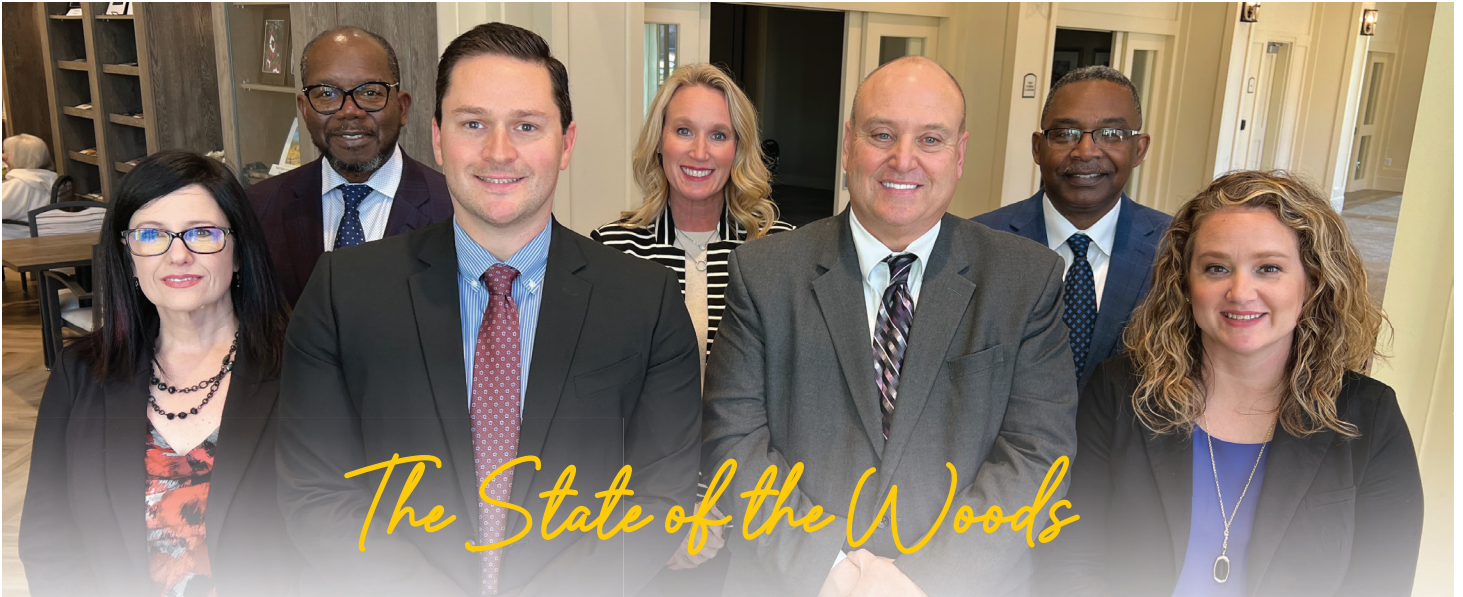


# The Trail MIX

The neighborhood news from Trinity Woods | Issue: January 2025



By: Garrett Lee, Trinity Woods CEO

Wow, what a great year 2024 was for Trinity Woods! Did it fly by for anyone else, or just for me?

My first year at Trinity Woods proved more incredible than I could have imagined. Aside from getting to know all the amazing people, I have already learned so much about this special place. I look forward to my first FULL year in 2025!

If I had to choose one word to describe 2024 at Trinity Woods, it would be - change. Together, we experienced, and in some ways endured, a lot of change as a community. The Executive Leadership Team saw changes with the addition of Emilie Creswell, VP of Health Services, and Weldon Tisdale serving as the Interim Director of Wellness, and I joined the team succeeding CEO, Steve Dickie.

We have also seen new faces to our Board of Directors and bid farewell to others who have given of their time, talent, and treasure for many years. I can honestly say, I know this organization is better for each person's service.

Some of our precious neighbors throughout the community have transitioned to other levels of living and some have received their ultimate promotion to Heaven.

We endured road closures, house rebuilds, street repairs, and a host of other disruptive, but necessary capital improvements – all in the name of progress!

As we look ahead to a prosperous 2025 and more change, fear not; for change is good. It signifies progress, growth and advancement. Winston Churchill said, "to improve is to change; to be perfect is to change often".

As I look ahead into 2025, I encourage the Trinity Woods team and community to embrace whatever changes may lie ahead. The backbone of our strategic plan is growth, which is achieved by change. We will experience growth in our workforce, in our finances, in the quality of our services, in our philanthropic portfolio, and our physical plant.

