



The Oak Leaf

A newsletter from
Trinity Oaks Retirement Community
Salisbury, North Carolina

A New Resident from Old Spain

Martha Sussman finds a home at Trinity Oaks after Madrid

Looking for hints on what to see on a trip to Spain? Come sit with Martha Sussman and seek her advice. She lived in Madrid for nearly 40 years after her early retirement from the United States State Department. She toured much of the country in a trusty VW beetle. "Spain has so much. I could spend a weekend just visiting churches. I don't think anyone wants to leave Spain."

Martha Sussman's job was secretary to ambassadors in Spain, Honduras and El Salvador. She was born in Honduras, educated in New Orleans and selected for her first job because she could take dictation in both English and Spanish.

In her 28 years with the State Department, she worked for 12 ambassadors and one under-secretary of state. Her first boss was John Davis Lodge, a former Hollywood actor who worked with Shirley Temple and Marlene Dietrich. Her last was Angier Biddle Duke, heir to part of the fortune from the American Tobacco Company founded in 1890 by his great-uncle James Buchanan Duke.



**Martha Sussman and her grandson,
 Michael Anthony**

Her journeys took her to Salisbury to be near her grandson, Michael Anthony Sussman, age 25. She is looking forward to a November wedding between Michael and Amanda Lee Barnes of Salisbury. Michael's father, Ashley Winston Sussman, now of Inwood, West Virginia, and retired, is Martha's only child.

She finds Trinity Oaks to her liking. "It is very nice here. Everyone is so kind and friendly."

A Place to BLOOM!

The spring thaw is well underway and Trinity Oaks has tilled the soil to yield some handsome **incentives** on our comfortable apartments and spacious cottages. It is a bumper crop that includes a combination of reimbursement for moving and closing costs, new countertops and a flat screen TV. These veggies will make your move less costly and your new

residence even more comfortable. We'll even cover the cost of your 12th month here as well.

And we even have some **discounts** on our cottages.

Call the Marketing Office, 704-633-1002, ext. 225, to see your new residence today. No more need to wait; we can have you here in time to enjoy the summer flowers.

Trinity Oaks Staff

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Fitness is a Good Move

National Senior Health and Fitness Day is May 27

Over 100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S. on **Wednesday, May 27, 2009**. That's the 16th anniversary of National Senior Health & Fitness Day. The goal for the nation's largest annual health promotion event for older adults is to help keep us healthy and fit.

"Trinity Oaks residents and staff will be part of the fun," said Director of Wellness Janine Lawson. Watch for activities in the Special Events Room, the card and game room, Apartments 125B and 211A as well as the parking lot and gazebo. Everything begins at 1 p.m. with dancing, blood pressure screenings, bocce ball and a CarFit drive-through.



At a CarFit event, a team of trained technicians and health professionals work with older adults to ensure they "fit" their vehicle properly for maximum comfort and safety.

Also on deck are a golf clinic, massage and yoga demonstrations, discussions on how to downsize and classes by healthcare personnel at Rowan Regional Medical Center. A panel of residents will tell the truth about retirement living at Trinity Oaks Confidential.

Those considering a move to a Continuing Care Retirement Community are invited to attend all the events of Senior Health & Fitness Day.

Fitness IS a Good Move.

And that rhymes with "P" and that stands for pool!

First remove the weights, stair climbers, towers and stationary bicycles from the old Exercise Room. Then add a regulation-size pool table and you have the makings of a new Trinity Oaks social gathering spot. Thanks to the generosity of resident Ralph Wrenn and an anonymous donor, the pool table, lights, cues and cue rack became a reality in December.



The space is perfect for pool. There is plenty of room to draw back a cue without meeting a wall. Overhead lighting is billiard room quality.

Amenities for the future include casual furniture and possibly a wet bar.

"Most retirement communities have a pool table," said Ralph Wrenn. "We thought it would be nice to have one here."

Welcome Neighbors!

Charles & Mary Scheid (101A) will be arriving April 1 from Alexandria, Virginia. The couple previously lived in Salisbury. Charles is a retired business management consultant whose hobbies are electronics, amateur radio and music. Mary retired from real estate sales. She enjoys crafts. They have one daughter and four sons: Loretta Pesta of Georgia, Charles (Georgia), Geoffrey (Texas), Kevin (District of Columbia area) and L. Allen (Budapest, Hungary).

Homer & Laura Hall (205A) will be moving to Trinity Oaks in mid-April from Gastonia, North Carolina. Homer is retired from textile management. His hobbies include gardening and do-it-yourself projects. Laura is a full-time homemaker whose hobbies are flowers and bridge. They have been members at St. Mark's Episcopal Church, Charlotte, for 45 years. Their children are Jeannette Reid (Winston Salem), Robert Hall (Kernersville) and Laura Hall (Durham).

