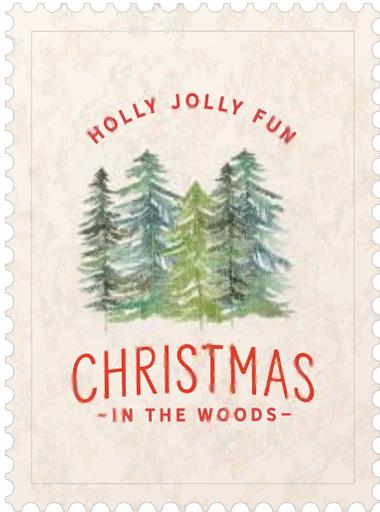


# The Trail MIX

The neighborhood news from Trinity Woods | Issue: December 2024



## Discover The Magic of Christmas in The Woods



**Trinity Woods**

Belong. Believe. Become.

**In this issue:**

**Christmas in the Woods**

**TW Seeking Board Nominations**

**December Wellness**

**New Neighbors**  
Meet Carolyn, Barbara and Gene, and Charlene

As the holiday season approaches, there's no better way to embrace the festive spirit than by stepping into the enchanting world of Christmas in the Woods. This beloved annual tradition transforms the Trinity Woods campus into a winter wonderland, brimming with charm, creativity, and holiday cheer.

Christmas in the Woods offers a perfect blend of rustic charm and seasonal joy. Twinkling lights adorn the trees, creating a magical ambiance that invites visitors of all ages to explore and celebrate. Some of the highlights of this year's event include a live nativity, horse-drawn carriage rides, a train display, a candy shop, and Santa and Mrs. Claus.

No holiday event would be complete without delicious food, and Christmas in the Woods delivers that in spades. Visitors can indulge in everything from carved prime rib and ham with all the holiday sides and piping hot cocoa to fresh fudge. Be sure to sample all the specialties and festive baked goods while strolling through campus.

The magic of Christmas in the Woods extends beyond its sights and flavors. Live music by carolers and local musicians, and a holiday performance by Grady Nichols will provide entertainment for the entire family. Kids can enjoy special activities like Elfie Selfies or a visit with Santa himself, while adults can savor the warm camaraderie of the holiday spirit.

Christmas in the Woods is more than just an event, it is a celebration of community and togetherness. It's a chance to gather with loved ones, make new friends, and share in the joy of the season. Whether you're a long-time resident or a first-time visitor, Christmas in the Woods is sure to create lasting memories.

To purchase tickets, visit the Crestwood Concierge or the Holliman Center Receptionist - \$15 members, \$18 guests, and \$10 children ages 3-12. Children under 3 are free. For more information call 918.346.6614.

Celebrate the holidays in a place where the season truly comes to life. Experience the wonder of Christmas in the Woods—it's a tradition you'll want to keep for years to come.

By Weldon Tisdale, Chaplain

## A MONTH OF ANTICIPATION AND REFLECTION

# DECEMBER

As December arrives, many individuals begin to feel the spirit of the season — a mix of joy, anticipation, and deep reflection. For Christians, this time of year is marked by Advent, the period of preparation for the celebration of Jesus' birth. It is a time to prepare our hearts for the coming of Christ, to reflect on His significance in our lives, and to remind ourselves of God's great love for all.

The word Advent means "coming" or "arrival." During Advent, we anticipate the coming of Jesus, both as the infant born in Bethlehem and as our Savior who will return one day. Each week in Advent centers on a theme—hope, peace, joy, and love—encouraging us to grow in faith and draw closer to God.

At the heart of December's celebrations is the wonder of God's gift to us—His own Son. As John 3:16 beautifully expresses, "For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life." Christmas is more than a holiday; it is a reminder of the profound love God has for each of us. He sent Jesus to be Emmanuel, "God with us," so we might know His love firsthand and experience the joy of salvation.

December can be a busy month, filled with shopping, planning, and family gatherings. Yet, in the middle of all the activity, we are called to seek the peace that only Christ can provide. Philippians 4:7 promises us, "The peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." We are encouraged to make space for quiet prayer, to focus on His peace, and to share that peace with those around us.

During this season, let us also remember those who may find this time of year challenging. December is an opportunity to share joy by reaching out to those in need, offering encouragement, and spreading the hope of Christ. Through acts of kindness and generosity, we can embody the love and compassion Jesus showed and share the message of the Good News.

As we journey through this season of Advent and prepare for Christmas, let us open our hearts to receive God's love and share it with others. May we carry the light of Christ within us and reflect His hope, peace, joy, and love in all we do.



## EMPLOYEE APPRECIATION CAMPAIGN

At 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. 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.



