

LIFE

at The Lakes

Burlington, North Carolina

TWIN LAKES COMMUNITY

ISSUE 1 • 2018

Feature

Getting Healthy
with THRIVE

Around the Lakes

Recent News in the
Twin Lakes Community



Spotlight

Enriching Lives In and
Around the Lakes

Thrive

Wellness Updates
and Healthful Tips



WELCOME to our community

New Beginnings



Jim Wilkes

Burlington attorney David Huffman. Each of these new board members brings his unique experience and perspective to our diverse array of accomplished board members.



David Huffman

As the new year begins, we look forward to the possibilities it brings. Each year at Twin Lakes we welcome new board members, and this year we are delighted to welcome Jim Wilkes, a Twin Lakes resident and retired engineer; David Cooper, retired Dean of the School of Education at Elon; and



David Cooper

Our board selection process involves a careful consideration of the mix of credentials and backgrounds that is necessary for the board to function well, and the success of our organization is a reflection of this deliberate approach.

The year ahead promises other exciting developments as well. We are planning to relocate our Maintenance and

Services Complex to make way for other campus development. We are in the midst of planning a new healthcare building, as well as an expansion of our Fitness Center and Boland Community Center. Finally, we are planning the construction of a new group of Garden Homes; we hope to break ground by the end of this year. The activity and excitement generated by these projects are palpable; we are eager to share plans and, in due course, to enjoy these new additions to our campus.

Meanwhile, as I write this, it is a 70-degree day in February. The trees are budding, and Spring is nearly here, bringing more new beginnings. Warm, sunny wishes from all of us at Twin Lakes.



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

Benevolence Abounds

The remarkable generosity of residents and staff at Twin Lakes is abundant throughout the year; therefore, it is no surprise the holiday season always brings an outpouring of compassionate charity in many ways. The recent Christmas season surpassed historical totals in several areas of holiday outreach and community gifts within and outside Twin Lakes Community.

The **TLC Book Club's Christmas project** raised nearly \$2,000 to benefit Christmas Cheer's Books for Kids program which seeks to provide books for children who do not have them in the home. Additionally, the Twin Lakes Auxiliary **Tree of Life project** procured over \$13,000. This year's campaign was designated to purchase additional new, state-of-the-art exercise equipment for our residents including those with physical limitations. Through this program, residents, staff, and family members donate in honor or memory of a loved one. A special Tree of Life ceremony is held annually in December with lights on the tree representing those remembered and honored.

Lanes of Light 2017 was a tremendous success by all means of measure; the greatest success being a record-setting collection of food and monetary donations in excess of 33 tons for the benefit of Salvation Army and



Twin Lakes residents and volunteer food collectors enjoy a fun moment with Frosty (aka Wellness Director Michael Cain).

Allied Churches of Alamance County food ministries. This annual two-night event attracts over 10,000 people throughout the region who drive through our festively lit campus enjoying the beautiful sights and sounds of the season created by our residents and staff. In twelve years, this inspiring and enjoyable event has raised over 217 tons of food for those in need.

Rock Steady Boxing

A new pilot program has been launched through a partnership with Rock Steady Boxing for Twin Lakes residents living with Parkinson's disease. Rock Steady Boxing is an international, non-profit organization that provides a unique exercise program based on training used by boxing pros and adapted to people living with Parkinson's disease. It enables people with Parkinson's to fight their disease by providing non-contact, boxing-style fitness programs. Studies show this valuable program may be "neuro-protective," working to delay the progression and stave off symptoms of the disease. The program is a special benefit to our residents as there are less than twenty Rock Steady programs offered throughout North Carolina. After completing her first Rock Steady class at Twin Lakes, a resident said "I think this is the answer to my prayers."



Rock Steady instructor Thad Stovall works out with a Twin Lakes resident.

Facebook

Follow Us on Facebook on our Twin Lakes Community Facebook page and stay updated with the latest photos and stories of Life at the Lakes. We have also added a blog to our website featuring relevant articles that focus on topics that may be important to you, as well as happenings at Twin Lakes. Find the link on our homepage at www.twinlakescomm.org.



Wellness *THRIVES* at Twin Lakes

In January 2012, Twin Lakes made a dedicated commitment to resident and staff optimal wellness through the launch of a comprehensive wellness program. Our first fulltime wellness director Michael Cain was hired, and six years later under his leadership THRIVE has flourished beyond expectations. Merriam Webster defines “thrive” as “to grow or develop successfully; to flourish or succeed.” THRIVE has proved to be the perfect name for our dynamic program that enables participants to flourish, grow, and succeed in their wellness goals.

Through well-planned growth, THRIVE currently offers over 140 exercise classes each month to residents and staff at Twin Lakes. Over 80% of independent living residents and over 50% of assisted living residents participate in the program. Novice to advanced classes are offered covering a wide range of options for specific fitness goals. Classes include aqua fitness, yoga, CORE (Corrective Optimal Resistance Exercise), resistance training, Tai Chi, Zumba dance, and Tabata interval training. Special events such as a recent challenging six-mile hike at Hanging Rock State Park are a frequently added feature. A valuable component of THRIVE includes annual assessments used to track participants’ progress. The latest assessment results confirm over 90% of participants maintained or improved leg strength, upper and lower body flexibility, cardio endurance, and balance. These improvements correlate directly with a reduced risk of falls and thus demonstrate that THRIVE contributes to the health and wellbeing of residents. Residents can privately track their progress through a specially designed online wellness program on our resident portal.

