



# The Oak Leaf

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

## Forward to the Future

**Key staff members peer into their activity and wellness crystal ball**

**W**ith major and minor details of the new expansion in place, it is a good time to ask, "What's next?" How is Trinity Oaks going to take advantage of larger spaces, new equipment and renewed resident enthusiasm? Here are the thoughts of two key staff members, Director of Activities Heidi Rendell and Director of Wellness Janine Lawson.

- ♥ **More in-house activities:** Heidi began her tenure at Trinity Oaks with activities appropriate to the season: pumpkin carving and a candidates forum. She is making plans for more movies, bingo, crafts and events that highlight the lives of Trinity Oaks residents. Veterans at Trinity Oaks gathered for a memorial service on Veterans Day followed by a "war story swap." (See list of veterans and years of service on page 2.)
- ♥ **More sports-related activities:** "I'm into sports," said Heidi. She is checking on a trip to Greensboro to see the Harlem Globetrotters play.
- ♥ **More activities that involve the Salisbury community:** Encouraging clubs to meet here is important to Heidi. As a member of the Christian Women's Club when she lived in Titusville, Florida, she envisions the possibility of inviting the



**Heidi Rendell**

local CWC and other groups. "It would offer our residents an opportunity to join a group that met in our Special Events Room," she said.

- ♥ **More wellness classes:** Janine has three on her to do list – stretching, weight training with the new tower machines and circuit training. In circuit training, participants work on one machine for 30 seconds and then move to the next one in a planned circuit.



**Janine Lawson**

- ♥ **Shorter computer classes:** Once residents are familiar with the basics of e-mail and the Internet, our 8th grade teachers from Salisbury Academy want to develop two-session courses like on-line scrapbooking.

- ♥ **New equipment:** The one exercise machine missing from the expanded Wellness Center is leg extension, a device that helps shape quadriceps.



## Trinity Oaks Staff **Victory at Victory Junction**

**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**  
Director of Wellness

**Quentin Long**  
Director of Transportation

**JoAnn Martin**  
Health Services Director

**The Rev. Darrell Norris**  
Chaplain

**Heidi Rendell**  
Director of Activities

**Jeff Stach**  
Campus Landscaping  
Director

**Diane Torrence**  
Director of Environmental  
Services

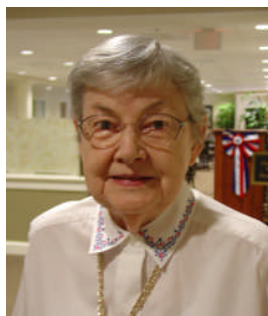
**Mike Walsh**  
Executive Director

**Karen Windate**  
Program Coordinator

### Trinity Oaks women create afghans, quilts and bears

**T**welve Trinity Oaks women spent almost 18 months sewing and knitting for the children at Victory Junction Gang Camp in Randleman, N.C. They created 22 afghans, 18 coverlets and 15 teddy bears for children with chronic medical conditions or serious illnesses. Campers from ages 6 to 16 stay at Victory Junction for a weekend or a week of fun and play. The camp operates year round at no cost to their families. Eight of the women made the trip to Randleman on November 10 to personally donate their gifts.

Susan Shinn of The Salisbury Post suggested the project and resident Martha



**Martha Travis**

Travis volunteered as project leader. "I got the women stirred up," said Travis, who explained the bear's unique checkered flag exterior. "The bears represent victory over a child's ailment," she said.

Trinity Oaks bought yarn and quilt linings for the project. The material for the quilts came from the estate of Martha Travis' late aunt.

The women involved in the sewing project included Travis, Emmy Terheun, Catherine Hall, Elda Buxton, Frances Rice, Mary Hagy, Carolyn Myers, Ruth Woodburn, Margaret Sloop, Lois Buckspan, Blanche Johnson and June Woodall.

## Veterans Honor Roll

### Thank you, Trinity Oaks Vets

William Abbott, Army, 22 yrs	Harry Parrish, Air Force, 2 ½ yrs.
David Arey, Air Force, 3 yrs.	Dow Perry, Army, 11 yrs.
Wesley Barnes, Army Air Corps, 2 yrs.	Charles Query, Army, 4 yrs.
Albert Boyd, Navy, 3.5 yrs.	Irene Santimays, Army Nurse Corps/ Air Force, 2 yrs.
Lee Bryant, Air Force, 20 yrs	Ralph Seamon, Navy, 3 yrs.
Jay Buxton, Army Air Corps, 4 yrs.	Ray Simpson, Army, 1.5 yrs.
Roy Creamer, Army, 3 yrs.	Frank Skiles, Navy, 14 yrs.
Patrick Fahey, Navy, 3 yrs.	Ralph Sturkey, Marine Corps, 6 yrs.
Pete Foster, Army Air Corps, 3 yrs.	Bill Terheun, Navy, 8 yrs.
Luke Freeze, Navy, 3 yrs.	Bill Voss, Army, 4 yrs.
Bob Greenland, Air Force, 3 yrs.	Bill Wolf, Army, 3 yrs.
Sam Hart, Army, 3 yrs.	
Henry Hubbard, Army Air Corps, 4 yrs.	
Charles Kepple, Army, 30 yrs.	
Charles Leslie, Navy, 6 yrs.	

