



The Oak Leaf

A newsletter from
Trinity Oaks Retirement Community
Salisbury, North Carolina

Have it Your Way *and* We'll Pay Your Way **Incentive packages worth thousands**

Have you seen the beautiful expanded common areas completed at Trinity Oaks last fall? The Bistro is buzzing with chattering diners, the Fitness Center equipment is in constant use, groups are watching bowl and playoff games in the Club Room and the Special Events Room shone for the recent Snowflake ball.

Like many folks contemplating a move to a retirement community, you've probably been waiting until the time is right. And like many others, you've probably been concerned with the recent economic uncertainties.

Refundable Entry Fee

With Trinity Oaks' 80% Refundable Entry Fee you are assured of a return on your investment, our comprehensive monthly fees help shield you against rising prices and your "Trinity Oaks family" ensures that you will always have friends nearby during uncertain times.

So whether the house is just getting too big to manage or you can't face another summer of yard maintenance, Trinity Oaks is offering a great package of incentives to encourage you to go ahead and make the move. Whether you choose one of our spacious and flexible cottages or one of our convenient apartments, Trinity Oaks will pay for you to Have it Your Way and we'll even "pay your way!"

For those who opt for one of our cottages, we will provide a \$5000 bonus package which can include a



combination of moving expenses, closing costs, granite countertops and a flat screen television. Those preferring the functional convenience of one of our apartments can select the same combination of options up to a total of \$2500.

Twelfth Month Free

And as if that is not persuasive enough, once you're here, we'll give you your 12th month FREE (first occupant). So you'll save getting here and you'll save once you are here.

Other incentives such as a deferred entry fee on select residences with a move to one of our cottages are under consideration, so now is the time to come take a look at what we have to offer.

Call the Marketing office at 704-633-1002 and make an appointment today to see the residence of your choice. In 2009, Trinity Oaks *is* the Right Place *and* This *is* the Right Time.

Trinity Oaks Staff

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Services

Mike Walsh
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The Long Decision Teacher/writer moves to Trinity Oaks

When Trinity Oaks was being built in 1993, a representative visited the writer's group at Ruffy-Holmes Senior Center. "I was ready to sell my home then and move in," said Dot Hurley, a member of the group. She delayed her arrival by 15 years. "I should have been here years ago. I am very happy here. I'm not used to being looked after!"

After the death of her husband, Dot was alone for 20 years. Alone, but active. She taught grade school for 32 years, volunteered with the Literacy Council for 18 years, wrote for The



Dot Hurley

Salisbury Post's Senior Savvy magazine, authored two self-published books, and taught Sunday school at Beth Page United Methodist Church — Kannapolis for 37 years. To show their appreciation, the congregation named the class after her.

Dot had one friend at Trinity Oaks, but made many others. She was warmly welcomed with signs on her door, greetings in the hall and invitations to dinner. Her son's mother-in-law, Elizabeth Thompson, resides on B-Wing. Friends may want to check out her computer. It is connected to her wide screen TV. Now that's entertainment!

A Full Circle Career

JoAnn Martin was a licensed practical nurse for Lutheran Home-Albemarle for the first 10 years of her career. That was in 1986. Today she is back with Lutheran Services for the Aging as the new health services director at Trinity Oaks. Just before her arrival at Trinity Oaks in November, JoAnn served on the rehabilitation unit at Liberty Commons, Salisbury. She has a lot to share with senior adults living independently.

For starters, she advocates for a more open and accessible Assisted Living. "Being visible demonstrates to residents how well we are taking care of them," she said. Residents who have a

hospital stay need to know it is OK to come to Assisted Living for a short time.

She also wants to work with residents to insure that they take their medications on time and drink adequate fluids. Overall, she wants to "start talking about Assisted Living so that it is not a shock when the doctor says it would be a good idea."

After all, a seamless transition to a higher level of care is a key reason for choosing a Continuing Care Retirement Community.



JoAnn Martin

Welcome Katherine!

Katherine Dziezyc (pronounced Dee Zic) moved into 202A on January 9. She is a retired teacher's aide and has lived in Salisbury for the past 24 years. Her hobbies are reading, crafts, crocheting, and emailing. She has been a member of Sacred Heart Catholic Church since moving to Salisbury. She has two daughters: Joan Millichamp is a veterinarian in College Station, Texas; Barbara Morris is retired and lives in Longview, Washington.

