

LIFE

at The Lakes

Burlington, North Carolina

TWIN LAKES COMMUNITY

ISSUE 1 • 2024

Welcome

Thanking our Vibrant
Community

Around the Lakes

Recent News in the
Twin Lakes Community



Spotlight

Meeting Each Person
Where They Are

Stockton

New Developments
and Name Origin



WELCOME to our community

A Celebration

Each spring Twin Lakes hosts a gathering to celebrate and thank our donors. Tonight is the occasion of this year's celebration. We will enjoy food, entertainment, and the good company of one another on a beautiful spring evening by the lake.

Without the generosity of our donors, Twin Lakes would not exist. In 1980, Wade and Agnes Coble left their estate to their church, together with instructions that the funds be used to create a place to care for older adults. In addition to setting the stage for what would become Twin Lakes Community, the Cobles also set the standard of generosity that continues to help Twin Lakes thrive today.

Over our more than 40 years of operations, our many donors—with gifts large and small, but always meaningful—have enabled us to achieve the Cobles'

vision. Each year, approximately ten percent of our residents receive financial assistance to live with dignity, security and meaning at Twin Lakes. In addition, Twin Lakes provides financial support to organizations in the broader community that serve older adults, including Meals on

Wheels, Alamance Elder Care, and Legal Aid of North Carolina. The total "community benefit" provided by Twin Lakes last year was more than \$2 million; we could not have accomplished this without the support of our donors, many of whom themselves live at Twin Lakes.

So tonight we will celebrate those donors, and thank them for creating the opportunity for so many people to enjoy the benefits of life at Twin Lakes. Thanks to these generous people we continue to serve our mission of celebrating the progression of life and dignity of the individual.



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



Coble Creek Health-care and Rehabilitation Awarded Five Stars

The search for a Continuing Care Retirement (also known as a Lifeplan) Community often involves reviewing several key factors such as amenities, value, location and quality of care. Many consider the five-star medical rating system created by the Centers for Medicare and Medicaid Services (CMS) when researching a community's higher levels of care. CMS developed the system to help consumers, families, and caregivers learn more about skilled care homes. The system assigns each home a rating of between 1 and 5 stars with 5 being the highest rated quality achievement. It provides one overall rating along with separate ratings for health inspections, staffing, and quality measures. Twin Lakes Community's Coble Creek Healthcare and Rehabilitation is proud to have earned a 5-star rating from CMS, and for its recent deficiency-free survey by the NC Department of Health and Human Services. For over 40 years, the excellent quality of care experienced by residents of our community continues to be one of the reasons thousands of residents have called Twin Lakes "home".

Harris Park

Harris Park construction is complete! Named after our former CEO and President, Charles Harris, the park serves as a gathering place for socializing, exercising, and observing nature. Anchored by a pavilion with two covered picnic areas and a kitchen the park extends across an approximate two-acre plot.

Harris Park features two pickleball courts, a basketball goal, and a walking trail. These elements are situated around a central lawn that can be used for lawn games, performances, and social gatherings. A path meanders through the park alongside a native wildflower meadow and a pollinator garden. An observation deck



overlooks a gurgling stream and birdhouses, creating a respite for observing local butterflies and birds.

In a recent Twin Lakes survey of residents, outdoor exercise and walking ranked as the two preferred outdoor activities. Harris Park offers another opportune setting to fulfill high-ranking activity preferences, centrally located on our beautiful 215-acre campus.



Skill Share

The residents of Twin Lakes Community are actively involved in volunteering both on and off campus. Recently, the Quilt & Sew Forth Club collaborated with fifth graders from a local elementary school on a quilting project. The school's media specialist decided to integrate literacy and writing into a hands-on experience inspired by the story of "The Patchwork Quilt" by Valerie Flournoy, where

a grandmother passes down her treasured family quilt full of memories to her granddaughter. The residents gladly brought along some of their quilts and shared the stories behind them, teaching the students how to thread a needle, sew by hand, operate a sewing machine, and piece fabrics together to form a quilt. According to the school, "Students learned the warmth that a handmade quilt can provide, both physically and in the memories stitched into every patch." The residents enjoyed the intergenerational interaction, with one resident describing the students as wonderful, curious, happy and excited. The quilts and memories created during this project will be treasured by both the students and Twin Lakes residents for a lifetime.

Spotlight

Patrick Cardwell

A chaplaincy focused on vulnerability, authenticity, and creating space for people to share and feel respected.

Twin Lakes Community's chaplain, Patrick Cardwell, has all the qualifications one might expect in a chaplain. His deep commitment to forming meaningful connections with residents and staff, however, far exceeds any degree or certification. Patrick's journey to Twin Lakes is marked by experiences that have instilled in him a devotion to serving the older population.

