On June 7, 1993, Well-Spring Retirement Community opened its doors and welcomed its first residents, retired physician Norris Smith and his wife, Rebecca, as well as fellow first-day new resident Ruth Hewett. Then in their 80s, the Smiths had abandoned their intention to move to another community once they learned of the plans to create Well-Spring. They considered their move a gift to their children. “We didn’t want to be a burden,” Rebecca Smith recalled later. The move-ins by Hewett and the Smiths took place three decades ago this month, meaning Well-Spring, A Life Plan Community has turned 30. Happy Anniversary! It’s almost staggering to consider how much has happened since Well-Spring opened its doors ...

“We’ve certainly come a long way from the original vision of leaders such as Grace Hayber, John Red, Buddy Weill, Clyde Collins and many others who conceived and followed through on the creation of Well-Spring,” said Steve Fleming, president and CEO. “I have no doubt that everyone who was involved in making Well-Spring a reality would be greatly moved by how their dream has grown. Today, Well-Spring is one of the finest life plan communities in the country. And we will continue to honor their efforts by maintaining our high standards of service and care in the coming decades.”

Happy 30th Anniversary
Three decades later, Well-Spring more vibrant than ever!

The significant expansion of Health Care, including the opening of what is now Willow Way memory support and our rehabilitation care center

The creation of the Aquatic & Fitness Center

The construction of additional residences, including Magnolia Villas, Greenway Villas and Wildflower Square hybrid apartments

The opening of the Resident Activity Center, featuring the 350-seat Virginia Somerville Sutton Theatre

Art studios and the woodworking and hobby shop

The expansion of dining services with the creation of the Bauman Bistro and Southern Oak Bar & Lounge

June 2023
Here is a sample of new books in the fiction library!

**DANGEROUS BUSINESS** by Jane Smiley
In order to have financial security after her husband’s death, Elizabeth Riple has taken a job working in a brothel. Things go well until the dead bodies of young women start appearing. Elizabeth decides to try and find the killer. DANGEROUS BUSINESS!

**STORM WATCH** by C. J. Box
While tracking a wounded elk in the midst of a Rocky Mountain snowstorm, Joe Pickert makes a gruesome discovery. He finds the mutilated and frozen body of a man he later identifies as a prominent university professor. In order to learn more he begins an investigation which is obstructed by federal agents, extremists, and state officials.

**MAD HONEY** by Jodi Picoult and Finney Boylan
This is a soul-searching story about what information we choose to keep from our past and what we leave behind. It is a riveting novel of surprises, an unforgettable love story, and a moving and powerful exploration of secrets we keep. It takes place in Boston and a sleepy New Hampshire town.

**HUNTING TIME** by Jeffery Deaver
Colter Shaw plunges into the woods and races the clock in a case where nothing is quite what it seems. We learn two fundamental rules of survival: 1) **NEVER BE WITHOUT A MEANS OF ESCAPE** and 2) **NEVER BE WITHOUT ACCESS TO A WEAPON**. Shaw learns Rule #3: **NEVER BELIEVE ANYTHING**.

**THE CHRISTIE AFFAIR** by Nina de Gramont
This is a story about Agatha Christie and her eleven day disappearance. It is an astonishingly clever novel that manages to be both a mystery and a story about lost love. It has unexpected twists and is written in beautiful prose. It tries to answer the question, “Why did Agatha go away?”

---

**OUR CNA RECOGNIZED!**
We are so proud of Kim Lumpkins, a CNA who has been part of our team for over 23 years. She’s been honored by LeadingAge North Carolina with its prestigious 2023 Service Excellence Award for an employee or volunteer who “demonstrates extraordinary talent, expertise and dedication in provision of exceptional service to residents.”

From Left: Steve Fleming, president and CEO of The Well-Spring Group; Sue Suek, Director of Nursing; Kim Lumpkins, CNA; Misti Ridenour, Executive Director; and Rick Williams, Vice President of Human Resources.
Celebrate the joy and fun of Father’s Day as the chamber ensemble of the North Carolina Baroque Orchestra welcomes you to the Virginia Somerville Sutton Theatre at Well-Spring. Come and enjoy music from the 17th and 18th centuries played on authentic Baroque instruments including the cello, violin, Baroque oboe, and harpsichord. The music of Bach, Handel, and friends will fill the theater with a joyful Father’s Day atmosphere as we recreate music as it was played in Europe 300 to 400 years ago.

