The Trail MIX

The neighborhood news from Trinity Woods I Issue: October 2026

70TH ANNIVERSARY
Established 1956
Trinity Woods

In this issue:

Emotional Wellness

Make October, WALKTOBER!

October Events
Trinity Woods Chorus, Book Review, Oktoberfest and a Play!

New Neighbors
Meet Bill and Susan, Jerri, Barbara, and Jon and Gayle!

By Bonnie Polak, VP Philanthropy and Community Engagement

Growing older is inevitable but it is also a privilege. Each birthday represents another year of experiences, relationships, lessons and memories. But while aging adds wisdom to our lives, it does not require us to leave wonder behind.

Inside each of us lives a younger self — the child who asked endless questions, laughed without checking the volume and found adventure in an ordinary afternoon. As adults, responsibilities can crowd out that playful spirit. We become focused on schedules and expectations, leaving little room for joy and curiosity.

Yet keeping our inner child alive is an important part of emotional wellness. Emotional wellness is not about feeling happy all the time. It is the ability to understand and express our feelings, adapt to life's changes, cope with challenges and remain connected to the things that give us meaning.

"Emotional wellness grows when we give ourselves permission to experience joy, stay curious and connect with others. When we keep a playful spirit, it helps us embrace each season of life with gratitude and hope," said Weldon Tisdale, VP of Wellness and Chaplain.

Playing and being curious gives the mind permission to rest, encourages creativity and helps reduce the weight of everyday worries. Shared laughter strengthens relationships, while curiosity keeps us open to new experiences. These moments remind us that life is not simply a list of tasks to complete.

Reconnecting with your inner child might mean dancing in the kitchen, blowing bubbles, drawing without worrying whether the result is "good," rereading a favorite childhood book or spending time outdoors simply to explore. It can also mean offering yourself kindness: patience after a mistake, reassurance when you feel overwhelmed and permission to try again.

Ask yourself: What made me feel most alive as a child? What have I stopped doing because I thought I had outgrown it? Then welcome one small piece of that joy back.

Aging is a gift. Growing older while remaining curious, creative and young at heart may be one of the best ways to honor this very special gift!

A Harvest of Faith

By Weldon Tisdale, Chaplain

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."
Galatians 6:9 NIV

October is harvesting season when farmers gather the results of months of planting, cultivating and patiently waiting.

Harvest reminds us that meaningful things rarely happen instantly. A seed must be planted. The soil must be prepared. Growth requires nourishment, sunlight, rain and time. And much of the work happens quietly, long before there is anything to see.

The same is true of faith. Throughout our lives, we plant seeds. We plant them through a kind word spoken at the right moment, a prayer offered for someone in need, a meal shared with a friend, an encouraging conversation, a generous gift, a listening ear or a simple act of compassion.

We may never know where those seeds will take root. But one of the beautiful things about aging is having the opportunity to look back and recognize the harvest of seeds planted throughout a lifetime. Relationships, families, friendships, careers, ministries, acts of service and countless expressions of love have all produced fruit in ways we may not have anticipated.

At Trinity Woods, we see this principle in operation daily. A team member's patience can make someone's difficult day better. A resident's encouragement can give someone renewed confidence. A family visit can bring joy and reassurance. A donor's generosity can create opportunities that bless an entire community.

Jesus often used seeds and harvests to help us understand the kingdom of God. His message reminds us that God can take even the smallest acts of faithfulness and use them for purposes far beyond what we can see.

As October surrounds us with the colors of harvest, may we pause to consider the seeds we are planting today. What will our words produce? What will our kindness accomplish? What legacy of faith, love and compassion are we leaving for those who follow us? We may not see the entire harvest, but we can trust God with the growth.

May we continue to be a community where seeds of faith are planted, lives are nourished, kindness takes root and God's love bears abundant fruit.

Do not give up! Keep planting, keep watering and keep waiting. The harvest will come.

