

The Trail MIX

The neighborhood news from Trinity Woods | Issue: November 2024



Author Missy Buchanan to
Speak on Grief and Healing:
“Feeling Your Way
Through Grief”



By Bonnie Polak, VP of Philanthropy and Community Engagement

Missy Buchanan, beloved author and advocate for older adults, is set to visit Trinity Woods on December 3, 2024. She will discuss her latest book, *Feeling Your Way Through Grief*. Known for her candid reflections on aging and spirituality, Buchanan’s newest release takes a compassionate look at the grieving process, offering readers a thoughtful guide through one of life’s most difficult journeys.

“We are so excited to be partnering with the Oklahoma Conference UMC for this very special event,” said Garrett Lee, Trinity Woods, CEO. “This book offers a roadmap for those navigating the emotional landscape that follows the death of a loved one. Missy combines personal stories, reflections, and spiritual insights, creating a comforting resource for real healing. We are truly honored to be able to host this event.”

Buchanan, who became a prominent voice on spirituality and aging through works such as *Living with Purpose in a Worn-Out Body* and *Voices of Aging*, turns her attention to the universal experience of grief with this book. Drawing from her own experiences and years of walking alongside grieving individuals, she brings a message of understanding and encouragement to those who feel isolated or overwhelmed in their loss.

Attendees will have the opportunity to hear Buchanan’s insights firsthand and engage in a meaningful discussion about their own experiences with grief, whether they are currently mourning or supporting someone who is. Missy Buchanan’s words resonate deeply with those who appreciate her gentle, honest approach to difficult subjects. Her talk promises to be a powerful and healing event for anyone seeking solace in their grief, as well as for those looking to support friends or family who are grieving.

Don’t miss this chance to hear from Missy Buchanan as she shares her wisdom on grief, healing, and the hope that can emerge even in the midst of sorrow. Space is limited. To register call Katlyn, Oklahoma United Methodist Conference, at 405-530-2019.



Trinity Woods

Belong. Believe. Become.

In this issue:

**Special Event:
Missy Buchanan**

Veterans Day Service

Wellness
Autumn Leaf Tour, Books
and More!

New Neighbors
Meet Nancy, Ed and Leslie,
Alan and Cathy!

ThanksGIVING

By Weldon Tisdale, Chaplain



Psalm 107:1 Give thanks to the LORD, for He is good; His love endures forever.

Thanksgiving, with its roots deeply embedded in gratitude and the celebration of harvests, has evolved into a quintessential American holiday marked by family gatherings, hearty feasts, and reflections on what we're thankful for. It's a time to pause and appreciate the good things in life, big and small.

But beyond the turkey and the pie, there's a significant aspect of Thanksgiving that often gets overlooked: the joy of giving back. The spirit of the holiday is not just about receiving but about extending a hand to those in need and spreading goodwill.

Giving back can take many forms. Volunteering at local shelters, donating to food banks, or simply reaching out to a lonely neighbor can make a world of difference. It's about fostering a sense of community and understanding that our collective well-being depends on how we support and care for one another.

In recent years, the concept of "ThanksGIVING" has gained popularity, encouraging people to spend the day helping others. Families, instead of just gathering around the table, are now also gathering to make sandwiches for the homeless, organizing fundraisers, or participating in charity runs.

The joy derived from giving back is profound. It creates a ripple effect of kindness and compassion. It reminds us that, despite the hustle and bustle of our daily lives, we are all connected.

Acts of generosity, no matter how small, can leave a lasting impact on someone's life, and in turn, enrich our own.

At Trinity Woods, we all have an opportunity to be a part of ThanksGIVING by donating to the TW Feeding Families food drive. The Feeding Families Committee food drive started in May 2023. All food donated by members goes to Restore Hope, a United Methodist affiliated ministry which distributes the food to residents of Tulsa County only. As of October 1, 2024, Trinity Woods has collected 3,144 pounds of food to help families in Tulsa County.



So this Thanksgiving, let's embrace the true essence of the holiday. Let's give thanks, but also give back. Because in giving, we often receive far more in return. "Happy ThanksGIVING!"