**MUSICK & MERRIMENT: A WELL-SPRING FATHER’S DAY CONCERT**
*Sunday, June 18, 2:00 PM*

**TRIAD PRIDE CONCERT**
*Saturday, June 3, 7:30 PM*
"We won’t go back"
Dr. John McCarty, Artistic Director
General Admission $20
Students and Seniors $10
Tickets: TriadPridePerformingArts.org

**TOUR OF GUILFORD METRO 9-1-1**
*Tuesday, June 13, 10:00 AM / Wednesday, June 28, 10:00 AM*
Register on the Resident Portal or with the Concierge Team. Small groups will be taken on a guided tour through the offices of Guilford Metro 9-1-1. We will depart at 10:00 AM and return by noon.

**LOUNGE NIGHT WITH GARY SQUIRES**
*Wednesday, June 14, 5:30 PM, Southern Oak Bar*

**INDEPENDENCE DAY CELEBRATION**
*North Carolina Brass Band*
*Monday, July 3, 3:30 PM*

Kim is a gem. A diamond! I am fortunate to work with her and alongside her each day!”
-Fellow Team member

This is a big deal, folks, and another example of the amazing team we have here at Well-Spring. We are bursting with pride over Kim’s recognition and thank her for all she does to serve our residents.

**NOTE DATE CHANGE:**
*Wavelengths will be held THURSDAY, JUNE 15 4:00 PM*
DINING & MORE

THE DISH ON DINING  Celebrating Class of 2023

Your dining team wants to wish the graduating class of 2023 the best of luck in the future. This year yields over 30 of our team members graduating either high school or college! Some familiar faces will be moving on and some will stay with us for a bit longer as they begin their next chapter. For those taking that next big step onward, we thank you for all you’ve done to help make this dining program what it is. We couldn’t do it without you! In the coming months, you’ll see new faces on our team. I know one thing with certainty — our residents will warmly welcome them into the Well-Spring family.

As summer travel season begins, many of us will be taking some time off to relax with our friends and family. We will continue to provide you with exciting new dining events throughout the season. You will find some menu changes over the summer months to lighten things up for the hot days ahead. You may also notice the bounty of fresh fruits and vegetables we are fortunate that our state provides.

—By Todd Dumke / Director of Dining Services

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—By Todd Dumke / Director of Dining Services

Salads
Sliced heirloom tomatoes with basil and olive oil
House smoked trout salad with celery, dill, mayonnaise, chives, crisp bagel chips
Spinach salad with strawberries, candied pecans, goat cheese, balsamic dressing (on the side)
Sliced watermelon

Hot
Jamaican jerk style spare ribs
Smoked BBQ chicken
Home fries with onions
Bacon mac-n-cheese
Sausage, gravy n’ biscuits
Spinach tomato quiche
Braised cabbage
Roasted corn and peppers
Country ham and bacon
French bread French toast
Grits
Eggs Benedict station

Bread
Mini danish, biscuits

Desserts
Cheesecake, cherry pie, bread pudding, chocolate peanut butter cake, caramel apple pie, carrot cake, sugar free chocolate cake

SCENES FROM OUR EVENING WITH
Vietri founder and author

Susan Gravely
Loire Valley France

WINE DINNER
THURSDAY, JUNE 15
5 courses with wine pairings
$75.00 per person / Limited to 60 people

Hors d’oeuvres
DUCK RILLETE, BAGUETTE, PICKLES, MUSTARD
Rillettes d’canard, baguette, cornichon, Dijon
CROTTIN CHEESE, STRAWBERRY PRESERVES, WATER CRACKER
Crottin confiture de fraises, le craquelin
Jd Villebois Pinot Noir

Premier
AN EXPRESSION OF SPRING
l’expression du printemps
Spring pea soup with mint. Goat cheese filled squash blossom, honey.
Gougeres
Pichot Vouvary

