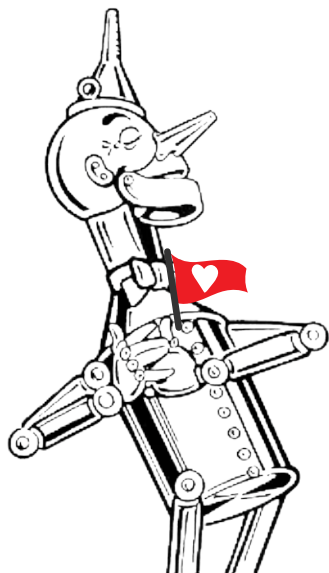


The Trail MIX

The neighborhood news from Trinity Woods | Issue: February 2026

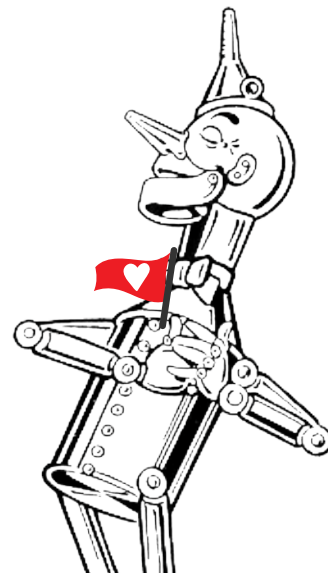


The Tin Man SOCIETY



A Legacy of Many!

A good man brings good things out of the good stored up in his heart



By Bonnie Polak, VP of Philanthropy and Community Engagement

It has often been said that there is not a building on campus that would not be here if it weren't for the generosity of others. In fact, many of the people who made many of our campus improvements and wellness programs possible never even saw their gifts come to fruition. That's the power of our community and of legacy giving.

Legacy giving is a powerful way to support the mission of a nonprofit beyond your lifetime — ensuring that your values continue to make an impact for future generations. At Trinity Woods, this enduring form of philanthropy is honored through the Tin Man Society, a community of donors who have chosen to leave a lasting legacy through planned giving.

Legacy gifts, also called planned gifts, allow individuals to make significant contributions to a nonprofit's future without affecting their current lifestyle. These gifts can be arranged through your estate plan, will, trust, or through financial tools such as charitable gift annuities and remainder trusts. They may also include beneficiary designations on life insurance, retirement accounts, assignment of membership fee refund or other assets.

When you commit a legacy gift to Trinity Woods — you become part of the Tin Man Society. This society recognizes individuals and families who have pledged to support the ongoing mission and ministry of Trinity Woods well into the future. Members are celebrated for their foresight and generosity in helping ensure that Trinity Woods remains a place where elders thrive in community, dignity, purpose and are served in the spirit of Christ.

Legacy giving isn't just about financial support — it's about leaving a meaningful mark. Your planned gift can help provide affordable, compassionate care, enhance campus life, and sustain programs that enrich the lives of residents who may never know you personally but will benefit profoundly from your kindness.

By joining the Tin Man Society, you embed your legacy in the heart of Trinity Woods' mission — ensuring that its spirit of generosity lives on for years to come. For more information about the Trinity Woods Tin Man Society, contact Bonnie Polak at 918.346.6639 or bpolak@trinitywoodstulsa.com.



Trinity Woods

Belong. Believe. Become.

In this issue:

Leaving a Legacy

February Events

Wellness

The Seven Dimensions
and Your Heart

New Neighbors

Meet Ken and Judy, Margaret,
Grady and Sandra, and
Barry and Dayna!



By Weldon Tisdale, Chaplain

Black History Month



February brings with it Black History Month, a time set aside to honor the stories, struggles, and triumphs of African Americans whose contributions have shaped our nation in ways both visible and unseen. While it began as “Negro History Week” in the 1920s, thanks to historian Carter G. Woodson, it has grown into a monthlong celebration that invites all of us to pause, reflect, and learn.

For communities like ours, where many individuals may not have grown up hearing these stories firsthand, Black History Month offers a chance to broaden our perspective and appreciate the creativity and resilience that enriches American life. It’s not about guilt or division, it’s about connection, curiosity, and gratitude.

