The Trail MIX

The neighborhood news from Trinity Woods I Issue: August 2026

MOVING FORWARD WITH CONFIDENCE: *Honoring Our Legacy, Building Our Future*

By Garrett Lee, Trinity Woods CEO

As we welcome August, I've been reflecting on all our community has experienced together over the past few years. Change has been a consistent theme—from completing major construction projects and welcoming new leadership to celebrating an extraordinary milestone: 70 years of serving older adults with compassion, dignity, and excellence.

Periods of change naturally invite questions and concerns. They also present opportunities.

Recently, we celebrated the retirement of our longtime Chief Operating Officer, Dennis Graham, whose leadership helped shape Trinity Woods. We are deeply grateful for his service and for the many leaders who have faithfully advanced our mission over the years. Their legacy continues as we welcome new leaders, residents, and employees who share our commitment to serving in the spirit of Christ.

Our campus has also been transformed through thoughtful improvements that enhance life for today's residents while preparing for future generations. These investments create spaces where people can connect, thrive, and truly feel at home.

While much has changed, what matters most has remained the same. For 70 years, our mission has been rooted in providing exceptional care, building meaningful relationships, and fostering a vibrant community where residents can live with purpose and peace of mind. Every decision we make reflects our commitment to those we serve and to the employees who bring our mission to life each day.

As we look ahead, I am filled with optimism. Trinity Woods is financially strong, strategically focused, and supported by an engaged Board of Directors, dedicated employees, outstanding leadership, and wonderful residents. Together, we are building on a proud legacy while preparing for an even brighter future.

Thank you for your trust and partnership. As we move forward together, we remain committed to honoring our past, serving with excellence today, and celebrating our bright future.

70TH ANNIVERSARY
Established 1956
Trinity Woods

In this issue:

Trinity Woods' Future

Summer School

August Events
Book Club and New Member Reception!

New Neighbors
Meet Betsey and JoEllen!

Finding Joy IN EVERY SEASON

By Weldon Tisdale, Chaplain

***"This is the day the Lord has made; let us rejoice and be glad in it."* (*Psalm 118:24*)**

As summer begins its gentle transition toward autumn, August invites us to slow down and appreciate the blessings that surround us. The days are still warm, the gardens are flourishing, and there is an opportunity to pause and reflect on God's faithfulness.

Life often encourages us to focus on what comes next; the next event, the next appointment, or the next milestone. Yet Scripture reminds us that God's greatest gifts are often found in the present moment. Every sunrise, every shared meal, every conversation with a neighbor, and every act of kindness offers an opportunity to experience His grace.

At Trinity Woods, we are blessed to live in a community where meaningful relationships flourish. Whether you participate in a wellness class, attend Bible study, volunteer, enjoy a concert, or simply stop to visit with a friend, you help create a place where everyone is known, valued, and encouraged. Community is built not only through special events but also through everyday moments of compassion and genuine care.

August is also a wonderful time to continue growing in wellness. Wellness encompasses much more than physical health. It includes caring for our spiritual, emotional, intellectual, social, vocational and environmental well-being. Sometimes growth begins with something as simple as trying a new activity, reconnecting with an old friend, spending time in prayer, or taking a peaceful walk to enjoy God's creation.

Perhaps the greatest habit we can cultivate is gratitude. Gratitude shifts our focus from what we lack to the abundance God has already provided. It strengthens hope, deepens relationships, and reminds us that every season of life has purpose. Even when circumstances change, God's love and faithfulness remain constant.

As we journey through this month, look for opportunities to brighten someone's day. A smile, a handwritten note, an invitation to coffee, or a few moments spent listening can become a meaningful expression of Christ's love.

Thank you for making Trinity Woods more than a place to live. Together, we are building a community where faith, friendship, and purpose flourish. May this August be filled with joyful moments, renewed strength, and grateful hearts as we continue walking together in God's grace.

Rejoice in today!

Meet our NEW THERAPY TEAM!

Whether recovering from surgery, building strength after an illness, or simply working to maintain independence, therapy can play an important role in helping us continue doing the things we enjoy every day. That's why Trinity Woods is excited to welcome Functional Pathways as our new therapy partner. Their team provides physical, occupational, and speech therapy services across our continuum of care, supporting you every step of the way.

