

Thrive

COMPREHENSIVE WELLNESS PROGRAM




**Live life to
its fullest**

AT TWIN LAKES COMMUNITY

*Experience an atmosphere
of wellness at every turn
with Thrive.*

I want to age successfully.



“Being actively engaged in Thrive, you keep all of your function levels as high as possible. Then if something happens, you can rebound easier and keep on improving your quality of life.”

— WELLNESS DIRECTOR, TWIN LAKES COMMUNITY

**ENJOY A MORE
ACTIVE AND
ENGAGED
LIFESTYLE WITH**



At Twin Lakes Community, we believe in aging successfully. That means engaging at the highest level possible and participating in meaningful experiences every day. Thrive, our comprehensive wellness program, helps you do just that. Open to all residents of Twin Lakes Community at no additional cost, Thrive provides wellness opportunities across the board.



social

spiritual

physical

emotional

community

environmental

nutritional

intellectual

**whole person
wellness**

A holistic approach

The basis for Thrive is a holistic approach that focuses on an eight-dimensional whole-person wellness model encompassing the spiritual, emotional, environmental, nutritional, community, physical, social, and intellectual facets of life. Participants might experience Thrive through activities such as exercise (physical) to dining (nutritional) to volunteering (community).

Twin Lakes designs and implements Thrive activities that resonate with the residents' specific wants, needs and goals. You can choose which fit you best; it's completely up to you if you want to participate and how much you want to be involved. The staff at Twin Lakes has the expertise and the ability to make sure that Thrive is inspiring, motivating and fun.

Start with a personal assessment

Thrive starts with a simple physical assessment and a discussion to determine your wellness priorities. From our fitness and functional evaluation, we will create an individual plan using our evidence-based programming.

The Thrive team will track each participant's progress in the areas of strength, flexibility, balance, and endurance. And, to make sure you get the most out of Thrive, the wellness staff will work directly with your interdisciplinary team to provide the appropriate programming for safety and efficacy.

Thrive at every turn

A lot of the Thrive program happens in our modern exercise equipment room, indoor aquatics center and class spaces. There's a full schedule of diverse fitness classes both on land and in the water for every level. But Thrive isn't just confined to the gym.

The wellness staff teams up with other staff on the Twin Lakes campus to incorporate Thrive into everyday life. This cross-functional emphasis means Thrive shows up almost everywhere from dining with healthy Thrive-inspired choices, social activities and meditative walks to Lunch & Learn topics on nutrition and community volunteering. All this means that Thrive will help you enjoy a quality of life that aligns with your personal priorities and overall life quality.





A continuous arc of care

As a Continuing Care Retirement Community (CCRC), Twin Lakes offers a wellness program, rehabilitation services, and nurses on staff as well as skilled nursing residences and other medical services. All of these services are right in our community for your peace of mind.

We are fully accredited by the Commission of Rehabilitation Facilities-Continuing Care Accreditation Commission (CARF-CCAC). CARF-CCAC is the only accrediting body for continuing care retirement communities and other types of aging services in the nation.

Discover the possibilities.

To get more information on Twin Lakes Community and how Thrive fits into our plan, call us at **336-538-1572** or visit twinlakescomm.org.

Twin Lakes Community
is a neighborhood where long time
friends are as important as long-term
care. Where independence is
treasured. And where the transition
isn't about what you give up,
but what you've gained.

twinlakescomm.org

CONTACT US

336-538-1572

NICE TO MEET YOU

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The Lakes INDEPENDENT LIVING RESIDENCES

Deacon Pointe ASSISTED LIVING RESIDENCE

Coble Creek HEALTHCARE and REHABILITATION RESIDENCE

Moneta Springs MEMORY CARE RESIDENCE

We thank our amazing residents, staff and EXUM Photography for helping capture the energy and warmth of Twin Lakes Community.



Twin Lakes
COMMUNITY

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