

CURRENTS

RESIDENT

Dot Sowerby EMBRACES 'KEEP GOING' PHILOSOPHY

Dot Sowerby was born in White Plains, New York in 1933, but she has spent the better part of her life in Greensboro. The Well-Spring resident says she loved playing football in her neighborhood as a child with her two older brothers. She always had a tremendous amount of energy and remembers there being no running events for girls, not even in college where she studied Sociology at Hollins University in Virginia. However, while there she played tennis, basketball and golf before later moving to Greensboro where she worked in adoption and foster services.

Dot – now an amazingly active 90-year-old – was always moving. She said her husband, due to his height and long steps, contributed to her being a brisk walker before her

running days began. After Dot had kids of her own, it became obvious that they inherited her energy. Her daughter in particular, has taken an interest in running, and Dot and her granddaughter ran a race together and both won in their category.

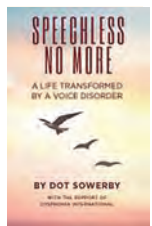
Dot started her first race at age 50. She competes in about 20 races every year. In July, Dot participated in the National Senior Games in Pittsburgh, PA. In her age group 90-94 she brought home five gold medals in running. She won in the 50-, 100-, 200-, 400- and 800-meter run. She also brought home a gold medal in the shot put. A few weeks later, Dot went on to participate in the USA Masters held at A & T Stadium in Greensboro. In her age group, she won silver in the 100-meter run and gold in the 400-, 800- and 1500-meter runs. In addition, she took gold in shot put and the

running long jump. **Dot set an American record for women 90-94 in the 400-meter run and went on to set a World record in the 1,500-meter run.**

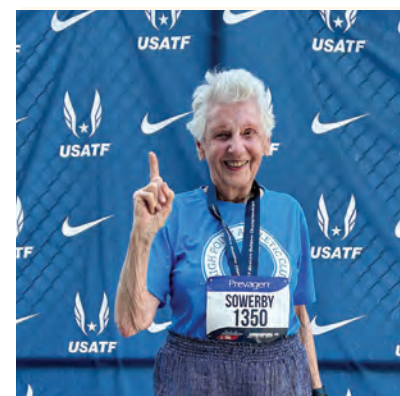
"Muscles don't know your age."

Many of her friends discouraged her from running once she got to age 70 as it was seen as "unsafe" as you age. However, her orthopedist disagreed and told her to keep running! She now knows that we are never too old to try new adventures – keep going no matter what. We all get caught up in being complacent yet there is so much to do, see and experience. When asked about the switch that we often need to get up out of bed and make things happen, she explains that waking up to a run as the very first activity is the only way for her. "Then, I have coffee– that is my reward!" Dot says.

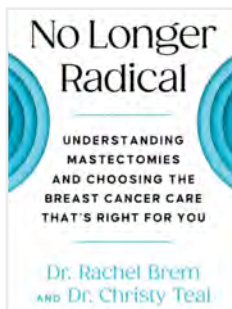
Many of her friends discouraged her from running once she got to



Right around her first run in the 1980s, Dot was diagnosed with Spasmodic Dysphonia, a neurological voice disorder. She was a charter board member of National Spasmodic Dysphonia Association Board and has served as President of NSDA. Dot is also an author of a book and ambassador to this worthy organization. She says running has always been freeing for her especially as she experienced a gradual change in your voice. Physical exercise is simply what works in feeling good overall. "Keep going!" Dot says enthusiastically.



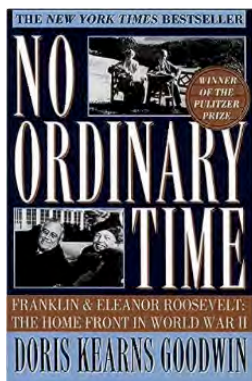
LIBRARY *News* Hank Hackett, Library Committee Chair



Recent additions to the non-fiction library have come from residents whose family members have either co-authored or have a connection to the author. Both books were published this year and are related to health issues. The daughter-in-law of David and Nancy Teal, Dr. Christy Teal, co-authored *No Longer Radical* with Dr. Rachel Brem. Both are top doctors in the field of breast cancer and have had to make personal decisions about their own breast health. They present a readable guide to understanding breast cancer detection, prevention and treatment options.