Take Garrett Morgan, for instance. His invention of the three-light traffic signal literally keeps us safe every day. Dr. Patricia Bath’s groundbreaking work in ophthalmology gave the world a device to treat cataracts, restoring sight to millions. George Washington Carver, often remembered for peanuts, actually revolutionized agriculture by finding hundreds of new uses for crops, helping farmers thrive.

Lewis Latimer, working alongside Edison and Bell, improved the filament in light bulbs, making electric lighting practical for

homes across the country. And Madam C.J. Walker, a visionary entrepreneur, created hair care products for Black women and became one of America’s first female self-made millionaires. These stories remind us that innovation knows no boundaries of race or background—it springs from talent, vision, and determination.

So why highlight these names in our community newsletter? Because Black History Month isn’t just about remembering the past, it’s about recognizing how deeply interconnected our lives are. Every time we stop safely at a traffic light, flip on a lamp, or hear of a woman breaking barriers in business, we’re touching legacies that began in African American hands.

This February, let’s approach Black History Month with openness and curiosity. Read a story, share a name, or simply pause to appreciate the everyday gifts we’ve inherited. In doing so, we honor not only Black history, but American history and we strengthen the bonds of community that make life richer for us all.



February Birthdays at Trinity Woods

Nancy Bracken.....1	Robin Stevens.....9	Lillian Wetzold.....20
Jeanne Funk.....5	Boyd Stephens.....11	Martha Weatherl.....22
Sally Rippey.....5	Martha Blake.....13	Richard Hedger.....23
Suzanne Sartin.....5	Becky Neuhaus.....13	Don Hoose.....24
Chris Hoose.....6	Robert Cobb.....14	Helen Blankenship.....26
Renea Hudson.....6	Vic Hairston.....17	Shirley Carle.....27
Rosemary Cobb.....7	John Taylor.....17	Bonnie Noltensmeyer.....27
	Helen Vanderveen.....17	Kathy Keating.....28
	Mack Himaya.....18	Mel Pearson.....28

February Anniversaries

- Rev. David and Claudia Thomas...2/5/2016
- Don and Chris Hoose.....2/6/1960
- Chuck & Marion Yadon.....2/14/1974
- Carson and Donna Jackson.....2/25/1967
- Alan and Cathy Perlingiere.....2/25/1989

✚ In Memory of

- S.M. “Buddy” Fallis.....12/27/2025
- Donna Miller.....12/29/2025
- Elise “Jamie” Farris.....12/31/2025
- Page Parker.....1/5/2026
- Thelma Rollins.....1/9/2026
- Bob Atkinson.....1/15/2026



By Alison Guerrero, Wellness Professional

The Seven Dimensions of WELLNESS AND YOUR HEART

Sometimes when I think of the Seven Dimensions of Wellness (Physical, Emotional, Social, Intellectual, Vocational, Environmental, Spiritual,) I think of them separately, as entities wholly of their own category. Physical is exercise, Intellectual is learning, Vocational is working, so on and so forth. But then in the moments when I'm spending time with my loved ones, when I'm working on a project at work, or when I've finished a difficult workout, I realize just how the dimensions really are connected. How? You might be asking. Through the heart, of course.

Each dimension has its own impact on the heart by mitigating the stresses in our life and helping our hearts feel both healthy and whole. Stress sends signals to the body to release inflammation and hormones that contribute to elevated blood pressure, blood sugar, heart rate, cholesterol and plaque, and irregular heartbeats. All of that can be detrimental to the heart's effective function, and lead to an increased risk of coronary artery disease, heart attack, stroke, and death. Let's see how each dimension can ease stress:

PHYSICAL: Regular exercise, healthy diet, and adequate sleep improve cardiovascular function by reducing blood pressure, releasing feel-good hormones, reducing heart rate, and strengthening the heart

EMOTIONAL: Becoming aware of and understanding your emotions, learning and practicing healthy coping skills like journaling, meditation, and more can reduce stress.

SOCIAL: Finding strong social and community connections help combat the stress of loneliness and increases a sense of belonging.