Trinity Woods Service Awards

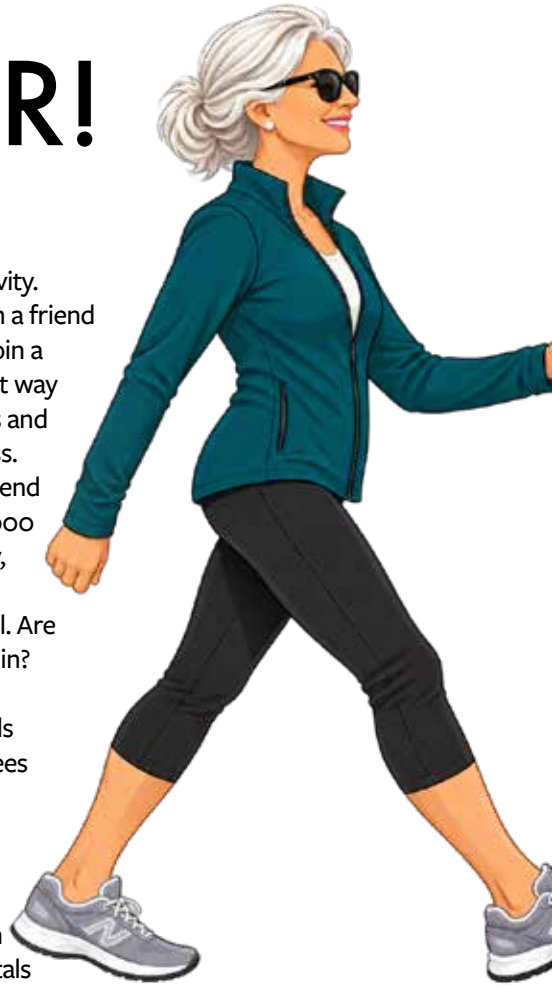
15
Years of Service
Michael Barnett,
Dining Team

5
Years of Service
Maeola Wilson, CMA
Healthcare

5
Years of Service
Clarence Elliott Jr,
Transportation

Make your October WALKTOBER!

By Alison Guerrero, Fitness Professional



The other day, I took my dog for a walk on a trail near our house that was new to us. As he trotted along, tail wagging in the air, I looked around and thought, "Man, this is great." There was fresh air, warm sunshine, a nice breeze and so much greenery surrounding us. I reached my step goal and went home feeling tired but accomplished—and reminded of just how beneficial walking can be.

One of walking's greatest benefits is its accessibility. You don't need a gym membership, fancy shoes or expensive equipment. It's beginner-friendly and easy to build up over time: Start small, alternate intervals of walking and rest, and gradually increase your distance. All you have to do is get up and get moving!

Walking gets your heart pumping and can help reduce the risk of heart disease by improving blood flow, lowering blood pressure and strengthening the heart. It's also great for your joints, helping prevent stiffness while strengthening the muscles in your legs, hips and core. As a bonus, walking can improve balance and stability by building muscle and coordination.

Then there are the mental benefits. The endorphins released during a walk can help reduce stress, while increased blood flow supports brain health and cognition. Walking can also be a wonderful social activity. Whether you walk with a friend or family member or join a walking club, it's a great way to connect with others and help ward off loneliness. Many experts recommend aiming for between 7,000 and 10,000 steps a day, depending on your health and activity level. Are you getting your steps in?

This year, Trinity Woods members and employees are making sure they do by taking the WalkTober Challenge! Participants will track how far they walk each day, and everyone's totals will be combined to see how far the Trinity Woods community can travel along Route 66—from Chicago to Santa Monica.

Let's get walking!

The Gravity of Governance

By Garrett Lee, Trinity Woods CEO

A Board of Directors can sometimes feel like an ominous entity; important indeed, but perhaps somewhat distant from the day-to-day life of our community. Yet behind the scenes, our Board is a precious asset to our organization.

This year, we welcomed three new Board members, each bringing valuable experience, perspective and a genuine commitment to our mission. Our Board is made up entirely of local business leaders, community members and family members who generously share their time, wisdom and expertise to help guide Trinity Woods.

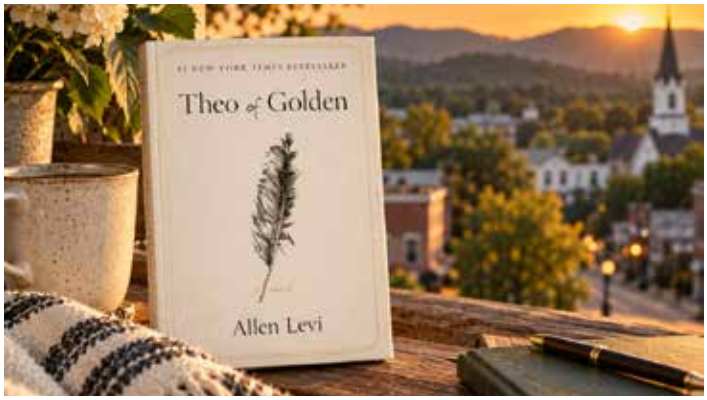
Good governance may not always be visible, but its impact is felt every day. Our Board asks the difficult questions, helps us think strategically, safeguards our financial future and holds us accountable to the mission we serve.