Seconde
SCALLOP ON THE HALF SHELL, LEEKS AND MUSHROOMS
Coquille St. Jacques Aux Champignons
Ladoucette Les Deux Tours

Principa
LAMB CHOPS, BABY CARROTS, CELERIAC AND POTATO BERRICHONNE
côtelette d’agneau, carotte, racine de céleri, pommes de Berrichonne
Jus d’agneau
Marc Bredif Chinon Loire Valley

Dessert
APPLE TART, VANILLA ICE CREAM
Tart Tatin, glace à la vanille
Loud and Clear Cremany Brut

NOTE: Reservations for the wine dinner and Father’s Day may only be made by calling David, Elisha or Sherri on the reservation line at 336-478-2186. Reservations will be accepted starting May 30.
On the 18th day of May, having just recently marked his 30th anniversary with Well-Spring, Alan Tutterow, Well-Spring’s Chief Operating Officer, Director of Philanthropy and Interim Chief Financial Officer, achieved yet another milestone – he officially became the longest-serving team member in Well-Spring’s history. On that date, he surpassed former record-holder Barbara Adams, who was Well-Spring’s Director of Resident and Community Relations and officially retired in January 2018.

Tutterow was known as “No. 11” when Well-Spring opened 30 years ago, on June 7, 1993, because he was the 11th person hired by Well-Spring (Adams was the first). He remembers interviewing for the position of Well-Spring’s first chief financial officer in the midst of a chaotic – and very messy – period of construction of the new retirement community. Dressed in a suit, Tutterow looked down to find his dress shoes caked in mud.

“In many ways, Alan’s long tenure represents the defining work ethic for all of Well-Spring,” said Steve Fleming, president and CEO of The Well-Spring Group. “He has given – and continues to give – his all for residents, families and team members. Today, we congratulate and thank Alan for his over 30 years of service and for his loyal dedication to the mission of Well-Spring.”

**Congratulations!**

**ALAN TUTTEROW MARKS 30 YEARS OF SERVICE**

Longest-Tenured Team Member in Well-Spring History
Congratulations to Frank Cashwell, Dick Rosen and Dot Sowerby for placing in the Greensboro Senior Games. Frank Cashwell medaled 1st place male age group 80-84 in the 5K race walk, 1500-meter race walk and the 5K run.

Dick Rosen medaled 1st place male age group 90-94 in the following events: 50-, 100-, 200-, 400-, 800-, 1500-meter dash, 1500-meter power walk, 5K power walk, softball throw and the basketball shoot. Dot Sowerby medaled 1st place female age group 90-94 in the following events: 50-, 100-, 200-, 400-, 800- and 1500-meter dash.

Join us for part two of the Greensboro Downtown Greenway Tour with Dabney Sanders on Tuesday, June 6, departing the Main Entrance at 12:30 p.m. She will share her knowledge of the greenway and artistic pieces. After our 2-mile walking tour we will head to Yum Yum’s for ice cream. Please register on the portal.

Bryan Park Golf will take place on Thursday, June 8, departing the Main Entrance at 8:00 a.m. for a 9:00 a.m. tee time. Please register on the portal.

Help Fight Alzheimer’s by joining us for The Longest Day on Tuesday, June 20, to raise awareness of this disease. Karen Owens, program manager, with Alzheimer’s Association of NC will share two programs with our residents. Understanding Alzheimer’s & Dementia along with Effective Communication Strategies will be presented at 2:00 p.m. in the Florence Phillips Hall. Please plan to attend.

The Alzheimer’s Association encourages people around the world to participate in an activity for awareness. We will be going to FLYWAY Zipline at Battleground Park to enjoy ziplining. There will be two groups’ times to choose from on Thursday, June 22. The first departure will be at 8:45 a.m. for a 9:00 a.m. session and a 9:45 a.m. departure for a 10:00 a.m. session. The cost is $15.00 and will be charged to your account. Please register on the portal.

The East vs. West Campus 8-week walk results are in. The East Campus outwalked the West campus by 797.83 miles. A total of 8,112.39 miles were walked by 57 participating residents. Way to keep moving!!!