Never Too Late, written by Dr. Shannon Dowler, physician and expert on sexually transmitted diseases, provides a refreshing overview of sex education for people over 60. The book was donated by Doug and Patti Gilbert, whose daughter, Elizabeth Hudgins, executive director of the North Carolina Pediatric Society, worked closely with Dr. Dowler, who is the Chief Medical Officer for North Carolina Medicaid at The N.C. Department of Health and Human Services.

Elizabeth stated that she loved working with Shannon, who is not only brilliant, but so much fun. Also received were several history books by well-known authors: *A Distant Mirror: The Calamitous 14th Century* by Barbara Tuchman, who tells the history of a century marked by savage wars, *The Black Death*, religious fanaticism, and massive social upheaval; *No Ordinary Time: Franklin and Eleanor Roosevelt:*



The Home Front in World War II by Doris Kearns Goodwin who wrote about the American power couple during the perilous years of WWII: "He spoke with the world leaders and politicians, she traveled and spoke with the American people. Then they would talk." *Everyone Is Entitled To My Opinion* – Here we get the undiluted David Brinkley, who marvels at government regulations that require paint cans to bear a label reading *Do Not Drink Paint*, and skewers lawyers, bureaucrats, Washington insiders, and hypocrites of all stripes.

As always, check out the book you choose; read and return in a timely manner so others, too, can enjoy it!



The Well-Spring Book Club

September 25 - *Greater Journey* by David McCulloch;

October 23 - *Dinners With Ruth* by Nina Totenberg;

November 27 - *Immortal Life of Henrietta Lack* by Rebecca Skloot.

The Book Club meets in the Private Living Room at 2:30 pm the fourth Monday of each month. All residents are welcome to attend.

The Library Committee appreciates your donations of books!

REMEMBER:

No coffee table books, textbooks, study books, or books in which you have underlined or written. Currently, we cannot accept bulk donations.

Thank you for remembering to check out any book you are going to read, reading it in a timely fashion and returning it for others to read.

— AN —
O. HENRY
CELEBRATION
STORIES & SONGS



September 7 & 8, 7:30 PM • September 10, 2:00 PM

Tickets \$16-\$20 • www.TicketMeTriad.com

Through a robust partnership with Greensboro Opera, O. Henry's stories will be presented in two ways! *The Gift of the Magi* will be performed in an entirely new and fresh operatic program by the talented Greensboro Opera company. This follows the debut of two new stories for stage – *Memento* and *Pimiento Pancakes*, which will come to life through the creativity of many beloved actors from previous seasons (including Robby Hassell for the first time as O. Henry himself). Special pre-show music on the stage starting thirty minutes prior to curtain.

NC CHAMBER ORCHESTRA

Friday, September 29, 7:30 PM

Tickets \$20-\$25 • www.TicketMeTriad.com

The NC Chamber Orchestra is pleased to feature our cellists Ryan Graebert and Karl Ronnevik as they perform the Vivaldi Concerto for Two Celli. They are charter members of the ensemble and amazing musicians! The concert will also include the beloved Serenade for Strings by Tchaikovsky, directed by Paul Manz.



BETH LEAVEL

Saturday, September 16, at 7:30 PM

Tickets \$16 • www.TicketMeTriad.com

Tony Award-Winner Beth Leavel will next be seen starring as Miranda Priestly in the new Broadway musical, *The Devil Wears Prada*, music by Elton John. Also, Masterclass, September 15 • 10:00 AM - 12:30 PM

DAVID THOMAS BROWN

Thursday, October 5, at 7:30 PM

Tickets \$16 • www.TicketMeTriad.com

Dave is a North Carolina-bred Sagittarius, who is unfortunately not related to Wendy's founder Dave Thomas, so don't even bother trying to score Frosty coupons. He's been seen on Broadway & London's West End as Elder Price in *The Book Of Mormon*, *American Psycho The Musical* and many more!



