



The Oak Leaf

*A newsletter from
Trinity Oaks Retirement Community
Salisbury, North Carolina
Right time, right place, right now*

Student Teachers, Senior Students

AT&T funds program that benefit Salisbury Academy and Trinity Oaks

Trinity Oaks and Salisbury Academy are about to upset a modern division of labor. No longer will the grandkids operate the computer while their grandparents watch in amazement. Thanks to \$24,370 grant from AT&T, 12 laptop computers, a digital camera, a printer and teachers will be coming to Trinity Oaks. Surfing the Internet, sending e-mail and blogging will soon be skills that cross the generations.

Our teachers will be selected eighth grade students and a

teacher from Salisbury Academy, an independent school where leadership and hands-on community service are major parts of the curriculum.



Todd Lanham (left) from AT&T presents a sizable check to Headmaster Sal Trento of Salisbury Academy, student Caroline Graham, Trinity Oaks Executive Director Mike Walsh and TORA President Ron Molrine.

Our new building allows for wireless access to the Internet and e-mail, said resident Frank Skiles, our local program coordinator. Skiles, a retired data processing executive with U.S. Steel, said, "I am someone to talk to when you can't remember what the instructor said in class!"

(Continued on page 2)

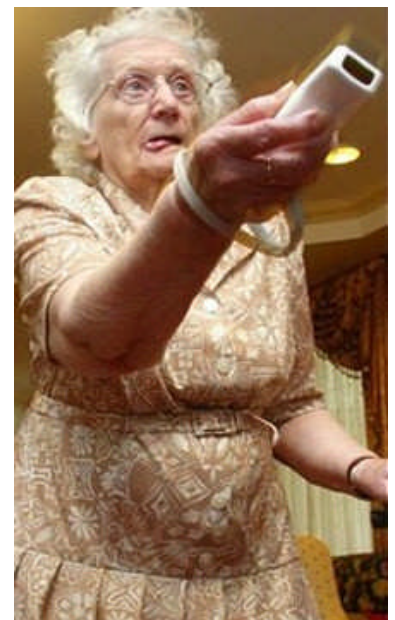
Wii (as in Wheeee!) comes to Trinity Oaks

Computer bowling and tennis for the rest of us

Exercise in the 21st century is more than swimming, aerobics, tai chi or pumping iron. Today's fitness can come just as easily from a game console as a medicine ball or stairclimber. One of the most popular new forms of exercise, Nintendo's Wii (pronounced We) is coming to Trinity Oaks. Grandchildren and great-grandchildren will be jealous!

Wii comes with motion-sensitive controllers – when you move, a virtual character called a Mii (or Me) moves on a large screen. Swing the controller like you would a bowling ball and your Mii swings too. Push a release button and the ball heads down a virtual alley. You exercise, think and interact with others as if you were in a bowling alley, but without a 16 lb. ball.

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Trinity Oaks Staff

Linda Agner

Marketing Assistant/
Move-in Coordinator

Dianne Ashe

Director of Security

Charlene Bollinger

Business Office Manager

Betty Earnhardt

Director of Resident
Services

Mysti Harris

Registered Nurse

Diane Hundley

Director of Marketing &
Sales

Tim Klusman

Maintenance Team Leader

Janine Lawson

Wellness Coordinator

Karen Leonard

Activity & Wellness
Director

Quentin Long

Director of Transportation

Larry Martin

Director of Dining Services

Charlie Mullis

Health Services Director

The Rev. Darrell Norris

Chaplain

Jeff Stach

Campus Landscaping
Director

Diane Torrence

Director of Environmental
Services

Mike Walsh

Executive Director

Karen Windate

Program Coordinator

Accreditation: It's not just for schools anymore

Commission arrives on campus April 21-23

The Continuing Care Accreditation Commission (CCAC) first gave Trinity Oaks its seal of approval in 2003. Commission members return to campus April 21-23 for a five-year reaccreditation survey. Included in the survey is Lutheran Home at Trinity Oaks and the new Virginia Casey Center which provides Alzheimer's and Dementia care.

During its three-day visit, CCAC team members will examine "all of the systems we have in place, our policies and procedures," said Executive Director Mike Walsh. Interviews with selected staff members and residents are also included. The survey is a voluntary consultation requested by Lutheran Services for the Aging, not an inspection.

Following its visit, the team pre-

pares a report for the campus outlining its findings. Trinity Oaks campus then prepares a Quality Improvement Plan to address any areas of highlighted by the team .

CCAC, based in Washington, D.C., was founded in 1985 as the nation's only accreditor of continuing care retirement communities like Trinity Oaks. In 2003, the Commission on Accreditation of Rehabilitation Facilities (CARF) acquired CCAC and the program is today known as CARF-CCAC. There are only 22 CARF-CCAC accredited retirement communities among the many in North Carolina.

"Accreditation reassures residents, prospective residents and the public that we are constantly working to improve quality," said Mike Walsh.



Computers: Continued from page 1

The ten-week classes began in mid-March. Dana Evans, technology instructor at Salisbury Academy spent time instructing her students in what and how to teach Trinity Oaks residents. In addition to computers, residents will be learning to operate digital cameras and office printers. "We were raring to go," said Headmaster Sal Trento. Teacher reviews after the first class were "It was fun and we can't wait to come back!"

