

# LIFE

at The Lakes

Burlington, North Carolina

TWIN LAKES COMMUNITY

ISSUE 2 • 2017

## Feature

The Beauty of Springtime  
at The Lakes

## Around the Lakes

Recent News in the  
Twin Lakes Community



## Spotlight

Doug Brook:  
Resident and Scholar

## Thrive

Wellness Updates  
and Healthful Tips



# WELCOME to our community

## Caring Community Spirit

Last weekend, my husband came in from a morning of yard work and announced he was ready to move to Twin Lakes. The convenience of life at Twin Lakes certainly attracts many folks to move here. Wellbeing, however, is the real key to life in our community. Numerous studies have found that loneliness and isolation are as detrimental to our health as is smoking. At Twin Lakes, we have all but cured these two difficulties.

We have, at Twin Lakes, a community of people who come from across the country and the world, with backgrounds and experiences as diverse as their passions and avocations. This diversity enriches the experience of all residents at Twin Lakes. Earlier this year, resident Martha Krall, a native of Columbia, worked with our Director of Outreach and our Terrace restaurant manager to organize a dinner celebrating the culture and cuisine of Columbia. Martha and the traditional Columbian band she plays with entertained a large group of residents and staff with music and conversation about Columbian culture. Martha also leads a group of residents who gather monthly to converse in Spanish and to read and discuss South American literature. More recently, we were joined by Elon professor Sandra Reid to lead a community-wide discussion of *Just Mercy*, by Bryan Stephenson, director of the Equal Justice Initiative.

Beyond their diversity, residents at Twin Lakes share a common interest in one another and in this place; the members of our community matter to one another, as

does the community itself. Evidence of this sense of community abounds. Residents lend neighbors a helping hand, embrace and support one another during difficult times, and regularly come together to celebrate happy occasions. The Twin Lakes Residents' Association has developed a program designed to ensure that no resident will have to face a trip to the emergency room alone. The program, which the Association is calling the Volunteer Support Group, or VSG, will coordinate a group of volunteers as well as caregiving and security staff to accomplish this compassionate objective.

The VSG is just one of the many ways that residents have made Twin Lakes a better place than it was when they arrived, and is typical of the community spirit at Twin Lakes.



**Pamela Sarsfield Fox**  
**President/CEO**  
**Twin Lakes Community**



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# NEWS

## around the lakes

### Twin Lakes Society

Twin Lakes Community hosted a Southern Soiree on Friday evening, May 5. Guests enjoyed traditional food from the region and music from bluegrass trio, Carolina Lightnin'. The event celebrated our Legacy Society donors who have most generously supported our many projects and programs with current and deferred gifts.

Reflecting on our rich history of giving, attendees were reminded of the legacy of Beulah Sullivan, an early president of the Auxiliary, whose gift with her husband James established the Sullivan Trust for which Sullivan Park is named. We also remembered former resident Sophia Schulz, who made a significant gift from her estate in 2002 to establish what is now known as the Resident Assistance Fund, and celebrated the Ward family for their contributions establishing a Legacy Garden to celebrate and honor all members of the Legacy Society.

Building on this tradition, donors continue to support Twin Lakes with gifts to benefit residents and



*TLC Society members enjoyed a wonderful evening at the annual society event.*

employees in need of financial assistance, estate gifts funding significant capital projects like our new Synergy Home and honoring loved ones with gifts in their memory.

While such gifts benefit our residents, employees, and campus, Twin Lakes remains committed to the health and well-being of the broader community beyond our campus. Last year alone, Twin Lakes contributed more than \$150,000 to charitable organizations including Alamance County Meals on Wheels, Alamance Community College, AlzNC, and United Way of Alamance County. In addition to

monetary gifts, staff and residents contributed countless hours of service tutoring 3rd graders with the Augustine Project, collecting food for the Salvation Army and Allied Churches of Alamance County and building homes for Habitat for Humanity.

Please contact **Laura McDaniel, Director of Development and Outreach at 336.538.1536 or [laura.mcdaniel@twinlakescomm.org](mailto:laura.mcdaniel@twinlakescomm.org)**, if you are interested in learning more about our Development and Outreach work or to inquire about opportunities for funding or collaboration.