Fill That Bus with 47 Boxes of Food for the Needy Trinity Oaks joins hundreds of volunteer activities for MLK Day

Barack Obama asked Americans to join in a national day of service on January 19, the federal holiday honoring the Rev. Martin Luther King, Jr. and the day before his inauguration. That sounded like a great idea to the residents and staff of Trinity Oaks, who decided to organize a food drive for Rowan Helping Ministries. They asked Lutheran Services for the Aging, Lutheran Home (LH) and Abundant Living Adult Day Services (ALADS) to join them in this worthy cause.

The goal was to fill a Trinity Oaks bus with non-perishable food for the homeless and needy in Rowan County. The bus was parked at the entrance to Trinity Oaks for a week – January 12-19. The final tally of food collected was 47 boxes weighing 1085 pounds.

Residents also joined the YouTube rage and recorded a promotional video to post in conjunction with the National Day of Service website USAservice.org. Fill that Bus was the only Rowan County National Day of Service volunteer opportunity. It was acknowledged at the annual Martin Luther King, Jr. Breakfast attended by close to 500 citizens. Many at the breakfast added their contributions to the bus. The day before, ALADS was honored by Mt. Zion Baptist Church with a Martin Luther King, Jr. Humanitarian award.

Mary Ann Johnson, LSA's director of community and foundation relations, remarked, "True to form, staff and residents at Trinity Oaks chose to be the volunteers rather than the recipients and have created a number of volunteer opportunities for the community."

Other good deeds within the LSA family: LH-Hickory collected food and clothing for the homeless; LH-Albemarle provided a hot meal at a local soup kitchen; Crescent View Retirement Community, Arden, N.C., hosted games for area nursing home residents; and LH-Winston Salem served lunch at a local homeless shelter.



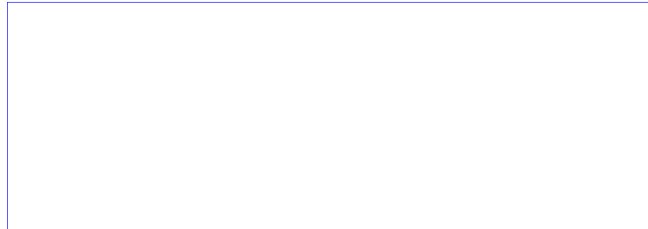
Top: The bus unfilled. Middle: Resident Sam Hart and ED Mike Walsh tote grocery-filled boxes. Bottom: Transportation Manager Quentin Long hands one of 47 boxes collected to Rowan Helping Ministries Food Manager Walt Ryerson. Driver Don Wooten loads a cart with Mike Walsh.

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**How many boxes of food did it take to fill a bus?
See page 3.**



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Golf in the Spring

Watch for news about the Trinity Oaks Third Annual Golf Tournament. We sent proposals to area courses and clubs including those in Kannapolis and Statesville. Proceeds will fund quality of life improvements for residents of Trinity Oaks and the Lutheran Home. Interested in playing or sponsoring? Call the Marketing Office at 704-633-1002.



College Football mixed with celebrating the New Year on Bowl Day (January 2). Residents gathered in the Club Room (above) for all-day festivities.

The Club Room is also the permanent home for Wii, the interactive computer gaming system. Bowling, tennis, baseball, even boxing are part of the package. Wii is more than exercise. It is social recreation and fun for everyone.

Activities

February

- ♥ Valentine desserts and music
- ♥ Opening Reception at Waterworks Visual Art Center
- ♥ Catawba basketball
- ♥ Salisbury Symphony
- ♥ Bingo with First Presbyterian Youth Group

March

- ♥ Pat Wade "Play It Again"- piano and singing
- ♥ Horizons Unlimited- Planetarium
- ♥ Rowan Community Concert Association: Echo's A Legend... Memories of Elvis the King
- ♥ Presidents and First Ladies: The Nixons
- ♥ Charlotte Symphony
- ♥ Gala Tuesday St. Patrick's Day- Jerry Goodman Band
- ♥ Harlem Globetrotters- Greensboro

April

- ♥ Music with Rick Harris
- ♥ Piedmont Players- Smokey Joe's Cafe
- ♥ Salem Men's Chorus