COMING SOON!! The Massage Station will be offering services in the AFC. Details coming on how & when you can book your session.

Happy Father’s Day! Keep Moving, Robin

Robin McCloskey
rmccloskey@well-spring.org
336-545-5469
### AQUATIC AND FITNESS CENTER - SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
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*FLORENCE PHILLIPS HALL

June & July
Arthritis Chair Exercise—(1) A class designed to loosen the joints and help with symptoms of arthritis. *NEW CLASS located in Florence Phillips Hall

ChairFit 1—(1) Great for those just starting (or re-starting) a fitness program. Most exercises are performed seated with chair-assisted standing strength & balance work.

ChairFit 2—(2) This moderately intense class focuses on total body functional movements. You will gain muscular strength & cardiovascular benefits. Seated and standing exercises performed.

CardioFit—(3) Great for the experienced exerciser desiring more challenging full body movements. Low impact cardio exercises will be performed standing. Strength training or floor exercises done standing and seated.

Flexibility & Flow—(1) A class focusing on breath, core control, flexibility, and joint movement.

Well-Balanced—(2) A balance class focusing on exercises that improve lower body strength and flexibility, core strength, and posture. You will be moving more efficiently and with a ‘spring’ in your step!

Aquacise—(2-3) A great way to jump-start your morning! Water workout combining cardio and strength training.

Light Aquacise—(1-2) A gentle water workout designed to improve range-of-motion and joint function.

Open Pool—No buddy required. Pool is supervised and open for you to swim, walk, or splash around!

Table Tennis—Touted as the best sport for preventing early-stage Alzheimer’s & dementia. Join Sid Cutbill for a pleasurable game that will stimulate your brain and enhance your hand-eye coordination. All levels welcome and all will benefit, even those with limited mobility. Call Robin for a time slot.

Orientation (not on calendar)—Schedule a time with Robin to perfect your fitness routine. Overall form and technique will be assessed, and proper instruction will be given on how to use the fitness equipment.

**Specialty Class (a small fee applies): Yoga**—(2) Stretch the body while improving muscle strength and balance. Moves can be done standing or on mat.

Robin McCloskey—Wellness Director / 336-545-5469 / rmccloskey@well-spring.org
Difficulty Level indicated: (1)=most basic (2)=intermediate (3)=most advanced.
HEALTH CARE HIGHLIGHTS & MORE

I AM FIGHTING ALZHEIMER’S ON THE LONGEST DAY.

JUNE IS ALZHEIMER’S & BRAIN AWARENESS MONTH

Learn about healthy lifestyle behaviors that can help reduce the risk of cognitive decline.

There are currently more than 6 million Americans age 65 and older living with Alzheimer’s. Age is the greatest risk factor for Alzheimer’s disease, but not the only one. While some brain changes are inevitable as we age, there is a growing body of research to suggest that adopting healthy lifestyle behaviors may help our brains age healthier.

FIVE TIPS TO PROMOTE BETTER BRAIN HEALTH AND HELP REDUCE THE RISK OF COGNITIVE DECLINE:

EXERCISE REGULARLY — Regular cardiovascular exercise helps increase blood flow to the body and brain, and there is strong evidence that regular physical activity is linked to better memory and thinking.

MAINTAIN A HEART-HEALTHY DIET — Stick to a meal schedule full of fruits and vegetables to ensure a well-balanced diet. Some evidence suggests a healthful diet is linked to cognitive performance. The Mediterranean and DASH diets, which emphasize whole grains, green leafy vegetables, fish and berries, are linked to better cognitive functioning, and help reduce risk of heart disease as well.

GET PROPER SLEEP — Maintaining a regular, uninterrupted sleep pattern benefits physical and psychological health, and helps clear waste from the brain. Adults should get at least seven hours of sleep each night and try to keep a routine bedtime.

STAY SOCIALLY AND MENTALLY ACTIVE — Meaningful social engagement may support cognitive health, so stay connected with friends and family. Engage your mind by doing activities that stump you, like completing a jigsaw puzzle or playing strategy games. Or challenge yourself further by learning a new language or musical instrument.