Therapy is about so much more than recovering from an injury. Physical therapy focuses on restoring mobility, improving strength and balance, and helping you move safely and confidently. Occupational therapy helps you return to everyday routines and maintain independence with daily activities. Speech therapy supports communication, comprehension, and swallowing through personalized treatment. Every therapy plan is tailored to meet each resident's individual needs and goals.

With nearly 30 years of experience, Functional Pathways shares Trinity Woods' commitment to helping people stay active, healthy, and engaged. We are excited to welcome their team and look forward to the care, encouragement, and support they will bring to our community.

Functional Pathways
Therapy that exceeds expectations

The Health Benefits of BETTER BALANCE = BETTER BALANCE

By Alison Guerrero, Fitness Professional

Life can be a real balancing act sometimes! We have to balance our checkbooks, ensure we make fair and balanced decisions, keep relationships in balance, watch that we eat a balanced diet, maintain a healthy work/life balance, and more. Noticing a pattern here? It's "balance" – a huge part of our lives, especially as we age! Specifically, our physical ability to balance.

Balance is defined as one's ability to remain in an upright and stable position. It is comprised of four systems that all must work in tandem to help keep you standing and walking tall. Each system is just as important as the others and impacts your overall balance, so building each system is valuable.

- **MUSCULAR SYSTEM:** Regular strength training as well as flexibility training, especially for the core and lower body, helps improve overall stability and endurance. It's recommended to strength train two to three times a week for 20 to 30 minutes a session using free weights, weight machines, resistance bands, or body weight, and to stretch gently to the point of discomfort all areas of the body at least once a day.
- **VESTIBULAR SYSTEM:** Located in your inner ear. Certain head and body movement exercises, like head turns, head rolls, careful and safe spinning, etc, can help improve the vestibular system by helping the brain practice tolerating and interpreting the signals it gets from the vestibular system.
- **VISUAL SYSTEM:** Ensuring your environment is well lit and clean, especially at nighttime, is greatly helpful in supporting visual balance. On top of that, regular visits to your optometrist and practicing eye care and safety help keep your visual system in tip-top shape.
- **SOMATOSENSORY SYSTEM:** This is a fancy way of saying your body's ability to feel and sense where you're at in space. It can be strengthened by using, you guessed it, sensory exercises! Things like standing on uneven surfaces (like soft foam), intentional and focused body awareness exercises, and practicing feeling the environment around you can help support your somatosensory system.

As we age, like the rest of our body, these systems can weaken, which is why it's so important to prioritize balance training in our everyday lives. That's why Trinity Woods now offers four Better Balance educational exercise classes on a weekly basis! Remember, life's all about balance, and today is as great a day as any to take charge and balance it out!

August Birthdays at Trinity Woods

Suzanne Davis.....1
Allison Fallin.....1
Versa Bailey.....3
Mary Elsa Hocker.....3
Bob Cable.....4
Rosemary Frew.....4
Margaret Davidson.....5
Robert Stearns.....6
Linda Pat Colgan.....7
Barbara Graves.....7
Joann Reed.....7
Jon Vrooan.....7
Ginger Anderson.....8
Tim Johnson.....10
David Maddox.....10
Ed Wagner.....10
Richard Allen.....11
Bob Mansfield.....11
Kathryn Jordan.....13
Gary Bracken.....13
Nita Boring.....15
Duane Blankenship.....16
Jeanette Hooks.....17
Susan Williams.....17
Kay Owens.....18
Jerri Hudson.....19
Don Stout.....19
Jeannie Westfield.....21
Allen Bates.....22
Cindy Ziegler.....22
Carolyn Hart.....25
Joan Derr.....26
Mae Timmons.....26
Elma Briggs.....27
Bill Moorer.....29
Marcia Seba.....30

August Anniversaries

Don and Becky Neuhaus.....8/6/1966
Dick and Gerry Pittenger.....8/8/1953
Joe and Jeanette Hooks.....8/13/1965
Jerry and Julie Gustafson.....8/16/1957
Don and Glenna Hertzler.....8/17/1963
Brad and Faith Ferguson.....8/19/1967
Warren and Lynette Danskin...8/20/1972
Bill and Kathryn Jordan.....8/24/1963
Ken and Ruth Weston.....8/24/1963
Grady and Sandra Nichols.....8/25/1965
Bob and Jane Mansfield.....8/28/1960
Lynn and Pam Mattson.....8/28/1976
Derk and Jill Tenzythoff.....8/31/1973

In Memory of

Robert "Bob" Coles.....6/30/2026

For more information on classes, see the 2026 Class Booklet or check out the Trinity Woods Neighborhood App.

