



The Oak Leaf

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

“My middle name is GO. I changed it to GONE.”

Mamie Bridgers: The Traveling Woman from Landis



Mamie Bridgers

It is impossible to be with Mamie Bridgers and hear her story of life, loss and everyday blessings without smiling. At 90 she has a lot to say.

Mamie worked at Cannon Mills for 47 years, all of that time living with her husband Grady in their

comfortable home in Landis. For ten years, they owned The Ocracoke Motel at the beach, hired a manager to run the place and visited on weekends. After retiring in 1983, she and Grady hopped in their motor home and traveled up and down the east coast. “We went to Key West before they put in the new bridge. That was an adventure!”

After Grady’s death in 1995, Mamie continued to travel, finally giving up her home-on-wheels only last year. “I still make wide turns with my Buick,” she said.

In 1997 while vacationing at a motor park in Florida just before her 80th birthday, Mamie overheard someone say, “I’m looking for a 50-year old red-head, but I don’t want to get married.” She turned and said to Russell Bruenen, “Well, don’t look at me because I’m not looking.” After playing cards and then exchanging letters, “I fell in love with him. They were the best eight years of my life.”

Mamie and Russell never married. “I already had everything set up in my will. We cared for each other as if we were married.” After his death, she decided to move to Trinity Oaks. “I have never been so blessed in my life. And the food here. They put something in there to make you need a nap!”

New Exercise Accessory: A Yellow Wristband

To insure that every resident knows how to use the new fitness equipment, Wellness Coordinator Janine Lawson is offering an individualized 30-minute orientation session.

- ♥ **Learn how to safely adjust each machine to your own requirements.**
- ♥ **Learn how to properly use the equipment to meet your own personal fitness goals.**

All who complete the orientation will be given a yellow silicone wristband.



“Trinity Oaks now has the same commercial grade equipment residents would find at any membership gym or the YMCA,” said Lawson. Included in the new Wellness Center next to the indoor pool are five cable columns (“towers”), three recumbent bicycles, two treadmills and an elliptical cross trainer.

Trinity Oaks Staff

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

Mysti Harris
Registered Nurse

Diane Hundley
Director of Marketing &
Sales

Tim Klusman
Maintenance Team Leader

Janine Lawson
Wellness Coordinator

Quentin Long
Director of Transportation

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

Happiness is . . . Ralph Seamon

“I haven’t met anyone here I didn’t like.”

Ralph Seamon is back home in Salisbury, the town where he was raised. His life between then and now, he said with a smile, has been, “ordinary, good and dull.”

Ralph enlisted in the Navy at age 15 in 1942. How young was that?

From that date until discharge in 1946 he swears he used the same razor blade. On coming home to Kannapolis, he went on a blind date with Helen. Four days later he proposed; three months later they were married. On their 51st anniversary Ralph smiled at those who said the marriage wouldn’t last.

Helen went on to become a school teacher and then a housewife and mother to their three children. Ralph progressed from stock boy to manager of Colonial Stores. “They transferred me about every year.” He retired in 1988 and he and Helen traveled and enjoyed life until she became sick. She died in 1997. After their big house became too much for him, Ralph allowed his daughter to talk him into coming to Trinity Oaks.

“I made my mind up that I would like it. I like it a lot better than I

thought I ever would,” he said. “I do everything available except cards and crafts. If they are going anywhere, I’m on the bus! But the biggest thing I do is talk. I like talking too much.”

“Sometimes there is not enough time in the day to do everything and take a nap. If you stay active, you are healthier and feel better.” Words of advice

from a man who exercises for 30 minutes three times a week.

Don’t get him started on the food or the people. “Every time I go to eat, it’s like going to a first class restaurant. And I haven’t met anyone here – residents or staff – that I didn’t like.”

Ralph hangs his hat in 314B surrounded by photos of his wife, three children, five grand-children and five great-grand-children.



Ralph Seamon

Welcome Neighbor!

Pernelle Shaw, who moved to Apartment 207A, is from Chicago, where she lived for the past 57 years. Before her retirement, Pernelle was a registered nurse. She enjoys reading, gardening, and sewing.

Welcome, Pernelle!