By Alison McMillan, Wellness Manager

# WINTER WELLNESS: Thriving Through December

As December rolls in, it ushers in a mix of excitement and challenges. With festive celebrations, colder weather, and shorter days, this month is a blend of joy and potential stress. Prioritizing wellness during December helps you enjoy the season while maintaining your physical, emotional, and mental health. Here's how you can embrace winter wellness this month.

**Stay Active in the Cold** - The drop in temperatures can make it tempting to hibernate, but staying active is crucial. Whether it's a brisk walk, an at-home workout, or yoga, regular physical activity helps boost your mood and energy.

**Prioritize Rest and Sleep** - With holiday planning, social gatherings, and end-of-year responsibilities, it's easy to skimp on sleep. Yet, rest is essential for immune function, emotional balance, and overall wellness.

**Manage Holiday Stress** - The holidays can be a source of joy, but they can also bring stress. Practice mindfulness through meditation or deep breathing exercises to stay grounded.

**Foster Connections** - The festive season is about connection. Reach out to loved ones, whether through a family gathering,

a video call, or a heartfelt message. Volunteering your time or resources to those in need can also foster a sense of community and gratitude.

**Reflect and Reset** - December is a natural time for reflection. Take stock of the year's achievements and challenges and set intentions for the new year. Journaling can be a powerful tool for self-awareness and goal setting.

**Protect Your Immune System** - With winter comes cold and flu season. Strengthen your immune system with a balanced diet, regular exercise, and proper sleep. Wash your hands frequently.

In conclusion, December is a time of celebration, reflection, and preparation for the year ahead. By prioritizing wellness, you can make the most of this special time while maintaining balance. With a little intention and self-care, you can thrive through the winter and enter the new year feeling rejuvenated and inspired.

Make this December not just about surviving the cold and chaos, but about truly thriving.



**Annual Christmas Service at Trinity Woods**  
December 23, 2024 at 10 a.m.  
Fleming Center

Led by Boston Avenue ministers including Rev. Dr. Samuel T. Powers, 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.



**Annual New Year's Eve Communion Service**  
December 31, 2024 at 6 p.m.  
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

**Don Irwin Christmas Piano Concert**  
**Thursday, December 19 at 7 p.m.**  
**Community Life Center, Westervelt Hall**  
**No reservations necessary.**



Don Irwin is a favorite of ours and with good reason! As a classically trained musician, Don Irwin surprises many with his very versatile non-classical repertoire. He studied Piano Performance and received a Bachelor of Music degree at the University of Illinois. His expansive musical styling allowed him to work as a recording studio musician for artists such as Prince, Donna Summer, and many others.

During the 1990s, he signed a 3-year recording contract with South Africa Transistor Records, to produce an album for the European and African markets. The overwhelming success of that album led to guest performances at the Cannes Music Festival and appearances on MTV Europe and MTV Africa. At the request of the South African government, he toured many schools throughout South Africa and Zimbabwe giving concerts at various schools to expose students to different musical styles ranging from classical to original compositions.

Also in the 90's Irwin was asked to make personal appearances at Bloomingdale flagship store in New York City and at the Mall of America in Bloomington, MN. This launched a highly successful annual fall concert featuring Don Irwin on piano at Orchestra Hall in Minneapolis, which continues today, as do his travels to perform throughout the country.

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## PUDDEE'S ASPARAGUS CASSEROLE

- 4-5 slices white bread, crusts removed, oven dried and crushed
- 5 Tablespoons butter
- 3 Tablespoons flour
- 1 cup milk (may need up to 1 cup more)
- 4 hard-boiled eggs, shelled and sliced
- About 30 oz frozen asparagus, cooked and drained, saving the liquid (or same amount of canned asparagus, drained, saving the liquid)
- ½ pound Velveeta, cut into small pieces

Toss bread crumbs with 2 tablespoons butter (Do not use oleo.)

Melt 3 Tablespoons butter (or oleo) in medium pan then whisk in 3 Tablespoons flour. Let it bubble a minute or two then add 1 cup milk. Whisk while it thickens. Add liquid from the asparagus, adding milk if needed, to make 1 cup. Continue whisking. When all is thickened and hot, add the Velveeta and stir until melted and smooth., Season to taste with ½-1 teaspoon salt and a pinch of pepper.

**To assemble:** In large, buttered baking dish (8x10 or 9x12, Pyrex preferred) place asparagus. Then add sliced hard boiled eggs, lightly salted. Carefully pour cheese sauce on top so everything is covered. Top with buttered crumbs. This much can be done the day before and chilled. Let it reach room temperature before baking. Bake at 350° for 25-30 minutes until good and bubbly around edges.



