

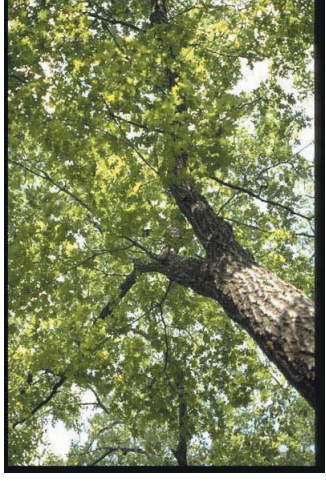
The Oak Leaf

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The Oak Leaf

A newsletter from
Trinity Oaks Retirement
Community

You want to live WHERE? Independent living is NOT assisted living or a prison!

By J.C. Medlin

This article appeared in the July 2007 issue of Senior Savvy magazine. J.C. Medlin and his wife Patsy have lived at Trinity Oaks since November 2004. As you'll see, J.C. was inspired to write about the misconceptions of independent retirement living from his own experiences with friends and family. Reproduced with permission of Senior Savvy magazine and lightly edited.

About five years ago my wife and I started thinking about moving into a retirement community. We said, "We're not quite ready just yet, let's just wait a while." That is what so many people say; then they find out it is too late and then it's either assisted living or nursing home. After all, we thought, once you move into one your life becomes limited.

We lived in a neighborhood where most of our neighbors were much younger, so we were lonely, especially in the summer. The winters were O.K. because we spent them with our friends in an Airstream Trailer Park in Punta Gorda, Florida. However as we are getting older there will come a time when it is too risky to be towing a travel trailer for a thousand miles.

Just out of curiosity we began to visit retirement communities. We discovered a wide variety of services and costs. At some dress codes were very strict; coat and tie for men and dresses for women, while others were casual. Some had two meals daily, breakfast and a choice of lunch or dinner. One we visited had independent living apartments and nursing home under the same roof. The residents of both independent living and some from the nursing home ate in the same dining

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by day we added new ones. Surprise! Surprise! Our monthly expenses came very close to the maintenance fee at Trinity Oaks. A move would eliminate all the work connected with daily living in our home. We were sold! Our house was put on the market with a fair price that we would hold to because we were not in a hurry. Since we were downsizing, the unnecessary furniture was sold along with tools and other things we would no longer need. A quick sale was not anticipated, so we prepared to go to Florida for the winter as usual.

Our travel trailer was packed when unexpectedly we got a buyer for the house. He



J.C. & Patsy Medlin

room. This was not to our liking.

We visited Bob and Dot Baker who were long time traveling friends of ours. They had moved into an apartment at Trinity Oaks independent living in Salisbury, N.C. They loved living there and put us in touch with Brad Wilkinson in marketing. He showed us around; we liked the campus but told him, "We just aren't ready yet." Brad invited us to a sales seminar; we were impressed but could we afford to move there? We were convinced to get our name on the waiting list.

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Helen Oliphant

sume driving. Trinity Oaks transportation also helped her during her recovery. Doctor's appointments in Mooresville and Charlotte are part of the package.

"I'm very delighted with Trinity Oaks," she said. "This is a very nice place to be."

Name(plate) Recognition

Eye Surgery Delayed Helen Oliphant's Arrival on Campus

"You know I was called Elephant by school children," she said with a smile. When Helen Oliphant graduated from Lenoir-Rhyne College in 1947, she was immediately hired by the Charlotte-Mecklenburg School System. She spent 13 years in Troutman followed by 25 years in Huntersville — all with second graders. After three years of summer school at Appalachian State University, she received her Masters in Education in 1955.

Although a native of Mooresville, Miss Oliphant is no stranger to Salisbury. This was the place to shop for clothes and shoes during her student days at L-R. Now it's home.

"The more I looked at Trinity Oaks, the more I liked it," she said. Besides the friendly people, she liked it that a number of Salisbury drug stores deliver, a huge benefit until she can re-

One month before her scheduled arrival at Trinity Oaks, Helen Oliphant received some disturbing news: she needed a cornea transplant. The May 2nd surgery to her right eye required at least a year for a full recovery. During May all she could see were colors, not recognizable figures or shapes. She postponed her move to Trinity Oaks.

As a way of welcoming the retired Mooresville second-grade teacher, her nameplate was affixed to her door at 320B. When she arrived on June 9, her neighbors immediately said, "Hey, Helen." "I didn't remember meeting them," she said. And "they even pronounced my last name correctly."