INTELLECTUAL: Expanding knowledge and skills, flexing your brain and exploring new concepts to keep our brain engaged provides needed distraction from stressors.

VOCATIONAL: Finding purpose and satisfaction through work like volunteering for your favorite non-profit or teaching skills to those around you can be a source of strength when faced with stress.

ENVIRONMENTAL: Stress reduction also comes from working toward healthier surroundings, small scale and large, through recycling, pollution reduction, cleaning and caring for your community around you, and more.

SPIRITUAL: Participating in activities that support your beliefs and values, finding purpose and meaning with or without organized religion help combat the stresses of life.

Since February is Heart Health Month, it's the perfect time to take steps to fulfill the Seven Dimensions of Wellness in an effort to help support your heart health!



Ash Wednesday Service

February 18, 2026, at 10:00 a.m.
The Chapel at Trinity Woods

Join us for our Ash Wednesday Service as we begin the season of Lent with a time of reflection, prayer, and the imposition of ashes. This meaningful service invites us to pause, remember our dependence on God, and prepare our hearts for the journey toward Easter.

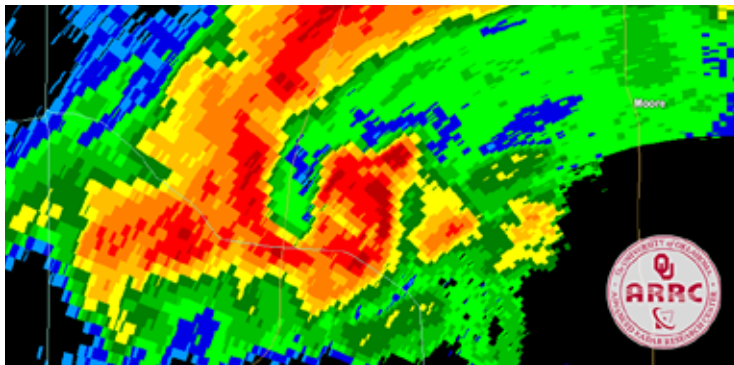


February Events



Theatre Tulsa presents **Love Letters**
Thursday, February 5 at 7 p.m.
Community Life Center, Westervelt Hall

Love Letters, a Pulitzer Prize-nominated play for two actors by A.R. Gurney, is a deeply moving theatrical experience that brings to life the power of written connection. Told through a lifetime of heartfelt letters, this poignant play follows the enduring relationship of childhood friends-turned-soulmates, Andrew and Melissa, as they navigate love, ambition, and missed opportunities. Whether you're a romantic at heart or simply love a beautifully told story, this production will leave you reflecting on the relationships that shape our lives.



OU to YOU: Cutting Edge Radars
Monday, February 9 at 2 p.m.
Fleming Center

Dr. Nathan Goodman, Director of the University of Oklahoma's Advanced Radar Research Center and Associate Vice President for Research and Partnerships, who received his B.S., M.S., and Ph.D. degrees in electrical engineering from the University of Kansas, will give us the latest updates on the Center's cutting edge radar systems, in use worldwide, that are transforming the way we track and predict our weather. Refreshments will be served.



**Valentine's Celebration of Friendship,
Community & Love**
Thursday, February 12
Community Life Center Westervelt Hall

This annual tradition is a great event to attend on your own or with a friend or family member. It'll be a great night of food, music, and fun!

Dinner: Doors open at 5:30 p.m. for a Gourmet dinner menu of Mixed Green Salad with Lemon Vinaigrette, Filet with Bleu Cheese Cream Sauce, Lobster Rice Pilaf, Roasted Bundle of Asparagus and Bell Peppers and Cheesecake.

Entertainment: 6:30 p.m. Musical Entertainment by pianists Donald & Barron Ryan. Ryan & Ryan is a dynamic, Tulsa-based father-son piano duo that draws upon classic and contemporary music to create enthralling concert experiences. From Rachmaninoff to Gershwin to Billy Joel, Donald and Barron amaze audiences with their skill, expressiveness, and love of making music. Their experience in classical, jazz, ragtime, and funk allows them to create exciting new music and give fresh interpretations of old.



