

# The Trail MIX

The neighborhood news from Trinity Woods | Issue: April 2026

FRIENDSHIP TEAMWORK LOVE GIVE VOLUNTEER HOPE TEAMWORK COOPERATION HUMANITARIAN EMPATHY FRIENDSHIP COMPASSION TEAMWORK TEAMWORK UNITY HOPE SUPPORT HOPE LOVE GIVE COOPERATION TEAMWORK LOVE COLLABORATION INV GIVE

*Celebrating a Life of Purpose:*

## National Volunteer Month at Trinity Woods

By Bonnie Polak, VP of Philanthropy and Community Engagement

April is National Volunteer Month—a time to recognize the power of service and the countless ways individuals give their time, talents, and hearts to others. At Trinity Woods, volunteerism is not just an activity—it’s a way of life that continues to flourish in retirement.

For many residents, volunteering didn’t begin at Trinity Woods. It’s been a lifelong commitment woven into careers, families, faith communities, and neighborhoods. What makes Trinity Woods unique is how that spirit of service doesn’t slow down—it evolves. Residents bring decades of experience, compassion, and purpose into new opportunities to make a difference right where they live.

Walk through the community on any given day and you’ll see volunteerism in action: residents welcoming new neighbors, assisting with events, supporting wellness initiatives, or offering a listening ear to a friend. Others extend their impact beyond campus—serving local nonprofits, participating in outreach programs, or contributing to charitable efforts across Tulsa.

This culture of engagement reflects a deeper philosophy—that purpose doesn’t retire. “Volunteerism is a powerful expression of living well across all dimensions of wellness,” said Weldon Tisdale, Vice President of Wellness and Chaplain at Trinity Woods. “When residents give their time and talents, they’re not only supporting others—they’re nurturing their own emotional, social, spiritual, and even physical well-being. It’s a meaningful way to stay connected, energized, and fulfilled.”

Volunteering aligns naturally with the Seven Dimensions of Wellness embraced at Trinity Woods. It strengthens social wellness through relationships, enhances emotional wellness by fostering joy and purpose, supports spiritual wellness through service to others, and even contributes to physical and intellectual wellness through active engagement and lifelong learning. At Trinity Woods, residents prove every day that retirement is not an endpoint—it’s a new chapter of impact. Their willingness to serve continues to shape a vibrant, caring community where everyone benefits.

Happy National Volunteer Month, we celebrate not just what our residents do—but who they are: individuals who have spent a lifetime giving back and who continue to inspire others through their generosity, kindness, and commitment to making a difference.

Their legacy of service lives on—right here at Trinity Woods.



 Trinity Woods

### In this issue:

**Celebrating  
Volunteer Month**

**April Wellness**  
Musicals, Books, Movies  
and More!

**Save the Date!**  
Women’s Luncheon &  
70th Anniversary Party

**New Neighbors**  
Welcome Dan and Robin, Chuck  
and Marion, Curt and Marion!

By Weldon Tisdale, Chaplain



# Why is Good Friday good?

Each year as Holy Week approaches, many people ask an important question: *Why is Good Friday called “good”?* After all, it marks the day Jesus was crucified, a day filled with betrayal, suffering, and death. At first glance, there seems to be nothing good about it. Yet for Christians around the world, Good Friday stands as one of the most meaningful and hopeful days in our faith. What appeared to be humanity’s darkest moment became the very place where God’s love was most clearly revealed.

Centuries before the birth of Jesus, the prophet Isaiah described a mysterious figure known as the Suffering Servant. Isaiah wrote that this servant would bear our griefs, carry our sorrows, and suffer on behalf of others. In one of the most powerful passages in Scripture we read, *“But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed”* (Isaiah 53:5). Christians understand this passage as pointing forward to Jesus. On Good Friday, Jesus fulfilled that role as he willingly endured the cross, taking upon himself the weight of human sin and brokenness.

What makes Good Friday “good” is not the suffering itself, but what God accomplished through it. In the crucifixion we see

the depth of God’s grace and love. Jesus endured the cross so that forgiveness, reconciliation, and new life could be offered to the world. When Jesus declared, *“It is finished,”* the work of redemption was complete. What seemed like defeat became the victory through which God opened the way for humanity to be restored.