***This is no ordinary asparagus casserole. It has special meaning to our one and only Trinity Woods neighbor, Marjorie Monnet. Read her Christmas Memory of this dish on the back cover.***

***Enjoy!***

# TRINITY WOODS seeks BOARD Nominations



Trinity Woods is a mission driven organization and has one purpose. Our reason for being is clear - we serve the Trinity Woods family in the spirit of Christ. Every year we search for people who are willing to dedicate themselves to advancing our mission by serving on the Board of Directors.

Board members are expected to commit their time, talent, and treasure:

- The time commitment involves committing to prepare and participate in a monthly meeting of the full board.
- The talents of board members are called upon as they offer their expertise through involvement in committee work.
- The treasure acknowledges the responsibility of board members to include Trinity Woods as they make decisions about their charitable giving.

We encourage the Trinity Woods community to submit nominations to the Governance Committee. If you wish to nominate someone, you must fill out the Nomination Form and submit it by Friday, December 20, 2024. Every nominee that is submitted will be reviewed. If they are not selected for this year, the committee maintains a list of prospective board members for future consideration. To receive a Nomination Form, contact Heidi Garrett, at 918-346-6671 or hgarrett@trinitywoodstulsa.com.



## December Birthdays at Trinity Woods

Gayle Biggs.....1	Ruth Ann Odom.....6	Sheila Parr.....18
Marjorie Dennis.....1	Joe Hooks.....8	Buddy Fallis.....19
Donna Jackson.....1	Carolyn Moore.....8	Sandra Canady.....22
Ed Lusk.....1	Stan Teter.....8	Jo Kirtley.....22
Tom Fawcett.....2	Bob Atkinson.....9	Barbara Doolittle.....24
June Martin.....2	Thelma "Toots" Rollins.....9	Monsignor Dorney.....24
Judy Stout.....2	Bill Shortridge.....9	James Nelson.....25
Jack Vanderveen.....2	Bud Maguire.....10	Carolyn Fuchs.....27
Linda Watts.....3	Jessica Gledhill.....11	George Graham.....28
Fred Elder.....4	Clinton Webb.....12	Iline Mayrose.....28
Sharon Smith.....4	Al Sowards.....14	Dianne Rodehaver.....28
Ken Tobler.....5	Jane Mansfield.....15	Adrena Mahu.....31
Norma Dreyer.....6		

### December Anniversaries

Ron and Dixie Bell.....12/28/1957
Gene and Barbara Graves.....12/28/1958
Allen and Marcia Bates.....12/29/1977
Red and June Martin.....12/31/1981

### ✚ In Memory of

Carl Misak.....10/20/2024
Richard Willhour.....11/1/2024
Bill Bailey.....11/5/2024
Carol Langdon.....11/5/2024
Guy Langston.....11/12/2024
Mary Ann Kirk.....11/15/2024
Martha Beauchamp.....11/17/2024

# Welcome to the Woods!



**Charlene Gibson  
Felt House**

## **Charlene Gibson – Felt House**

Charlene Gibson was born and raised in Guthrie, OK. She met her late husband, Chuck, when they were in high school and they were married for 55 years. After high school she attended Oklahoma State University and took classes in early childhood education. Charlene was an active member of the Alpha Chi Omega sorority.

Chuck was in the Army, and they were stationed across the US at different bases. After he finished his service, they settled in Tulsa to raise their family. She has two daughters, one granddaughter and four grandsons.

Charlene has been a lifelong volunteer with such organizations as the Linnaeus Garden and Gilcrease Museum. Additionally, she taught preschool at St. John's Episcopal Church and Boston Avenue on and off for 20 years.

A fun fact about Charlene is that she was a DeMolay Sweetheart in high school. DeMolay opens doors for young men aged 12 to 21 by developing the civic awareness, personal responsibility and leadership skills so vitally needed in society today. This was a very special honor to be selected by the local chapter in Guthrie, OK.

## **Gene and Barbara Graves – Crestwood**

The Graveses are both originally from Kansas. Gene grew up on a farm north of Wichita, KS and Barbara grew up in Wichita, KS. They met while both were attending Friends University and have been married for 66 years. They have two daughters, four grandchildren, and six great grandchildren.

Gene received his business degree from Friends University and his MBA from the University of Chicago. He served in the Air National Guard. Gene spent most of his career as the Senior VP of Finance for International Chemical Company. He was instrumental in providing a way for the employees to buy into the company, which is still employee-owned today. He played racquetball for over 40 years and taught many people to play.

Barbara also attended Friends University and studied music. She is an accomplished pianist and has played since the age of 6. She will tell you "music is my treasure." Barbara has taught and played for a variety of choral groups and churches for over 50 years. Most recently she played for Asbury Church's first service. She was also a licensed pilot for several years, which helped her get to performances in a timelier manner.



**Gene and Barbara Graves  
Crestwood**

The Graveses had been familiar with Trinity Woods for over 50 years and always knew this would be where they would retire. They still are settling into their new home and love having so many friends who live here.



