

# The Trail MIX

The neighborhood news from Trinity Woods | Issue: April 2025



## A New Main Entrance for a Better Experience!

By Bonnie Polak, VP of Philanthropy and Community Engagement

Exciting changes are coming! On March 11th we officially broke ground on a brand new main entrance, marking the beginning of an important transformation for our community. This project is designed to enhance safety, improve traffic flow, and create a more welcoming experience for all visitors.

“This project is about more than just a new entrance—it’s about making a lasting impact on how we serve our community,” said Garrett Lee, Trinity Woods CEO. “It is about recognizing a need, stepping up, and working together to create solutions that make things better not just for our current residents; but for people who will come in the future.”

During the special ceremony, leaders, employees, and community members gathered to celebrate this milestone. This is the first step in bringing the new main entrance of Trinity Woods to life, AND celebrating the power of collective giving and vision. With shovels in hand, we turned dirt for a brighter and safer future.

This project embodies the true spirit of philanthropy—giving back to our community and planning for generations to come. There is not a building on our campus that has been built without someone believing in our mission. That is what makes Trinity Woods so special – neighbor helping neighbor, for nearly 70 years.

This new entrance will feature modern design, improved signage, and position Trinity Woods as a gated community. Construction is expected to be completed by August, with efforts made to minimize disruptions during the process.

To all our donors and partners — thank you for believing in this vision. Your support ensures that this initiative will not only stand as a structure but as a symbol of collaboration, opportunity, and transformation. Through these gates people will come to be served in the spirit of Christ.

Stay tuned for progress updates and thank you for being part of this journey with us!



### Trinity Woods

Belong. Believe. Become.

#### In this issue:

Trinity Woods A Gated Community!

April Wellness

Book Launch, Young Talent Discovery Night, and Supper & A Show!

Celebrating Volunteer Month

New Neighbors

Welcome Katie and Suzanne!

# Finding **STRENGTH** in grief



By Weldon Tisdale, Chaplain

As we enter April, a month of renewal and reflection, and as we prepare for Easter, it is important to acknowledge the profound impact of grief on our lives. Grief is a powerful emotion that touches us all, and while it can be overwhelming, it also holds the potential for deep transformation and healing. One of the most poignant examples of grief in the Bible is the story of Mary, the mother of Jesus.

Mary's journey through grief is a testament to the strength and resilience of the human spirit. As the mother of Jesus, she experienced unimaginable sorrow as she witnessed the immeasurable suffering and crucifixion of her son. Yet, through her grief, Mary remained steadfast in her faith and trust in God's plan.

In the Gospel of John, we read about Mary's presence at the foot of the cross: "When Jesus saw his mother there, and the disciple whom he loved (John) standing nearby, he said to her, 'Woman, here is your son,' and to the disciple, 'Here is your mother'" - John 19:26-27. Even in His final moments, Jesus acknowledged His mother's grief and ensured she would be cared for. This act of love and compassion highlights

the importance of community and support during times of sorrow.

Mary's story reminds us that we are never alone in our grief. God is always with us, offering comfort and strength. As we navigate our own journeys through grief, we can find solace in the knowledge that God understands our pain and walks with us every step of the way. Grief, while painful, has the power to transform us in profound ways. It deepens our empathy, strengthens our resilience, and can bring us closer to God.

**"What we once enjoyed and deeply loved we can never lose, for all that we love deeply becomes a part of us." Helen Keller**

As we enter April and as we rejoice in the resurrection story of Easter, let us carry with us the wisdom and strength of Mary. Remember to embrace our grief with faith, knowing that it is through these experiences that we learn to appreciate the preciousness of life, the importance of cherishing our loved ones and grow closer to God. Always remain open to the healing process and trust that, in time, we will find peace and renewal.



Andrew Forrest



Alex Himaya



Sam Powers

## HOLY WEEK SERVICES

Join us for Holy Week Services April 14th – 18th, 2025 in the Fleming Center at Trinity Woods. Services will begin each morning at 10 a.m. Light breakfast will be served before and after service. Communion will be served as part of the Maundy Thursday service.



Weldon Tisdale



Jerome Steele

### SPEAKERS FOR THE WEEK:

Rev. Andrew Forrest, Senior Pastor – Asbury Church

Pastor Alex Himaya, Pastor – Church at Battle Creek

Rev. Sam Powers, Senior Minister – Boston Avenue United Methodist Church

Weldon Tisdale, Chaplain – Trinity Woods Tulsa

Rev. Jerome Steele, CFO – Trinity Woods Tulsa

# Spring!

## Into a new year with the Trinity Woods Team

### Personal Training Offerings:

This April, the Spann Wellness Center is excited to announce Personal Training offerings for residents and employees! Through personal training, our expert fitness professionals will work with you to create an individualized program to meet your needs and help move you closer to meeting your wellness goals.