November Birthdays at Trinity Woods

Kay Graham.....1	Marilyn Berry.....14	Case Boshuizen.....21
Carol Langdon.....2	Pat Graf.....15	Becky Cable.....21
Lynette Danskin.....5	Rita Boyle.....16	Peter Galbraith.....22
Tina Pickle.....6	Gloria Helmuth.....16	Bob Hensley.....23
Jenneth Sheeler.....6	Joan Whitney.....18	Nancy Wilder.....24
Don Snediker.....6	Leslie Lusk.....19	Virginia Woodward.....25
Robert Bense.....8	Rollie Rhodes.....19	Jim Colgan.....27
Martha Beauchamp.....11	Melba Rice.....19	Terry Seba.....27

November Anniversaries

Don and Judy Stout.....11/7/1964
Phil and Lela Brinlee.....11/25/1962
Jerry and Carolyn Ehlers.....11/25/1989
Mike and Jan Reynolds.....11/27/1965

✚ In Memory of

Emily Woods.....9/26/2024
Helen Pummill.....10/10/2024
Dolores Seale.....10/15/2024



Leonard Stubbs, Jim Stubbs and Tommy Thompson

Honor Flight Experience

Trinity Woods resident Leonard Stubbs, along with 65 other veterans (from Korea and Vietnam), were selected to participate in the October 2024 Oklahoma Warriors Honor Flight. The day started with a sendoff ceremony and then these special patriots boarded a chartered flight to Washington D.C. where they had another warm reception. Although it was a rainy day it didn't slow this group down. They visited all the memorials and Arlington National Cemetery as well as the Tomb of the Unknown Soldier. Leonard says "mail call" on the plane ride home was especially meaningful. They were given notes from family and friends. "It was quite touching and brought back a lot of memories." They arrived back in Tulsa by 9 p.m. to a field of happy faces with flags and balloons feeling extra honored.



October 2024 Honor Flight Participants



Annual Veterans Day Service

**Monday, November 11, 2024 at 2:00 p.m.
Westervelt Hall in The Community Life Center**

Please join the entire Trinity Woods community as we honor and give thanks for those among us, who have served faithfully in defending the freedoms we all cherish here in the United States of America.

**Please plan on coming to honor those to whom we owe so much.
And...God Bless America!**



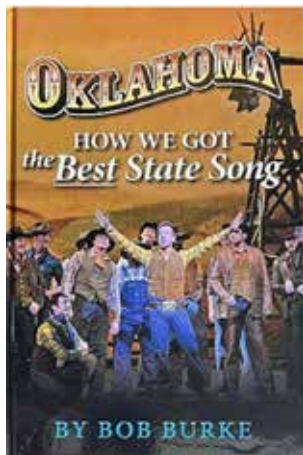


November Events



Autumn Immersion at Keystone Ancient Forest Thursday, November 7 at 8:30 a.m. to 11:00 a.m.

Back by popular demand! We'll head to beautiful Keystone Ancient Forest, just west of Sand Springs, for some Environmental Wellness amid the 300-year-old trees. For about 30 minutes, you can walk the .6-mile paved trail or, if you're ambitious, one of the longer unpaved trails, or just sit in the Visitor Center with its wall of windows onto the Forest. Then we'll all gather in the Visitor Center for coffee and pastries before heading home rejuvenated.



Book Review: *Oklahoma, How We Got the Best State Song* Tuesday, November 12 at 7 p.m. in Fleming Center

In honor of Oklahoma's birthday on November 16, Trinity Woods member Sheila Parr will share this book by Bob Burke that details the fascinating story of Oklahoma's state songs, from the staid original to the Broadway hit we have today. Sheila was an English and journalism teacher at Edison High School and is a good friend of the author.

Amish Lunch and Fall Foliage Trip Thursday, November 14 from 10:45 a.m. – 4:30 p.m.



More environmental wellness and autumn immersion! Don't miss the chance to soak-up some Oklahoma culture and beauty! We'll have a delicious, bountiful Amish lunch at Rachel Yoder's family-run kitchen in Chouteau. Then we'll enjoy a scenic drive to see fall colors. Cost of this outing is \$34.

Will Rogers: Who Is That Guy?
Tuesday, November 26 at 7 p.m. in the
Community Life Center, Westervelt Hall

Honoring Will Rogers' (November 4) and Oklahoma's (November 16) birthdays, let's celebrate our most famous native son with one of the Will Rogers Memorial's most venerable Will Rogers interpreters, Andy Hogan. Although he has retired from the museum, as well as his 30+-year career as an educator, Andy is still devoted to bringing Will Rogers to the world, through stories and even some roping!



Staying Healthy During the Holiday Eating Season!

