



# The Oak Leaf

*A newsletter from*  
**Trinity Oaks Retirement Community**  
**Salisbury, North Carolina**

## Fore! No, it was Ten! Golf Tournament Raises \$10,000

**T**he third annual golf tournament hosted by Trinity Oaks Retirement Community and Lutheran Home at Trinity Oaks raised almost \$10,000 to be used for projects at the skilled nursing home and a children’s playground at the retirement community. Close to 80 golfers participated in the June 19 event at Corbin Hill Golf Course.

**Major sponsors** for the golf classic were Cheerwine, F&M Bank, Grove Medical, Quick Copy Print Shop, RoMedical, Salisbury Moving, Salisbury Orthopedic, Salisbury Post, Silver Eagle Distributing, Taylor Clay Products, and Wachovia. Tournament and hole sponsors included BB&T Insurance, Carpet Deals & More, Dr. Jim Fryar III DDS, Gary D. Morgan CPA, Intersect Termite & Pest Control, JB’s Window Cleaning, Kevin D. McIntosh, Attorney, Orkin, Ralph Ketter, Supply Company, SunDance Rehabilitation, and Windsor Gallery Jewelers.

**Winners:** First place went to Perry VonCannon, Van Benfield, Steve McIntyre, and Kev Hayes; second place went to Rex Davis, Jim Huckin, Bobby Measmer, and Brent Robinson. Timmy Lingle, Jeff Barnes, and Rob Arnold won the closest to the pin contest. Longest drive was J.C. Ritchie and Carol Walsh.



**Top: The Tournament Organizing Team from Trinity Oaks and Lutheran Home at Trinity Oaks. Bottom: Trinity Oaks resident Chuck Leslie (right) enjoys a day on the links at Corbin Hills.**

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## Flight of Honor Takes to the Air Again! Six veterans from Trinity Oaks traveling to Washington in September

**I**n April, Trinity Oaks residents Ray Simpson and Lee Bryant got to visit Washington, D.C. aboard the Flight of Honor. Now, six other World War II veterans from Trinity Oaks will be making the trip. On September 19 they will join veterans from central North Carolina on an all-expenses-paid trip to visit their World War II memorial and other sites. Making it all possible is Rotary District 7680 of North Carolina.

Five are residents: J.C. Medlin, Ralph Seamon, Frank Skiles, Jay Buxton and Wes Barnes. One is TO Maintenance Supervisor George Summers. They meet other Carolina vets making the trip at orientation on August 29. Trinity Oaks will transport the group to this first meeting.

Take-off for the day-long visit is 4 a.m. September 19. The vets can expect a day of patriotism, emotion, memories and thanks from grateful Americans.



## Trinity Oaks Staff **The Right Choice in Retirement Living** What about new retirement options in Rowan County?

**Linda Agner**

Marketing Assistant/  
Move-in Coordinator

**Patricia Andrews**

Director of Dining Services

**Dianne Ashe**

Director of Security

**Gerti Davis**

Business Office Manager

**Betty Earnhardt**

Director of Resident  
Services

**Robin Forbis**

Wellness Team Leader

**Mysti Harris**

Registered Nurse

**Diane Hundley**

Director of Marketing &  
Sales

**Tim Klusman**

Maintenance Team Leader

**Quentin Long**

Director of Transportation

**JoAnn Martin**

Health Services Director

**The Rev. Darrell Norris**

Chaplain

**Deborah Snyder**

Activities Director

**Jeff Stach**

Campus Landscaping  
Director

**Diane Torrence**

Director of Environmental  
Services

**Mike Walsh**

Executive Director

**S**tart doing your homework and you'll find that not all choices in retirement living are created equal. Yes, there are a number of choices - active adult neighborhoods, patio homes, naturally occurring retirement communities, and independent senior living apartment complexes.

Provided services in such neighborhoods can range from exterior maintenance, lawn care and a clubhouse to three meals, transportation, laundry services and personal security alarms. Fees and rents for such services can also range all over the map - an annual association fee all the way to more than \$4000 a month!

Even in Salisbury there are now more options than ever before. Recently a Trinity Oaks resident visited a local complex and said, "I did the math and I'm staying at Trinity Oaks. Two people in a two bedroom apartment

would cost \$10,000 more than we pay here! And they don't even get access to the Lutheran Home."

Trinity Oaks is an accredited Continuing Care Retirement Community and that is what makes us different than the other local choices. Yes we have cottages and apart-

ments for those who want maintenance free independent living and a variety of amenities. But our residents have chosen us for the security that access to Trinity Oaks Assisted Living and the Lutheran Home at Trinity Oaks gives them. They know any move they may have to make will be seamless and they will always have a place. For them, Trinity Oaks was the *Right Choice*.

What about you? To learn more, call the Marketing Office at 704-633-1002, ext. 225.

*"I did the math  
and I'm staying at Trinity  
Oaks."  
A resident*

## **New Wellness Partnership**

**T**rinity Oaks promotes living optimally and a healthy lifestyle. That's Wellness and we found the perfect service partner in SunDance Rehabilitation. With 4000 trained professionals in 33 states, Sundance is a leader in senior health and holistic wellness. Licensed physical therapist assistant Robin Forbis from SunDance leads our *Wellness Works* program. She teaches classes on Tower Strength, aquatics and chair yoga Monday through Friday mornings. Visit her office in the Fitness Center. Besides yoga and fitness, Robin was named "Hula Hoop Champion" by her colleagues in the rehabilitation department at Lutheran Home at Trinity Oaks, where she works in the afternoons.