Patrick earned a B.A. in Religious Studies from Appalachian State University and a Master of Divinity from Wake Forest University before meeting and marrying his wife. He served in his clinical pastoral education residency at UNC Medical Center and became board-certified as a chaplain by the Association of Professional Chaplains. As a child, he enjoyed visiting residents at nursing homes with a family friend; there he sang hymns and found himself holding hands "more aged than his own" and feeling a deep sense of connection. Patrick reflects that "many of my formative moments as a person of faith have happened in one stage or another at a continuing care community" and shares that he enjoys continuing that work at Twin Lakes.

His chaplaincy focus is on vulnerability, authenticity, and creating space for people to share and feel respected. His goal is to "thoughtfully meet each person where they are in their unique story of faith to provide calm, comfort, and compassion, assuring them they are not alone – even in the bitterest moments of life." Equally important and impressive, Patrick realizes his theology of Christian belief does not connect with everyone. During those times, he leans into his own humanity, tapping into that of another where he finds a place of connection and commonality. Patrick reminds us that we are all human and we all strive to understand more fully what that means with the pieces we have. "Chaplaincy," he describes, "has taught me to hold those

pieces more tenderly with others and look for the jagged edges of brokenness where they may even find some congruence."

When asked to describe what it is like to serve at Twin Lakes, Patrick says "As someone with experience working with other CCRCs in a previous position, I can say with authenticity that this is not a typical CCRC. The 'feel' that I get from Twin Lakes is that it is a place where people are retired from their working lives, but not retired from their lives. I have found the residents to be welcoming, warm, trusting, and curious to get to know me – not only as a chaplain but as a human being. This is a place where life changes happen and where life abounds and is readily engaged with inquisitiveness, hope, openness, and gratitude. "I've used the word before to describe Twin Lakes, and I use it again here because it is so true of my experience: balanced. Well balanced for residents and staff, well balanced for life and work, well balanced for growth and rest."

Patrick embodies Twin Lakes' core values and mission and, in many ways, he catalyzes our vision. His presence here enriches the lives of others, his perspective expands the horizons of those who may otherwise feel diminished, and his ability to reach those across the spectrum, whether staff or residents and their families, helps cultivate a sense of community and belonging. Connections. Community. Caring. Patrick brings this and so much more to the table and by doing so, it makes him a beautiful addition to the Twin Lakes family.



Stockton Development

Stockton Apartments

Excitement fills the air as the first phase of the Stockton development nears completion. The campus expansion comprises 48 beautifully designed apartments, a recreation room, and adjacent community space consisting of a clubroom, fireplace room, and small chapel. While 48 families eagerly wait to make the apartments their new home, current residents and staff look forward to welcoming their new neighbors and enjoying the new meeting and recreational spaces these new additions provide to the entire community. New opportunities. New faces. New friendships. Welcome home!

We are now pre-selling Phase II of Stockton! This phase will include 36 apartments with all the amenities included in the first phase. This is our final addition of new homes at Twin Lakes, so we encourage you to take advantage of such a unique opportunity.



If you are interested in securing an apartment home in the second phase of Stockton, please contact our Sales and Marketing office at 336-538-1572.



All in a Name

Every street and building at Twin Lakes has been intentionally named after careful deliberation; those spaces within the Stockton development are no exception. The apartment building is named in honor of a religious and academic pioneer, Betsey Stockton (1798-1865). Ms. Stockton was born into slavery, but went on to found schools for indigenous Hawaiians and Native Americans, as well as the first African American Presbyterian Church in Princeton, New Jersey. The community building adjacent to the Stockton is called Saponi Place, after the original inhabitants of this region – the Saponi Nation of Native Americans. The modern Occaneechi Band of the Saponi nation is headquartered in Mebane, North Carolina, just minutes from our community. Saponi Place contains the Fireside Room, Clubroom, and a



beautiful small sanctuary, the Agnes Coble Chapel. Mrs. Coble and her husband, Wade, left a large bequest to their church, Macedonia Lutheran, to establish services for older adults in Alamance County, known today as Twin Lakes Community. By naming these spaces after remarkable leaders, we not only honor their legacy but we enrich the deeply embedded sense of purpose at Twin Lakes Community.





Twin Lakes COMMUNITY

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

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What is Thrive?

Twin Lakes offers a comprehensive wellness program called Thrive to all residents. The program begins with a physical assessment and a discussion with our Wellness Director, Mandy Sommer, to determine the resident's wellness goals, after which Mandy works with the resident to develop an individualized plan to support those goals. Most of the fitness classes offered as part of the program take place in the Fitness Center, which includes the exercise gym, an indoor pool and classrooms. In addition to indoor classes, our fitness instructors take advantage of beautiful weather and offer nature walks, hikes, and other outdoor activities. The Wellness Program



provides opportunities to improve whole-person wellness including intellectual, nutritional, spiritual, social and emotional health. At Twin Lakes, we believe that a multidimensional wellness program is essential for successful and meaningful living.