KEEP YOUR HEART HEALTHY — Recent study shows strong evidence that a healthier heart is connected to a healthier brain. The study shows that aggressively treating high blood pressure in older adults can help reduce the development of mild cognitive impairment (MCI).

These are great steps to take at any age. Research suggests that incorporating these behaviors in combination will have the greatest benefit, but even if you begin with one or two you’re moving in the right direction.

—Michael A. Jones, Director of Health Services

Did you know that children who are food insecure are significantly more likely to be incarcerated in their lifetime, and the wages earned by food insecure children are 50% less than children who eat regularly?

Saturday, June 10th is our next Green Bag Pick-up day. Please have your bags out by 9:00 am (or put them out Friday evening so you can sleep late Saturday morning.) A Simple Gesture has a special pantry for families with special dietary needs, including one for immigrants with significantly different palates. Monetary contributions are welcome if you can’t get to the grocery store. Make out a check to “A Simple Gesture” and leave it at the front desk for Dick Rosen.

Thank you for participating in this important program. —Judy Hyman and Dick Rosen
A Taste of Baroque Music with Harpsichordist Steve Hilton
**Tuesday, June 13, at 4:00 PM**  
**Richardson Auditorium**

Steve Hilton is a Charlotte-based professional musician that enjoys providing performances mixed with educational programming. He plays an instrument called the harpsichord, which is a keyboard instrument like a piano, but much older. He will perform music by Bach, Handel, Vivaldi, and other Baroque composers from the years 1600-1750. During his performance, he will narrate/teach a bit about music during this Baroque period in Europe 300 years ago.

Vocalist Daisy Schoen
**Thursday, June 29, 10:30 – 11:00 AM,**  
**Willow Way Gathering Room &**  
**11:15 AM – 11:45 AM, Richardson Auditorium**

Ms. Daisy Schoen is a classically trained soprano living in North Carolina. She graduated from Indiana University with a Bachelor’s degree in Vocal Performance in 2018. Daisy studied with Dr. Brian Gill and Professor Timothy Noble. While at IU, Daisy sang in numerous opera choruses. This Fall, Daisy will begin her Master’s degree at UNCG. She will be singing Jazz, Standards, and Golden Age tunes. Please join us!

Sundaes on Sunday
**Every Sunday from 2:00 – 3:00 PM**  
**Sycamore Square Bistro**

During the dog days of summer, we are taking a break from our weekly Tea @ 2 Social and instead indulging in Ice Cream Sundaes. Please invite your neighbors to join you for a sweet treat!

Trombonist James Lane & Pianist Matt Reid
**Saturday, June 3, at 4:00 PM, Willow Way Gathering Room & 4:45 PM, Sycamore Square Living Room**

Please join us for an afternoon performance of jazz standards with professional musicians from the Music Academy of NC, trombonist James Lane and Jazz pianist Matt Reid.

**Snapshots form our debut of Karaoke Night!**
Used as designated by the donor; undesignated funds are used at the discretion of the Well-Spring Board of Trustees. Donations given April 1-30, 2023

Barbara Adams Employee Blessing Fund
McGehee Porter

Benevolent Trust Fund
Susan French & Bob Dixon

Employee Appreciation Fund
Sallie & Jim Clotfelter

Employee Assistance Fund
Susan French & Bob Dixon

In Honor of Jeff Blazer
Employee Assistance Fund
Anne & Steve Fleming

In Honor of Jennifer Koenig
Employee Assistance Fund
Anne & Steve Fleming

In Honor of Janet Doles
Employee Assistance Fund
Dawn Long

In Memory of Erwin Gerbers
Retirement Community General Fund
Harriet Jones

In Memory of Susan Creed
Employee Assistance Fund
Trip Brown

In Memory of Jerry Hayes
Employee Assistance Fund
Anne & Steve Fleming

In Memory of Jennifer Koenig
Employee Assistance Fund
Anne & Steve Fleming

In Memory of Paul Long
Benevolent Trust Fund
Betty Case

In Honor of Ralph Davison
Employee Assistance Fund
Dawn Long

In Honor of Janet Doles
Employee Assistance Fund
Dawn Long
MEMORIAL, HONOR & OTHER GIFTS TO WELL-SPRING