We are grateful for the leadership, stewardship and heart our Board brings to Trinity Woods. Their work matters—and we are stronger because of it.

OCTOBER EVENTS

Trinity Woods Chorus
Beginning October 5 - Rehearsals on Mondays at 3:30 p.m.
Community Life Center, Westervelt Hall

The dynamic and delightful Dan and Kathy Call, longtime and beloved Tulsa music educators and church musicians, will be back to lead us as the Chorus prepares for a Christmas performance on December 17. The Chorus reconstitutes itself each session so newcomers are always encouraged to join. No reservations necessary but regular attendance is encouraged and appreciated. The more the merrier! Remember: singing is good for your body, your brain, and your soul!



Book Review by Rev. EvaMarie Campbell: *Theo of Golden*
Tuesday, October 6 at 7 p.m.
Community Life Center, Westervelt Hall

Theo of Golden is a novel by Allen Levi about a mysterious man whose acts of generosity transform a small Southern town. Rev. Campbell's review is informed by a review of the book given by Bishop Ken Carter who grew up with Allen Levi in Columbia, Georgia, the community Golden is modeled after. Rev. EvaMarie Campbell is the Associate Minister for Faith Formation at Boston Avenue United Methodist Church where she has served on the ministerial staff since 1991. Her late parents were Trinity Woods members for many years. No reservations required.

Oktoberfest
Thursday, October 15
Dinner at 5 p.m. and Concert at 6 p.m.
Community Life Center (inside and outside)
Tickets required.

Break out the lederhosen and dirndls: it's a party...German style! We'll start with a buffet dinner in Westervelt Hall featuring delicious traditional German specialties: Bavarian Pork Roast with Dark Beer Sauce, Bratwurst with Sauerkraut, Spaetzle, German Potato Salad, Glazed Carrots, and Apple Strudel. Beer will be available for $3. Then we'll move outside (weather permitting) for a concert and dancing by the German American Society of Tulsa's Blaskapelle. This band was formed in 2003 and offers traditional German Music, polkas, and more. (Yes, you'll get to do the Chicken Dance!)

Metro Christian Academy presents The Amazing Lemonade Girl
Thursday, October 22 at 7 p.m.
Community Life Center, Westervelt Hall

In this powerful one-act play, Alexandra Flynn Scott has a story to tell—about her life and her legacy, her humor and her heart. She is an 8-year-old girl who is fiercely determined to make a difference and help others despite the challenges she faces amidst her own cancer journey. This true story reminds us all that a single person can change the world—one act, or even one cup, at a time. The talented students from Metro Christian Academy's Theatre Department will inspire and impress you with their talent and congeniality.

October Fun Facts

Pumpkins are technically fruits, not vegetables—and they're part of the same plant family as cucumbers and melons.

Spiders seem more noticeable in October because many species reach adulthood in late summer and fall, making them larger and easier to spot.

The tradition of carving jack-o'-lanterns began with turnips and other root vegetables in Ireland and Britain. Pumpkins became the go-to after the tradition came to North America.

October Birthdays at Trinity Woods

Charlie Ryser.....2
Margaret Morhart.....2
Judy Oliver.....3
Shirley Hockett.....4
Suzanne Jackson.....4
Barbara Smith.....4
Donna Keener.....4
Sue Hunsicker.....5
Derk Tenzythoff.....5
Red Martin.....6
Philelle McBrayer.....6
Shirley Sutterfield.....6
Tom Williams.....6
Doris Piatak.....9
Jan Lawson.....10
Robert Rainey.....10
Mary Stubbs.....10
Bobbie Ziegler.....10
John Marquis.....11
Gayle Vrooman.....11
Chuck Yadon.....11
Ann Houston.....12
Evelyn Mantooth.....12
Matt Watson.....12
Bill Holloway.....13
June Owens.....13
Ken Bailey.....14
Carolyn Ehlers.....14
Leonard Stubbs.....14
David Bradshaw.....15
Mary Damewood.....15
Sarah Jenkins.....16
Vivian Nemec.....17
Carol Tobler.....17
Martha Swezey.....20
Phyllis Willis.....22
Anne Erker.....23
Betty Miller.....24
David Thomas.....26
Sue Duncan.....27
Bruce Nixon.....27
Mary Harrison.....27
Rhonda Nichols.....28
Elizabeth Personett.....30
David Raley.....30