Unlearning Ageism: Reclaiming Your Mind for a Vibrant Life. Wednesday & Friday, August 5 & 7 at 1 p.m., Fleming Center.
Instructor: Charlotte Frazier retired, after 30 years in various library roles, from the Tulsa City-County Library as Deputy Director of Collection Management and Technology.

Join Charlotte for an eye-opening, two-part presentation inspired by research from Dr. Becca Levy's book, *Breaking the Age Code*. In session one, The Invisible Fog, we will unmask the subtle ageism woven into daily life. In session two, Reclaiming the Code, we will explore the astonishing scientific proof that a positive outlook can protect brain health, reduce stress, and add an average of 7.5 vibrant years to your life. Come ready to challenge old myths and rewrite your aging story!

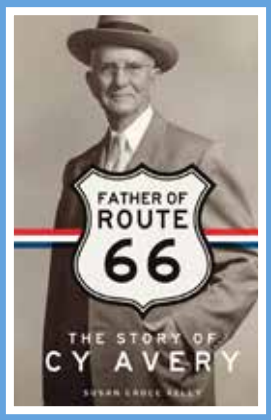
Voting 101: All the Excitement of Voting Without the Politics. Monday, August 10 at 2 p.m., Crestwood Theater.
Instructor: Derk Tenzythoff has been an election official in Tulsa for many years, currently serving as an Inspector in the 2026 elections.

An informal look at how the voting process in America has changed over the years. We will also look at how Oklahoma and Tulsa elections are administered, with an inside look at the 2024 Tulsa mayoral election and the recount that followed. Voter registration materials will be available if you are not already a registered voter.

Beautiful Lanyards. Wednesday, August 12 at 3 p.m., Crestwood Theater.
Instructor: Cherlyn Sunflower loves playing cards, teaching crafts, and making new friends.

Learn how to make a beautiful sparkly, easy-to-use lanyard made from one of your own necklaces. This lanyard can be put on any of your necklaces that are at least 24 inches around. In addition, the lanyard will have a retractable 15-inch cord so you don't have to bend over to unlock your apartment door, your mailbox, or your storage room key. You can add your pendant and your key card if that interests you. You will get 4 different kinds of carabiner, a retractable device and plastic pouches. You must bring one or more necklaces that are at least 24 inches around, along with all your keys, your pendant and your key card. Cost of supplies is $12 charged to your Trinity Woods account. Class size is limited.

August Events



Book Review by the Author: Father of Route 66
by Susan Croce Kelly
Tuesday, August 18 at 7 p.m.
Fleming Center

If it weren't for Cy Avery's dreams of better roads through his beloved Tulsa, the United States would never have gotten Route 66. This book is the story of Avery, his times, and the legendary highway he helped build. No reservations necessary. You may purchase a copy of the book in advance or at the event for a discounted price of $16 charged to your Trinity Woods account. Ms. Kelly will sign books at the event.

Susan Croce Kelly has been a newspaper reporter in Missouri, an award-winning columnist in Texas, public relations executive in St. Louis, Chicago, Belgium, and England, founded Ozarks Magazine, and was president of her own corporate writing business. She is the recipient of the John T. Woodruff award for her support of the Mother Road, of Missouri's Walter Williams Major Work Award, a Best Book Award from the Oklahoma Writers Federation, and is an inductee into the Missouri Writers Hall of Fame. She lives in Springfield, Missouri.

Three-legged Stool Approach to Retirement Income Security
Friday, August 14 at 1 p.m., Fleming Center.
Instructor: Mike Reynolds CPA, MBA has worked in public and private accounting and finance for his entire career.

A three-legged stool is designed not to wobble, even on uneven ground. Retirement income security can work the same way when using a balanced approach.

Artificial Intelligence (AI)
3 sessions (See details below.)
Instructors: Don Hertzler, Emeritus Professor of Chemistry at Southwestern Oklahoma State University; Sarah Davis, MLIS, from the Martin Regional Library (part of the Tulsa City-County Library)

Session 1: Natural Intelligence - The Brain as a Computer
Monday, August 17 at 2 p.m., Community Life Center, Westervelt Hall. Instructor: Don Hertzler

Some questions we will explore: What is known about how our brain records memories? How does the brain use memories to solve problems? How does our brain put together memories to formulate original, creative and abstract ideas? And so much more!