THE DISH ON DINING



By the time you read this, Dining will have completed one month of the new menu in the Weaver Dining Room. While we had a few expected speed bumps along the way, this process was far from lacking in effort, and the feedback has been incredibly positive. The support and encouragement from you, our residents, has been tremendous, and we thank you! The dining leadership team has been pleased with how well the changes have gone. Your Dining team has been amazing – focused and dedicated on improving the overall dining experience.

Speaking of the team, this summer we have brought in three new cooks, twenty-two wait staff and one dining supervisor, not to mention the additional four Dining team members in Assisted Living and Skilled Care.

I've been in this business longer than I care to admit and can honestly say the staffing transition in Well-Spring Dining has been nearly seamless. I am so enormously proud of our leadership and Dining team!

On the horizon, the Labor Day cookout is just around the corner. This will be followed by the Fall Social – a Hawaiian-themed Luau. Both events will highlight our new shade awning on the pergola patio, just in time to welcome autumn, Alfresco-style. October events will include Oktoberfest as well as Halloween themes. Stay tuned as we are always busy planning new events that are sure to keep you all well-fed and entertained!

—By Todd Dumke / Director of Dining Services

RECIPE

Sweet and spicy pepper jam

(Yield: approximately 3 cups)

6 jalapenos sliced open, seeds removed

6 red bell peppers, seeds, and pith removed 1 tsp crushed red peppers (optional)

1/2 c red wine vinegar

3 c sugar

1 c water

Cut peppers, remove seeds, and white pith. Either finely chopped peppers or place in a food processor. Peppers should still have small chunks, do not overly process. Add to a sauce pot. Then, add sugar, water, vinegar and crushed red pepper. Boil vigorously until thickened (jam sets at 220 degrees). You may use a thermometer or test the set with a plate that has been chilled in a freezer. Spoon jam onto a cold plate and let sit.

Once it appears to be a good set, remove and cool immediately. The jam will last two weeks in the refrigerator. Suggested use – serve as a condiment for cheese and crackers.



Entertainment by
Ronnie Tsunami & Wave Riders

Generously supported in part by the
Entertainment Booster Fund

AN EVENING WITH *Molori*



Well-Spring Events is proud to announce the one-night-only concert, *An Evening with Molori*, starring Chelsea Council, better known as Molori. You may know Chelsea from the dining room at Well-Spring. She has been a server for quite some time. Her producer is our very own Jacob Gers, an Event PRN in the theatre. Both Chelsea and Jacob are students at Weaver Academy, the performing arts high school here in Greensboro.

This concert will feature 5 original Molori songs and 3 covers of classic Broadway showstoppers from musicals such as *Dreamgirls* and *Anastasia*. Molori will be backed up by an all-star band of Justin Montengo (Keys,) Ethan Mayon [Ketamine Pidgeon] (Drums,) Uno Dos Santos [Ketamine Pidgeon] (Guitar,) Lynn Jarrett (Bass) and more.

The concert is produced by Jacob Gers (Ghostlight Studios) and Chelsea Council (Molori Creative).

The North Carolina Folk Festival honors, celebrates and shares the meaningful ways communities express their creativity and cultural traditions through music, dance, food, crafts and other folk arts to enhance appreciation of diverse traditions and contribute to community vibrancy and inclusivity.

Well-Spring will offer a shuttle to and from the N.C. Folk Festival in downtown Greensboro. The shuttle will depart Well-Spring at 12 PM, 2 PM, 4 PM, and 6 PM. The shuttle will return to Well-Spring at 2:30 PM, 4:30 PM, 6:30 PM and final pick up at 8:00 PM from the location you are dropped off at. Please register on the resident portal for the departure time you wish to be on.



ALL ARE WELCOME!



SPIRITUAL JOURNEYS PANEL • September 10, 3:00 PM

Sponsored by our Spiritual Life Committee. We will gather in the Richardson Auditorium to listen to one of our Clinic Nurses, Heather Pool and resident Trip Brown share stories from their Spiritual Journeys.