### Website Renovations

We are in the final stages of completing a major redesign of our website. We anticipate the new site to be live for viewing in June. A compelling new look and feel establishes cohesive branding that incorporates our fresh brand and message and conveys Twin Lakes's unique spirit. An updated platform addresses the most recent standards for security and increases usability and user interface. A responsive and modern design optimizes viewing on all devices including PCs, tablets, and standard mobile devices.

The internet is a valuable tool for research and communication for seniors and family members searching for information regarding residency and/or care options. The comprehensive redesign of our website provides an appealing, informative, and efficient resource to them. Watch for the launch of our redesigned site at [twinlakescomm.org](http://twinlakescomm.org).





# Springtime at the Lakes

One of the many appealing features of Twin Lakes is our beautiful, spacious community. While our campus is attractive throughout the year, springtime presents the colorful beauty of our community like no other time, and offers a picture-perfect playground for our residents. As diverse as the backgrounds and interests of our residents, so are the broad-ranging opportunities offered at Twin Lakes for their enjoyment and wellbeing. A picture is worth a thousand words and these photos reflect the beauty of our community and the vibrancy of our residents at this time of year.



## Spotlight

# DOUG BROOK

Twin Lakes Resident and Visiting Professor of Public Policy, Terry L. Sanford School of Public Policy at Duke University

One of the unique and valued characteristics of residents at Twin Lakes is the diverse backgrounds and life experiences they bring to our community. Resident Doug Brook observed that “you can sit down with almost any resident at Twin Lakes and have an interesting conversation and learn something.” The same could be said for anyone having a conversation with him. Dr. Brook is Visiting Professor of Public Policy in the Terry L. Sanford School of Public Policy at Duke University. He teaches courses in public and national security budgeting, financial policy, and ethics for policy professionals. He is also professor emeritus at the Naval Postgraduate School in Monterey, California where he had served as professor, dean of the Graduate School of Business and Public Policy, and director of the Center for Defense Management Research.

Brook served in the administration of President George W. Bush as Assistant Secretary of the Navy (Financial Management and Comptroller) and later as Acting Undersecretary of Defense (comptroller/Chief Financial Officer). Earlier, he served in the administration of President George H. W. Bush as Acting Director of the U. S. Office of Personnel Management and Assistant Secretary of the Army Financial Management. He is the only person in the Pentagon history to have held these three senior financial positions.

Dr. Brook has shared his expertise with Twin Lakes in various capacities. Through his work as facilitator



*Doug Brook and his wife Mariana.*

for Duke students taking advanced courses in policy analysis, students have partnered with Twin Lakes on two special class projects. Last year, the students studied ways to involve residents in the budgetary process at Twin Lakes. Their findings were taken into consideration when Twin Lakes established the Resident Advisory Committee for resident input regarding our budget. Recently, students studied whether Twin Lakes should have a gun policy, and, if so, what it should include. The students reviewed academic literature on studies of guns in communities, gun violence, and guns and seniors. They also completed a comparative analysis of other CCRCs information regarding their policies. Their findings will provide important background information as Twin Lakes considers this issue.

Most recently, Doug led an interactive three-part series for residents on Social Security and Medicare. Classes were filled to capacity and attendees enjoyed the information and challenges presented in the course. Course participants were tasked with the homework assignment of fixing Social Security through benefit choices and tax changes. Doug said the results showed “the fix was easy; politically, it was not.”

Doug and his wife Mariana have been residents of Twin Lakes Community since 2014.





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# TIPS to THRIVE!

LIVING WELL AT TWIN LAKES



**from Michael Cain**

*Twin Lakes Wellness Director*

## Dance! Dance! Dance!

People love to watch others dance – shows like *Dancing with the Stars* are dominating prime-time television. Studies show that dancing can help you lose weight, stay flexible, reduce stress, make friends, and much more:

### FIVE BENEFITS OF DANCING



- 1. Boost memory:** According to the *New England Journal of Medicine*, dancing may boost your memory and prevent you from developing Dementia as you get older.
- 2. Improve flexibility:** Increasing your flexibility helps ease joint pain and post-exercise soreness.
- 3. Reduce stress:** A controlled study reported in the *Journal of Applied Gerontology* found that partner dancing can bring about stress relief.
- 4. Lose weight:** Calorie burning while having fun. You can't beat it!
- 5. Make friends:** Being socially engaged leads to increased happiness and a stronger immune system – positive relationships rank up there with eating right and exercise.

**Join other residents and staff at our weekly dance classes at Twin Lakes and start reaping the many health benefits of dance today!**