LIFE at The Lakes

Burlington, North Carolina | TWIN LAKES COMMUNITY | ISSUE 2 • 2026

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WELCOME
to our community



Stepping Away

As I look forward to retiring early next year, one of my many "lasts" has arrived: my final opportunity to share highlights of life at Twin Lakes with readers of our newsletter. I am grateful for the opportunity to have grown alongside this community over the past twenty years, and to have grown older–as is the custom at Twin Lakes!–in the company of so many remarkable and generous members of this community.

I also look forward to becoming a member of the audience, cheering on this extraordinary place. I do so with great confidence in its future. Last summer our board of directors named Laura McDaniel our Chief Operating Officer and tasked the two of us with preparing for this leadership transition. At its recent October meeting, the Board formally named Laura our next President and Chief Executive Officer. It is a pleasure to congratulate her and to thank her for taking on this role. Exciting developments lie ahead for this community. Through them all, the core values of Twin Lakes, which include compassion, inclusion and financial strength, will continue to guide the organization.

Twin Lakes has a strong tradition of thoughtful leadership transitions and Laura's preparation has followed that tradition. Over the past year, she and I have worked closely together to ensure the transition is a smooth one. During this time, she has assumed increasing responsibility for the operations of Twin Lakes, bringing to that work her trademark thoughtfulness and care for this community.

Laura has been a member of the Twin Lakes staff and senior management team for fourteen years. She brings extensive education and experience in nonprofit management to her role, along with the important qualities of kindness, insight and dedication.

In preparing to step away from my role, I do so with gratitude for all that we have shared and with optimism for what lies ahead. I wish Laura and every member and friend of this wonderful community continued success and much happiness in the years ahead.

Best always,

Pamela Sarsfield Fox
President/CEO, Twin Lakes Community

Here, on the pulse of this new day
You may have the grace to look up and out
And say simply
Very simply
With hope –
Good morning.

– On the Pulse of Morning, by Maya Angelou

Twin Lakes COMMUNITY

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

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NEWS around the lakes

Twin Lakes Welcomes Elon Volleyball Team



Laughter, friendly competition, and plenty of team spirit filled The Gathering Room recently as Twin Lakes residents welcomed members of the Elon University Women's Volleyball Team for an afternoon of Chair Volleyball.

Known affectionately as the Silver Swans, Twin Lakes residents teamed up for a spirited match against the student-athletes. The game featured plenty of bumps, sets, and enthusiastic cheers, creating an atmosphere that was as energetic as it was heartwarming. While both teams enjoyed the friendly competition, the true highlight of the afternoon was the opportunity to connect across generations.



Events like these are a meaningful part of life at Twin Lakes. Through partnerships with local organizations, schools, and universities, residents have opportunities to engage with members of the wider community, share experiences, and build relationships that extend far beyond campus.

The visit from the Elon volleyball team was a wonderful reminder that meaningful connections can happen at any age. Residents enjoyed learning more about the students' experiences on and off the court, while the student-athletes embraced the chance to spend time with and learn from members of the Twin Lakes community.

Twin Lakes extends its sincere thanks to the Elon University Women's Volleyball Team and their photographer for making the afternoon such a memorable one. We look forward to welcoming them back to campus for another match and perhaps a Silver Swans rematch in the future.

Commitment to Safety Recognized

Twin Lakes has been recognized by its risk management partner, Caring Communities, as a model member organization for excellence in resident safety, risk management, and organizational engagement.

While the recognition is an honor, it also reflects something more meaningful: the dedication of employees across the community who work every day to help residents live confidently, safely, and fully. From healthcare and wellness services to the everyday interactions that make Twin Lakes special, this achievement highlights a shared commitment to providing exceptional care and support.

We are grateful for this recognition and, most importantly, for the residents who make Twin Lakes such a vibrant community.



LIFE-WISE

Information, Support, and Lifelong Learning



Life-Wise is a Twin Lakes program designed to provide information, guidance, and support to older adults and their families as they explore senior living options and navigate changes over time. Available to both prospective and current residents, the program serves as a valuable resource for understanding services, planning for future needs, and accessing support along the way.

