



# PLACES OF PEACE

*Discover Spiritual Connection*

at Life Enriching Communities



## TWIN LAKES

# *Spiritual Wellness and Pastoral Care*

Twin Lakes offers accessible pastoral care services that welcome individuals of all faith backgrounds, foster community and purpose, and extend support through life's transitions. Chaplain Steve Copeland and Chaplain Tim Crowley provide holistic wellness that nurtures meaningful living for all with a variety of spiritual wellness services in the chapel at Twin Lakes.

“Our Chapel is beautiful and welcoming,” Chaplain Copeland explained. “It is conveniently located and yet a place of solitude. There are sacred symbols of residents’ faith groups represented in the chapel, and the outside garden and fountain have a labyrinth connecting them for meditation and reflection. Spiritual practices such as meditation, prayer, or attending services often offer emotional support and a source of comfort during difficult times, helping seniors deal with anxiety, fear, or grief.”

A variety of spiritual wellness services and groups are available in the chapel, including Bible studies, interfaith and end-of-life education, spiritual and aging discussion groups, and family caregiver, Alzheimer’s spousal, and bereavement support groups. In addition to the Jewish Friendship Gatherings and closed-circuit television broadcast of chapel services, there are also weekly morning prayers, Interdenominational Worship, Catholic



Mass, Long-Term Care, Memory Support, and Assisted Living Music and Devotions. On a monthly basis, there’s an Episcopal Worship, as well as a Memory Support Worship that is open to the public.

“Our sacred spaces are used for worship, study, spiritual discussion, prayer, spiritual art exhibits, and resident chapel work group meetings,” said Chaplain Copeland. “It is a statement of our organization’s values and commitment to the residents’ spiritual life. Having a designated spiritual place gives importance to spirituality and aging well. Spirituality can foster a sense of connection with others, reducing feelings

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When asked what spiritual wellness means to him, especially as we age, Chaplain Copeland said, “Spiritual wellness becomes increasingly important as we age and helps us cope with life changes. As people grow older, they often face significant life transitions, such as retirement, loss of loved ones, or health challenges. Spiritual wellness provides a framework for coping with these changes, offering a sense of peace, acceptance, and resilience. Many seniors may feel a loss of purpose when their roles change or when they experience loneliness. Spiritual wellness can help them find renewed meaning and purpose, whether through personal reflection, community involvement, or serving others.”

of isolation. Many spiritual or religious communities provide social networks that offer friendship and a support system.”

Chaplain Tim Crowley greatly experiences the impact of pastoral care in the community as both a spiritual guide and a fellow resident. “The importance of support groups is for someone to be able to come and be present with other people that are in a similar situation and have the ability to talk with them, to relate their experiences and perhaps make new friends.”

“My view is to start where the person is,” Chaplain Copeland says of his guiding methods. “Are they in pain? What are their needs? Building relationships with others across cultural and religious backgrounds is essential. I have often found that the resident is the best teacher on where to start to assist them in enhancing their quality of life. Good pastoral care requires an open spirit.”

As a not-for-profit organization committed to providing all-inclusive services and programs for its residents, Twin Lakes is surely fortunate to have spiritual wellness services that guide and inspire others in community.



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