**Carolyn Fuchs  
Crestwood**

## **Carolyn Fuchs – Crestwood**

Carolyn was born and raised in Tulsa, OK and is a graduate of Will Rogers High School. She attended Tulsa Community College for business and the IBM School to be one of the first to learn how to use word processing programs.

She worked at Helmerich & Payne for a short time and then went on to work for her father's company which produced specialty oilfield equipment. Once she married her late husband, Ralph, she stayed home to care for their two children. Over the years she has been a volunteer for Memorial Community Center, Square Dance club, neighborhood HOA and at her church.

Carolyn's hobbies include gardening, hiking, swimming, sewing, reading, games and traveling. So far, she loves all the activities at Trinity Woods from the delicious food to outings and water aerobics. She is enjoying her new apartment and appreciates how friendly everyone who lives and works here has been to her.

# December STARS Employees of the Month



*Jacob Dill*

## Jacob Dill, Maintenance

**Start Date:** March 2019  
**Born and Raised:** Sapulpa, OK  
**Education:** Sapulpa High School  
**Wanted to be as a Kid:** Fisherman  
**Favorite Sport:** College Football  
**One Meal Forever:** Steak  
**Described by Friends:** Funny and Caring  
**Hobbies:** Hunting, Fishing and Camping  
**Favorite Holiday:** Thanksgiving  
**Favorite Quote:** "Courage is being scared to death but saddling up anyway."  
**Family Recipe:** Cherry Blob  
**Favorite Movie:** The Great Outdoors  
**Collects:** Rocks  
**Motivated By:** My Family  
**Family:** Married for 2.5 Years  
**What his supervisor says:** "Jacob came to Trinity Woods shortly after graduating high school. It has been awesome to see him mature into a young man who has a true passion for taking care of the members here." - Ty Westlake, Facilities Manager



*Tyrone Jones*

## Tyrone Jones, Transportation

**Start Date:** March 2024  
**Born and Raised:** Tulsa, OK  
**Education:** Will Rogers High School  
**Wanted to be as a Kid:** Football Player or Truck Driver  
**Favorite Sport:** Football  
**One Meal Forever:** Stew or Roast  
**Described by Friends:** "Crazy, Goofy, Funny and Family Man"  
**Hobbies:** Cars and Spending Time with Grandkids  
**First Job:** Church's Chicken  
**Favorite Bible Verse:** "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." Proverbs 3: 5-6  
**Family Recipe:** Pink Lemonade Pie  
**Favorite Book:** Black Wall Street by Hannibal B. Johnson  
**Collects:** Cars, Shoes and Hats  
**Motivated By:** Helping Others  
**Fun Fact:** He loves music and has performed with several famous people.  
**What his supervisor says:** "I have looked for a man like Tyrone for a longtime. He is definitely a God send. He is a great driver, and he is excellent with the residents. We are very lucky to have him."- Cliff Mosley, Transportation Supervisor



## 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

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## Trinity Woods Service Awards

5

**Years of Service**  
Erica Garcia, LPN  
Assisted Living  
Memory Care



5

**Years of Service**  
Melissa Tugman,  
Housekeeping



**Formerly  
Oklahoma Methodist Manor**

# CHRISTMAS MEMORIES

*favorite STORIES FROM  
OUR TRINITY WOODS NEIGHBORS*

Growing up, we always spent Christmas with my grandparents. It was tiny little house in Tulsa, that we would pack over 40 people in for the day – sometimes four generations. We would open presents and eat and just have the best time as a family. – **Tom Williams**

When Jerry had just come back from Vietnam, we were stationed in Ft. Lee, VA. It was Christmas and his parents came to visit so we took them to Colonial Williamsburg – and it was so romantic and warm. It was like we stepped back in time. It was such a nice way to spend the holiday with him, our kids and his parents.

– **Julie Gustafson**

Christmas dinner was always a formal affair for my family. It was a double celebration because my father's birthday was on Christmas Eve. Mother always made a special ice box cake for his birthday and Asparagus Casserole, which now has become a must-have for our family at Christmas and Easter. I learned to make it from her; I taught Irene (who is named after my mother) to make it, and this year my granddaughter and namesake is coming over to make it with me.

– **Marjorie Monnet**



“When I was about 4 or 5 years old I remember questioning whether Santa was real or not. We lived on a farm in a small house. When Christmas morning came, and I saw all the presents I was convinced Santa was real. To me there was no room in our house to hide that many presents.” – **Dale Carson**

I remember I was 6-8 years old, it was Christmas Day, and my dad took me rabbit hunting. He had to get me out of the house so “Santa” could come. When we got home I found the doll I wanted from Santa sitting on the divan. – **Lucy Annett**