The Trail MIX

The neighborhood news from Trinity Woods I Issue: September 2026

Heart of Hospitality

By Bonnie Polak, VP Philanthropy and Community Engagement

At Trinity Woods, being a good neighbor is part of who we are.

What makes someone feel at home? Sometimes, it's as simple as seeing a familiar face, being invited to join for dinner or knowing someone will notice when you need a helping hand.

At Trinity Woods, hospitality isn't reserved for special occasions or welcoming new residents. It happens every day, in countless small ways, through a culture of neighbors caring for neighbors.

Our residents are at the heart of that culture. They check in on one another, offer rides or assistance, make introductions, save seats and invite others to participate. They celebrate birthdays and milestones, share meals and conversations, and show up for each other during difficult times. These gestures may seem small, but together they create something significant: a true sense of belonging.

That neighborly spirit also shapes the relationships between residents and Trinity Woods team members. Hospitality can be found in a team member remembering how someone takes their coffee, stopping for a conversation or noticing when a resident could use a little extra encouragement. And it goes both ways. Residents know our team members, ask about their families, celebrate their accomplishments and remind them that they are valued members of this community, too.

That is what makes hospitality at Trinity Woods special. It isn't simply something we provide—it's something we share. Every person who lives and works here has an opportunity to contribute to our neighborly culture. A smile, an invitation, a helping hand, a few minutes spent listening: each is a simple act of hospitality that says, "You belong here."

And perhaps that is the heart of being a good neighbor: making sure the people around us know they are seen, valued and never alone. At Trinity Woods, that's more than hospitality. That's community.

70TH ANNIVERSARY
Established 1956
Trinity Woods

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THE MINISTRY OF A *Welcoming Heart*

By Weldon Tisdale, Chaplain

As September arrives, the warmth of summer gradually gives way to cooler days, familiar routines return, and the changing season invites us to reflect on God's faithfulness. Each new season offers an opportunity to grow not only in what we do, but also in how we love, serve, and care for one another.

At Trinity Woods, we are blessed to share more than a place to live and work. We share a community where friendships grow, lives intersect, and opportunities to extend God's love are present each day. Often, it is through simple acts that Christ's love becomes visible: a warm greeting in the hallway, an invitation to share a meal, a thoughtful phone call, a helping hand, or a quiet word of encouragement.

Scripture reminds us, *"Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it"* (Hebrews 13:2). Hospitality is more than opening a door or offering a seat at the table. It is opening our hearts. It is making room for another person's story, joys, concerns, hopes, and needs. It is offering the assurance, "You are welcome here. You are seen. You are valued."

Charity is also an expression of God's love at work within us. We may give through financial resources, but we also give through our time, compassion, encouragement, and presence. Sometimes the greatest gift we can offer is simply to sit beside someone, listen attentively, or remind a neighbor that they are not alone.

These acts of love nurture our spiritual wellness and strengthen our entire community. When we practice kindness, generosity, and hospitality, we deepen our connection with one another and become more aware of God's presence in our midst. In giving, we often discover that we are also receiving; receiving joy, purpose, gratitude, friendship, and grace.

The Apostle Paul writes, *"Let all that you do be done in love"* (1 Corinthians 16:14). May these words guide us throughout September and beyond.

Together, may we continue building a community where charity is generously shared, hospitality is warmly offered, spirituality is deeply nurtured, wellness is holistically embraced, and kindness is faithfully lived. In all that we do, may the love of Christ be seen, felt, and experienced through us as we each cultivate "The Ministry of a Welcoming Heart."

Let's Learn About Health Together!

TRINITY WOODS ANNUAL HEALTH & WELLNESS FAIR

Knowing what you need or helping a loved one find a resource means knowing where to look and taking advantage of a great opportunity. The 2026 Trinity Woods Health & Wellness Fair will take place in the Community Life Center on **Thursday, September 17th from 10 a.m. to 2 p.m.** There is no charge to attend this event. We welcome neighbors and friends, and we know you'll enjoy your time and find some great information. And if you stick around until the end, we have a great fashion show sponsored by our own Treasure Chest volunteers. Please, join us!

Focusing on the Seven Dimensions of Wellness
TRINITY WOODS HEALTH FAIR

By Lupina Fry, Wellness Nurse

While preparing for the 2026 Trinity Woods Health & Wellness Fair and working with the invited organizations, I realized that Trinity Woods, the Tulsa community, and Oklahoma are blessed to have so many valuable resources available to provide help and support. Folks just need to know what help they need and who to ask.

One of the best ways to track what may be lacking is by viewing daily life through the lens of wellness. By using the seven dimensions of wellness, a person can turn an overwhelming search for help into an organized, targeted checklist.