Sunday with the Symphony: Percussion!
Sunday, February 22 at 2 p.m.
Community Life Center, Westervelt Hall



Tulsa Youth Symphony Chamber Music Recital
Thursday, February 26 at 7 p.m.
Community Life Center, Westervelt Hall

The Tulsa Symphony Orchestra's ensemble of five percussionists presents a musical journey that will take you from the "Edge of the World" all the way to the moon. This promises to be an informal, intimate, and unique concert with pieces you may recognize, heard in a whole new way, and others that will be new to you. Bring a friend or any member of a school orchestra or band in your life to enjoy this special performance!

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.

February STARS Employee of the Month



Haley Bolton

Haley Bolton – Housekeeping Team

- Start Date:** July 2025
- Born:** Germany
- Raised:** Florida, Texas and Oklahoma
- Wanted to be as a Kid:** A Mom
- Favorite Sport:** Bowling
- One Meal Forever:** Steak and Shellfish
- Described by Friends:** Sweet and Bubbly
- Hobbies:** Crocheting, Knitting and Fishing
- First Job:** McDonalds
- Favorite Holiday:** Halloween
- Favorite Quote:** Treat Others the Way You Want to Be Treated
- Family Recipe:** Granny's Queso
- First Car:** Ford Tempo
- Favorite Movie:** Bye, Bye, Birdie
- Favorite Book:** *Green Eggs & Ham* by Dr. Seuss
- Collects:** Porcelain Dolls
- Motivated By:** Being Helpful to Others
- Free Time:** Spending Time with Family and Going Fishing
- Family:** Married with Four Kids
- What her supervisor says:** "Haley brightens up every room she walks in. She's a joy to have around. Haley is a dedicated, hard worker. It's a blessing to have her as a member of our team."
 Amy McDaniel, Housekeeping Manager



Welcome to the Woods!



**Ken and Judy Bailey
Crestwood**

Ken and Judy Bailey – Crestwood

Meet Ken and Judy Bailey! Ken and Judy are long time residents of Tulsa and moved from the Brookside area. They have been married for 44 years and have three sons and six grandchildren.

Ken is originally from Valentine, Nebraska and moved to California immediately after high school graduation to attend university. He served in the Air Force for four years and was stationed at Shepard Air Force Base in Wichita Falls, Texas where he received his bachelor's degree in government and Latin American History from Midwestern State University. After serving in the military Ken went back to school at the University of Maryland and obtained his Ph.D in behavioral science. Ken had a career in academia at several universities, which ultimately brought him to Tulsa as a professor where he met Judy.

Judy was born in Chelsea, Oklahoma and raised in Neosho, MO. She attended Oklahoma Baptist University and received degrees in music performance and elementary education. Judy was a teacher for Tulsa Public Schools for 14 years until she retired. She then worked with Ken at KDB Research/Bailey Polls – known for conducting “The Oklahoma Poll,” a notable research tool in the 1980s. Judy is a true artist at heart and most people would know her from her retail shop on Brookside called “Artistry and Old Lace” which she opened and operated until 1996.

Ken and Judy enjoy flower gardening, in fact their home was on many Tulsa garden tours throughout the years. Ken and Judy both are avid exercisers and are looking forward to taking classes at Spann Wellness Center. They have two cats – Lulu and Lily. They are still settling in but excited to get more engaged in all Trinity Woods has to offer.



**Margaret Morhart
Crestwood**

Margaret Morhart – Crestwood

Margaret Morhart is a native Tulsan and self-proclaimed “midtown girl.” She graduated from Bishop Kelly High School and went on to Oklahoma State University to receive her bachelor's degree in accounting.

Margaret's early career was in retail. She enjoyed working at a variety of Tulsa-founded retail establishments that sold clothing, home décor and plants. She then made a career change and worked in the telecommunication industry for 20 years in the accounting department. She officially retired in 2018 after working part-time for the Food Bank of Eastern Oklahoma.

She loves national parks and has traveled to many of them over the years to hike. Margaret has hiked the Grand Canyon six times. She collects Native American art and cat items. Margaret loves nature and being outside. She was a Linnaeus Gardener for many years.