For residents and families, Life-Wise helps connect individuals with staff across the community. Admissions and care teams in assisted living, memory care, and nursing care assist with a variety of practical considerations, including insurance and payment options, care planning, therapy coordination, dietary needs, and transitions between levels of care. The goal is to ensure residents and families have the information they need to make confident decisions.

A key component of the program is the Life-Wise Educational Series, which provides regular opportunities for residents to learn, explore new ideas, and engage with experts from a variety of fields. Presentations are led by Twin Lakes staff, residents, university researchers, community leaders, and guest speakers who bring a wealth of knowledge and experience to campus.

The breadth of topics reflects the diverse interests of the Twin Lakes community. Programs have explored history through presentations such as *The Life of North Carolina Supreme Court Justice Susie Sharp* and a four-part Black History Month series examining presidential leadership and the Civil Rights Movement. Residents have gained insights into current events and global affairs through the nationally recognized *Great Decisions* discussion program and *China Through Three Lenses: History, Law, and Education.*

Science and wellness are also regular areas of focus. Residents have enjoyed astronomy programs presented in partnership with Morehead Planetarium, learned about the latest Alzheimer's research from Dr. Todd Cohen of UNC, and explored topics such as whole-person wellness, mindful eating, and healthy living with Twin Lakes rehabilitation and dietary professionals.

The series also celebrates the arts and the experiences of those within the community. Recent programs have included a lecture-recital by pianist Robert Buxton, a four-part exploration of religion and art, birding presentations by Lynn Mosley, and *From First Flight to Marine One: A Life in Aviation*, in which resident Tim Sukow shared stories from his remarkable career. Other sessions, such as discussions led by Dr. Hopper and presentations on resident transitions from Twin Lakes social worker Cherese Wolfe, help foster meaningful conversation around issues that directly impact older adults and their families.

Through both individualized guidance and enriching educational opportunities, Life-Wise reflects Twin Lakes' commitment to supporting residents with trusted information, meaningful resources, and the lifelong pursuit of learning.

Through both individualized guidance and engaging educational opportunities, Life-Wise reflects Twin Lakes' commitment to supporting residents and families with trusted information, meaningful resources, and opportunities for continued learning.





Leadership Rooted in Service

If you've spent any time around Twin Lakes, you've likely noticed that many of the people who help guide our community are deeply invested not only in Twin Lakes, but in Alamance County as a whole. Board Chair Jackie Cole is a wonderful example.

Throughout her life, Jackie has been a passionate advocate for education, service, and community involvement. A Duke University graduate and Vice President and Secretary of ColeCo, Inc., she has devoted decades to strengthening organizations that make Alamance County a better place to live. Her leadership has touched everything from public education and higher education to agricultural initiatives, therapeutic riding programs, and local nonprofits.

Beyond her many leadership roles, Jackie is known for her hands-on dedication to the people and causes she serves. Whether coordinating Meals on Wheels through Alamance Lutheran Church, supporting students through the Alamance Community College Foundation, or helping guide the mission of Twin Lakes, she approaches every role with energy, generosity, and a genuine desire to make a difference.

During her 20+ years of service, including in her role as chair, Jackie brings not only extensive leadership experience but also a deep appreciation for and commitment to the residents, staff, and mission that make this community so special. She understands that Twin Lakes is more than a place to live. It's a community built on relationships, purpose, and caring for one another.

Those who know Jackie would tell you that her impressive list of accomplishments is matched only by her humility and dedication. We are grateful for her leadership and for the many ways she continues to strengthen Twin Lakes and the broader community we call home.

A Season of Appreciation at Twin Lakes



The Christmas season at Twin Lakes is filled with traditions that celebrate the special relationships between residents and staff.

One annual highlight is the staff Christmas breakfast, which brings employees from across campus together for great food, fellowship, and an opportunity to reflect on another year of serving the Twin Lakes community.

The spirit of the season shines just as brightly through the Tree of Life campaign. For more than 27 years, residents have honored and remembered loved ones through gifts that have enriched the community through projects such as outdoor benches, memorial gardens, and other campus enhancements. Each year, the tradition culminates in a Tree of Life ceremony, where every light represents a heartfelt gift and cherished memory.