A Classy Lady Returns to Trinity Oaks

New Director of Dining Service values long term relationships



Patricia Andrews

We are delighted to have Patricia back with us," said Executive Director Mike Walsh. After a two year absence tending to the needs of two retirement communities in Tennessee, Patricia Andrews is indeed back at Trinity Oaks.

She was here for three years with Sodexo, the worldwide food and facility services giant. When Trinity Oaks decided to operate its own dining service, Patricia moved on, but she was not forgotten. And she did not forget her many friends here. She regularly e-mailed and corresponded with friends and former business associates around the country.

When Larry Martin left to pursue other opportunities, Patricia's friends notified her that there was an opening. She returned to Trinity Oaks in June of this year.

Her goals are broad and people-centered. At the top of her agenda is to make people happy. Meals should be a time for enjoying those around you and reducing worries, she maintains. She sees dining service as an arm of marketing: "If prospective resi-

dents visit and have a wonderful dining experience, they may make the move to Trinity Oaks," she said. She also wants to help the environment by reducing the use of products that could harm air and water quality.

Among her ideas for a happy dining experience is a daily special. If a recipe is received well, it may find a spot of the menu. "Every place has its own characteristic dishes," said Andrews. "In Arizona, it was trout. Here residents like a lot of greens, fried chicken, corn bread and ham biscuits." But as the resident mix evolves, Andrews wants to insure that tastes from other parts of the country are included.

Andrews and her staff will share their happy food experiences with the larger community on September 8. That's when Trinity Oaks parent company, Lutheran Services for the Aging, hosts the Rowan Chamber's next Business After Hours.

Look where you could be going if you lived at Trinity Oaks!

River Barge Excursion Trip September 4-11

Ports of Call:

- ♥ St. Louis, Missouri
- ♥ Cape Girardeau, Missouri
- ♥ Paducah, Kentucky
- ♥ Clarkesville, Tennessee
- ♥ Nashville, Tennessee



Other sights along the way:

- ♥ The River Heritage Museum
- ♥ The Museum of the American Quilter's Society
- ♥ Customs House Museum and Cultural Center
- ♥ A local winery tour
- ♥ The confluence of the Mississippi and Ohio rivers

Tour each port and travel through locks on the Cumberland River.

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Trinity Oaks Retirement Community 728 Klumac Road, Salisbury, NC 28144
Visit our Web site www.trinityoaks.net or call us at 704-633-1002

Seasons, health and yogurt

One couple's reasons for choosing Trinity Oaks

An ad for Trinity Oaks in *The Lutheran* magazine got Anita and Dave Foreman thinking about moving to North Carolina. They were tired of raking leaves and shoveling snow and were a bit concerned about where they might reside if their health declined.

They knew they wanted a CCRC (continuing care retirement community), an indoor swimming pool and a locale with four seasons – all factors in favor of Trinity Oaks. They visited CCRCs in North and South Carolina, but when Anita went shopping in Salisbury's Harris Teeter grocery store, she found another important reason: Stonyfield Farm Organic Yogurt.




Anita & Dave Foreman

Everything considered – including a better financial package – the Foremans chose Trinity Oaks. After selling their home in Jackson Township, New Jersey, on May 19, they moved to a cottage on Covenant Drive.

Dave, a Rochester, New York, native, worked as a chemical and project engineer in St. Louis, Missouri, and New Jersey. Anita was raised in Niagara Falls, New York. She was a third-grade teacher as well as a homemaker and literacy volunteer. In addition to her regular aerobics workout at the fitness center, Anita is considering work as a literacy volunteer for the Rowan County Literacy Council.

Check out Trinity Oaks! We have a pool, four seasons and yogurt.



2 for 1 *

* **I**f you reserve a cottage or a two-bedroom apartment by **September 21** and move in by **December 31, 2008** you will pay no "Second Occupant" fee for your first 12 months at Trinity Oaks. That's a saving of as much as **\$10,000** per couple. Singles: you'll save **\$5000** for your first 12 months.

Save money by calling Diane Hundley or Linda Agner at 704-633-1002 or 1-800-610-0783 to schedule a visit to the new, improved, and expanded Trinity Oaks.