October Anniversaries

Dick and Wanda Koger.....10/14/1955
John and Marilyn Berry.....10/16/2012

In Memory of

Wanda Holbert.....9/2/2026
Larry Hecht.....9/4/2026
Suzanne Sartin.....9/16/2026

Welcome to the Woods!

Bill and Susan Holloway – Crestwood

Bill and Susan Holloway
Crestwood

Meet Bill and Susan Holloway. Long before online dating, Bill and Susan Holloway found each other through a four-state singles network called Nexus. Members received booklets containing short biographies—but no photographs. After reading Bill's profile and noticing their shared interest in antiques, Susan made the first move and called him. The two met for coffee at Woodland Hills Mall, followed by dinner that evening. After dating long-distance and exchanging plenty of phone calls and letters, they eventually married and have now shared 32 years together.

Bill was born in Tuscaloosa, Alabama, and spent part of his childhood in New Orleans before moving to Tulsa at age 12. He earned a degree in mechanical engineering from the University of Oklahoma and served as an aircraft maintenance officer in the U.S. Air Force. Later, he built a career in commercial real estate, construction and property management.

Susan was born in St. Andrews, Scotland, to a Scottish war bride and an American serviceman. As part of a military family, she lived in nine states and Japan before graduating from high school in Missouri. She spent 24 years in retail management and volunteered for many years with the Salvation Army Women's Auxiliary. A little-known fun fact: Susan earned a sharpshooter award while in high school!

Together, the couple operated Holloway Properties, managing rental homes, apartment complexes and a shopping center. They recently sold their final rental property, closing a meaningful chapter of their lives.

The Holloways enjoy antiques, American pottery, reading and World War II history. Their blended family includes six children, nine grandchildren and a growing number of great-grandchildren. At Trinity Woods, they are exploring exercise classes, campus events and the library. Bill says he quickly felt at home, and both look forward to becoming more involved in their new community.

Jerri Wilkerson – Crestwood

From rocket launches to antique shows and cross-country adventures, Jerri has collected a lifetime of wonderful stories. Born in Kansas City, Jerri moved to Del City, Oklahoma, in fifth grade and became a devoted University of Oklahoma fan. She met her late husband, Ken, while living briefly in Altus. Their first meeting was on a double date—with other people—but Ken later admitted he had wished he was Jerri's date! They eventually married and shared nearly 50 years together.

Jerri Wilkerson
Crestwood

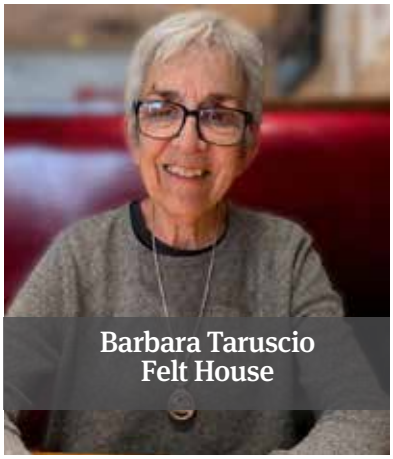
Ken worked in the space industry as a master scheduler on the project that sent the first astronauts to the moon. While living near Cape Canaveral, the couple watched launches from the beach near their home.

Later, Jerri and Ken operated Yesterday's Attic, an antique business they enjoyed for more than 20 years. Jerri especially loved primitives and once owned approximately 300 cookie jars!

After retiring, they traveled in a motorhome for seven years, spending time throughout the South and West, including favorite extended stays in Wyoming.

Jerri has two sons, five grandchildren and five great-grandchildren—all living nearby. At Trinity Woods, she enjoys cards, aquatic exercise, the beautiful grounds and trips to the dog park with her dachshund, Boomer. Please join us in welcoming Jerri and Boomer!

Barbara Taruscio – Felt House



Barbara Taruscio
Felt House

A self-described "people person," Barbara "Barb" Taruscio has always treasured friendships, learning and time spent with others.