Whether you're a beginner looking for a place to start or an experienced regular, looking for that next step forward, our team is here to boost your short-term or long-term program.

So, what would it look like? It's up to you! Each program is individually tailored for each client's needs - there's no cookie cutter approach here! You will meet with one of our trainers who will review specifics about your wellness goals and history, and create a personalized program geared toward meeting your goals. From improving strength and endurance to practicing balance exercises and flexibility training and more, we've got you covered.

With a variety of different training packages available to choose from, your Spann Wellness Team is excited to help you meet your goals!

### Meet the trainers:



**Alison McMillan, Wellness Manager** -

Alison has a master's degree in Exercise Science from Wichita State University and has been in the fitness industry for almost a decade. She is experienced in working with many populations including active older adult, bariatric, diabetic, and more. She is eager to work on a one-on-one basis with Trinity Woods residents and employees to help them reach their fitness goals.



**Delisa Atkins-Gray, Fitness Supervisor**

- Delisa has a bachelor's degree in health and human performance with a minor in Psychology from Northeastern State University. She has years of experience working with all populations teaching exercise classes. Her motto is "Age is nothing but a number!"

**"The body achieves what the mind believes." - Anonymous**



Connie Facker.....	1
Gloria Nicholson.....	1
Ken Frazier.....	5
Patsy Fawcett.....	6

## April Birthdays at Trinity Woods

Bob Funk.....	7	Sharline Thompson.....	23
Chuck Hanna.....	7	Sally Gresh.....	24
Dara Martin.....	10	Dee Maguire.....	24
Ron Bell.....	14	Tom Owens.....	25
Ron Anderson.....	15	Eileen Walker.....	25
Kathy Bradshaw.....	16	Oakley Deisenroth.....	26
Mary Davis.....	16	Dorothy Gibbs.....	28
Craig Dolinsky.....	22	Claudia Thomas.....	28
Shirley Nelson.....	23	Carol Shortridge.....	30

### April Anniversaries

Buddy and Diane Fallis.....4/1/1961

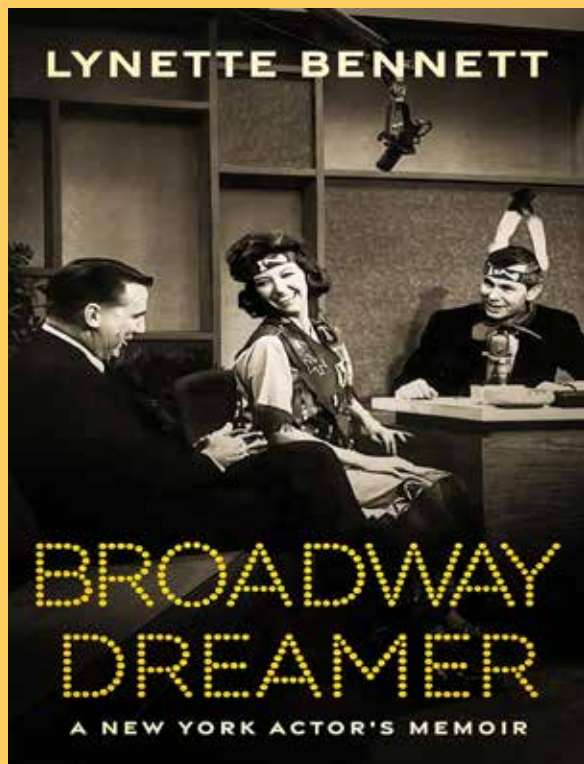
### In Memory of

Ken Tobler.....3/2/2025





# April Events



**Book Launch: Broadway Dreamer**  
by our own Lynette Bennett (Danskin)!  
Tuesday, April 8 at 7 p.m. in Fleming Center

**Join us for a performance and book signing!**

Trinity Woods resident Lynette Bennett (Danskin) will give a story-telling performance about her first book *Broadway Dreamer, A New York Actor's Memoir*. Lynette was a Tulsa girl with a dream, a dream which transported her from Will Rogers High School and the University of Tulsa to, yes, the bright lights of Broadway. She cherished singing, dancing, and acting alongside Barbra Streisand in *Funny Girl*, then hitting the club circuit with her pianist/arranger Barry Manilow.

A book signing will follow. You may reserve a copy of the book in advance and charge it to your Trinity Woods account. Books will also be available for purchase that night by check only. Cost of the book (hardback only) is \$29.99.



