

# LIFE

at The Lakes

Burlington, North Carolina

TWIN LAKES COMMUNITY

ISSUE 2 • 2023

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# WELCOME to our community

## Best Wishes for the Holidays

In mid-November, the CEO of LeadingAge North Carolina visited Twin Lakes to present Lauren Cook with the Excellence in Leadership Award. LANC is a trade association for nonprofit providers of services to older adults, and Lauren is the administrator of our healthcare building. Lauren was recognized for her leadership in the design of the program and facilities that comprise Coble Creek Healthcare. Tom Akins, the LANC CEO, noted that Lauren was chosen from among more than 16,000 people employed at member organizations and that she is richly deserving of this recognition.

In presenting the award to Lauren, Tom quoted Calvin Coolidge, who reflected that “no person was ever honored for what they received. Honor has been the reward for what they gave.” Lauren certainly was recognized because of the many contributions she has made to Twin Lakes. And in this regard she stands alongside so many others who have lived, worked and volunteered at Twin Lakes. The contributions of people past and present have become part of the fabric of this special community that means so much to all of us who are a part of Twin Lakes.

Joining us soon will be four new board members, including Doug Brook, a Twin Lakes resident and professor of public policy at Duke University; Nikki Ratliff, Chief Operating Officer at Burlington Housing

Authority; Martice Mebane-Williams, an entrepreneur and attorney; and Jill Geringer, a doctor of physical therapy who has previously served on our board. Each of these people brings experience and expertise that will serve our community well. They also bring a track record of service to others that would make President Coolidge smile at their embodiment of his observation on the honor in giving of oneself to others.

In this season of giving, all of us at Twin Lakes send our best wishes to you for wonderful holidays.



**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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# NEWS

*around the lakes*



## Lanes of Light Holiday Drive-Through

**December 2 and 3 / 5:30 pm until 9 pm**

Santa's elves are festively decorating for our annual Lanes of Light holiday drive-through on Saturday and Sunday, December 2 and 3 from 5:30 pm until 9 pm. Lanes of Light represents a labor of love created by our residents and staff, impacting the broader community in ways that inspire everyone. Over 450 tons of food have been donated to local food ministries by way of

Lanes of Light. For 17 years, this beloved event has been helping underserved people while at the same time, delighting children of all ages and creating family traditions across the region. We continue the tradition and invite you to join us as we celebrate the most wonderful time of the year. Requested admission is a monetary donation benefitting The Salvation Army and Meals on Wheels food ministries.

## The Evelyn Apple/Stacy Wood Scholarship

The Evelyn Apple/Stacy Wood Scholarship is a program of the Twin Lakes Auxiliary, a resident-operated non-profit organization committed to improving the lives of residents and employees at Twin Lakes. Residents and non-resident donors contribute to the scholarship fund, which enables the program to provide grants for post-secondary education to the dependent children and grandchildren of Twin Lakes employees. Since its inception in 2002, 289 scholarships have been awarded, totaling \$418,900. During this year's ceremony, 11 applicants received scholarships of \$2,200 each.

*Seven of the eleven scholarship recipients*



*The eight enthusiastic Twin Lakes residents and staff who worked on the 2023 Women Build project*

## Women Unite Building Dreams

Since 2019, Twin Lakes residents and staff have partnered with Habitat for Humanity's Women Build. The program empowers women of all abilities and experience to learn new skills while contributing to the construction of a home for a deserving family. The group's efforts are not only to build a home but to raise awareness of the need for affordable housing. Twin Lakes is proud to be a part of such a wonderful outreach, making a difference in the lives of others.

# NEWS

*around the lakes*

## England Theatre Company Performs at Twin Lakes

Twin Lakes residents enjoy an abundance of life-enriching opportunities, including theatrical productions, both on and off campus. This summer, Castle Theatre Company, the oldest student theatre group in Durham, England, visited Twin Lakes during their brief 3-stop tour of the United States. While primarily affiliated with University College, they annually tour across the UK and USA performing one of Shakespeare's works. The delightful group of Durham University students charmed the audience with their enthusiasm and talent as they performed the bard's beloved "A Midsummer Night's Dream."



*Cast members quickly capture the audience's attention with their opening musical number.*

## Twin Lakes Announces New Medical Director

Independent living residents had the opportunity to meet our new Medical Director, Dr. Victoria Beamer of Piedmont Senior Care, during a recent Town Hall meeting.

Dr. Beamer's predecessor, Dr. Richard Letvak, served as Twin Lakes Medical Director for 20 years prior to his retirement in October.

Piedmont Senior Care, a Cone Health geriatric practice based in Greensboro, served as our backup Medical Director and has operated an on-site primary care practice at Twin Lakes for the past two and a half years.