Twin Lakes remains committed to providing resources for the optimal wellness of our residents and their pursuit of successful aging. A planned expansion of our current fitness center will add approximately 2600 square feet of space filled with new state-of-the-art exercise equipment selected specifically for use by seniors. Our THRIVE staff includes thirteen instructors: four Twin Lakes employees, eight outside contractors, and one volunteer. All four Twin Lakes instructors, including Michael Cain and the assistant director

Ashley Davis, are certified by the National Academy of Sports Medicine (NASM) as a Senior Fitness Specialist. To earn the SFS certification, these instructors must demonstrate special understanding of the aging process and fitness obstacles for older adults, as well as the ability to apply this knowledge for optimum senior fitness.

THRIVE’s outreach extends beyond Twin Lakes Community. Through a community partnership, we designed and initiated a fitness program for residents of Burlington Homes, an affordable housing residence for seniors. In addition, Michael was the guest speaker at Elon Community Church on the subject of “Whole Person Wellness and Falls Prevention... a New Perspective.” The church extended an invitation to Michael after several members had experienced falls. Michael explained that beyond proactive things you can do to prevent a fall the key is to retrain your instincts to reduce injury if the inevitable fall happens. He demonstrated exercises that accomplish that goal and encouraged the group to continue practicing these to reduce injury in a future fall.

THRIVE has earned a well-respected reputation among our peer communities, in large part because of Michael’s many years of experience and expertise in the senior wellness field and his dedication to our program. When asked to state his philosophy on wellness, Michael explains: “The body is made to move. The pathway out of pain is proper movement. In addition and for me personally, doing the things that truly make you happy and sharing that happiness with the ones you love completes the wellness profile.”



Wellness Director Michael Cain assists with a resident's workout.

Spotlight

BOB DEMAREE: Pillar of the Community

One of the crucial pillars of a great community is the diverse backgrounds of its residents; their varied life experiences and expertise enriches the lives of others. Bob Demaree exemplifies a strong pillar in our community through the sharing of his various talents and expertise for the benefit of others.

Bob is a graduate of UNC-Chapel Hill with an AB in Latin, and holds an MA in Latin from Emory University. He retired in 2001 after 42 years as a teacher, soccer coach, and administrator in schools in Georgia, Virginia, Louisiana, and North Carolina. He served as headmaster of Southfield School in Shreveport, Louisiana, for seven years, and as an administrator at Greensboro Day School in Greensboro, N.C. for 17 years. Bob was named Teacher of the Year in 1969 by the Georgia Classical and Modern Foreign Language Association. He is the author of four book-length collections of poems, including *Other Ladders* (Beech River Books, 2017), two chapbooks of poems, a history of Greensboro Day School, and numerous articles in educational journals. His work has been recognized in various poetry competitions and appeared in more than 150 periodicals.

After a lifetime of accumulating impressive credentials, Bob was certainly entitled to slow down and rest on his laurels; however, to the benefit of Twin Lakes, he remains an engaged and respected leader in our community. He coordinates Twin Lakes' Poets Lariats and the Harbor Poetry Club, and serves on the Literary Review Committee. Bob organizes spring and fall poetry festivals, featuring seminars

and readings by guest and resident poets. He teaches poetry seminars in Greensboro and in New Hampshire where he and his wife Martha spend summers at their home in Wolfeboro.

Bob is an active member of the Twin Lakes Auxiliary, and chairs their Gala fundraiser and the Evelyn S. Apple

Scholarship Committee. Funded by residents, this scholarship program honors staff through higher learning scholarships for their children and dependent grandchildren. In 16 years, the committee has awarded 184 scholarships totaling \$246,100. Bob is also chair of the Twin Lakes Enrichment Committee which sponsors Saturday Morning Forums and Second Friday Lecture Series, Great Decisions, Swan Semester short courses and other educational opportunities for residents at Twin Lakes. Bob works closely with



Bob Demaree (center) volunteers at Lanes of Light with food collection co-chair Jane Lane (left) and Allied Churches Executive Director Richard Gary (right).

nonprofit advocacy organizations, as well as local university professors from Elon, Davidson, Duke, UNC-Chapel Hill, UNC-Greensboro, and N.C. A & T State to secure professionals and top-rated speakers for these enrichment programs. Topics covered include history, public affairs, literature, religions and cultures, sports, journalism and media, design and architecture, music study and performance, and aspects of aging. He and Martha have been married 54 years and moved to Twin Lakes in 2006. The impact of Bob's numerous educational and leadership talents has enriched the lives of many at Twin Lakes in wonderful ways; he is truly a pillar of our community.



Twin Lakes COMMUNITY

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from Michael Cain

Twin Lakes Wellness Director

8 Wellness Tips for 2018

- **Pick up a nutritional plan** that provides your body with the energy it needs. Eat more vegetables and lean proteins and stay away from refined sugars and other high carbohydrate foods.
- **Stay active** by getting 150 minutes of moderate activity or 90 minutes of intense activity per week.
- **Be smoke-free.** Not smoking saves you from harmful diseases like cancer.
- **Get a good night's sleep.** Seven to nine hours a night is paramount for adopting a healthy lifestyle.
- **Get connected.** Having a support system is great for your mental and physical well-being especially during times of stress.
- **Stay hydrated in 2018** by drinking the recommended amount of water, at least 2 liters – even more on the days you exercise.
- **Be grateful.** Being grateful for your life experiences leads one to a more psychologically healthier place.
- **Have a hobby.** It could be something like gardening, woodworking or taking cooking classes. Spend some free time doing something that makes you feel good about yourself.