May it be a year of growth, positive change, and good health for you and for your loved ones. God bless.



## Trinity Woods

Belong. Believe. Become.

### In this issue:

#### State of the Woods

#### January Wellness

Book Club, Piano Concert and the  
Tulsa Signature Orchestra

#### Meet the New Trinity Woods Chef

#### New Neighbors

Meet Jan, Mary, and Linda!



By Weldon Tisdale, Chaplain

# Embracing fresh starts in The New Year

As we step into January, the beginning of a new year, we are often filled with a sense of renewal and the promise of fresh starts. It's a time to reflect on the past year, set new goals, and embrace the opportunities that lie ahead. This theme of new beginnings is beautifully captured in the Bible, offering us inspiration and guidance.

*"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" - 2 Corinthians 5:17 (NIV)*

The start of a new year is a perfect time to embrace the concept of becoming a new creation in Christ. This scripture reminds us that through our faith in Christ, we leave behind our past mistakes and shortcomings and we step into a new identity, one that is shaped by grace, forgiveness, and hope.

In our personal lives, this can translate into setting new goals, adopting a positive mindset, and seeking ways to improve our skills and relationships. Just as we are renewed through our faith, we can also be renewed in our commitment to excellence and integrity in our daily lives.

### Practical Steps for a Fresh Start:

- 1. **Reflect and Learn:** Take time to reflect on the past year. What

were your successes? What challenges did you face? Use these reflections to learn and grow.

- 2. **Set Clear Goals:** Define what you want to achieve in the coming year. Setting clear, achievable goals can provide direction and motivation.
- 3. **Embrace Change:** Be open to new opportunities and changes. Sometimes, a fresh start requires stepping out of your comfort zone.
- 4. **Cultivate Positivity:** Surround yourself with positive influences and maintain a hopeful outlook. Your attitude can significantly impact your success and well-being.
- 5. **Seek Support:** Lean on your faith and your community for support. Whether it's through prayer, mentorship, counseling or teamwork, having a support system can make a big difference.

As we journey through January and the rest of the year, let's remember that each day is a new opportunity to grow and improve. By embracing the fresh start that the new year offers, and grounding ourselves in the wisdom of God's Word, we can navigate the challenges and triumphs ahead with confidence and grace.

May this new year bring you renewed hope, strength, and joy. Happy New Year!



## January Birthdays at Trinity Woods

Vicky Langston.....1  
Mouzon Biggs.....2  
Nancy Kazmierski.....4  
Mike Reynolds.....4  
Mary Pearson.....5  
Toni Dickson.....8  
Ken Weston.....8  
Betsy Mickey.....9

Nancy Westfall.....9  
Janis Sprouse.....10  
Jill Byrne Hoilien.....12  
Cynthia Barnes.....14  
Lela Brinlee.....15  
Sharon Baker.....17  
Opal Douglass.....17  
Betty Stahl.....17  
Nancy Paul.....18  
Constance Houghton.....19  
Jerry Gustafson.....20  
Judy Marquis.....20  
Gene Graves.....21  
Gerry Randall.....22  
Donna Reed.....23  
Anne Belt.....24  
Diana Van Valkenburgh.....24  
Jan Graham.....26  
Gordon Gresh.....26  
Latricia Lingenfelter.....28  
Joan Nightingale.....28  
George Foster.....29

### January Anniversaries

Gary and Dorothy VanFossen.....1/1/1959  
David and Kathy Bradshaw.....1/2/1987  
Paul and Shirley Hockett.....1/14/1955  
Terry and Marcia Seba.....1/17/1969  
David and Joyce Raley.....1/20/1963  
John and Judy Marquis.....1/24/1959  
Bill and Carol Shortridge.....1/31/1959

### In Memory of

Phyllis Clark.....11/20/2024  
Glenn Godsey.....11/30/2024  
Jackie Clark.....12/16/2024





By Alison McMillan, Wellness Manager

# Something New for The New Year Taking The first Step!

Ring in the New Year is always a time of hope and optimism. A new year, a chance for change, new adventures, new experiences, new friends, and new memories. But sometimes it can be intimidating. We find ourselves settled in the comfort of the “same-old, same-old” and no matter how good it might be, we might find it difficult to break out of our routine to try and do something new. That first step can always be the hardest, but it is the most important.

Here are some tips to make it easier to get out, be more engaged, and get the most out of your new year:

- **Research:** Gathering information about an activity or new hobby is a great first step, helping us feel informed and empowered.
- **Talk about Your Plan:** Discussing your plans with friends or family can help by creating a system of accountability. After all, they will want to hear all about it!