**Young Talent Discovery Night: Dylan Perez, Piano & Cello**  
Thursday, April 10 at 7 p.m.  
Community Life Center, Westervelt Hall

Dylan Perez is a 14-year-old, 9th grader who is homeschooled. He has been playing cello since the age of 3 and piano since age 7. In addition to winning several competitions for cello and piano, he is principal cellist and has been a featured soloist with the Tulsa Youth Symphony. He will return this summer for his second season with the Carnegie Hall New York Youth Orchestra program, performing at Carnegie Hall and in Edinburgh, Scotland. Dylan also teaches privately and teaches sectionals for the Union High School Orchestra. He is active at Asbury Church. This is a special opportunity to hear this talented young man play two beautiful instruments.



**Tulsa Youth Symphony Chamber Music Recital**  
Tuesday, April 15 at 7 p.m.  
Community Life Center, Westervelt Hall  
No reservations necessary.

The Tulsa Youth Symphony began as an educational wing of the Tulsa Philharmonic Society in 1963 and now serves over 200 talented young musicians across northeast Oklahoma each season. TYS alumni have performed with the Chicago Symphony, Cincinnati Symphony, Metropolitan Opera Orchestra, National Symphony, and San Francisco Symphony, among others. Small groups of TYS musicians are preparing beautiful music just for us! You will be entertained and inspired by some of the best middle and high school musicians in the area.



**Supper & A Show: Hymn Sing**  
**Thursday, April 24 at 6 p.m.**  
**Community Life Center, Westervelt Hall**  
**Tickets required.**

**6:00-6:30 p.m. Buffet Supper & Socializing:** A yummy menu of beans and cornbread and a “brookie” (If you don’t know what that is, come and find out!)

**6:30-7:15 p.m. Show:** This time YOU are the show, led by our fantastic Trinity Woods Chorus! The chorus has chosen some favorite hymns that you know and love. The words will be on the screen and the chorus will be up front leading our joyful noise. Your heart will be full, and your soul lifted after an inspirational night of singing!



**Saturday with the Symphony: Brass!**  
**Saturday, April 26 at 1 p.m.**  
**Community Life Center, Westervelt Hall**

A quintet of Tulsa Symphony Orchestra brass players, including the four principals, will play selections by Anton Bruckner, Gustav Holst, Malcolm Arnold, and more! These concerts are wonderful, informal, intimate opportunities to hear beautiful instrumental music. Bring a brass player or any member of a school orchestra or band in your life to enjoy this special performance!



National Volunteer Week occurs in April and we are looking forward to thanking the more than 150 invaluable resident volunteers on our campus. There are many opportunities for residents who would like to become on-campus volunteers. Here are some of the possibilities:

**Are you creative and/or artistic?**

Christmas Tree Decorator, Community Life Center (CLC) Common Areas Decorator, Party Decorator, Fifth Thursday Potluck Team, Trinity Bears, Sunday Worship Service pianist or song leader

**Do you enjoy intellectual pursuits?**

Summer School Teacher, Movie Tech, OSU Medical Resident Interviewee, Project Transformation, Recycling Committee

**Do you enjoy getting out and about?**

Wellness Breakfast Coordinator, Health Center Runner for Tranquility Wellness Spa

**Do you like searching for buried treasure?**

Treasure Chest Volunteer Opportunities:  
Treasure Chest sales benefit the Trinity Woods Good Samaritan Fund. Volunteering in the Treasure Chest is NOT for the faint of heart or people who don’t like to get their hands dirty. It IS for those who are seeking to meet new people (residents and employees) and who have a heart for ministering to others. We need help with inventory and with in-store sales.

**If you have an idea for a new way to serve the Trinity Woods community or the community outside our gates, we’d love to discuss it with you. Please contact Irene Brown, Life Enrichment Coordinator.**



# Welcome to the Woods!



Katie Boudreau and Riley  
Patio Home

## Katie Boudreau – Patio Home

Meet Katie Boudreau and her furry friend Riley. Katie is originally from Tulsa, OK. She is the youngest of five girls in her family. She graduated from Bishop Kelley High School and then went on to the University of Tulsa for her degree in English. She received her master's degree in English from Washington University in St. Louis, MO.

Katie had her first career in corporate communication working for advertising agencies in Oklahoma City and St. Louis. She returned to Tulsa in 1993 and decided to take classes in theology. She received her master's in theology from the University of Dallas. Katie then went on to teach theology at Bishop Kelley High School for 10 years, until she retired.

In their spare time Katie and Riley are enjoying their new home and meeting all their new neighbors at Trinity Woods. She was quite familiar with the community because her sister Margaret Ellison is also a community member. She has 15 nieces and nephews that she loves to spend time with. She is even planning a trip to go see some of them in New Jersey later this year.

