with his two grandsons who he loves to spend time with. For fun they enjoy collecting coins and researching their history.

Bob earned medals in the recent Trinity Woods Olympics for completing the Eiffel Tower Challenge to climb 1,665 stairs and Walking Challenge to walk 10km.

## Betsy Mickey – Crestwood

We are excited to welcome Betsy to the community! Betsy is originally from Topeka, Kansas but grew up all over the Midwest – St. Louis, Dallas, Lawrence and Kansas City. She is a graduate of the University of Kansas with a degree in Anthropology.

Prior to retiring she was a landscape architect and had her own business for over 15 years. She loves gardening and working in the yard. Betsy is excited to get started working in the Trinity Woods garden and meet more people. She also collects and enjoys working specialty wooden puzzles.

She met her late husband, Bill, on a blind date in college and they were married for 52 years. They have two children and nine grandchildren. She and Bill loved to travel, and her favorite trip was to New Zealand and Australia. She calls it her “no more smoking trip.” She saved up all the money she would have spent on smoking and they spent a month traveling the Outback.

Betsy is really enjoying Trinity Woods. She loves the location of the community and how friendly everyone has been!



**Betsy Mickey**  
Crestwood

## Joe and Jeanette Hooks – Crestwood

Joe and Jeanette Hook are thrilled to be at Trinity Woods. They moved from their home of 50 years in south Tulsa. They celebrated 59 years of marriage last month and have three children and 14 grandchildren.

Both Joe and Jeanette are originally from Oklahoma. Jeanette graduated from Northwest Classen High School and Joe graduated from Tipton High School. They met at the University of Central Oklahoma, where it was love at first sight!

Jeanette’s hobbies include drawing, painting puzzling, crocheting and gardening. Joe enjoys watching football and talking about football, sharing his favorite gingerbread cookies and cooking. He is especially known for his pancakes among the grandkids.



**Joe and Jeanette Hooks**  
Crestwood

Joe’s career was as a national and eventually multinational bank examiner, beginning in 1966. He examined large banks from coast to coast as well as large overseas branches. Retiring at the age of 54, he received the Albert Gallatin Award, then continued contract work for another 15 years. Jeanette was employed for a few years as a staff secretary at Asbury United Methodist Church, where they both continue to volunteer.

The Hookses are looking forward to many good times here at Trinity Woods!

# September STARS Employee of the Month



## Adrienne Rider, Weekend Concierge

- » **Start Date:** February 2024
- » **Born:** Purcell, OK
- » **Raised:** Oklahoma and Texas
- » **Education:** San Angelo, TX
- » **Wanted to be as a Kid:** A Teacher
- » **Favorite Sport:** Softball
- » **One Meal Forever:** Steak and Potatoes
- » **Described by Friends:** Outgoing, Friendly, Helpful and Direct
- » **Hobbies:** Reading!
- » **First Job:** Babysitting
- » **Favorite Holiday:** Thanksgiving
- » **Favorite Quote or Bible Verse:** This too shall pass.
- » **Family Car:** 1976 Pinto – Orange and White
- » **Family Recipe:** Mom's Chocolate Cake
- » **Favorite Book:** *Goodnight Moon*
- » **Free Time:** Reading and playing with granddaughter
- » **Family:** Two-time Cancer Survivor of 20 years!
- » **What her supervisor says:** "Adrienne is a fantastic employee who not only shows up but also steps up, solving problems with creativity, kindness, and dedication. She is a blessing to everyone she comes in contact with, including our Members, visitors to campus and employees." – Carri Matheson, Director of Member Services

## Trinity Woods Service Awards



**5**  
Years of Service  
Dorothy Addo  
Health Center

## Celebrating The TRINITY WOODS OLYMPIANS!



**Walking Gold** – Mae Timmons  
**Walking Silver** – Don Hertzler  
**Walking Bronze** – Bob Atkinson  
**Rowing Winner** – Allen Bates  
**Eiffel Tower Gold** – Bob Atkinson  
**Eiffel Tower Silver** – Glenna Hertzler

**Eiffel Tower Bronze** – Don Hertzler  
**Triathlon Single Winner** – Rich Lilienthal, Irene Brown  
**Triathlon Team Winner** – Allen Bates, Andy Ewing, and Irene Brown



## Trinity Woods Leadership Team

**Garrett Lee**  
Chief Executive Officer

**Crystal Creekmore**  
VP of Human Resources

**Emilie Creswell**  
VP of Health Services

**Dennis Graham**  
Chief Operating Officer

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

**Jerome Steele**  
CFO and  
VP of Finance

**Weldon Tisdale**  
Interim Director  
of Wellness

Phone Number:  
(918) 743-2565

Website:  
[TrinityWoodsTulsa.com](http://TrinityWoodsTulsa.com)

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**CHANGE SERVICE  
REQUESTED**

**Formerly  
Oklahoma Methodist Manor**

## Join us at the Trinity Woods Health and Wellness Fair!



We are excited to extend an invitation to community members and friends to the Annual Trinity Woods Health & Wellness Fair! Come learn about offerings on campus and what is available from the surrounding community. The Annual Health & Wellness Fair will be held on

**Thursday, September 12th from 10 a.m. to 2 p.m.  
in the Community Life Center.**



The Trinity Woods Wellness Team takes pride in providing members, family, and employees with opportunities to improve general health and wellness through the promotion of the Seven Dimensions of Wellness. We feel that the Health & Wellness Fair plays a role in helping the community achieve whole person Wellness.



We've invited back several of our regular vendors and neighbors such as NewView Oklahoma, Tulsa PAC and Senior Helpers. Several new vendors, such as 2B Organized, Xpress Wellness, Photo Solutions Forever and others, have also reserved space. We'll also offer a wonderful, healthy buffet and give away multiple door prizes throughout the day. Make sure you mark the date on your calendar - you don't want to miss it! No reservations necessary.

We are excited to host this annual event and look forward to seeing you.