- **Include Friends or Family:** Having another person join you may help you feel more motivated and confident. It's great for both of you!
- **Be Okay with Discomfort:** Stepping out of our comfort zone may be uncomfortable for a variety of reasons, but confidence will build with each step you take.
- **Practice Positive Thinking:** It can be easy to fall into negative thoughts, so it's important to be intentional with positive thinking and self-reassurance.

Take the chance in 2025 to take that first step into an activity at Trinity Woods like Mah Jongg, Wii Bowling, the Men's Sharing Group, Wet Brush Club, Chair Volleyball, and more! Reach out to anyone on the Wellness Team to learn more about all the opportunities right on campus!



## Day of Service

On January 20, 2025, the Dr. Martin Luther King, Jr. holiday will mark the 30th anniversary as a National Day of Service. This day was established to honor the life and legacy of Dr. King, and to encourage all Americans to volunteer to improve their communities.

Trinity Woods has decided to collect donations for the Tulsa Day Center. They are asking for items for children and adults such as socks, underwear, hand warmers/gloves, belts, all size towels, sheets, toiletries, etc.

Donations will be collected from January 6th - 20th contact Weldon Tisdale for more information at 918-346-6607.



## 2025 Member Council

**Seated (left to right):** Gayle Teter, Toni Dickson, Donna Jackson  
**Standing (left to right):** Latricia Lingenfelter, Rick Lilienthal, Kay Graham, Alan Bates, Dwayne Blakenship, Bob Mansfield, Don Stout, Sarah Jenkins  
**Not Pictured:** Lela Brinlee



# January Events



**Young Talent Discovery Night: Daniel Hsieh, Piano**  
Thursday, January 9 at 7 p.m. in the Community Life Center, Westervelt Hall

Daniel Hsieh is a 14-year-old freshman at Bixby High School with a remarkable talent. He will present a full recital that includes music by Bach, Beethoven, Chopin, Ravel, and Alberto Ginastera. You will recognize several classic pieces.

Daniel has studied piano with Dr. Lester Brothers since the age of five. He took first place in the Tulsa Area Music Teachers Association Sonatina Competition in the most advanced level. He has won the Oklahoma Music Teachers Association annual state competitions every year except one since the fourth grade. He has taken up clarinet in the Bixby High School Band and was a member of the frontline, playing keyboard for the band show this year. He is also an honor student, has taken Kung-Fu, and enjoys cooking. It will be a special treat to meet and hear this accomplished young pianist!

## Sound Discoveries with the Tulsa Symphony Orchestra (TSO)

TSO is excited to present "Sound Discoveries" at Trinity Woods! During these 45-60-minute presentations given by a TSO musician, you will learn about the repertoire for one of TSO's upcoming concerts at the Tulsa Performing Arts Center, exploring the distinctive sound worlds of various composers and eras of orchestral music. What's more, you will learn about a member of the Tulsa Symphony, listen to them play their instrument, and ask them any burning questions! At each presentation, there will be a drawing for TWO TICKETS good for any of Tulsa Symphony's Patti Johnson Wilson Classics Series concerts at the Tulsa PAC.



**Ashley Allison, cello**

**Friday, January 10 at 3:30 p.m.**  
**Crestwood Theatre**

Exploring and Playing

Classics III: Wagner's Tristan and Isolde

Smetana -The Moldau (Vltava) from Ma Vlast

Wagner - "Prelude and Liebestod"

from Tristan und Isolde WWV 90

Nielsen - Symphony No. 4, op.29, "The Inextinguishable"

**Gerald Scholl, timpani (BRINGING 4 TIMPANI!)**

**Friday, January 31 at 3 p.m.**

**Community Life Center, Westervelt Hall**

Exploring and Playing

Classics IV: Tchaikovsky's Romeo and Juliet

Tchaikovsky - Romeo and Juliet Overture-Fantasy, TH42C

Daugherty - Raise the Roof, Concerto for

Timpani and Orchestra

Rimsky-Korsakov - Scheherazade, op.35





**Book Review by the Author: Shot in Oklahoma by John Wooley**  
**Tuesday, January 14 at 7 p.m. in Fleming Center**  
**No reservations necessary.**

Taking the reader right up to the beginnings of the home-video era and the changing definition of what “movie” means, Wooley explores how a low-budget slasher movie created in Oklahoma in the 1980’s transformed the movie business worldwide. Punctuated with photographs and including a filmography of more than one hundred productions filmed in the state, Shot in Oklahoma is an engaging ride through untold cinematic history. Awarded 2012’s Outstanding Book on Oklahoma History by the Oklahoma Historical Society, copies will be available to purchase for \$20 (check or cash.) Some of Wooley’s other books will be available as well. Tulsan John Wooley is a writer, novelist, historian, lecturer, filmmaker, and radio and TV host who specializes in the movies, literature, and music of the 1930s and ‘40s as well as other pop-culture histories.