Join us on the Patio for Apples and Honey! September 13, 4:00 PM

To celebrate Rosh Hashanah (New Year 5784), Rabbi Andy Koren will tell us about the Jewish Holy Day and blow the Shofar (Rams horn)!

EGYPT: ANCIENT WONDERS & THE LEGENDARY NILE / RESIDENT EVENT: THE DAVISONS

SEPTEMBER 20, 3:30 PM

Virginia Somerville Sutton Theatre

Jean and Ralph Davison were part of National Geographic's recent expedition to Egypt, and this presentation will trace the history of one of the world's most ancient and greatest civilizations.

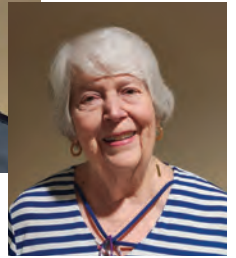
We will "stand in the shadows" of the great pyramids at Giza and enter the largest one ever built for an excursion to the burial chamber of the Pharaoh. We will learn about mummification and the religion that made this process a sacred imperative. We will puzzle over colorful hieroglyphs in the Valley of the Kings and the Valley of the Queens, explore where Egypt's great pharaohs constructed elaborate tombs among the desolate desert landscape and so much more.



Nice to meet you!

WELL-SPRING, MEET WELL-SPRING!

Mark your calendars NOW to join us at 3:30 pm on Thursday, October 19, in the Virginia Somerville Sutton Theatre. Well-Spring resident *Mike Clark* will interview team member *Jamie Barksdale* and resident *Bonnie McAlister*. Sponsored by Well-Spring's Cultural Connections Committee.



AUDITIONS!

MONDAY, SEPTEMBER 11, FROM 3:00-5:00 PM

CONE REHEARSAL HALL - First level of the Resident Activity Center

The Well-Spring Players are looking for residents to become involved in all things theatre! We are gearing up for an October 17 performance of resident Don Darnell's play *The Fall of Arthur Williams or Growing Old Disgracefully*. Roles for 3 men and 3 women will be available.

Scripts will be available in the Library. Our script reading committee is currently reading a variety of plays for the 2024-2025 season. Suggestions are welcomed at: susan.mcmullen@gmail.com



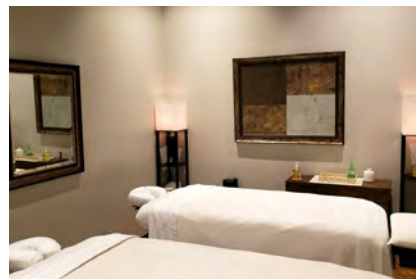
ADULT FITNESS CENTER



AFC has a lot going on this Fall. **Ashley Stokes** will be starting in September as your new Fitness Coordinator. Ashley received her bachelor's and master's degrees in exercise physiology at UNCG. She has worked as a wellness director at Heritage Woods in Winston Salem and The Cardinal in Raleigh. In addition, she was a fitness instructor at PurEnergy fitness center for eleven years and worked in cardiac rehab at Moses Cone for one year. Ashley is originally from Gastonia but now currently lives with her husband (Sam), and one year old son (Linken), two dogs and cat. In her spare time, she enjoys traveling, fishing, hiking and playing basketball, soccer and hide-n-seek with her son in Greensboro. Ashley will jump right in with a **new class – Muscle & Strength**. Please look carefully at the AFC calendar for class and time changes. Ashley and I are both excited to grow the Well-Spring Wellness program together.

The Massage Station will be offering massages in the AFC fitness classroom every Tuesday beginning in September. The cost is \$89.00 for a one-hour massage. Sign-up sheet is in the AFC or contact Robin.

