

## Support for the Montgomery Community

By Lisa Zimmers



As Executive Director of Twin Lakes, I have the privilege of caring for the people who call our community home. That includes overseeing our programs, activities, dining, and care—while also nurturing a healthy, supportive culture for our associates in which everyone feels valued and appreciated.

Twin Lakes is committed to enriching lives, and that extends well beyond our campus. We proudly offer a variety of services, and no residency is required. Whether for you or a loved one, we welcome you to take part.

### Outpatient Therapy

Outpatient therapy at Twin Lakes is open to members of the public. Whether your goal is to reduce pain, improve mobility, stay active, or maintain independence, therapy services are designed to support you every step of the way.

If you need outpatient therapy, find a program that focuses on personalized care, customized treatment plans, one-on-one therapy sessions, guided exercises and stretches, recommendations for at-home routines, and close communication with your physicians or specialists. Our experienced team includes speech, occupational, and physical therapists who are committed to helping you feel your best.

### The Connection

The Connection, our fitness and aquatic center, is also open to the public through membership. Designed specifically for adults aged 50 and better, programs are led by associates trained in the aging process who truly understand how to support your wellness goals. We'd love to show you around—just let us know if you'd like to schedule a tour.

### Memory Support

One of our most meaningful outreach efforts is the Twin Lakes Memory Care Café, offered in partnership with the Alzheimer's Association. Once a month, individuals living with cognitive loss and their loved ones are invited to gather for social connection, conversation, and support.

### Caregiver Support

We host a monthly caregiver support group for those caring for someone with Alzheimer's or dementia. Sponsored by the Greater We host a monthly caregiver support group for those caring for someone with Alzheimer's or dementia. Sponsored by the Greater Cincinnati Chapter of the Alzheimer's Association, this group, facilitated by our Twin Lakes Chaplain, offers a welcoming space for encouragement and shared understanding.

Our **Memory Care Chapel** is held on the first Friday of each month at 11 a.m. This abbreviated worship service provides a familiar, comforting environment with well-known hymns and prayers—created especially for those living with memory loss and the people who love them.

### Speaker Series

Our monthly Speaker Series is a wonderful way to stay connected and engaged. We warmly invite residents of Montgomery and the surrounding communities to join us for informative, engaging presentations on a variety of topics. Upcoming events can be found at [lec.org/communities/twin-lakes/events/](http://lec.org/communities/twin-lakes/events/)

At Twin Lakes, our doors—and our hearts—are open. We're honored to serve not only our residents but also our neighbors, and we look forward to welcoming you.

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

# A COMMUNITY THAT *Connects* Caregivers



Discover a thriving community at Twin Lakes during our monthly Memory Support Speaker Series!

**Educational Presentations**  
**Caregiver Resources**  
**Community Connection**

Scan the QR code to register for the next presentation at Twin Lakes.



[lec.org/twin-lakes/events](http://lec.org/twin-lakes/events)

 **Twin Lakes**  
A LIFE ENRICHING COMMUNITY

 **(513) 247-1300**

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Life Enriching Communities welcomes people of all faiths.