Margaret and her cat Fannie Mae love the location of Trinity Woods. She is enjoying the concerts and is looking forward to participating more fully. She is excited to meet everyone.

Grady and Sandra Nichols – Crestwood

Grady and Sandra Nichols come to Trinity Woods from Siloam Springs, AR by way of Owasso, OK. They originally met when Grady was playing baseball at John Brown University. The minute he saw Sandra he said “that's my future wife.” They have been married for 58 years and have one son and three grandsons.

Grady was born and raised in Tulsa and attended Edison High School. He received his bachelor's degree from John Brown University and his master's from University of Arkansas. He served for 41 years as an administrator, coach and teacher in Siloam Springs Public Schools. Grady has many interesting fun facts from being a major league baseball player for a short time to being a twin. In fact, he and his sister made history when they were born – his mother was a twin and his mom and aunt both had boy and girl twins on the same day in the same hospital. “Our picture was in the newspaper all over the country.” He enjoys collecting baseball memorabilia and antique furniture.



**Grady and Sandra Nichols
Crestwood**

Grady and Sandra Nichols – Continued

Sandra is originally from Superior, AZ but was raised on the campus of John Brown University where her dad was responsible for the grounds and facilities. She attended Siloam Springs High School where she was the majorette – she even twirled fire batons. After high school she attended John Brown University and received her bachelor’s degree. Sandra was a teacher for Siloam Springs Public Schools for many years.

Both Grady and Sandra enjoy following their son, Grady Nichols, as he performs his saxophone at a variety of venues in the area – including Trinity Woods! The Nicholoses appreciate how cordial the employees and residents have been during their first few weeks on campus.



Barry and Dayna Rich
Crestwood

Barry and Dayna Rich – Crestwood

Barry and Dayna Rich are excited to be in their new home in Tulsa. They recently moved from Ouachita National Forest in Eastern Oklahoma. The Riches enjoyed 40 acres in the Forest along with their dog Maggie. They are happy to be at Trinity Woods and pleased with the sense of community they are experiencing.

Barry was born in Sparta, Tennessee but moved to Ocala, Florida when he was a teenager. After high school graduation he moved back to Tennessee to attend the University of Memphis, where he received an accounting degree. His career was spent in the

banking industry, specializing in starting, acquiring, and auditing banks.

Dayna was born in Dowagiac, Michigan (located 30 miles from South Bend, IN). Her family relocated to Arkansas where she graduated from Rogers High School. Dayna also received her accounting degree from the University of Memphis. She served as a CPA for the government for 23 years, prior to retiring.

Dayna and Barry met in class. They were friends, then dated for two years and got married. They have been married for 37 years. They have three children and six grandchildren.

The Riches love to travel and took several trips to Europe. They loved trying all the food around the world. They are true “foodies” and are enjoying the food and selection at Trinity Woods. They are looking forward to trying some exercise classes.



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 Polak
VP of Philanthropy and
Community Engagement
and Editor

Jerome Steele
CFO and
VP of Finance

Weldon Tisdale
VP of Wellness and Chaplain

Trinity Woods Service Awards



5

Years of Service
Jamell Santana
Dining Team



10

Years of Service
Cynthia Pettigrew, CNA
Healthcare Team



15

Years of Service
Monoletto Marshall
Security

Phone Number:
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SAVE THE DATE!

BRUNCH

and learn!

MARCH 17, 2026 AT 10:30 AM

Join us for a *One Big Beautiful Bill Act Workshop* to get a clear and expert breakdown of the new law, how it affects your taxes, giving strategies, and long-term retirement planning.

LEARN MORE ABOUT:

New Tax Law Update | what has changed and how it affects retirement and giving.

Social Security and Medicare (IRMAA) | how hidden costs can affect your benefits

Planning Ahead | strategies for charitable giving, retirement savings, and estate planning

Take Action Now | steps you can implement

Major Retirement Impacts | what to anticipate and how to protect your plan

*This is a free, educational workshop provided through a partnership of our organization and Tulsa Community Foundation.
To reserve your spot call 918.346.6671 or email bpolak@trinitywoodstulsa.com*

