



The Oak Leaf

A newsletter from
Trinity Oaks Retirement Community
Salisbury, North Carolina

From the Plains to the Piedmont

Why Jill and Jack Connery moved to Trinity Oaks

The first thing people want to know when they meet Jill and Jack Connery is, “What brought you to Trinity Oaks from Tulsa, Oklahoma?” They will quickly tell you it’s not their children. Their nearest family member lives in New York City; most of their blended family is on the West Coast. The answer is part planning, part determination and part road trip.

The determination part was the realization that they needed to downsize before age got the better of them. Waiting and procrastinating were off the table. Jill also didn’t want the upkeep of a home and garden. Tulsa was another problem. It didn’t have a major airport and visiting family from there seldom involved a direct flight. It was also on the southern leg of “Tornado Alley.”



Jill & Jack Connery

Planning began in March 2011. They decided that they did not want to go West - Jack, age 77, had been stationed in California during his Navy career. And the North was out—too cold and too much snow. The deep South? Too hot. That left the East and the states of Georgia, Arkansas, Tennessee and North Carolina.

The couple examined magazines, advertisements and surfed the Internet for ideas. Trinity Oaks made the list because of an ad Jack found in a magazine for retired military officers. In May, they embarked on what Jack calls their Great Adventure. They got in their car and visited every place on their list.

When they arrived home, they realized, “**Trinity Oaks was the best we had seen,**” said Jill. It offered

Continued on page 4

Cottage living at Trinity Oaks is among the finest retirement living options you’ll find. Each of our cottage homes is carefully planned and built to provide comfort, privacy, convenience and security. With plenty of room for entertaining and relaxing, our cottages feature bright, spacious living areas that you can customize to match your individual style. The surrounding neighborhood is equally appealing with mature trees, manicured lawns and friendly neighbors. You’ll never have to worry about real estate taxes, home maintenance and repair, landscaping or trash removal. And with discounts on Entry Fees and Lease Options as well as a choice of monthly fee plans available, it’s time to come see our cottages. You’ll want to enjoy all our community has to offer this summer. Call the Marketing Office at 704-603-9204, to learn more.

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Traveling the Other Way on the Continuum From assisted living to independent living

A few months ago, Marie and Chester Wall were living in an assisted living facility. Today, she has regained her independence and is residing in a studio apartment at Trinity Oaks. Chester has a room in Trinity Oaks Assisted Living. For the money and the food alone, "Trinity Oaks is so superior to the other place," said Marie, age 90.

The couple traveled many roads to get here. They retired to Raleigh at the conclusion of his career with the state Department of Agriculture and her work as a registered nurse. But when taking care of her husband, the house and the dog got too much for Marie, they moved to an assisted living facility in Shelby. After a year, they moved again. That time it was to assisted living in Salisbury, where their son, Glenn, and his wife, Sue, live.

After a month at Trinity Oaks, the Walls are happier and healthier. "My husband is walking and improving," said Marie. "He is so much better here."



Marie Wall



Spring into Your New Home

Let us take care of the lawn, the maintenance and spring cleaning from now on so you can enjoy family and friends in your cottage.



Call the Marketing Office to learn more about features, finishes and floor plans available.



So from now on there'll be a change in me

Kate Noujaim likes what she sees and feels at Trinity Oaks

After only a week at Trinity Oaks, Kate Noujaim said, "I can feel myself changing and I think it is for the better." In her first week, she has found all of the major department stores and many of the best restaurants. She has signed up for concerts and trips. And it is easy getting from point A to B in a small town.

All this is a pleasant surprise for Noujaim (pronounced New-jame). Soon after her husband, Sam, died in January 2011, "I was becoming a recluse," she said. A self-described non-joiner, she was happy when friends in her Central Florida community called to cancel get-togethers. She had organized her life so that "there wasn't any excuse to go out of the house."