Session 2: AI for Beginners: What You Need to Know to Be Smart about AI. Thursday, August 20 at 2 p.m., Fleming Center.
Instructor: Sarah Davis.

Learn about the history of AI, the main types of AI (it isn't just one thing!), and tools and applications of AI in everyday life. Everyone can be smart about AI!

Artificial Intelligence (AI) Continued....
Session 3: Creating Artificial Intelligence. Monday, August 24 at 2 p.m., Fleming Center.
Instructor: Don Hertzler

We will explore the following questions: How have scientists made use of computers and memory storage systems to achieve the current state of Artificial Narrow Intelligence? What will be necessary to get to the next levels of artificial intelligence? We will also talk about guardrails that must be placed on any artificial intelligence.

Artistry and Old Lace
Wednesday, August 26 at 1 p.m., Crestwood Theater.
Instructor: Judy Bailey is an artist and was the owner for 10 years of Artistry and Old Lace shop in Brookside

This class will include a brief history of lace, showing examples of types of handmade lace. We will also have a show-and-tell and discussion of the many ways lace can be used in art-to-wear clothing, pillows, decorative items, etc. There will be lots to see and learn about this intricate art form which has adorned items for hundreds of years.

Junque Journals
2 sessions: Friday, August 28 at 1 p.m. & Monday, August 31 at 2 p.m., Community Life Center - Howard Plowman Classroom
Instructor: Carolyne Duncan taught elementary art for 10 years and is a lifelong journaler.

This is your chance to make and keep a journal about your life or make a gift of one to a family member or friend. This small journal (5 ½" x 8" and 16 pages) is just right for writing whatever you want – diary, notes, recipes, addresses or anything else to keep and look back on. All supplies will be provided.

Route 66 New Member Reception
Thursday, August 27 at 6:30 p.m.
Community Life Center, Westervelt Hall
Ticket Required.

Enjoy a buffet of delicious heavy hors d'oeuvres from *The Route 66 Cookbook* by Marian Clark with an introduction by Michael Wallis, as we celebrate the August 31 birthday of Cyrus Avery, the Father of Route 66. Meet your newest neighbors followed by a fascinating conversation with stories from and about Route 66 with Michael Wallis and Ken Busby. After the program, all of Mr. Wallis's books will be available for purchase and signing, while you enjoy a display of Route 66 memorabilia and a selection of bottled sodas. Attire from any era of Route 66, 1926-2026, is encouraged!

Michael Wallis has written nineteen books, including *Route 66: The Mother Road*, and multiple volumes about the Wild West. His work has also been featured in periodicals such as Time magazine, The New Yorker, and Smithsonian. Mr. Wallis is also the voice of the Sheriff of Radiator Springs in Pixar's Cars films. Ken Busby serves as Executive Director & CEO of the Route 66 Alliance and is also known as the cultural czar of Northeast Oklahoma.

Welcome to the Woods!

Betsey Kersey
Crestwood

Betsey Kersey - Crestwood

Some careers are simply jobs. Others become lifelong journeys. For new Trinity Woods resident Betsey Kersey, one temporary assignment turned into more than six decades of meaningful work, lasting friendships, and a legacy of service to the Tulsa community.

Born in Coweta and raised in Sand Springs, Betsey was the oldest of four children. After graduating in the first class of Charles Page High School, she attended Draughon's School of Business, launching a career in accounting and business administration that spanned more than 60 years.

In 1964, Betsey accepted what was supposed to be a temporary position at Transportation Leasing Company. The "temporary job" became a lifelong career as the company expanded into automobile financing, vehicle rentals, trucking, aviation, and other ventures. She fondly recalls being introduced for years as "their temp"—a title that became an inside joke as she helped guide the growing business through decades of success.

Today, Betsey continues working four days a week, helping support charitable causes throughout the Tulsa area. She also has volunteered extensively with aviation organizations and events, combining her organizational talents with a passion for youth education and community service.

Although she never married, Betsey treasures her close-knit family, especially her siblings, nieces, and nephews. She describes herself as independent and a bit of an introvert, but she's looking forward to discovering new interests and participating in activities at Trinity Woods.

