

# LIFE

## at The Lakes

Burlington, North Carolina

TWIN LAKES COMMUNITY

ISSUE 3 • 2018

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# NEWS

## around the lakes

### Family Fun Day

It is a frequent occurrence for residents and staff to refer to those who live and work at Twin Lakes as *family*. So, what better way to celebrate that sense of belonging and camaraderie than with an official *Family Fun Day*? Residents, staff, and family members enjoyed a beautiful spring day filled with games, food, and lots of fun. The day started with a fishing tournament, followed by the TLC Regatta radio-controlled sailboat races; kids of all ages enjoyed inflatable fun, bocce, horseshoes, putt-putt, face painting, the always-popular dunking booth and more. Snow cones, popcorn and cotton candy satisfied appetites until the day was topped off with lunch in our Terrace restaurant and Pepper Tree Café.



### Farm to Fork

The Terrace restaurant at Twin Lakes recently hosted the 2nd Annual Farm to Fork Dinner and Music Festival. This popular sold-out event provided guests with delicious food stations and entertaining music in the restaurant extending outside onto the lakeside patio. All of the cuisine was prepared using fresh food from local North Carolina farms, gardens, pastures, coast, and dairies. This special event emphasizes the Terrace's efforts to use fresh seasonal food from local sources whenever possible, in addition to providing a pleasurable night out for residents.



### New Garden Home Development

The planning phase for our last development of garden homes is near completion as we move toward the beginning of construction of twenty-eight beautiful new homes. These homes reflect our popular open floor plan. The garden homes are freestanding three-bedroom, two or two-and-a-half bath homes with an attached garage, attic and terrace, as well as optional Carolina Room

and screened porch. The homes range in size from 1750 square feet to nearly 2400 square feet. Construction is anticipated to begin in the fall of this year, with completion in approximately 18 months.

Twenty-three homes were secured by future residents in the initial opening sales process. At the time of this writing, only a few homes remain. Securing a home prior to the beginning of construction enables the

depositor to make custom selections of cabinets, flooring, counter tops and more. It is also advantageous in the planning and preparation for a resident's move to Twin Lakes, allowing ample time for the sale of their home and other transitional tasks. For more information, please contact our Sales and Marketing office at 336-538-1572 or [jstovall@twinlakescomm.org](mailto:jstovall@twinlakescomm.org).

# WELCOME to our community

## Exciting Developments in Our Community

Twin Lakes has a number of exciting expansion projects planned over the next three years. As some of them are nearly shovel ready, our excitement about them and about sharing them is growing. These projects all were identified in the master campus plan adopted by our board of directors in 2014. Since that time we have been working with TFF Architects in Greensboro to develop the plans. In each case, we have formed planning committees consisting of residents and staff to study the programming and space requirements for the particular project, to ensure that the new facilities will meet our needs for many years to come. Flexibility, accessibility and sustainability have been central objectives in the planning for each project.

Elsewhere in this newsletter we share specifics on the first of these upcoming projects to break ground—the final phase of garden home development. With eighty percent of the planned homes sold two months before we're scheduled to break ground, we are pleased that our community continues to be an attractive place for so many to call home, and we look forward to welcoming these new families to Twin Lakes.

In early spring 2019 we will begin construction of our new gathering hall. As our community has grown and programs such as our Thrive Wellness program have expanded, we are regularly reaching capacity in our

Fitness Center and our meeting and gathering spaces across campus. Both of these “problems” speak to the level of engagement among our residents, and are nice problems to have. To make room in our Fitness Center, where our

current Gathering Room (capacity of 160) is located, we are building a new gathering space that will accommodate up to 350 people. In keeping with the objectives noted above, the space will be technologically advanced, can be subdivided to accommodate smaller groups, and will be located both centrally and on-grade for ease of access. Adjacent to the new gathering space will be a new administrative office area. We hope to move into the building in March 2020.

Later next spring, we will begin construction on our new healthcare building, to replace the current facility.



**Twin Lakes**  
COMMUNITY

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

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#### ARCHITECTURAL RENDERINGS



*One of three courts in new garden home development*



*Proposed Gathering Hall*



*Future Coble Creek Skilled Nursing Residence*

The new building is designed to accomplish a number of objectives related to the wellbeing of our residents. The building will be spacious, full of natural light, and have many outdoor living spaces for dining, recreation and enjoying nature. To ensure easy access to the outdoors, the building will be a single story. At nearly 130,000 square feet it will have a very large footprint! To manage the scale of the building, we have organized it into 5 neighborhoods surrounding common amenities including a large fire-side seating area, chapel, multipurpose room, bistro and family room. Each neighborhood will be home to between 20 and 24 residents, and will feature a living room, dining room, activities area and sunroom that opens onto a private garden. The therapy department, key to the return home for so many healthcare residents, will be spacious and will feature a hydrotherapy pool. We expect to complete construction, train staff and move residents to the new building by late 2020.