In Memory of Sara Marshburn
Employee Assistance Fund
Marnell & Deryle Bode
Fay Arnold

In Memory of David Olson
Benevolent Trust Fund
Carol Garlington
Jerri Linn Phillips
Lynette Wrenn

In Memory of Tootsie Pinson
George Galvin Wait Staff Scholarship Fund
Jane & Don Darnell

In Honor of Bob Powell
Employee Assistance Fund
Anne & Steve Fleming

In Honor of Marty Stadler
Employee Assistance Fund
Anne & Steve Fleming

In Memory of Noel von Glahn
Benevolent Trust Fund
Martha Hall

In Memory of Ethel Yari
Employee Appreciation Fund
Zola Yari

Well-Spring Solutions (WSS)
Be the Solution Fundraiser
Kathy Cates
Allison & Rob Leonard

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Donations and/or questions may be forwarded to:
Alan Tutterow, 4100 Well Spring Dr., Greensboro, NC 27410
Or reach Alan at atutterow@well-spring.org I 336-545-5418
Well-Spring is a 501(c) organization and contributions are tax deductible.
Our Residents

1 Brokie Partington 12 Honor Jones
1 Ellen Kellogg 13 Joan Sherrill
2 Nancy Madden 13 June Bergstein
4 Ann Hunt 13 Nancy Fogarty
7 Lois Magid 14 Jo Gelzer
7 Phyllis Brinkley 15 Duilla Harkins
8 Pam Sprinkle 18 Elizabeth Kohn
8 David Sprinkle 19 Carolyn Russell
8 Steve Fogarty 20 Don Davis
9 Janet Royer 20 Rip Bernhardt
11 Evie Sturm 20 Roger Sutton
11 Sam Doyle 21 Susan Jackson
22 Heath Carrier
25 Bob Hunt
27 Al Snider
27 Jerry Ruskin
27 Deb Fritz
29 Mandy Ryan
29 Lois Wret
30 Charlotte Walker
30 RB Arthur

Pam & David Sprinkle 6/03/1967 Mary Hart & Don Orr 6/17/1965
Rascha & Bob Kriegsman 6/08/1958 Susan & Bill Fraser 6/20/1959
**Our Team**

1. Jeremy Lane, Director, Security and Transportation
2. Keshia Lewis, WSHC CNA
3. Annie Villamonte, AL Server
4. Kayla Lott, IL Wait Staff
5. Maria Mondragon, Housekeeping
6. Daisy Allen, Health Care
7. Genevieve Filomeno, AL Server
8. Briana Barksdale, Administrative Assistant
9. Silence Lee, CNA
10. Gail Atkins, Housekeeping
11. Chantal Koffi, CNA
12. Jenna Koffi, AL Server
13. Vida Adom, WSHC In Home Aid
14. Sherri Lang, Dining Supervisor
15. Scott Hinshaw, Chief Technology Officer
16. Erin Eder, Nursing Supervisor
17. Sheena Farrah, CNA
18. Madeline York, IL Wait Staff
19. Stuart Smith, PRN Life Enrichment
20. Tammy Tiley, Med-Tech - Assisted Living
21. Malisha Sparrow-Washington, CNA
22. Demekka Whitaker, WSHC CNA
23. Shanita White, Security
24. Patrick Michael, Security
25. Leah Merritt, WSHC In Home Aid
26. Courtney Kendrick, CNA
27. Karen James, Social Worker
28. Beverly Addisson McCoy, CNA
29. Brizhe Andrews, IL Wait Staff
30. Laureen Haviland, Communications Specialist
31. Elisha McCloskey, Dining Supervisor
32. Catherine Sligh, Director of Human Resources
33. Ashly Estrada, CNA
34. Shelby Nelson, CNA
35. Jay Smith, PRN Life Enrichment
36. Kountchapou Nakpane, CNA
37. Jayla McCloskey, IL Wait Staff
38. Katherine Boland, IL Wait Staff