**Supper & A Show: Bye-Bye Blues**  
**Thursday, January 23 at 6 p.m.**  
**Community Life Center, Westervelt Hall**  
**Tickets required. Members are free.**  
**Member Guests are \$7 (limit 2 guests per member)**

Join in this relaxed gathering that is a chance to meet new friends, enjoy a casual meal and some great music!

**6:00-6:30 p.m. Buffet Supper & Socializing:** A yummy menu of turkey bacon ranch wrap, housemade chips, and berries and whipped cream.

**6:30-7:30 p.m. Program:** Shake off the holiday blues with a stellar trio of vocalist Janet Rutland, fiddler Shelby Eicher, and pianist Scott McQuade.



## INTRODUCING Aaron Stuart

### The new ASSISTED Living Manager



Aaron Stuart has joined the Trinity Woods family. You might remember him most recently has one of the Trinity Woods Administrators in Training participants. In his new role Aaron will oversee the team and resident experience in the Marshall-Gaddy and Barnes Houses.

“I am excited to build relationships with our residents, family and employees while resolving challenges and utilizing core strengths of the organization,” said Aaron. “I look forward to partnering with the families as we care for their loved ones in the Houses.”

Prior to working with Trinity Woods, Aaron was in health care on the hospital side and has several years of experience in the private business sector. He is thrilled to be at Trinity Woods, “one of the reasons I accepted this position is the outstanding company culture and commitment to excellence in long-term care, which made me eager to join the team.”

In his spare time, Aaron collects vinyl albums, enjoys hiking and spending time with his wife Vicki and taking their dog Maggie for walks.



# Welcome to the Woods!



**Jan Graham**  
Crestwood

## Jan Graham – Crestwood

Jan Graham is originally from Jonesboro, AR and grew up in Marianna, AR. She received her undergraduate degree in English from Hendrix College in Conway, AR and received her master's degree from Memphis State University in English.

She was a school teacher in Tulsa Public Schools for over 20 years, teaching middle school science and English and also taught English at Tulsa Community College.

Jan met her late husband, Vondale, while they were both attending Hendrix College. They were married for 59 years. They have three daughters and two grandchildren.

Jan enjoys getting out, walking and collecting owls. She also has been singing in choirs since she was six years old. She has sung in the Boston Avenue Chancel Choir for 53 years. A fun fact about Jan is that she won 3rd place in the Miss Arkansas pageant in 1964. She swears it is because of her talent – she sang in Italian.

She is excited to be at Trinity Woods and is already getting involved. She enjoyed the ABC Road trip outing and is participating in water wellness and walking adventures.

## Mary Herrold - Villa

Meet Mary Herrold, one of the newest residents in the Villas at Trinity Woods. She was born and raised in Tulsa, OK and graduated from Central High School in Tulsa. She has her bachelor's degree in microbiology from the University of Oklahoma. She was a Registered Medical Technician prior to staying home to raise her children.

Mary enjoys vegetable gardening, playing cards and baking. Mary and Don, her late husband, were the owners of the Herrold's Hope Pecan Farm – a 132-acre pecan farm in Okmulgee, OK. This was their exciting post-retirement adventure. A fun fact about Mary is that she has harvested, cracked, picked, and sold over 150 pounds of pecans in one year – and “had so much fun.”

Mary brings with her, Bailey, Sissy and Peppy, her three fur babies. Mary has three sons and eight grandchildren. She is looking forward to utilizing the Spann Wellness Center in the coming months and taking part in classes.



**Mary Herrold**  
Villa



**Linda Gaither**  
Patio Home

## Linda Gaither – Patio Home

Linda Gaither was born in Clarksville, AR but moved around a lot as a child. They lived in Arkansas, Missouri and finally settled in Oklahoma. Linda was part of the first graduating class of Tulsa Memorial High School. She attended Draughon School of Business in Little Rock, AR and Northeastern State University in Tahlequah, OK.

Linda met her late husband, Greg, when they were teenagers. They were married for 55 years. They enjoyed traveling the world together. She was even able to swim in the Great Barrier Reef in Australia on one of their trips.

Linda enjoys knitting, sewing, and gardening. One of her favorite pastimes is fly fishing. “I love being outside in God's creation. It's so peaceful.”