Good Friday also invites a response from each of us. When we reflect on the cross, we are reminded of how deeply we are loved and how freely we have been forgiven. Gratitude becomes the natural response. The grace we receive calls us to extend grace to others—to forgive as we have been forgiven, to show compassion to those who are hurting, and to live with humility and kindness.

In many ways, Good Friday reminds us that God often works through what appears to be loss or suffering. The cross seemed like the end of the story, yet it became the turning point that leads to Easter morning. Because of that, we can face life’s challenges with hope, trusting that God can bring life even out of the darkest circumstances.



## April Birthdays at Trinity Woods

Gloria Nicholson.....	1
Pat Atkinson.....	2
Harold “Joe” Baker.....	4
Ken Frazier.....	5
Patsy Fawcett.....	6
Bob Funk.....	7
Judy Long.....	10
Dara Martin.....	10
Annie Morgan.....	12
Mona Smith.....	13

Ron Bell.....	14
Gayle Crosby.....	14
Ron Anderson.....	15
Kathy Bradshaw.....	16
Mary Davis.....	16
Barry Rich.....	16
Judy Bailey.....	17
Craig Dolinsky.....	22
Shirley Nelson.....	23

Sally Gresh.....	24
Dee Maguire.....	24
Tom Owens.....	25
Eileen Walker.....	25
Oakley Deisenroth.....	26
Dorothy Gibbs.....	28
Claudia Thomas.....	28
Carol Shortridge.....	30

### In Memory of

Paul Hockett.....	2/19/2026
Dayna Rich.....	2/28/2026
Joyce Hargrove.....	3/4/2026
Euel “Wayne” Gilbreth.....	2/27/2026
Boyd Stephens.....	3/11/2026



# Did you know? Parkinson's Awareness

By Lupina Fry, Trinity Woods Wellness Nurse

Parkinson's disease is a global health crisis and currently one of the fastest-growing neurodegenerative disorders. Its cases are expected to double by 2040. This incurable, progressive condition destroys brain cells that control mood, movement, and cognitive function, affecting millions worldwide.

While Parkinson's is commonly known for tremors, think of actor Michael J. Fox or boxer Muhammad Ali, Parkinson's is a "whole body" disease affecting life in numerous ways. The tremors and muscle rigidity are well-known symptoms, but this shaking and stiffness often slow movement and increase the risk of falls.

Other non-motor symptoms include depression, sleep disorders, anxiety, and loss of smell—can be just as disabling as movement issues. These symptoms may appear years before tremors or stiffness is noted. Over time, as the disease progresses, it affects walking, talking, and swallowing.

As the disease advances, changes in brain function may lead to personality changes and dementia. Many will eventually require continuous care. Despite these challenges, many people live for years with proper management. Early diagnosis is key. Identifying Parkinson's in its pre-motor phase (signaled by loss of smell or sleep disorders) is the only way to apply

possible disease-modifying treatments before brain damage can occur.

There is currently no cure or treatment to halt the progression of Parkinson's disease. By the time symptoms appear, 60-80% of dopamine-producing brain cells may be lost, complicating treatment. The exact cause remains uncertain. Researchers believe genetics, environmental exposure to chemicals or pesticides, or repeated head injuries may be involved.

While not curative, medications can significantly manage symptoms. Regular, intense exercise helps slow the decline in quality of life. Next-generation therapies, such as focused ultrasounds, infusion pumps, and advanced surgical procedures, are available.

If you are concerned, consult your doctor now to protect your brain health.



**Parkinson's Awareness color is gray. It is often chosen to represent the "grey matter" in the brain that is affected by the disease.**



## More Than a Game: The Pickleball Connection

By: Alison Guerrero, Fitness Professional

As spring arrives, many Trinity Woods residents head outdoors to enjoy the sunshine—whether walking, gardening, or playing pickleball. For Don Neuhaus, pickleball quickly became a favorite after he was introduced to it shortly after moving in over a decade ago. What started as curiosity turned into a passion.

Don says the key to staying active is simple: do something you enjoy. Unlike a typical workout that can feel long, pickleball makes time fly. Research supports this—fun, engaging activities help people stay consistent and improve overall wellbeing.

Beyond enjoyment, pickleball offers real health benefits. It supports heart health, improves endurance, and even

boosts brain function through quick thinking, coordination, and strategy. As Don puts it, both your body and brain get a workout every time you play.