Focusing on **PHYSICAL WELLNESS** can help manage chronic illness, mobility challenges, and safety with activities of daily living. Resources like Medicare.gov can help you find home health services or medical equipment. Oklahoma Senior Games offers ways to stay physically active.

Assessing **EMOTIONAL WELLNESS** involves one's ability to handle life changes and mental health issues such as a new diagnosis, grief, or depression. Resources like The Grief Center, the Mental Health Association of Oklahoma, and the Alzheimer's Association can provide help.

SOCIAL WELLNESS involves maintaining a strong support group to combat isolation, which significantly impacts health. Resources include our Life Enrichment Coordinators at Trinity Woods, Life Senior Centers, and the local AARP Foundation, which runs programs that connect seniors with companion volunteers.

INTELLECTUAL WELLNESS encourages lifelong learning and curiosity, keeping the mind sharp. Tulsa City County libraries offer free access to large-print books, audiobooks, and computer classes. OU and OSU offer Osher Lifelong Learning Institute Zoom courses tailored to adults over 50.

SPIRITUAL WELLNESS centers on finding purpose, peace, and connection to something larger than oneself. Local churches often have senior ministries, and don't forget practices such as prayer, meditation, yoga, and tai chi. Trinity Woods offers on-campus services and guidance from the Spiritual Life Council.

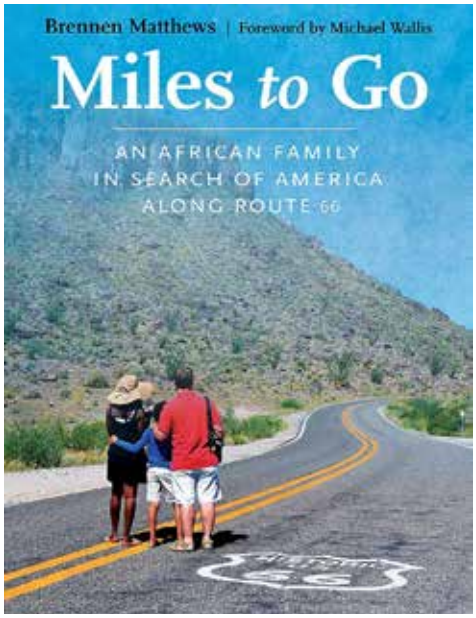
VOCATIONAL WELLNESS for seniors evolves from paid work into personal fulfillment through hobbies, mentoring, or volunteering. AmeriCorps Seniors is a government program matching older adults with volunteer opportunities. Several vendors at the Health & Wellness Fair, such as Reading Partners, will be seeking volunteers.

Finally, **ENVIRONMENTAL WELLNESS** focuses on one's home and living environment, assessing modifications, home cleanup, and decluttering. Family Nest Estate Solutions will be at this year's Fair to offer guidance and support.

September Events

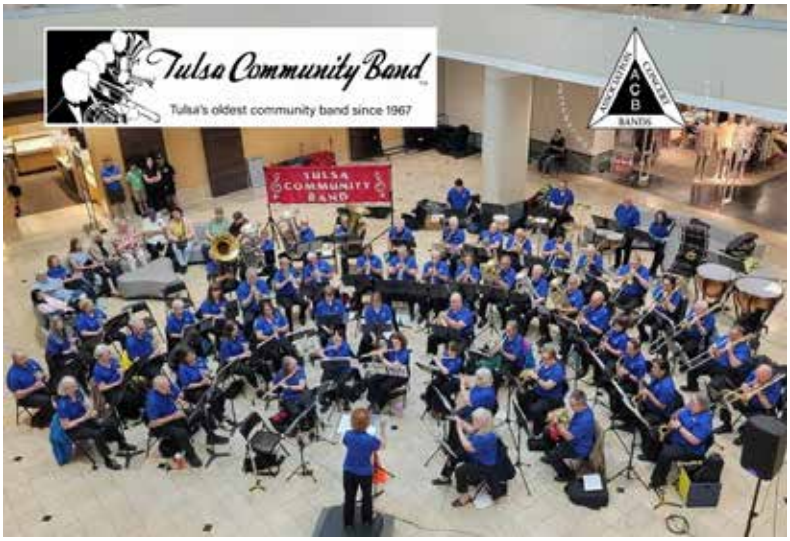
Chosen Rhythm Ugandan Dance Group
Thursday, September 10 at 7 p.m.
Community Life Center, Westervelt Hall

We will welcome Chosen Rhythm, a Ugandan dance group featuring current students and alumni of Oral Roberts University. The group celebrates Uganda's rich culture through music and dance. Don't miss their exciting presentation!