After more than 20 years in her previous home, Betsey says moving to Trinity Woods was "the best decision I ever made." She appreciates the friendly residents and staff, the sense of security, and the peace of mind that comes with a full continuum of care. As she settles into her new home, she's eager to explore campus, attend fitness classes, and embrace the adventures that await.

JoEllen Culver - Crestwood

JoEllen Culver
Crestwood

Some people have a remarkable way of making you feel like you've known them forever. Spend just a few minutes with new Trinity Woods resident JoEllen Culver, and it's easy to see why. Her genuine warmth, quick wit, and lifelong love of people have shaped a life centered on family, friendship, and service.

Born in Houston, Mississippi, JoEllen moved to Tahlequah as a young girl and graduated from Tahlequah High School before earning her degree from Oklahoma State University. It was also in Tahlequah where she met her first—and only—boyfriend in the eighth grade. That young romance grew into a 57-year marriage with her husband, Bob Ed Culver.

The Culver family was well known in Tahlequah, where Bob's family owned the local funeral home. JoEllen became a licensed funeral director, helping serve families during life's most difficult moments. After the funeral home was sold, Bob answered another call to service, spending 10 years in the Oklahoma House of Representatives.

Family has always been at the heart of JoEllen's life. She is the proud mother of four children, grandmother of 11, and great-grandmother of 11. Whether reading, playing games, or visiting with loved ones, she has always found joy in being with others.

Just weeks after moving in, she is already enjoying exercise classes, community events, and making new friends. "I thoroughly enjoy it here," she says. "Everyone I have met are sincere people. They are true to what they portray."

Honey bees are busiest in August. They spend the late summer gathering nectar and pollen to build up food stores for the coming winter.

The sunflower is one of August's signature blooms. Sunflowers can grow more than 10 feet tall and young flowers actually track the sun across the sky, a behavior called heliotropism.

August Fun Facts

August is National Peach Month and National Corn Month, making it the perfect time to enjoy fresh summer produce.

August STARS Employee of the Month

Cliff Mosley – Transportation

- **Start Date:** April 2012
- **Born and Raised:** Tulsa, Oklahoma
- **What he enjoys most about his job:** Everything
- **Favorite thing about working with residents:** Making them happy
- **Described by Coworkers:** A man with a sense of humor
- **Favorite Hobbies/Activities:** Yardwork
- **Something People Don't Know:** How old he is
- **Learning a New Skill, what would it be:** Learn to fly a plane
- **Favorite Restaurant:** Texas Roadhouse
- **Favorite TV Show:** Martin
- **Best Advice Ever Received:** Be yourself
- **Biggest Influence:** Father and mother
- **Most Proud of:** My family
- **Dinner with any Person (living or historical):** My mother
- **Three Things Can't Live Without:** God, my wife, and family
- **On His Bucket List:** Closer walk with God
- **Family:** Married, one daughter and two granddaughters
- **Favorite Bible Verse:** "Lord, hear my prayer, listen to my cry for mercy; in your faithfulness and righteousness come to my relief." Psalm 143:
- **What his supervisor says:** "Cliff Mosley sets the standard in more ways than one. Always impeccably dressed and always a true gentleman, he is dependable, kind, courteous, and honorable. Trinity Woods is fortunate to have someone who represents our community with such professionalism and integrity every day." – Carri Matheson, Director of Member Services

Trinity Woods Service Awards

15
Years of Service
Candy Ramirez
Dining Team

5
Years of Service
Harriet Zavala
Healthcare

5
Years of Service
Robert Williams
Dining Team

5
Years of Service
Gatha Cameron
Housekeeping Team

Trinity Woods Leadership Team

Garrett Lee
Chief Executive Officer

Crystal Creekmore
VP of Human Resources

Emilie Creswell
VP of Health Services

Bonnie J. Polak
VP of Philanthropy and Community Engagement and Editor

Jerome Steele
Chief Financial Officer

Weldon Tisdale
VP of Wellness and Chaplain

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CHANGE SERVICE
REQUESTED

BOOMER

GINGER

CALEB

ROBIN AND PUPS: AMELIA, TUXEDO, AND JINGLE

the DOG DAYS of summer

Who says the dog days of summer are only for people? Our four-legged neighbors are making the most of the season with sunny strolls, tail wags, treats, and plenty of love. This month, we're celebrating some of the wonderful furry companions who call Trinity Woods home.