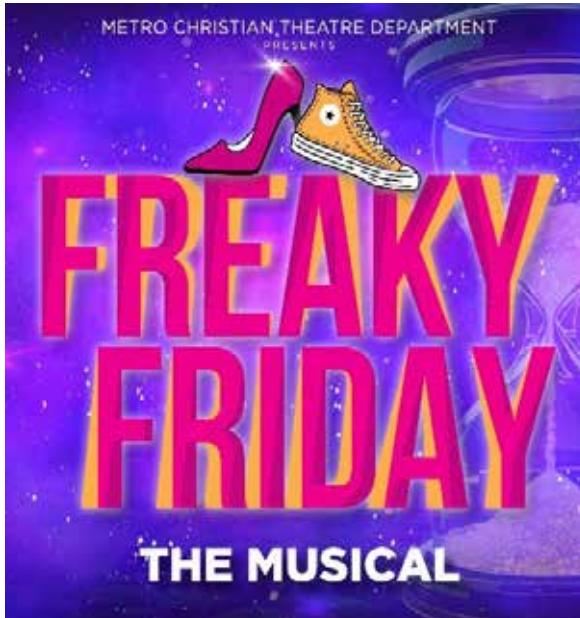
Equally important is the social side. Players build friendships, share laughs between games, and create a strong sense of community—helping prevent isolation and encouraging connection.

Don's advice? Don't be intimidated—just give it a try. The rules are simple, and the community is welcoming. You might just find your new favorite way to stay active. Check out the Wellness Calendar for times and locations for the next Pickleball match.





# April Events



Metro Christian Academy presents excerpts from

**Freaky Friday: The Musical**  
Thursday, April 9 at 7 p.m.

Community Life Center, Westervelt Hall

In a special performance just for us, the talented students from Metro Christian Academy will present highlights from *Freaky Friday*, the hit musical based on the beloved Disney films and classic novel.

When an overworked mother and her teenage daughter magically swap bodies, they have just twenty-four hours to make things right. This heartfelt and comedic show explores what happens when we finally spend a day in someone else's shoes.

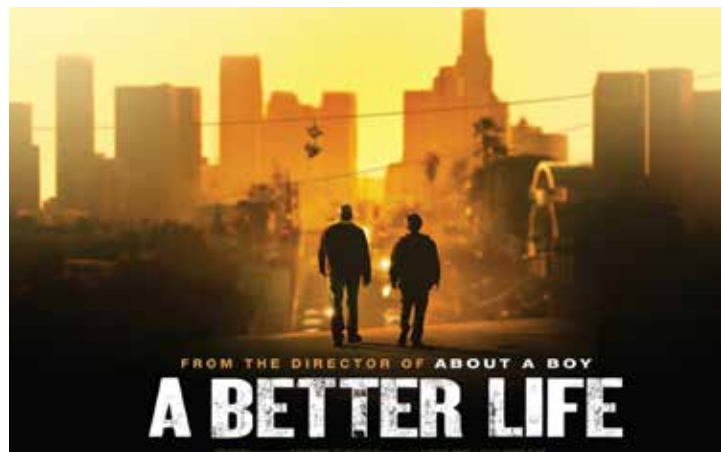
What to Expect:

- Wonderful Music: Iconic songs from the new musical
- Big Laughs: The chaos of a mother and daughter living each other's lives.
- Heartfelt Moments: A touching story of family, love, and mutual respect.



**Member Book Review:**  
**Murder on Route 66**  
Tuesday, April 21 at 7 p.m.  
Fleming Center

Route 66 becomes the scene for an original collection of mystery tales by Trinity Woods' own Carolyn Hart, as well as J. A. Jance, Barbara D'Amato, Les Roberts, John Lutz, and other distinguished authors. Marcia Bates, Trinity Woods member since 2022, will clue us into these intriguing stories. Marcia is an avid reader and serves on Trinity Woods' Route 66 Centennial Planning Committee.



**Movie: A Better Life with special refreshments**  
Friday, April 17 at 7 p.m.  
Fleming Center

As part of our programming to prepare for hosting the June 10 Naturalization Ceremony, we will enjoy coffee and pan dulce from local Pancho Anaya Bakery as we watch this inspiring and touching movie. *A Better Life* (2011 PG-13 1h 38m) directed by Chris Weitz, tells the story of a gardener in East L.A. who struggles to keep his son away from gangs while trying to give his son the opportunities he never had.