In 2020, the Resident Auxiliary expanded the program to recognize the employees who serve the community each day. Through the campaign, residents provide a holiday cash gift to every staff member as an expression of gratitude for their care and dedication. The theme, "Light Up the Lives of Our Employees," reflects the generosity and appreciation that define this special tradition.

From festive gatherings to meaningful acts of giving, these traditions highlight the sense of gratitude, kindness, and connection that makes Twin Lakes such a remarkable community throughout the holiday season and all year long.

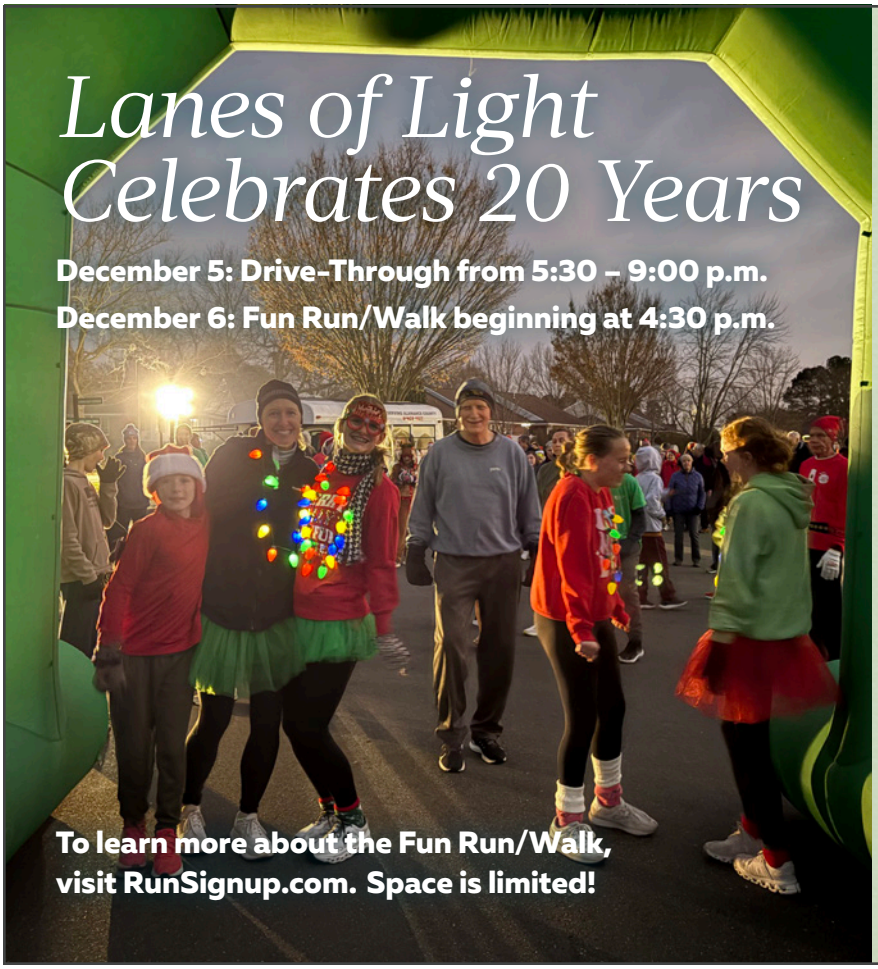


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The season's festivities continue with another beloved Twin Lakes tradition: Lanes of Light, celebrating its 20th anniversary this year. The holiday event has become a cherished tradition for families throughout the region, bringing joy to visitors while supporting local food ministries through donations benefiting The Salvation Army and Meals on Wheels.

Over the past two decades, Lanes of Light has welcomed more than 36,000 vehicles to campus and generated donations equal to approximately 609 tons of food, helping make a meaningful difference for local families and individuals in need.

This year's expanded two-night event includes both the traditional drive-through experience on December 5 and a special Fun Run/Walk on December 6, offering even more opportunities for the community to come together and celebrate the season.