Book Review: Miles to Go, An African Family in Search of America Along Route 66
Tuesday, September 15 at 7 p.m.
Community Life Center, Westervelt Hall

Trinity Woods member Carson Jackson will review this book by Brennen Matthews, with a forward by Michael Wallis, that follows a Kenyan American family traveling the length of Route 66 to better understand the United States—its history, culture, and contradictions. Along the way, they encounter welcoming communities, hidden racial histories, and the complex reality of the "Mother Road." Their journey becomes both a road-trip adventure and a deeper search for identity, belonging, and what America truly means for an African immigrant family. Carson has compiled photos so that we can follow along visually on this cross-country trek.



Tulsa Community Band Outdoor Concert followed by Root Beer Floats
Thursday, October 1 at 6:15 p.m.
Community Life Center Parking Lot

Founded in 1967 by the Tulsa Parks and Recreation Department, the Tulsa Community Band has been an integral part of the region's cultural landscape for more than five decades. Comprised of volunteer musicians from diverse professions and backgrounds, the band's repertoire embraces a wide range of styles, including traditional marches, orchestral transcriptions, jazz, and popular works

A Fall Favorite of Chef Richard!

ROASTED BUTTERNUT SQUASH AND APPLE SOUP

Ingredients

- 1 medium butternut squash- peeled, seeded and cubed in 1-inch pieces
- 1 large Granny Smith Apple- peeled, cored and chopped
- 1 medium yellow onion- diced
- 3 cloves garlic- minced
- 2 tablespoons of olive oil
- 1 tablespoon fresh sage- finally chopped
- ½ teaspoon ground nutmeg
- 3 cups low sodium chicken broth
- ½ cup heavy whipping cream (or full fat coconut milk)
- Salt and pepper to taste
- Toasted pumpkin seeds for garnish

Directions

1. Preheat oven to 400*
2. Toss squash, apple, and onion with half of the olive oil. Lightly season with salt and pepper. Spread out on a baking sheet and roast for 30 minutes until the squash is tender.
3. Heat remaining olive oil in a Dutch oven or soup pot add garlic, chopped sage, and nutmeg sauté for about a minute until aromatic.
4. Add the roasted squash, onion and apple to the pot. Pour in broth and bring to a hard simmer for 10 minutes.
5. Turn off the heat and blend until smooth, whisk in cream and turn heat back on low for 4 minutes, salt and pepper to taste.
6. Top bowl of soup with toasted pumpkin seeds.

September Birthdays at Trinity Woods

Mary Herrold.....1
Mike Rodehaver.....1
Warren Danskin.....2
Jane McKinney.....3
Betty Swindle.....3
Brad Ferguson.....5
Wanda Koger.....5
Diana Wagner.....5
JoAnn Bingham.....6
Angela Denny.....10
Peggy Jackson.....10
Sally Kemp.....13
Bob Bauer.....15
Zella Cock.....15
Dan Bissett.....16
Jane Herndon.....16
Chelley Wallack.....16
Marion Shacklett.....18
John Miller.....19
Joyce Raulie.....19
Linda Gaither.....21
Richard Ziglar.....22
Maggie Gilliland.....23
Margaret Ellison.....24
Virgina Gray.....25
Sharen May.....26
Katie Boudreau.....27
Nan Kemp.....27
Gary VanFossen.....27
Aneta Wilkinson.....28
Esther Wilson.....28
Phyllis Davis.....29
Cherlyn Sunflower.....29
Faith Ferguson.....30
Grady Nichols.....30
Anne Sublett.....30

September Anniversaries

Richard and Dolores Hedger.....9/5/1955
Gary and Nancy Bracken.....9/14/1963
Curtis and Marion Shacklett.....9/30/1967

In Memory of

Judy Doyle.....7/25/2026
Lou Felts.....7/31/2026
Peter Galbraith.....8/3/2026
Joan Whitney.....8/17/2026

Welcome to the Woods!

Susan Dillingham
Crestwood

Susan Dillingham – Crestwood

For Susan Dillingham, moving to Trinity Woods has already brought a welcome mix of familiar faces, new friendships and plenty of opportunities to stay busy.

Born in Mount Vernon, Illinois, Susan moved to Tulsa at age 13 and considers herself a lifelong Tulsan. A Holland Hall High School graduate, she went on to receive her degree with a degree in psychology from the University of Oklahoma. Susan spent 45 years in residential real estate before officially retiring in 2025.

Susan and her late husband, Les Veltman, were married for 20 years. Les owned his own insurance company, and together they loved to travel—whether visiting their children and nine grandchildren across the country, cruising through Europe or escaping to their home in Crested Butte. The British Virgin Islands also hold special memories for Susan, who says she and Les loved the tropical lifestyle.