**Total years of service to our country  
by Trinity Oaks veterans: 171.5**



## Welcome Martha and Dot!

- ♥ **Martha Sussmann** - 220B. Martha came to Trinity Oaks from Madrid, Spain, in November. She is a retired Foreign Service Staff Officer with the United States State Department. Her motivation for moving here is to be near her only grandson, Michael Sussmann. Martha is Roman Catholic and enjoys reading & traveling.
- ♥ **Dorothy "Dot" Hurley** - 230C. Dot is a retired teacher from Salisbury who moved to Trinity Oaks on December 1. Her interests are crafts, reading, and word puzzles. Dot has been a member of Bethpage Methodist Church for over 40 years where she has served as Sunday school teacher, choir member, library committee member, president of her Circle and secretary of the church Official Board. Her son Darrell resides in Salisbury; son Alan lives in Charlotte.

## A Home of their Own

Their Trinity Oaks apartment is the first home for Pat and Gene Bruce

When the Rev. Gene Bruce retired from the ministry last year at age 65, he and Pat had lived in congregation-supplied parsonages throughout central North Carolina. Now, they needed a home! The couple thought about renting a house, but then they factored in meals, activities, housekeeping services, lawn maintenance and health care. A continuing care retirement community sounded like a better alternative.

As a Lutheran pastor in Catawba, Iredell and Rowan counties, Gene knew about retirement communities. He had visited many, including Abernethy Center near Newton, N.C. But "Trinity Oaks better suited us," he said. The couple moved here in July.

Their first floor two-bedroom apartment is ideal for Pat who is recovering from a 1995 brain abscess that left her unsteady on her feet. "I can now talk about it without crying," she said. Pat spent five months in rehabilitation where she learned to walk and talk again. "Gene saved my life," she said. "He was my eyes and ears and made sure I got help."



**Gene and Pat Bruce**

The abscess did not affect Pat's sense of humor or cheerful outlook on life. The couple love to travel and just before Gene retired, they traveled with relatives

to Albuquerque, New Mexico, for their son Daniel's wedding. The month-long, 10,000 mile trip included visits to national parks throughout the West and North West. "It was fun," said Pat, "and we are still friends with our relatives and each other."

This year, the couple intend to travel "Route 66," their name for Gene's recent birthday. Pat is motoring along her own Route 65.

The Bruces feel right at home in Rowan County. Gene is originally from Faith; Pat from Spencer. He preaches every Sunday at one of the area's Lutheran churches as a replacement pastor. They have not yet joined a church.

As members of the younger generation of Trinity Oaks residents, they "feel blessed to be able to live here," said Gene. Pat especially loves the "crazy ladies" she encounters. They are looking forward to their first New Years Eve at Trinity Oaks, a traditional time for silliness and crazy behavior.

# The Oak Leaf



Trinity Oaks Retirement Community 728 Klumac Road, Salisbury, NC 28144  
**Visit our Web site [www.trinityoaks.net](http://www.trinityoaks.net) or call us at 704-633-1002**

## Now is the Time - Trinity Oaks is THE Place

*By Diane Hundley, Director of Marketing and Sales*

**R**emember the not-so old saying: “**No decision is a decision.**” That’s as true in retirement living as it is in business. If you’ve been considering the move to Trinity Oaks, it is the Right Time, we are the Right Place and it is Right – Now.

Our major expansion is complete and we have more to offer than ever before.

As a Continuing Care Retirement Community, Trinity Oaks can offer you a “safe harbor” in turbulent and uncertain economic times. With an 80% refundable entry fee, you can be sure your assets will be protected for future healthcare needs or estate preservation.

By joining a community of others, resources are pooled so we can



**Diane Hundley**

use the power of numbers against escalating day-to-day costs of food, utilities and fuel.

Finally, by making the move now, you no longer have to face uncertain times alone. The Trinity Oaks

family provides the same comfort and nurture that nuclear and extended families would if they could. And the Trinity Oaks family is available 24/7!

Put economic unrest to rest. Call today to make an appointment to see your future.

**Trinity Oaks –  
Right Time, Right Place,  
Right Now.**

**Call today for information about the new and expanded Trinity Oaks. We are available at 704-633-1002, extension 477 or on the Web at [www.trinityoaks.net](http://www.trinityoaks.net)**



**T**rinity, a 7', 175 lb stainless steel sculpture by Michael Baker, will soon be installed in the new patio at Trinity Oaks. Baker, a Salisbury sculptor, created Trinity five years ago. Another of his works has been permanently installed in Salisbury’s Fisher Street pocket park. A conversation between LSA President Ted Goins, Executive Director Mike Walsh and Baker led to Trinity’s temporary visit here. A decision to purchase the work of art will be made later.