Originally from Galax, VA, the lifelong UNC fan who was careful to nod to the Virginia Tech fans in the town hall audience, moved to North Carolina where she earned her undergraduate biology degree from Davidson College. Dr. Beamer went on to earn both her master's in biomedical sciences and her medical degree from Wake Forest University. She completed her family medicine residency at the University of North Carolina at Chapel Hill and her geriatric medicine fellowship at Duke University. She focuses on practical life changes and evidence-based, patient-driven care that allows patients to do what matters most to them for as long as possible. Dr. Beamer is board-certified in family and geriatric medicine. In addition to serving as our medical director, Dr. Beamer, together with a nurse practitioner and medical assistants, operates an on-site primary care medical practice for

independent living residents five days a week. Dr. Beamer's expertise and compassion are a welcome addition to the health and wellness services available to all residents at Twin Lakes.

*Residents join during a Town Hall meeting to meet Twin Lakes' new Medical Director, Dr. Victoria Beamer.*



*Dr. Victoria Beamer, Twin Lakes Medical Director*



## Walking For a Cause

What started as a rainy day turned out to be "Nothing but Blue Skies" for Twin Lakes' annual CROP Walk. Participants met at the Boland Community Center before beginning their 1-mile loop around the east side of campus. Sponsored by the Residents Association, the theme for this year's walk was a reminder to walkers that local efforts have a global impact. This year the Twin Lakes Residents Association raised \$13,450 for local, national, and global agencies fighting hunger. 180 participants,

including over 70 walkers, joined the effort, helping reduce hunger and poverty "one step at a time."

*Residents gathered at the Boland Community Center before their walk.*





## Spotlight

# Generation to Generation

A third-generation family follows parents to Twin Lakes Community.

Folks move to life plan communities, also known as CCRCs, for various reasons. The primary reason people choose a *particular* community is because they have friends or family who have shared with them the beauty, value, and care they have found living there. At Twin Lakes, many second-generation family members have followed a relative to live here, and now, for the first time in our 40-year history, Twin Lakes will be called home by three generations of the same family.

Georgia natives, Bob and Sarah Henry were on their way to a CCRC in North Carolina to sign a residency contract late in 1994 when they unexpectedly found themselves on a diversion. Like many who have chosen to make this type of move, the Henrys had visited several communities before making their final decision. There was one CCRC, however, they had not considered until their daughter, Jane, encouraged them to do so, before signing on the dotted line elsewhere. Out of curiosity, and perhaps as a kind gesture to satisfy their daughter, they agreed to visit a community in Burlington, North Carolina. By February of the following year, Bob and Sarah were moving to a different place than they had planned; Twin Lakes Community became their new home. Their only regret was having waited so long to make such an important move.

The Henrys' daughter, Jane Moore, and husband, Dennis, spent a lot of time visiting them and grew an attachment to Twin Lakes. Over the years, watching Jane's parents thrive at Twin Lakes and walking



*Bob and Sarah Henry pose in front of their Luther Court villa in the 1990's.*



*Pictured right are the Henrys' daughter and son-in-law, Jane and Dennis Moore, on the deck of their Calvin Court lakefront villa.*

closely alongside them as they journeyed through the continuum of care, Jane and Dennis decided to make Twin Lakes their future home as well. The Moores now live in a lovely villa on Calvin Court overlooking a lake. There they have made many new friends and enjoy their wonderful neighbors, including 2 swans, a one-winged goose, and a blue heron. It seemed they couldn't be happier. That is, until they learned their children were considering Twin Lakes for themselves.

"They have been so impressed with Twin Lakes and the wonderful services provided to us, that they have already submitted applications," Dennis said. While the Moores' daughters are still several years away from moving, their excitement grows and they feel a sense of security having already made plans. They've seen the lives of their grandparents and parents flourish while living here and feel Twin Lakes is not only "the best deal and location in North Carolina" but a wonderful place to spend their retirement years.

Three generations of the Moores' family have chosen Twin Lakes Community, a place where they've found that autonomy, care, and compassion merge to create a community where lifelong friends are as important as long-term care and where staff know you and your story. It's a place where their grandparents, "Ganga and Pop," thrived, where mom and dad continue to live a life of purpose, and where future residency for the daughters lies. Most of all, it's home.





Twin Lakes COMMUNITY

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## Stockton Construction Update

As fall settles in, preparing us for the upcoming winter months, progress on Twin Lakes' newest development, Stockton Apartments, continues to move full steam ahead. Its well-managed progress is a strong indicator the building will be dried in by the end of the year, an exciting milestone for the 48 families who will call the building home by the fall of next year.

**If you have an interest in the building's second phase of construction, contact us at 336-538-1572.**