Kate Noujaim

At Trinity Oaks, it is a different story. "If anyone came here and was just exposed to the staff and residents, they would have to love it," she said. It helped that her friend Georgina Ryon came to Trinity Oaks in the summer of 2010. "She was a good introducer. Everyone has been warm and welcoming," she said.

Trinity Oaks residents and staff have changed her outlook on life. "I am genuinely happy here."

During her working life, Kate was the office manager for an international bank in Los Angeles. She has lived in Baltimore, Washington, D.C., Texas, California, Puerto Rico, Florida and now, thankfully, North Carolina.



Have you heard about our *Penthouse Special*?

Do glorious views and lots of sunlight appeal to you? For a limited time, you can take advantage of tremendous savings on a 1 Bedroom Deluxe or 2 Bedroom apartment on the third floor. Save up to 25% on the 80% Refundable Entry Fee and for your first 12 months pay the monthly fee for the next smallest apartment. So if you choose a 2 Bedroom apartment, you'll pay the Monthly rate of a 1 Bedroom Deluxe; if you choose a 1 Bedroom Deluxe you'll pay the monthly rate of a 1 Bedroom Standard.

Call the Marketing Office at 704-603-9204 to get further details or to schedule an appointment with one of our Marketing team members. Give yourself a "new life" in the new year.

A Date with Trinity Oaks: Upcoming Learning Events

Discovery Days:

Thursday, Feb. 23 or Thursday, March 29, 10a.m. - 2 p.m.

Come spend the day doing what our residents do. Take a fitness class or join a choir for the day. Enjoy a great meal and see available residences.



Everything You Wanted to Know but . .

Friday, Feb. 10 or Thursday, March 8, 9:30 - 11 a.m.

A panel including Ted Goins, CEO, Lutheran Services for the Aging, Trinity Oaks Marketing Team and Jo Kearns, Smart Choice Transitions and Candy Ellis, Smart Moves for Seniors field your questions on the strength of our sponsor, the affordability of living here and downsizing to make a move.

Call the Marketing Office 704-603-9204, to RSVP for any of these events.

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Visit our Web site www.trinityoaks.net or call us at 704-633-1002

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Connerys—continued from page 1

activities, small town, vibrant community, nice people and a temperate climate. Trinity Oaks had extended care services “if we ever need them,” said Jill. Bigger cities like Charlotte and Winston-Salem were close and they liked that.

Leasing, a new option at Trinity Oaks, was also attractive. “So many places we visited were terribly expensive,” said Jill. They liked the financial flexibility that leasing offered. And during their Great Adventure, they discovered that leasing was not available everywhere.

The Connerys will be married 18 years in October. They met through a mutual friend when Jill lived in San Antonio, Texas.

After obtaining a journalism degree from the University of Oklahoma, Jack joined the Navy and was commissioned in 1956. His work involved operations and communications at sea; in the latter part of his military career he was stateside where he edited three Navy magazines on safety and accident prevention at sea, ashore and in the air. After retiring from the Navy in 1977, he was employed as a technical writer. After his second retirement, he started his own techni-

cal writing business which he is continuing on a reduced scale at Trinity Oaks.

Jill, a native of Snape, Suffolk, England, a small village close to the North Sea, worked for what was then a local landmark: the Snape Maltings. She was secretary to the chairman. Malted barley used in the production of beer was fermented and roasted there. The Maltings closed in 1960 and the largest malthouse was later converted to a concert hall. Snape is now known for its world-class festival held every June. Since immigrating to the U.S., she has worked in Illinois and Texas as an executive secretary and owned her own business for several years. She enjoys reading, gardening, traveling and playing bridge.

The Connerys chose a cottage on Majestic Heights Drive that has a space for a small office and a basement. Jill intends to head for the basement in case the rare North Carolina tornado comes through. She and Jack had a safe room installed in their garage in Tulsa. The cottage basement room is more of a “just in case” room and a workshop for Jack. The rest of the cottage is for enjoying life in the Piedmont.