Beatrice McClain (105A) is from Salisbury where she worked as a math and special education teacher. Her hobbies are working puzzles and reading. She has been a member of First Presbyterian, Salisbury, for 18 years. She has two daughters - Jennifer Dean of Greensboro and Katrina Safirstein of Cornelius.

Retirement is the sweetest part of life

Bob and Mary Ann Greenland settle in to apartment life at Trinity Oaks

Bob and Mary Ann Greenland have only been in the two-bedroom apartment six months, but for over 16 years they knew they would retire at Trinity Oaks. Their son Ben was the first sales manager at TO when it was only an old yellow house and no residents had moved to the "yet to be built" campus.

Ben and their other sons, Rusty and Bruce, feel good about their parents' new residence. Mary Ann fell and broke a hip a year ago. And she had safety concerns about their old Salisbury neighborhood. The Trinity Oaks elevator, security service and one-level living solved those problems.

"Our entire two-bedroom apartment could have fit in the living room of our home on Mitchell Avenue," Bob said. The Greenlands have downsized – Bob gave his piano and organ to a local church, Mary Ann gave up her 100 rose bushes – but they are still getting used to fewer things and a smaller living space. Bob's computer is still un-

packed. Bob's entire career was in education. After teaching English in Salisbury he returned to school for a masters in guidance and counseling. "In 40 years, I either taught or counseled everyone in Salisbury," he said. During the summers early in his career when he had no income from the school system, Bob delivered beer. Students had fun with that. Even though they nicknamed him "Beer Barrel Bob," he said, "I miss the kids."

During her working life, Mary Ann worked for a local veterinarian. "I wanted to help out for one week and stayed 20 years," she said. Her job as office manager extended into helping with surgery and mixing medications.

The couple met in the choir at First Methodist Church, Salisbury. Bob was recruited for the choir by the wife of the president of Catawba College, who directed the choir. She needed more male voices. Mary Ann was in the choir. They remain faithful members of First United Methodist Church and now sing in the church's funeral choir.



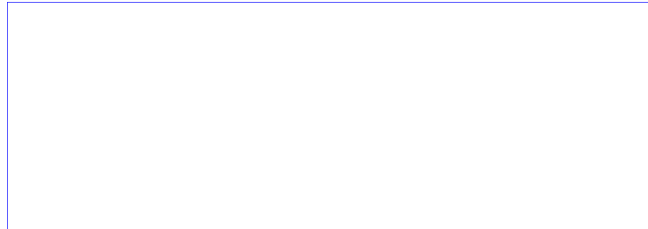
Mary Ann and Bob Greenland

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The Oak Leaf



**May is Older Americans Month.
Join the celebration at Trinity Oaks.**



FOLD



Trinity Oaks residents and friends of Trinity Oaks will want to save-the-date of **June 19** for the Annual Trinity Oaks Golf Tournament. The charity tournament begins at 1:30 p.m. at Corbin Hills Golf Club, Salisbury. All proceeds go to improve the lives of residents of Lutheran Home at Trinity Oaks and to install a children's playground at Trinity Oaks. The entry fee is \$50 for an individual. For more information contact Diane Hundley at 704-633-1002, extension 477.

Another bright idea from Trinity Oaks:

Leasing Options & Cottage Discounts

Call Diane for Details:
704-633-1002



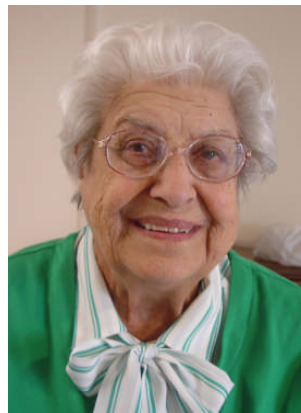
A Place Where Everybody Knows Your Name And they can pronounce it too!

When Katherine Dziezyc arrived at Trinity Oaks, some greeted her and pronounced her name correctly. They were given a heads up in the last issue of *The Oak Leaf*. It is Dee-Zic. She was so pleased that she has a sign outside her apartment: "Trinity Oaks: Where Everybody Knows Your Name."

The name is Polish, but she is Italian and in Stamford, Connecticut, where she lived, the Poles and the Italians had different sections of town. She met her late husband while bowling. He was quiet, she was loud. Of course, they hit it off.

After the Navy, her husband returned to Stamford to work at Perkin-Elmer, the noted technology company. She remained at home with their three children.

That is until the children were off to college. She then trained for a new job – teacher's aide. She worked with kindergarten and first grade children for 15 years.



Katherine Dziezyc

When her husband retired, they moved to the Summerfield subdivision in Salisbury to be near their daughter Barbara. They lived there for 25 years. The large home on 1.5 acres got too much for Katherine after the death of her husband.

Her move to Trinity Oaks came in January.

She describes Trinity Oaks as an oasis. "Everyone is so friendly and welcoming." When she learned that her home had sold quicker than expected, "I took a deep breath and asked if I could move in." She was here in three weeks. "I am so happy here."