## Suzanne Jackson – Crestwood

Suzanne Jackson is our newest Crestwood neighbor. She was born in New Orleans, LA and was raised in Corpus Christi, TX. Prior to retirement she worked at the Spartan College of Aeronautics and Technology in the accounting department for 35 years.

Suzanne is still settling into her new apartment. She picked Trinity Woods because of the location and her apartment. "I don't like it...I love it!" She is so happy she is finally here. She lived just a few miles away but couldn't be more excited about meeting people and getting involved at Trinity Woods.

In her spare time, she enjoys scrapbooking and card making, and diamond painting. She loves all birds and collects red bird and hummingbird figures. Suzanne has two children and four grandchildren who all live in Tulsa.



Suzanne Jackson  
Crestwood



# Meet Marcy!

## Announcing the new Trinity Woods Social Services Coordinator

Trinity Woods is thrilled to introduce you to Marcy Martin, the new Social Services Coordinator to the Health Center! Marcy is originally from Porter, Oklahoma. Marcy brings a wealth of experience and a genuine passion for supporting residents and their families. Her dedication to serving seniors was sparked during her studies at Northeastern State University, where she earned her sociology degree with a minor in gerontology. When asked what she loves most about working in senior living, she says "getting to make a difference."

"At Trinity Woods, I'm looking forward to bringing my set of skills and experience to the position and focusing on resident and family relationships," said Marcy. Please stop by her office and welcome her!

# April STARS Employees of the Month



*Latasha Grundy*

## Latasha Grundy – Dining Team

**Start Date:** February 2014  
**Born and Raised:** Tulsa, Oklahoma  
**Education:** Tulsa Central High School  
**Favorite Sport:** Track & Field  
**One Meal Forever:** Seafood  
**Hobbies:** Reading and Exercising  
**First Job:** Warehouse Market  
**Favorite Holiday:** Thanksgiving  
**First Car:** Chevy Cavalier  
**Favorite Book:** *Battlefield of the Mind* by Joyce Meyers  
**Free Time:** Spending Time with Children  
**Family:** Mother of Four Children  
**What her supervisor says:** “Lastasha is a very kind and caring individual. She goes out of her way to provide exceptional service.” – Richard Applegate, Food Service Director



*Michelle Wheeland*

## Michelle Wheeland – Healthcare Team

**Start Date:** June 2020  
**Born:** Mansfield, Ohio  
**Raised:** Haskell, Oklahoma  
**Wanted to be as a Kid:** Nurse or Special Ed. Teacher  
**Favorite Sport:** Street Football  
**One Meal Forever:** Chicken Strips  
**Described by Friends:** Loving, Funny and Honest  
**Hobbies:** Reading and Singing  
**First Job:** Nursing Home CNA  
**Favorite Quote:** God never puts more on your plate than he knows you can handle.  
**Family Recipe:** Pumpkin Bread  
**Favorite Movie:** *Bed of Roses*  
**Favorite Book:** *Charlotte’s Web* by E.B. White  
**Collects:** Books  
**Family:** Married with Three Children  
**What her supervisor says:** “Michelle’s incredibly caring heart and consistently dedicated spirit make her an invaluable and cherished member of the Trinity Woods team. The positive feedback we receive from families and residents speaks volumes about her impact. Her willingness to work wherever she is needed and her view of all residents as her own exemplifies our mission.” – Emilie Creswell, VP of Health Services



## Trinity Woods Leadership Team

**Garrett Lee**  
Chief Executive Officer

**Crystal Creekmore**  
VP of Human Resources

**Emilie Creswell**  
VP of Health Services

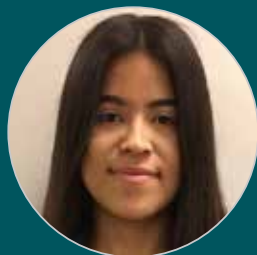
**Dennis Graham**  
Chief Operating Officer

**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  
America Argote-Arellano



15

Years of Service  
Rhonda Johnson

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# **MAXIMIZE YOUR IMPACT & MINIMIZE YOUR TAXES**

## **WITH A GIFT FROM YOUR IRA!**

Qualified Charitable Distributions (QCDs) offer an easier and more tax-efficient way of giving for those aged 70<sup>1/2</sup> or older. By making a direct gift of up to \$108k from your individual retirement account to our charity, you not only contribute to a worthy cause but also enjoy a tax advantage. Additionally, the transfer isn't part of your adjusted gross income, meaning you avoid having to recognize the income while helping us fulfill our mission!



**GET  
STARTED  
TODAY!**



**Trinity Woods**

Belong. Believe. Become.