



Building Bonds Through Community

By Lisa Zimmers

Being part of a community is a concept we are exposed to from an early age. Our first community is our family. Parents, siblings, grandparents, aunts, uncles, and cousins frame our place in our family unit. We begin to explore new things and apply them to situations closest to us. Whether sharing, doing chores, or competing in backyard games, we discover what we're good at and how to contribute to the network.

We build our new community as we leave our core family unit and transition into the world. Roommates, friends, teachers, co-workers, and bosses begin to structure our time and attention. Applying the new skills, both technical and social, to our days begins to create a trajectory of occupation and families of our own. Although we've made new connections, we often build on our original community rather than replace it. Our support system is growing, and so is our place in it. People begin to look at us as experts, and we make meaningful contributions. The growing skill sets us up as contributors to others' success, often motivating us to expand our footprint and give back.

As we mature, our desire to be part of a community doesn't wane, nor does the need. Often, the fear of losing independence holds us back. The strong will we displayed as children, the "do it myself" attitude, persists into adulthood. We often measure success by our achievements, overlooking the significance of the journey and the relationships we formed in our pursuit.

As the executive director at Twin Lakes, I am deeply grateful for the many thriving groups that come together here as an extended family. In fact, the National Institute on Aging's (NIA) research shows how important community is, especially as we age.

Our dedicated associates and the vendors who provide essential goods and services contribute to the overall success of the community. The greater Montgomery area provides many partners with which to collaborate on important events that contribute to our thriving campus. The outstanding emergency services give a sense of both security and true concern for the citizens' well-being through their proactive and reactive initiatives. Most importantly, the residents are the heartbeat that unites us in a journey that values independence while cherishing community.

Lisa Zimmers is the Executive Director of Twin Lakes, a Life Enriching Community. LEC is a mission-driven organization with six life plan communities throughout Ohio.

Trillium at Twin Lakes - currently in its initial construction phase - will add 30 new independent luxury living homes to this thriving community.



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Life Enriching Communities welcomes people of all faiths.