

LIFE

at The Lakes

Burlington, North Carolina

TWIN LAKES COMMUNITY

ISSUE 1 • 2022

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of Wellness Program



WELCOME to our community

A New Season

Springtime at Twin Lakes is always beautiful. It comes early and lingers, giving us plenty of time to enjoy our lovely campus. Members of our community revel in long walks, fishing, golfing and basking in nature.

We are also celebrating the completion of several significant construction projects and the extra space those projects brought to us. At least as important as the space itself is the ability we have in these spaces to expand our commitment to providing an enriching and engaging environment for members of our community. The new healthcare building has proved to be an amenity for our entire community, as residents from across campus visit it to meet, eat and socialize. Similarly, the expanded Fitness Center is full of active people taking classes, working out and socializing in the vibrant new space.

At the same time we celebrate the completion of those projects, we are eagerly anticipating the start of several other projects, including our new Stockton apartments, the renovation of kitchens in Deacon Pointe and Moneta Springs, and the installation of an exciting and important piece of sculpture at Twin Lakes. We'll tell you more about the sculpture in our next newsletter. Meanwhile, if you're interested in learning about the artist, his name is Thomas Sayre, and available online is a fascinating PBS documentary about him.

You're able to read elsewhere in this newsletter about the Stockton, so I'll take a moment now to

mention the kitchens. The renovation of both kitchens is part of a long-term plan we've had to expand dining in both Deacon Pointe Assisted Living and Moneta Springs Memory Care. Up until now, both kitchens have depended at least in part for food preparation to be provided by the kitchen in our healthcare building.

The upcoming renovations, however, will allow both kitchens to operate autonomously. This will provide dining staff with more flexibility to adjust to individual preferences in developing menus, planning special events, and accommodating dietary restrictions. These upcoming projects, like those completed last year, are another example of our focus on continuously improving our approach to our services and the experience of our residents at Twin Lakes.



Pamela Sarsfield Fox
President/CEO, Twin Lakes Community



Twin Lakes
COMMUNITY

A division of Lutheran Retirement Ministries of Alamance County, North Carolina

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3701 WADE COBLE DRIVE
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from **Michael Cain**
Twin Lakes Wellness Director

Tai Chi for Aging Adults

Tai Chi originated in China. One story of its beginnings goes that, years ago, a Taoist monk named Zhang San Feng observed a snake and a crane fighting one another. The snake moved slowly and cautiously on the ground. The crane did not fly away, but spread its wings and moved around the snake in an almost ballet-like fashion. Both animals moved as if they were in slow motion and neither struck. Instead, they waited patiently for the opponent to strike while off-balance so to counterstrike.

Because of this observation of the natural world of animals, the discipline of Tai Chi was imported into the world of martial arts to accent the Asian emphasis on slow, mindful, meditative movement that becomes more defensive – rather than offensive. This is why Tai Chi is not practiced quickly

or aggressively in the way some other martial arts disciplines are practiced.

Tai Chi's methodical movement is a perfect discipline for aging adults to move safely and effectively without any ballistic movements that can potentially aggravate arthritic joints or throw an unstable participant off-balance and cause a fall.

About the Sifu ("teacher")

Sifu Eric Reiss has studied T'ai Chi Ch'uan since 1973. He apprenticed with Dr. Marshall Ho'o, a T'ai Chi master and acupuncturist, for twelve years. Dr. Ho'o certified Sifu Reiss as First Rank Instructor through the National T'ai Chi Ch'uan Association. We are fortunate to have Sifu Reiss teaching T'ai Chi at Twin Lakes. His classes have been so popular that we have increased their frequency to meet demand.



"Tai Chi has really increased my balance and flexibility, especially initially. Eric teaches us that our hands and legs are always in a position of defense. Defense from an imaginary opponent; however, that opponent may be a wall when you are about to fall. The learning instinct is what helps us if we start to fall. He always points out the health benefits of each motion. The slow movements create a lot of time-under-tension for the muscles, so you feel like you received a good resistance workout. Additionally, Eric emphasizes that Tai Chi is meditation in motion. I recommend Tai Chi for anyone looking for a safe and effective workout and something to help prevent falls. It has helped me!"

—Dennis Pagano, Twin Lakes resident

Sifu Eric Reiss (left) instructs resident Dennis Pagano in Tai Chi class.

Doug Brook

“Keep moving—physically, spiritually, intellectually and professionally.”



Doug Brook and his wife Mariana moved to Twin Lakes Community from their home in Pacific Grove, California. When asked what drew them to the area, he shared that they owned a cottage on the Outer Banks of North Carolina, Mariana is a native North Carolinian and both have family nearby. While those were certainly factors contributing to their decision to move, perhaps the determining factor was “nothing there compared to what we found at Twin Lakes.” Doug offers two observations about Twin Lakes. First, “you can live a normal life here; it’s an easy place to transition into and be comfortable from the beginning.” Second, “the residents here are amazing. You can sit down next to almost anyone, have a good conversation and learn something.” If you sit down beside Doug Brook, you’ll learn much more than you might imagine.

Doug is Emeritus Professor at the Naval Postgraduate School in California where he was Dean of the Graduate School of Business & Public Policy, Professor of Public Policy and Director of the Center for Defense Management Research. When they decided to move to North Carolina he immediately secured a visiting professorship at Duke University teaching in the Sanford School of Public Policy where he is about to enter his 10th year. There, he received the 2021 Richard Stubbing Award for teaching and mentoring graduate students; it recognizes outstanding contributions to the teaching mission of the graduate programs of the Sanford School.