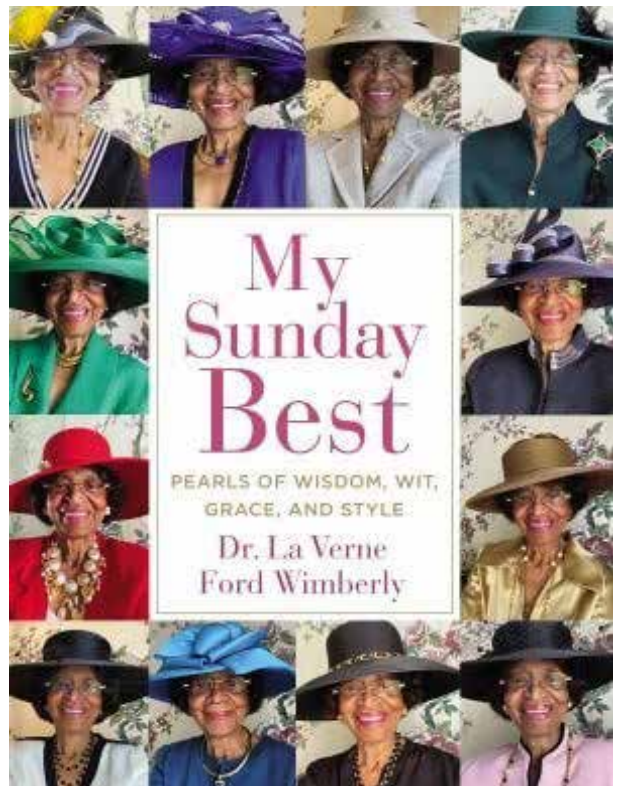
**Broadway Senior: Singin' in the Rain**  
**Thursday, April 30 at 2 p.m.**  
**Community Life Center, Westervelt Hall**

Broadway Senior is coming back to Trinity Woods with a performance of Singin' In The Rain, a shortened version of the classic American musical comedy. The Broadway Seniors have been rehearsing for months to showcase this wonderful work for eager audiences across Tulsa! We are always inspired by their performances.

## *Save the date*

**Trinity Woods' Annual Ladies Luncheon**  
 featuring Dr. La Verne Ford Wimberly  
 May 7, 2026 at 12:00 Noon,  
 Community Life Center, Westervelt Hall

Earlier in her life as an educator, Dr. La Verne Ford Wimberly helped desegregate the Tulsa school system, served as a school superintendent, and had a high school library named after her. But it was her determination to stay positive and stay connected during the first year of the COVID pandemic that made Dr. Wimberly a household name around the world. After posting selfies in her Sunday best for fifty-two consecutive weeks during one of the most difficult times in our country's history, Dr. Wimberly became a viral sensation—for her hats, her smile, and most of all, her joy.



## Trinity Woods Service Awards



**5**  
 Years of Service  
 Sherry Belcher  
 Housekeeping Team



**15**  
 Years of Service  
 Lori Johnson  
 Wellness Team



**5**  
 Years of Service  
 Weldon Tisdale  
 Wellness Team

# Welcome to the Woods!

## Dan and Robin Stevens - Villa



Dan and Robin Stevens  
Villa

New members Dan and Robin Stevens bring a lifetime of adventure, service, and humor to Trinity Woods. After years of moving for work, raising a family, and traveling the world, they are happy to be settled in a community where connection comes naturally.

Dan was born in Alto, Texas, a small town with a flashing red light at its center, and later moved to Dallas. He spent many summers back in East Texas with family. After earning a business degree in management from Stephen F. Austin State University, he began his career in the mailroom at General Motors' Chevrolet Motor Division. That first role—printing company bulletins on mimeograph machines—launched a 50-year career in the heavy truck industry. Though he officially retired on April 15, 2025, exactly 50 years after starting, Dan still consults occasionally and helps manage a small real estate business with his son-in-law.

Robin grew up in Houston and attended college in Nacogdoches, where a chance encounter in a bookstore led to a first date with Dan—and a partnership that has lasted more than 54 years. She earned her degree in education from Texas Woman's University and began teaching kindergarten. As their family grew,

her work expanded into preschool education and church ministry. In her 40s, she pursued seminary, earning a Master of Religious Education and becoming ordained. She later started a preschool at Jenks United Methodist Church and now teaches at New Haven United Methodist, helping lead a growing children's program.

