



The Oak Leaf

News from Trinity Oaks

Trinity Oaks—A Senior Living Community, 728 Klumac Road Salisbury, North Carolina 28144

Arlene the Air Stream, Ham Radio, Kitty McNugget and other hobbies

After careers in the Air Force and the ministry, Richard and Pat Paschall built their dream house in the country overlooking Perry's Pond between Zebulon and Bunn, North Carolina. They loved the place so much that Pat told her friends, "You can write our address in ink in your address book." So, why are they on Majestic Heights Drive and not Perry's Pond?

"We wanted to downsize and be closer to our children," said Pat. Even though their dream house was wheelchair accessible, they were isolated. There was no nearby Continuing Care Retirement Community, a concept Richard learned as they discussed another move.

What convinced them to move to a Trinity Oaks cottage were the CCRC advantages plus a whole lot of other options available only at Trinity Oaks. For starters, maintenance removed the windows in the living room and installed a window-door outlet to their new Trinity Oaks-built-patio.



Top photo: Richard and Pat step out on their new patio through a door that was previously a window. Bottom: That's Arlene the Airstream, their travel trailer that has a parking spot home at Trinity Oaks

Nearby are two antennas Richard uses to contact his fellow ham radio operators. In other CCRCs they investigated, antennas were a no-no. Trinity Oaks also remodeled their kitchen, bathrooms, heating and air conditioning system and added a gas stove in the kitchen. Their travel trailer, a 2007 Airstream, is happy too. "Arlene" has her own spot in back of the health center.

Accompanying the Paschalls to Trinity Oaks were their corgi, McKensie Rose and their rescue cat, Kitty McNugget.

Pat and Richard met when he worked as a "soda jerk" and she was in cosmetics at a North Raleigh drug store. They married a few months after Richard received his commission as an Air Force lieutenant in 1965. They have traveled all over the world, but, they agree that there is nothing better than North Carolina.

"Our kids feel good that we are here," said Pat. Their six grandkids love the indoor pool and playground. "This is a really neat place," adds Richard. "Bill Johnson and the staff are terrific." Their advice to others who want to stay active and keep their lifestyle and hobbies intact: "Don't wait too long!"

Why wait another year? Call us at 704-603-9202

Trinity Oaks Staff

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Move-in Coordinator

Lorie Aldridge
Director of Marketing and Sales

Maggi Blizzard
Director of Resident Services

Deana Burris
Director of Life Enrichment

The Rev. Brenda Bynum
Campus Chaplain

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Trinity Senior Services of Rowan
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Michael Kalins
Campus Director of Dining
Services

JoAnn Martin
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Deborah (Debbie) Snyder
Life Enrichment

Diane Torrence
Director of Environmental
Services

Charlie Vazquez
Campus Director of Catering

Bob Yost
Director of Maintenance &
Security



Welcome! To Trinity Oaks

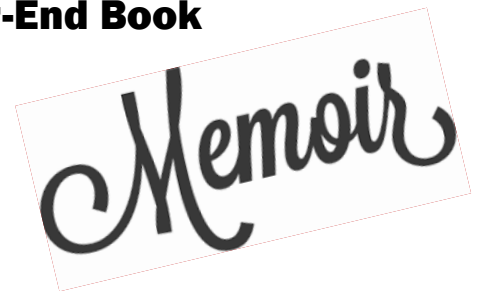
Retired homemaker **Lois Restivo** has moved to an apartment at Trinity Oaks all the way from Elk Grove Village, Illinois. Her son Brett lives in Addison, Illinois and son Russ lives closer in Mocksville, North Carolina. Lois is a fan of reading and playing cards.

Walter Adams III worked in Salisbury as a caregiver and is now residing at Trinity Oaks. Walter enjoys music, art, photography and attending the movies. He is a member of First United Methodist Church, Salisbury.

Elizabeth “Betsy” Rich and her son, **Stevan Rich** have moved to a Trinity Oaks cottage. Mother and son are from Salisbury. She is a retired educator who enjoys volunteering, reading and playing bridge. Stevan enjoys television and the internet.

Memoir Class to Publish Year-End Book

Some stories deserve to be retold and remembered. That’s the motivation behind the end-of-year booklet that Susan Shinn Turner’s memoir class is preparing. Her class members at Trinity Oaks have been writing their stories since October 2016.