Neither can we!

Wii: Continued from page 1

Two Wiis have been ordered with the complete sports package that includes boxing and golf as well as tennis and bowling. Training by the East Rowan Junior Civitan Club begins in April. "The ultimate goal," said Wellness Coordinator Janine Lawson, "are leagues and tournaments." Watch your calendar for dates and times.

"We are bringing two generations together," said Lawson. At the center of the relationship is technology, fitness and fun.



Welcome Neighbors!

Leo & Virginia Wallace now reside at 212 Luther Lane. The couple moved in March 5 from Salisbury. Leo enjoys music and movies and is president of Belle Realty. He has been involved in real estate for many years. He served as an elder, deacon, and teacher at Salisbury's First Presbyterian Church. Virginia enjoys bridge and decorating. The couple have been active members of First Presbyterian Church for over 60 years. The Wallaces have three children: sons Victor & Lee and daughter Suzanne Casey, all of Salisbury.

Carlton T. "Pete" Foster - 129C - moved in March 17 from Salisbury. Pete is a retired businessman who spent his career in Raleigh and Salisbury. He is a member of Haven Lutheran where he has served as a teacher and councilman. He has two daughters, Jean Scarborough of Concord and Kathie Raymond of Raleigh, and a son Carlton T. Jr. of Cary.



Web Wise: News you can use

Did you know that those over 60 are the single largest demographic in the population? More than 8000 Americans are turning 60 each day. The entire face of retirement is getting younger, the choices in retirement living are increasing and the options for how we spend retirement are greater than ever. Check out some of these online resources to see how wide the field is now.

Second Journey (www.secondjourney.org)

The mission of this nonprofit organization based in Chapel Hill, N.C., is to foster the emerging movement of individuals, organizations, and communities committed to creating a new vision of aging, new models of community for the second half of life, and a just and sustainable world now and for future generations.

Too Young to Retire (www.2young2retire.com)

Who am I? What am I doing here? We start asking these Big Questions, in one form or another, around age 50. What if your Big Answers could launch a whole new, more meaningful life in the years ahead? Howard Stone helps other mature people skip retirement and focus on their own later life callings and passions.

Senior Corps (www.seniorcorps.org)

Senior Corps connects today's over 55s with the people and organizations that need them most. "We help them become mentors, coaches or companions to people in need, or contribute their job skills and expertise to community projects and organizations."

Life Two (www.lifetwo.com)

This attractive and hip site includes discussions and blogs on a wide range of midlife issues – everything from handling a grumpy spouse to job seeking, brain health, diet and personal finance. Registering allows you to join interactive discussion forums.

Eons (www.eons.com)

Stay in touch with your friends and make new ones. Join or start groups to fuel your passions and interests. Play games, build your brain, and have fun! A Web site for boomers. Create your profile and add a photo. "We recently redesigned the site to make it easier for you to get around, easier to find what you're looking for, and easier to connect with friends. We made improvements to focus on what's most important to you – connecting with other members!"

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Trinity Oaks Retirement Community 728 Klumac Road, Salisbury, NC 28144

Visit our Web site www.trinityoaks.net Call us at 704-633-1002

The wheels on these buses go all around Forget the car. Take the Trinity Oaks bus, van or Cadillac.

One of the most popular services at Trinity Oaks is transportation. It is so easy to take the bus and leave the driving to Jimmy, Spencer, Don or David. They get residents from here to there quickly and pleasantly.

"There" usually means a medical appointment within 20 miles of the campus. Travel there is a covered expense and residents simply schedule transportation by calling Quentin Long at extension 408 or leaving him a note in the drop box outside the transportation office on the first floor of A-Wing.

Just ask Ellen Reamer. She needed to get to an appointment with Dr. Rudy Busby one wintery morning. "I knew it would be icy and it

was," she said. Wanting to be safe, not sorry, she called the transportation office at 8:02 for a 10:30 a.m. appointment. "It didn't bother Quentin at all. He sent a Cadillac and I went in high style."

Medical transportation outside the 20 mile radius is also available. "We have taken residents to Concord, Mooresville, Winston-Salem and Statesville," said Long. "We are working out the details of an extra charge for those trips," he said.

With four Trinity Oak's vehicles—two busses, a van and a Cadillac donated by the late Hugh Almond—everyone can now go in style. Its "first come, first served," so the early patient gets the ride!



Coming Soon....

Trinity Oaks Confidential— 'Why We Moved When We Did'

Hear from a panel of TO Residents how they made their decision to move and see available cottages too! Thursday, May 15, 2008 2:30 p.m. RSVP to 704-633-1002, ext. 225.

**A Bouquet of
Spring
blooms to:**



- ♥ **Ralph Wrenn**
- ♥ **Catherine Hall**
- ♥ **Horace Rhyne and**
- ♥ **Wilson Smith**

whose donations enabled the purchase of a leg curl machine and a step-through recumbent bicycle for the Trinity Oaks Wellness Center . Thank you.