**Robin Forbis**



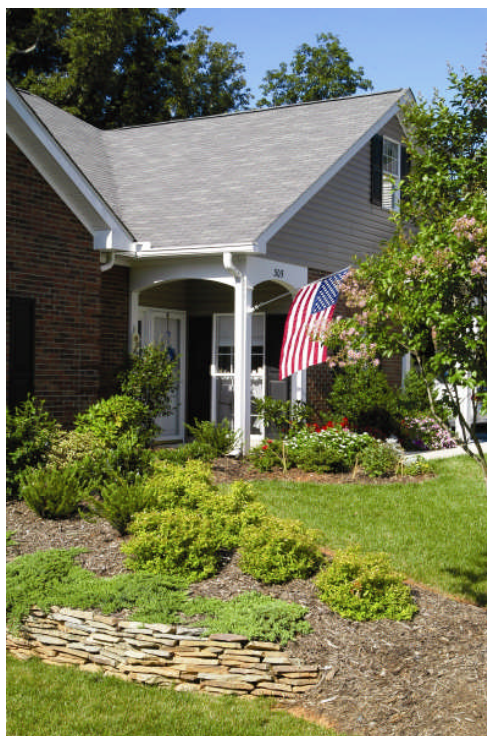
## Shirley Zaremba:

Shirley hails from New Castle, Pennsylvania. Her hobbies are bridge and walking. Son Jeff resides in Scottsdale, Arizona; daughter Chris Brooks is from Salisbury. Shirley joined the Trinity Oaks family at the end of July and hangs her hat in apartment 300A. Welcome to Trinity Oaks, Shirley. We're glad you're here!

## Trinity Oaks is Ready for You - Save on Cottages Now!

**T**here is no need to wait any longer to move to one of our fabulous cottages because Trinity Oaks is offering a **20% discount on the entry fees** to our beautiful cottages right now. Our elegant two bedroom, two bath cottages range from 1450 - 2400 square feet and have 9 foot ceilings with crown molding, very spacious living and Carolina rooms and an outdoor living space.

With our cottages you get so



much more than a stunning residence – you get the peace of mind that a move to a continuing care retirement community offers. You get the convenience of a maintenance free lifestyle with a monthly fee plan that you choose and the asset preservation afforded by a refundable entry fee. No need to worry any longer about loss of value of your home.

Call Trinity Oaks Marketing Office at 704-633-1002, ext 225 to arrange a visit to our cottages. There is one just right for you.

## Summer Reading Challenge #5

### Trinity Oaks hosting event reception

**F**our books – one by Salisbury author John Hart – are on deck for the fifth annual Summer Reading Challenge. Barbara Setzer, the Libretto Book Club and others are the driving force behind the community-wide reading and book discussion event. The theme for the 2009 Challenge is *Stories of Courage*.

Trinity Oaks is involved as a sponsor for the October 13 reception where authors, guest speakers and readers come together to discuss the books. The Trinity Oaks Book Club will tackle the four Reading Challenge books for their summer discussions.

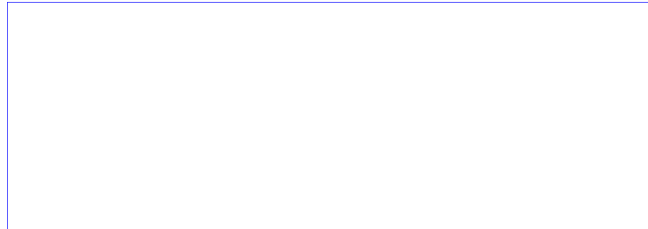
John Hart's story of a courageous boy, *The Last Child*, brings the author back to Salisbury to dis-

uss his newest work. *What is the What* describes the struggles of one of the Lost Boys of Sudan. Teddy Roosevelt's journey along the Amazon following his 1912 defeat for the U.S. presidency is described in *River of Doubt*. Kevin Sites' book, *In The Hot Zone*, describes his experiences as an Internet war correspondent. Speakers and programs at Trinity Oaks this summer and fall will heighten the impact of the book topics for residents.



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## The Oak Leaf



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### How many graduate schools has Bea McClain attended? This teacher has done it all – almost.

**B**ea McClain's teaching career began in Minnesota and took a turn south to High Point, North Carolina. There she taught mathematics and raised two daughters – Jennifer and Katrina – with her husband Howard Lowe. Years after she and Howard divorced, Bea followed her second husband Joe McClain to California. There she said, "I taught everything in the Junior High curriculum except music." Joe's early retirement and Bea's insistence brought the couple back to North Carolina.



**Bea McClain**

Teaching math and science is Bea's specialty, but she is also good at taking classes. Over her teaching career she has taken graduate level courses at not one, but 13 colleges and universities. Although she has earned enough credits for a Ph.D., her bachelors is the only degree where she met all the requirements for graduation.

Bea has been a resident of Trinity Oaks for only six weeks, but she has yearned to join the fun here before there even was a Trinity Oaks. "I knew Betty Earnhardt when she was working in the yellow

house as they were constructing Trinity Oaks," she said. When she and Betty first discussed Trinity Oaks, Bea had years of teaching junior high students under her belt. "I was ready to retire," she said emphatically.

Joe required skilled nursing care toward the end of his life and that delayed the move here. He died last year at the nursing home at the VA Hospital. The couple lived in Salisbury's Wellington Hills subdivision where Bea still has a condo. "I like it at Trinity Oaks," she said. "For the first week all I did was eat and sleep."

### Try us. You May like us too.

- ♥ Spend two delightful days at Trinity Oaks in our fully furnished guest cottage at 312 Majestic Heights Drive.
- ♥ Meet staff and residents, sample our food, enjoy our hospitality, and experience our community in action.
- ♥ Call Diane at 704-633-1002, ext. 225 for details or reservations.