By Alison McMillan, Manager Spann Wellness

With the holidays just around the corner, we likely have a lot on our minds. Social engagements, quality time with friends and family, delicious foods, as well as increased stress, increasingly busy schedules, and the worries of falling off the wagon. Worry not! There are ways to stay on track through it all and avoid the holiday gain:

- **Practice Mindful Eating Habits:** Whether its eating slower, choosing smaller portions, eating until only 80% full, or removing distractions during meal time, you can find ways to not overindulge this holiday season.
- **Select Healthier Recipes:** Did you know that you can make small changes to your recipes to make them healthier? Use low/no calorie sweeteners, low/no fat dairy products, and research tips for adding protein to recipes to increase your protein intake. Speaking of, check out the High Protein Chicken Pot Pie recipe.
- **Track your progress with the Senior Fitness Test:** The Senior Fitness Test is a series of seven tests that check your balance, strength, flexibility, endurance, speed, and agility. Your results can be compared to norms of others in your age and gender demographic to see where you're at, and used to set goals for where you'd like to be.
- **Take the Maintain Don't Gain Challenge:** With the goal of helping you stay motivated to keep active and take charge of your health this holiday season, Trinity Woods is again hosting its annual Maintain Don't Gain challenge! Spanning from mid-November to the beginning of January, this challenge is a great way to stay motivated to keep your healthy habits.

Maintaining healthy eating habits during the holidays doesn't have to be difficult. By planning ahead, practicing moderation, and being mindful of your choices, you can enjoy the festivities without compromising your health. Focus on balance, indulge thoughtfully, and stay active to make the most of the holiday season while feeling your best.



Protein Chicken Pot Pie

- Pie crust (2)
- 2 cans of Cream of Chicken Soup
- 1 cup of low fat cottage cheese
- 1 cup of fat free shredded cheddar cheese
- 3 skinless chicken breasts
- 1 bag of frozen vegetables mix (carrots, peas, green beans)
- 1/4 cup Chicken Bone Broth (not stock or regular broth)
- Chicken Seasonings of your Choice (recommend paprika, salt, pepper, garlic powder, and onion powder)

Season and bake your chicken in an air fryer at 400 degrees for 10 minutes, flip and cook for another 7 minutes - Alternatively, bake your chicken in an oven at 400 degrees for 20-30 minutes or until internal temperature is 165 degrees. Cube or shred your chicken and set it aside. Preheat your oven to 425 degrees. Using a blender, blend the cottage cheese, chicken bone broth, and the cream of chicken soup until well mixed. Once well mixed, pour the mix into a mixing bowl and mix in the frozen vegetables and shredded cheese well. Line your pie pan with the pie crust and evenly add the pie filling. Carefully lay the second pie crust over the first and pinch the edges together before cutting a slit in the top for ventilation. Bake in the oven at 425 degrees for 30 - 45 minutes, until crust is golden brown. Let rest for 5 - 10 minutes before enjoying!

Welcome to the Woods!



Nancy Westfall
Crestwood

Nancy Westfall – Crestwood

Nancy Westfall is originally from Atlanta, GA. In her teens she moved to New Orleans, LA and graduated from high school. After graduation she went on to attend Wellesley College in Boston, MA and graduated from business school in New Orleans.

While attending Wellesley she met her late husband, Jim, who was her brother's roommate at Harvard. They were later married and celebrated 60 years together. They have two children, four grandchildren and six great grandchildren.

Prior to retiring Nancy worked with Jim in the office of their oil and gas business, Westfall Producing Company. Nancy says she isn't much of a collector other than "good memories and good time with friends and family."

She has always enjoyed living in midtown Tulsa and that is why Trinity Woods was perfect for her. She appreciates how friendly and helpful everyone has been and is looking forward to getting more involved in the fitness classes.

Ed and Leslie Lusk – Crestwood

Meet the Lusks! Ed and Leslie are so excited to be settling into their new Crestwood home. They enjoy connecting with friends and especially appreciate all the people who work hard to provide delicious food!

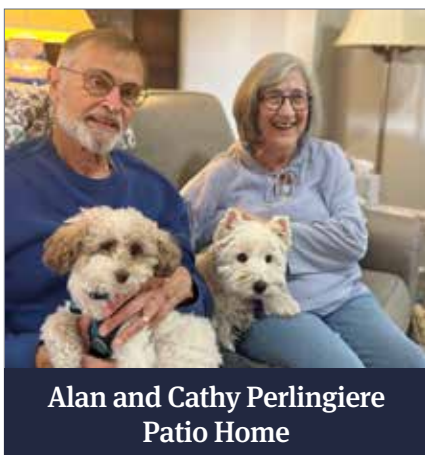
Ed and Leslie became friends while Ed was attending the University of Oklahoma. They later started dating and have been married for 65 years. They have two children and two grandchildren.

Ed is originally from Fort Scott, KS. A graduate from Muskogee High School. He served in the military for three years as a United State Marine Corps Sergeant stationed at Camp Pendleton and in Japan. After leaving the service, Ed owned several companies from residential and commercial construction to a natural gas marketing agency. When asked what his favorite job has been over the years, he smiled and said, "teaching Sunday School." Ed has taught Sunday School to high school students, college students and adults for over 52 years.