Barb was born and raised on the South Side of Chicago. After high school, she attended Siena Heights College in Adrian, Michigan, earning a bachelor's degree before beginning a career in Catholic education.

Barb especially enjoyed teaching second grade and helping children prepare for their First Communion. Her work also gave her opportunities to guide parents as they helped their children understand this important milestone. Her background in education continued through teaching classes and preparing other teachers.

After 15 years in Catholic education Barb made a change in her career from teaching children to corporate training. Barb had a very successful 30-year career with Wilson Learning, a global sales and leadership training organization. Barb both designed and led training to improve sales team leadership.

Barbara Taruscio Cont....

Outside of teaching, Barb enjoys walking with friends, attending plays and musicals, caring for plants and decorating her home with meaningful photographs and "little doodads." She has maintained several friendships since childhood and believes people learn from one another through shared experiences.

Barb appreciates the beautiful grounds, wide variety of activities, excellent food and friendly service. Most of all, Barb describes Trinity Woods as a comfortable and familiar place with a spirit of caring. Please join us in giving her a warm welcome!

Jon and Gayle Vrooman
Crestwood

Jon and Gayle Vrooman - Crestwood

Meet the Vroomans. When Jon and Gayle Vrooman met at a YWCA open house on Friday the 13th in 1959, Jon introduced himself with a fake name until he was certain the relationship might work. His caution did not last long! They started dating and got engaged two months later, married that June and have now shared 67 years together.

Jon attended the University of Tulsa before earning a mechanical engineering degree from Purdue University and a master's degree in industrial engineering from Oklahoma State University. He worked for Cities Service and Skelly Oil before earning his CPA and entering the homebuilding business. Jon and Gayle operated their company from 1973 until retiring in 2009, with Gayle helping throughout the years.

Gayle grew up primarily in Bartlesville and attended the University of Oklahoma before working for Phillips Petroleum. She enjoys crossword puzzles, games and painting, and once amassed a memorable collection of clowns gathered during the couple's travels.Travel has been a favorite part of their life together. Their adventures have taken them throughout Europe and to destinations including Iceland, China, Russia and Egypt.

The Vroomans have two children, five grandchildren and three great-grandchildren, all living nearby. At Trinity Woods, they are enjoying familiar friends, activities, exercise opportunities and especially the food. Please join us in welcoming Jon and Gayle!

October STARS Employee of the Month

Tara Fees

Tara Fees, RN - Health Center

- **Start Date:** August 2022
- **Raised:** Tulsa, OK
- **Favorite Meal:** Ruth's Chris Steak House
- **Biggest Influence:** My mom
- **If you could learn a new skill, what would it be:** To speak Spanish fluently
- **Most Proud of:** First person in my family to graduate college
- **Three Things Can't Live Without:** My husband, my son and lip gloss
- **On Their Bucket List:** Visit all 50 states
- **Family:** Married with one son
- **Pets:** Jasper, our labradoodle who thinks he is a human
- **Favorite Quote:** "Let all that you do be done in love."
- 1 Corinthians 16:14
- **What do you want the Trinity Woods Family to know about you:** Healthcare is truly my calling, and I love working with others who share that same passion
- **What her supervisor says:** "Tara has made a wonderful impact on Buehler. Her caring approach and dedication have quickly earned the trust of residents and families. We're grateful for all she brings each day!" – Harriet Zavala, Household Manager

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

Phone Number:
(918) 743-2565

Website:
TrinityWoodsTulsa.com

Follow Us on Social Media

Trinity Woods

4134 East 31st Street
Tulsa, OK 74135

Formerly
Oklahoma Methodist Manor

NON PROFIT ORG
Postage & Fees
PAID
Tulsa, OK
Permit 2146

CHANGE SERVICE REQUESTED

You're invited!
Thursday, October 29 from 6:15 to 7:15 p.m.
Community Life Center and the Community Life Center parking lot
No reservations necessary to attend.

We are excited to once again host Trunk-or-Treat for Trinity Woods family and friends. Invite your grandchildren, nieces and nephews, special children in your life to dress up and show off their costumes. Employees are encouraged to bring their children for this special event. Members can sign up to decorate a car trunk, golf cart or a table inside the CLC to pass out candy. Join us for this Trinity Woods family fun night!