For those who need help with Oliphant, it sounds like Elephant only with an "Ah" instead of a soft "E."

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Singers and Ringers to Make Beautiful Music

Rosemary and Karl Kinard offer a new opportunity

Rosemary and Karl Kinard (pronounced Ki-nerd), freshly retired from careers shaping young musicians at Catawba College are bringing their skills to Trinity Oaks. Beginning in August, these talented musicians who remain on staff at St. John’s Lutheran Church, will lead the newly formed Trinity Singers and Trinity Ringers.

Rosemary will be the Choirmaster for all who enjoy singing music. Karl will conduct the Hand Chimes Ensemble, in which members will use small, lightweight chimes to produce a sound similar to the larger handbell choirs many have hears. The only requirement for participation in either choir is a desire to make beautiful music.

Both choirs, once formed and practiced, will perform separately and together at local churches and community occasions. While the Kinard’s share their musical gifts, Trinity Oaks residents will help them learn the ropes of retirement living. That’s what you can call a fair exchange.

Raising the Roof

official lift off: July 19 at 11:04 a.m.



Early July



The dome has landed! There for the celebration were (from left) Mike Walsh, Windy Heilig, Jessica Jarrell, Trinity Oaks resident Sara Eagle, Archie Jarrell, Construction Superintendent Wayne Pavelko and Trinity Oaks resident Joe Saleeby.



Lift off!



It’s a bird! It’s a plane! No, it’s Super Mike. Special effects by Trinity Oaks and Jarrell Contractors.

Model Cottage: Come see, come stay

Two-bedroom, two-bath cottage available for showing or for staying the weekend



The master bedroom (top left) and living room (top right and bottom left) in the new model cottage located at 310 Majestic Heights Drive. The cottage is available for prospective residents beginning October 1.

Prospective residents considering a cottage, can now experience cottage living before they decide. Spend a weekend or a few days with us in the new, fully furnished two-bedroom cottage. It’s ready for a relaxing time away just like our model apartment. During your stay have dinner in the Commons dining room, join us for breakfast, tour the community and meet some Trinity Oaks residents. The model cottage is also ideal for those interested in walking through a furnished cottage. For a cottage tour or a cottage stay, call Diane at 704-633-1002, ex. 225.

Continued from page 1:

wanted to move in the day the sale was finalized. We called Trinity Oaks and told them we needed to move. We were very fortunate that most of the paper work at Trinity Oaks was already done and our apartment was ready. We moved the next day, settled in our apartment and with the travel trailer already loaded, we left for Florida as usual.

In Florida we got our first inkling of the stigma that a lot of people have about retirement communities.

We told our friends and neighbors where we had moved. One lady said, “You’re moving where?”

Why are you moving into assisted living?” I tried

to explain that it was independent living. She said, “No, it is assisted living, I know because I have a sister living in assisted living.”

There is more. Back home we called some friends in our Airstream club and invited them to go camping with us. Their question was, “Will they let you go?” Our son and his family came to visit and they invited us out to eat. Our twelve year old grandson asked, “Daddy, will they let them out?” O.K. you might say, he is just a child, he really doesn’t understand. The next one came from an adult and that is what prompted me to write this

article.

A newspaper for Senior Citizens stopped coming. I called several times to see what the problem was. Finally I got to talk to the man who made the deliveries and asked him why our papers were no longer coming. He said, “I can’t get in there (because of the construction – editor).” He thought if he couldn’t get in then we couldn’t get out.

Why the stigma? It has been traditional in the past to keep the old folks at home. No one dared send grandma or grandpa to the poor house. This would be a sign of neglect, cruelty and disrespect for ones parents. Times have changed and retirement communities are wonderful places to be.

We need to set the record straight. Here at Trinity

Oaks we have our own apartment. We go and come as we please and stay as long as we like. The campus has beautiful trees and lush green grass which I don’t have to mow. The food is excellent. Security is top priority. Transportation is provided to doctors, hospitals, symphonies, concerts, and other activities. We have a full time activity director and a full time health and fitness director. There is an inside heated pool where daily exercises are held.

Best of all, we came here to live not to die. Many friendships have been made. We are family and we are *living the good life*.

One lady said, “You’re moving into where? Why are you moving into assisted living?”