The Stevens have two children and three grandchildren. They've traveled to more than 40 countries and continue to explore, with a European river cruise planned this spring. Please join us in welcoming Dan and Robin to Trinity Woods—we're glad they're here.

## Chuck and Marion Yadon - Crestwood

Chuck and Marion Yadon are happy to call Trinity Woods home, where they appreciate the welcoming community, good food, and opportunities to connect. Chuck is a Tulsa native and graduate of Will Rogers High School. After attending Oklahoma State University, he transferred to the University of Tulsa, earning a business degree. He began his career with Xerox before joining his family's commercial real estate business. Over the years, he served as vice president with several large firms and later became president of Tulsa Properties, once the largest brokerage firm in Tulsa.

Marion's early years included frequent moves due to her father's work in the oil industry, living in Texas, Calgary, and Mexico City before settling in Tulsa. She attended Edison High School and earned a Bachelor of Science degree in home economics from the University of Tulsa. She later taught at Bishop Kelley High School.

In the late 1980s, the couple began a new adventure, traveling across the country in search of the perfect place to open a bed-and-breakfast. Their journey led them to Sedona, Arizona, where they built Canyon Villa, an 11-room inn with sweeping red rock views. Opened in 1992, it welcomed guests from around the world and earned national recognition, including AAA Four Diamond honors. Chuck also served as president of the Sedona Chamber of Commerce during that time.

They sold the bed-and-breakfast in 2000 and returned to Tulsa to be closer to family, including their granddaughter. The couple has traveled extensively, taking nearly 30 cruises, including one around the world. Marion enjoys baking and playing duplicate bridge, while Chuck enjoys golf. They look forward to building connections in this next chapter.



Chuck and Marion Yadon  
Crestwood

## Curt and Marion Shacklett – Crestwood



Curt and Marion Shacklett  
Crestwood

Curt and Marion Shacklett bring a lifetime of faith, service, and connection to their new home at Trinity Woods.

Curt was born in Jackson, Mississippi, and raised in Tulsa, where he graduated from Edison High School before attending the University of Tulsa. He earned degrees in zoology and law and built a 43-year legal career. Over time, his work shifted from trial law to estate planning, helping families navigate complex decisions, especially those caring for children with disabilities. Alongside his legal career, Curt remained deeply involved in ministry, teaching Bible studies and writing, including his eBook 7 Traits of a Bond Servant of Christ.

Marion was born in Toronto, Canada, and later attended the University of Miami, earning a degree in education. She taught English as a Second Language at the University of Tulsa while also investing in others through volunteer work and ministry. She later worked with Curt in premarital counseling through Tulsa Bible Church, guiding dozens of couples each year.

The couple met on the University of Tulsa campus in 1966 and married the following year, beginning a partnership that has spanned nearly six decades. They have two sons and enjoy time with their grandchildren.

Both Curt and Marion share a love of learning and connection. Curt enjoys reading, writing, gardening, and teaching, while Marion enjoys gardening, reading, and building friendships. Their family's experience with a rare genetic condition led them to help start the Oklahoma chapter of the Prader-Willi Syndrome Association.

They chose Trinity Woods for its location, continuum of care, and strong sense of community. Now settled in, they continue to live out their values of faith, service, and hospitality.



### 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



## 70th Anniversary Party

June 25th at 10:30 a.m.



Phone Number:  
(918) 743-2565

Website:  
TrinityWoodsTulsa.com

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## SHARE YOUR *Trinity Woods Story!*

For 70 years, Trinity Woods—formerly Oklahoma Methodist Manor—has been home to generations of residents and their families. Together, we've created a legacy filled with meaningful moments, cherished relationships, and lasting memories.

As we celebrate this milestone, we invite you to help us preserve the stories that make our community so special.

Do you have a connection to Trinity Woods? Did a parent, grandparent, friend, or loved one live here? Maybe you remember visits, celebrations, or simple everyday moments that meant the most. We would love to hear your story.

Your memories—and even photos or keepsakes—help us honor our past and celebrate the people who shaped our community. Send memories and stories to [memories@trinitywoodstulsa.com](mailto:memories@trinitywoodstulsa.com).

Every memory matters.  
Help us keep the Trinity Woods story alive.