When the gathering space is complete in March 2020, we will begin work on a renovation and expansion of our Boland Community Building and the Fitness Center. On the second floor of Boland we'll be adding an art studio, craft room and meeting space for residents. Downstairs we'll be expanding the library and club room and adding a pub. In the Fitness Center we'll be converting the previous gathering room into a large exercise classroom, adding a large new fitness equipment room, and expanding the locker rooms.

These are exciting and busy times for all of us at Twin Lakes. We are grateful for the success and good fortune we have benefitted from and which make this expansion possible. And we look forward to enjoying these new amenities for many years to come. Until they are complete, put on a hard hat and come check out the action!

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

# A Strong Foundation



To fully appreciate the progress and projects planned for Twin Lakes that are encapsulated in Pam Fox's *Welcome to the Community* message, it is important to acknowledge and reflect on the history of our community:

The beginning that charted the course and established a strong foundation of sound leadership, vision for the future, and financial stability that has provided competent care and compassion for thousands of residents and family members we have served throughout our thirty-five year history.

Many stories from the early years speak of Wade and Agnes Coble, whose bequest of 3.5 million dollars in the early 1980s was the foundation for starting this community. The Cobles left the bequest to Macedonia Lutheran Church in Burlington to build a place of care for seniors. A local newspaper article from that time describes what a huge endeavor this was considered to be, and the enormous benefit of their generosity: "After their death, church leaders learned the bulk of their estate had been left to start a retirement community. And, with last week's announcement of plans to begin construction of a 60 acre retirement center near Elon, the story of Coble's quiet generosity is becoming an Alamance County legend." Time would later prove the humble beginnings would grow far beyond the reach of Alamance County.

After the announcement of the Coble's bequest, the church formed Lutheran Retirement Ministries. In 1982, LRM purchased land in western Burlington and construction began. The initial phase included a campus with a health care facility; 32 apartments and 9 cottages were also built. In March 1983, the first residents moved into apartments and cottages in independent living. For thirty-five years, additions and

renovations have accommodated the changing desires and demands of older adults. Today, we offer 422 independent living homes, with construction of twenty-eight additional garden homes scheduled to begin later this year. Community spaces, a wellness center with an indoor pool, a state-of-the-art memory care residence, assisted living residence, and numerous other amenity spaces have been constructed. The tradition of strong, vision-minded leadership has provided the substance for our success. Twin Lakes has had only three presidents in our history. Dr. Clyde Christmas served as Executive Director from 1982 to 2004. Charles Harris, President/CEO from 2004 to 2012 was Macedonia Church council president when the founding bequest was received. Succeeding Mr. Harris in 2012 and serving today as President/CEO is Pam Fox. Prior to her current leadership role, Mrs. Fox had a 14 year relationship with Twin Lakes, first as a consultant, then as a board member, followed by her position as COO.

Today, Wade and Agnes Coble's legacy has grown into a 215 acre community that has served thousands of residents and family members for over 35 years. Our success and reputation have been built on the foundation first established by the early visionaries who began Twin Lakes Community and others who followed with the same passion and commitment for this community and those who call it home. The magnitude of the growth of this community is extraordinary, but we remain rooted in our humble beginnings; our vision, full of purpose and possibility, and our mission are steadfast.



Twin Lakes COMMUNITY

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**from Michael Cain**

*Twin Lakes Wellness Director*

## Autumn Fitness and Health Tips

The end of the summer doesn't have to be the end of exercising outdoors and eating healthy. Take advantage of the cooler temperatures, low humidity and nutritious seasonal fruits and vegetables of the fall season and get out and get fit!

### EXERCISING OUTDOORS

**Hiking/Running:** Fall is a great time to go hiking or running – cool weather, no bugs and, of course magnificent views. Hiking burns many calories as you increase your elevation and really work those legs.

**Walking:** Plan fall activities that involve walking like apple-picking, hunting for the perfect pumpkin or enjoying the beautiful colors as you stroll along a picturesque greenway.

### EATING HEALTHY WITH FALL FOODS

**Pumpkins** provide carotenoids (which help fight heart disease and cancer), vitamins C, E and riboflavin, iron, fiber, and potassium.

**Apples** are low in calories, high in fiber, have no cholesterol and give your body important nutrients like potassium, vitamin C, calcium and folic acid.

**Pecans** offer zinc, magnesium, potassium, thiamine, folic acid, and vitamin B6 and they're great sprinkled on salads or eaten alone as a snack in moderation.