At Twin Lakes, Doug serves alongside other volunteers who contribute to the community’s strength. Like many academics living at Twin Lakes, he has given lectures in the Friday and Saturday resident enrichment forum. He also volunteered as the first facilitator of the Resident Advisory Committee, which was the outcome

of a research project conducted by a group of Duke graduate students. Their task was to research CCRC best practices for including resident input into the annual budget. The advisory committee was formed as a result of their recommendations and serves today to provide resident-led advice and input to management during the budget-making process. Since then, Doug has brought two additional teams of Duke students to campus to conduct research and offer suggestions on other topics selected by Twin Lakes senior management. When not teaching or volunteering you can usually find Doug in the fitness center or jogging around the campus. Once a week, you can count on him participating with the Wednesday morning golf group.

Not only is he active within the community but in the greater area as well. Doug and Mariana sing regularly with the Choral Society of Greensboro. A “semi-competitive” runner, Doug’s persistence in staying in shape paid off. In 2019, he won his age group in the 10K race at the North Carolina Senior Games.

Doug has held four Presidentially-appointed positions. He holds a B.A. degree in political science and a Master of Public Administration degree from the University of Michigan and remains an avid Michigan sports fan! He earned his Ph.D. in Public Policy at George Mason University. He served on active and reserve duty as a Navy supply corps officer retiring at the rank of captain.

If he had a life motto Doug says it would be “keep moving – physically, spiritually, intellectually and professionally.” It seems clear he practices his advice. He continues to move in each of these areas with humility while touching the lives of those around him. We could all learn a thing or two from you, Doug. We’re glad you’re *home* at Twin Lakes.

Twin Lakes Staff Awarded State-Wide Designations in Excellence



LeadingAge North Carolina President and CEO Tom Akins with Coble Creek Coordinators Tamika Tutt-Toomer, Sandra Roberts, Tahisha Ward, and Mignon Ivory

LeadingAge North Carolina (LANC) is a state association of not-for-profit senior services providers, of which Twin Lakes is a member. The LANC Awards Program recognizes and celebrates models of excellence that can serve as inspiration among LANC members. Since 2000, Twin Lakes has earned over twenty of these prestigious statewide awards.

This past fall, LeadingAge NC President and CEO, Tom Akins, visited Twin Lakes Community to present Service Excellence awards to several of our superb employees. Out of 16,000 senior service employees across North Carolina, only sixteen were recipients; five of those recipients work right here at Twin Lakes. The Service Excellence award honors those in direct service who demonstrate extraordinary talent, expertise and dedication in the provision of exceptional service to residents. Congratulations to Meagan Moravec, Life Enrichment Coordinator in Deacon Pointe Assisted Living, as well as Tamika Tutt-Toomer, Sandra Roberts, Tahisha Ward, and Mignon Ivory, Neighborhood Coordinators in Coble Creek Skilled Nursing and Rehabilitation. These staff members provide consistent



Deacon Pointe Life Enrichment Coordinator Meagan Moravec brightens the days of residents.

excellence and willingly exceed the boundaries of their roles to deliver exceptional care.

At this year's spring conference, held at The Grove Park Inn in Asheville, North Carolina, Lauren Cook joined the ranks of award recipients when she was presented with the Excellence in Leadership award. Lauren, the administrator of Coble Creek Healthcare and Rehabilitation, was recognized for her commitment to professional growth and provision of effective, motivational, and consistent leadership within her team. Lauren's motivation is deeply



Coble Creek Administrator Lauren Cook

embedded in her love and passion for working with older adults. She holds a Master's degree in Gerontology, is a preceptor for the North Carolina Administrator in Training program, has served on boards of other nonprofit organizations in the broader community, and has been a lead fundraiser for the Alzheimer's Association. While her professional development at Twin Lakes has served both her and the community well, she is most inspired by opportunities to improve the quality of life for the residents who live in Coble Creek and to motivate others around her to grow in their own development. Lauren leads the process by which Twin Lakes maintains its accreditation with CARF (Commission on Accreditation of Rehabilitation Facilities). She also leads our risk management and accessibility assessment processes, as part of the continual improvement efforts at Twin Lakes. She is a member of Twin Lakes' senior leadership team and is regularly sought out for advice and input by staff and residents across campus.

Twin Lakes is grateful for the generous service these staff members provide. Their selfless dedication and gracious investment in the lives of others contribute to the warm environment our residents call home.



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3701 Wade Coble Drive
Burlington NC 27215

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Stockton Apartments Update

Stockton apartment pre-sales are climbing as Twin Lakes prepares the way both structurally and socially for its development. Demolition crews are hard at work preparing the site for the new building.

As enthusiasm grows, more and more applicants are reserving their new apartment homes. On April 26, we invited our initial depositors to a lovely dinner social in the Blue Heron Pub. During the event, we discussed the benefits of being among the first thirty depositors. These initial investors have the opportunity to enjoy a taste of resident life before moving to Twin Lakes. Advantages include access to and listing on the resident portal, attendance to a few activities and fitness classes each month, a moving expense stipend, and on-campus dining. Our residents look forward to meeting these future residents on campus as they acclimate to life at Twin Lakes throughout the construction process.



For information on Stockton apartments and other residency options, contact our Sales and Marketing office at 336-538-1572.