Since coming to Trinity Woods, Susan has quickly embraced community life. She enjoys playing cards and has reconnected with longtime friends while making plenty of new ones. She has even learned some new card games and joined a growing Monday night group.

Once she gets the green light, Susan is also eager to take advantage of Trinity Woods' exercise classes and pool—and eventually return to another favorite pastime, golf. For now, she's enjoying this new chapter at her own pace and is grateful for the friendships surrounding her. Welcome to Trinity Woods, Susan!

Jim and Jean Crawford – Felt House

Tulsa natives Jim and Jean Crawford are settling into life at Trinity Woods, where they've already discovered one of their favorite things about the community: the friendly people.

The Crawfords met on a blind date while attending the University of Tulsa and have been married 59 years. They have two children, and one especially charming four-legged family member — Jean Luc, their French bulldog. Jean Luc has quickly become a familiar face around Trinity Woods. He loves visiting team members and neighbors, especially those who keep treats handy, and Jean jokes that he is quite the "chick magnet."

Music has been a lifelong passion for Jim. A music educator and choir director, he has served as a church music director for an impressive 62 years. Jim still directs the choir at Church of the Resurrection. His career also included 17 years with American Airlines.

Jean enjoyed a long career in healthcare, including 17 years in the Saint Francis Trauma Emergency Center and time as a nurse at American Airlines. She officially retired in 2013.

Today, Jim enjoys reading history nonfiction, while Jean enjoys reading and looks forward to joining Tai Chi, yoga and painting classes. The couple also treasure their family cabin at the Tulsa Ozark Club, built by Jim's grandfather in 1922.

Please give Jim, Jean—and, of course, Jean Luc—a warm Trinity Woods welcome!

Jim and Jean Crawford
Felt House

Fall Fun Facts!

Fall colors are hiding in leaves all summer. The yellows and oranges are already there—they're simply masked by green chlorophyll until shorter autumn days arrive.

Apples float because they're about 25% air. That little fact helps explain why bobbing for apples actually works!

The Harvest Moon got its name from farming traditions. Around the autumn equinox, its bright evening moonlight historically gave farmers extra light during harvest season.

September STARS Employees of the Month

Tom Farrell - Executive Chef / Dining Team

- **Start Date:** December 2024
- **Born:** Battle Creek, MI
- **Favorite thing about working with residents:** Their positive outlook
- **Described by Coworkers:** Focused
- **Something People Don't Know:** I attended a 3-year Bible College
- **Dream Trip/Vacation:** Italy
- **Favorite Meal:** Veal Chop
- **Favorite Holiday Tradition:** Someone else cooking
- **Biggest Influence:** My family
- **Most Proud of:** Raising my children
- **Dinner with any Person (living or historical):** Mark Twain
- **On Their Bucket List:** Auto racing
- **Family:** Married with children
- **Favorite Quote:** "Never put off until tomorrow, that which can just be done the day after tomorrow." - Mark Twain
- **What his supervisor says:** "Tom's passion for creating great food and his ability to strive through high pressure situations with ease makes him a valued member of the dining team." - Richard Applegate, Director of Dining Services

Melissa Tugman - Housekeeping Team

- **Start:** December 2019
- **Raised:** Locust Grove, OK
- **Favorite thing about working with residents:** Seeing their happy faces
- **Favorite Hobbies/Activities:** Bowling & spending time with my grandson
- **Dream Trip/Vacation:** Hawaii or Japan
- **Favorite Restaurant:** KFC
- **Favorite Movie:** Forrest Gump
- **Favorite Holiday Tradition:** Watching Christmas movies
- **Best Advice Ever Received:** Turn that frown upside-down
- **Biggest Influence:** Jesus Christ
- **Most Proud of:** Asking Jesus to save my life
- **Dinner with any Person (living or historical):** John Wayne
- **Three Things Can't Live Without:** Jesus, my bible, kids
- **On Their Bucket List:** To see the Grand Canyon
- **Family:** Five children and two grandchildren
- **Favorite Bible Verse:** "I can do all things through Christ who strengthens me." Philippians 4:13
- **What her supervisor says:** "Melissa is always willing to help others. No matter what the task, she makes a positive difference in both the residents, and her coworkers lives every day." - Amy McDaniel, Housekeeping Supervisor

Trinity Woods Service Awards

5
Years of Service
Richard Applegate,
Director of Dining Services

15
Years of Service
Jesse Lenzy,
Dining 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
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First Day of the Rest of my Life!

Back to school advice from Trinity Woods residents.