Ed and Leslie Lusk
Crestwood

Leslie is from Poteau, OK. She enjoys reading, playing cards, planting and cooking. She is famous among her grandchildren for her homemade noodles and chicken. One of her favorite things she has done was participating in the Little Theatre in Wagoner, OK as an actress. She loved being part of the productions. She even used to model for the Clothing Museum in Wagoner – one time she got to model a suit worn by Ginger Rogers in a movie. The Lusks are thrilled to be at Trinity Woods! They love the staff and the other residents.



Alan and Cathy Perlingiere
Patio Home

Alan and Cathy Perlingiere – Patio Home

Alan and Cathy and their two fur children Bella and Poppi are excited to be in their new home at Trinity Woods. The Perlingieres met 35 years ago in a singles group at church in Houston, TX. They both loved the movies and the rest is history!

Alan was born and raised in Fort Smith, AR and attended the University of Arkansas, where he received his degree in chemical engineering. Alan served in the Army National Guard stationed in Fort Smith, AR. He enjoys reading, dog training, traveling and playing the hand bells. He has actually played the hand bells since he was 12 years old. Prior to retiring he worked for Holly Frontier as a Process Control Engineer.

Cathy was born and raised in Lubbock, TX. She attended the University of Texas Permian Basin and later graduated from the University of Houston. Cathy has a degree in speech and theater. Prior to retiring she taught high school theater, worked at her church in adult education, and most recently served as the volunteer

coordinator for Meals on Wheels. Cathy collects manger scenes from different cultures – her favorite is one she found while traveling through Brazil.

The Perlingieres are thrilled with how friendly everyone has been and how wonderful the food tastes. They are eager to get more involved in the exercise classes at Spann Wellness and maybe even try out pickleball.

November STARS Employee of the Month



Dwayne Crawley

Dwayne Crawley, Housekeeping Team

Start Date: April 2024
Born: Mississippi
Raised: Tulsa, OK
Education: McClain High School and Newburgh Seminary
Wanted to be as a Kid: Radio DJ
Favorite Sport: Loves to Watch Wrestling and Boxing
One Meal Forever: Hamburger
Described by Friends: Joyful
Hobbies: Reading, Music and Movies
First Job: Bus Boy at the Camelot Hotel
Favorite Holiday: Mother's Day
Favorite Quote: "Lord, make me an instrument of your peace."
Family Recipe: Red Beans and Rice
Collects: Prince Albums
Fun Fact: He was an award nominated country music DJ for eight years.
What his supervisor says: "Dwayne always has a kind word to say, a hand to help and a big smile for

everyone. His work ethic and dedication to his job speaks for itself. We all need a Dwayne on our team!" – Cathy Green, Housekeeping Manager



Rhoda Robinson

Rhoda Robinson, CNA– Health Center

Start Date: March 2019
Born: Tulsa, OK
Raised: Porter, OK
Education: TulsaTech
Wanted to be as a Kid: Dance Coordinator
One Meal Forever: Anything Seafood
Described by Friends: Strong, Independent and Kind
First Job: Luby's Cafeteria
Favorite Holiday: New Year's Day
Favorite Quote or Bible Verse: "do to others what you would have them do to you" - Matthew 7:12
Family Recipe: Grandma's Cornbread Dressing
Favorite Movie: The Color Purple
Favorite Book: *The Battlefield of the Mind* by Joyce Meyers
Collects: Antiques
Free Time: Riding my Bike
Fun Fact: Loves the Water but Cannot Swim
What her supervisor says: "Rhoda shows extreme dedication to our elders, always with a bright shining smile. Our elders love her, and we are lucky to have her on our team." - Rachel Shepherd, Household Manager



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

Follow Us on Social Media



Trinity Woods
Service Awards

5
Years of Service
Karen Dills,
Member Services





4134 East 31st Street
Tulsa, OK 74135

NON PROFIT ORG
Postage & Fees
PAID
Tulsa, OK
Permit 2146

**CHANGE SERVICE
REQUESTED**

**Formerly
Oklahoma Methodist Manor**



Christmas in the Woods

Save the Date
Thursday, December 12, 2024
6-9 p.m.

All the Trinity Woods community residents, families, and employees are invited to attend this Christmas extravaganza! Be watching for more details about this Trinity Woods holiday tradition and purchasing tickets. New this year – a special performance by Grady Nichols!



TO *Trinity Woods*
Tulsa, Oklahoma