Linda has three daughters and nine grandchildren. She is still settling into her new home but is looking forward to trying exercise classes and maybe one day even tap class.



# January STARS Employees of the Month



*Abigail Craig*

## Abigail Craig, CNA, Memory Care Assisted Living

**Start Date:** April 2024

**Born:** Dallas, TX

**Raised:** Greenville, TX

**Wanted to be as a Kid:** Nurse

**Favorite Sport:** Volleyball

**One Meal Forever:** Enchiladas

**Described by Friends:** Fun, caring and loveable

**Hobbies:** Puzzles

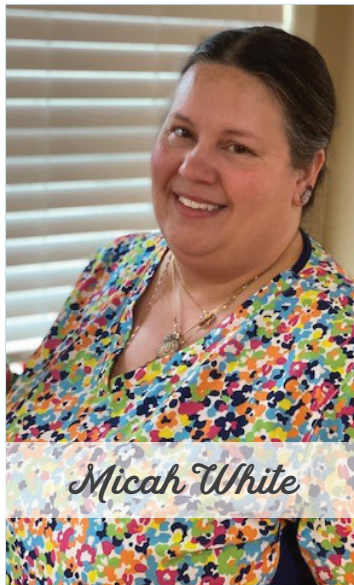
**Favorite Bible Verse:** “For God so loved the world that he gave his only begotten Son, that whoever believes in him should not perish but have everlasting life” - John 3:16

**Favorite Movie:** Yours, Mine and Ours with Lucille Ball

**Favorite Book:** *I Love You Forever* by Robert Munsch

**Fun Fact:** “I never give up. If at first I don’t succeed I try again.”

**What her supervisor says:** “Abigail exhibits unwavering dedication, kindness, and exceptional care, making her a light in the Barnes House. She brings comfort and joy to the lives of our residents every day, and her heart for service shines brighter than ever. She is a true STAR!” – Britani Chappell, Director Assisted Living



*Micah White*

## Micah White, LPN, Health Center

**Start Date:** August 2018

**Born:** Tulsa, OK

**Raised:** ATA College, Tulsa, OK

**Wanted to be as a Kid:** Fireman

**Favorite Sport:** Swimming and Soccer

**One Meal Forever:** Chicken Alfredo with Salad

**Described by Friends:** Sweet and Kind-Hearted

**Hobbies:** Crafting, Camping and Fishing

**Favorite Quote:** Treat others the way you want to be treated and never end a day being mad.

**Family Recipe:** Mom’s Lasagna

**Favorite Movie:** The Notebook

**Favorite Book:** *Eat, Pray, Love* by Elizabeth Gilbert

**Collects:** Antique Lamps

**Family:** Married for 15 years with Four Children

**What her supervisor says:** “Micah is very loving and very caring. Our residents and their families truly appreciate her kindness and how she approaches her daily tasks.” – Harriet Zavala, 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

## Trinity Woods Service Awards

5

Years of Service

Carri Matheson,  
Member Services



10

Years of Service

Beatrice  
Brown-Collins,  
Health Center



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## TRINITY WOODS WELCOMES NEW HEAD CHEF THOMAS FARRELL

Trinity Woods residents are in for a culinary treat as the community welcomes its new Executive Chef, Thomas Farrell. With a rich background in culinary arts and a passion for creating nutritious, flavorful meals, Chef Farrell is excited to leave his mark on the dining experience at Trinity Woods.

“I’m really looking forward to getting to know the residents and my new coworkers and developing lasting relationships around serving and enjoying great food,” said Chef Farrell.

Chef Farrell joins Trinity Woods with 40 years of experience in the culinary field, having worked in restaurants, hospitality venues, and owning his own bread company. He has experience managing a kitchen staff and is a team player with a customer service focus. Chef Farrell is a classically trained chef at the French Culinary Institute, Manhattan, NY, with expertise in French, Italian, American, and Greek cuisines, artisan bread and pastry.

“I worked my way up in restaurant kitchens, beginning at age 17,” said Chef Farrell. “I loved the work and atmosphere from the beginning. It was fast paced, intense, and spirited. I worked with great people and interesting personalities, and the food was delightful.”

Trinity Woods places great emphasis on the importance of the dining experience as a central part of residents’ daily lives. Beyond providing sustenance, dining is designed to foster social connections, enhance well-being, and offer a sense of comfort.

Chef Farrell shares this vision, saying, “Food is more than nourishment—meals bring people together.”

There will be a meet-and-greet opportunity in the coming weeks, please be sure to check the Monthly Wellness Calendar for more information.