“We write on all sorts of topics,” said Turner, a freelance writer. “Some of the prompts are seasonal: What’s your favorite Christmas memory? What’s your favorite Fourth of July memory? We’ve talked a lot about their early years: What’s your earliest memory? Tell a story about your parents or grandparents. They’ve written about school, about trips, about family. Some of it has been funny, some of it has been sad. However, the thing I have tried to emphasize to each class member: This is your story. Be as honest and true as you can. Because when you’re gone, your stories are gone too.”

For the new booklet, students can turn in up to three stories and most have already turned in one. “My core group is extremely faithful,” said Turner, “and they say they look forward to it every month. We all think that the class has been a rousing success. We’re all looking forward to sharing more stories in 2018.”

W h a t ' s y o u r s t o r y ?



Dec. 1: Friday @ First Music Director Matthew Michael Brown invites us to a Friday concert series at First United Methodist Church, Salisbury. Later today we visit the F&M Trolley Barn for the Festival of Trees.

Dec. 2: Christmas Holiday Show Let's go to Mac Gray Auditorium in Statesville for a holiday concert with Joshua Carswell, Page Park and the Hall sisters.

Dec. 4: Living Christmas Tree We have tickets for this not-to-be-missed event at First Baptist Church, Salisbury.

Dec. 5: Hamrick's We join the Christmas rush during Bus Week at our favorite department store.



Dec. 7: Charlotte Motor Speedway The radio in our bus will be coordinated with the spectacular light display at the Charlotte raceway. We drive the track at a reasonable speed, and stop in the infield for hot chocolate and the artificial ice rink.

Dec. 8: Music! Music! Music! Our favorite pianist, Pat Wade will perform at 2:30 p.m. For those that want more, we are headed to the second Friday @ First concert at First United Methodist Church for music at noon.

Dec. 10: St. John's Men's Chorus: This is the Christmas concert by this popular group. What a great way to spend an afternoon!

Dec. 12: Shopping at SouthPark Mall, Charlotte: We had a request to head to South Park for our first visit to Charlotte's upscale mall. If you have never been here, you are in for a treat. When we return you will not want to miss the Letters From Home concert at 7 p.m. Be prepared for an evening of patriotic songs by America's Bombshell Duo.

Dec. 14: Ringers and Singers Our own Ringers and Singers perform their Christmas concert for us at 10:30 a.m.

Dec. 15: Friday @ First This is the last of the Friday @ First concert series at First United Methodist Church.

Dec. 17: Puddingstone This famous group blends fife and drum, Celtic, folk, New Age, Flamenco, Renaissance and classical music. We travel to Lincolnton to hear them at the Lincolnton Cultural Center.

Dec. 19: Salisbury Symphony Chorale: This is only the second concert by the Symphony's new chorale. They will be performing selections from Handel's *Messiah*.

Dec. 20: Erwin Middle School Concert: These talented singers will be here for an early afternoon concert. Come see and hear what America's future sounds like.

Dec. 27: Lexington BBQ: Without a doubt, THE most popular restaurant among Trinity Oaks pork lovers. We beat the crowds for lunch today.

Dec. 28: Tanglewood Since 1992, Tanglewood Park in Clemmons, North Carolina has drawn thousands to its four-mile Festival of Lights display. Tonight is the finale and we'll be there!

Dec. 31: New Year's Eve Residents ring in the New Year.



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Trinity Oaks Lifestyle

**Coming in
January!**



“The Linville Falls Winery were such gracious hosts for a scenic afternoon social. Just across the street, talented metalwork artist Bill Brown inspired us with his creative designs. We finished with dinner in Banner Elk at Bella's. A full day!”

From The Trinity Oaks Facebook page



Why wait another year?

Step on it:

Trinity Oaks is partnering with Kindred at Home in a new program designed to get you moving, competing and improving. The big idea is to use a pedometer to track the number of steps you take each day. You set a goal, work with a buddy and compare your step count with others.

A Matter of Balance:

When we have fallen and fear what will happen the next time, we often become isolated and home-bound. Participants in this eight-week course learn to view falls and fear of falling as manageable. They set realistic goals to increase activities, learn to control their environment to reduce fall risk factors and exercise to increase strength and balance. Class limited to 15 residents.

Trinity Oaks University

December 6

The International Civil Rights Museum
Greensboro, North Carolina



Like us on Facebook. We are Trinity Oaks—
A senior living community.
Visit our website: www.trinityoaks.net for floor plans,
amenities, life style and more