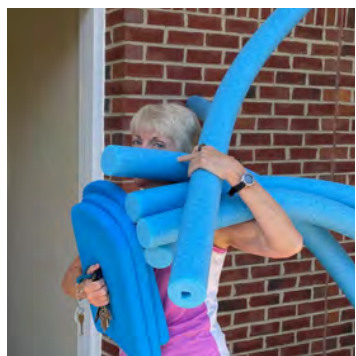
Join us on the **Bicentennial Greenway** on Wednesday, September 6, for a 2-mile or 4-mile walk. Departing the Main Entrance at 1:30 pm. This walk consist of pavement and gravel routes. Our 8-Week Community Walk will begin Monday, September 11, through Sunday, November 5. Once again, we will be competing against Friends Homes, River Landing and The Village of Brookwood to see who walks the most miles and has the most participants. Tracking sheets are available in AFC. To kick off this event we will tour **Victory Junction Camp** in Randleman. This is a non-profit organization that serves children with serious medical conditions. The camp was founded by NASCAR driver Kyle Petty in memory of his son Adam Petty. Lunch will follow at Sir Pizza. Please bring money for lunch.



Bryan Park Golf Outing will take place on Thursday, September 14, departing the Main Entrance at 8:30 am. You can choose to play 9 or 18 holes. Cost payable to Bryan Park.

Stay tuned for more details about Active Aging Week coming the first week of October. Part of this includes the Crop Walk. You will see boxes out for collection starting Wednesday, September 13. Our goal is 500 pounds.

Starting September there will be no charge for Yoga classes. Tues/Thurs at 9:25 am.



Last, but certainly not least, we would like to recognize Frank Cashwell and Dot Sowerby for their fitness accomplishments. See the front cover story for more!

Frank Cashwell participated in the Masters 10K race walking with a 5th place finish. Frank won bronze in his age group 80-84 in the 5K race walk. Congratulations to all our athletes for a race well run or walked.

Keep Moving, Robin

Robin McCloskey • rmccloskey@well-spring.org • 336-545-5469

AQUATIC AND FITNESS SCHEDULE

September & October

**NEW
CLASS!**
MUSCLE AND
STRENGTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:50 - 8:30		AQUACISE		AQUACISE	
8:00 - 8:40	AQUACISE		AQUACISE		AQUACISE
8:45 - 9:15		WELL-BALANCED		WELL-BALANCED	
9:25 - 10:25		YOGA		YOGA	
9:30 - 10:00	CHAIR FIT 2		CHAIR FIT 2		CHAIR FIT 2
10:05 - 10:45	CARDIO FIT		CARDIO FIT		CARDIO FIT
10:30 - 11:00		CHAIR FIT 1		CHAIR FIT 1	
10:45 - 11:30		LIGHT AQUACISE		LIGHT AQUACISE	
11:00 - 11:45	FLOW AND FLEXIBILITY		FLOW AND FLEXIBILITY		FLOW AND FLEXIBILITY
11:15 - 11:45		MUSCLE AND STRENGTH		MUSCLE AND STRENGTH	
1:00 - 3:00					TABLE TENNIS
1:15 - 2:00		OPEN POOL		OPEN POOL	
1:30 - 2:00		*ARTHRITIS CHAIR EXERCISE			

*FLORENCE PHILLIPS HALL

CLASS DESCRIPTIONS

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

Arthritis Chair Exercise— (1) A class designed to loosen the joints and help with symptoms of arthritis.
*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.

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

Muscle & Strength-(2) A class designed to build & improve strength, while toning muscles using resistance.

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

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.

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.

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!

****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.



September – Healthy Aging Month

Healthy Aging Month is observed during September. This observance raises awareness on the physical and mental health of older adults and serves as a reminder that as we age, our minds and bodies change. It is important to maintain a healthy lifestyle to help deal with those changes and to help prevent some common age-related health problems.

You can take a proactive approach to aging by adopting healthy habits and behaviors, managing existing health conditions, and staying connected to your community. Consider practicing the tips below to help you stay active and independent as you age.

Eat and Drink Healthy. Dietary needs may change as you age. A healthy eating plan includes nutritious foods that are low in cholesterol, fat, and artificial ingredients. You should also drink plenty of liquids, especially water, to stay hydrated. Eat nutrient dense foods like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.



Move More, Sit Less. Staying active can help you prevent, delay and manage chronic diseases, improve balance and stamina, reduce the risk of falling, and improve brain health. Aim for moderate physical activity, like walking, at least 150 minutes a week (22-30 minutes a day) and muscle strengthening activities, like carrying groceries, at least two days a week. Always consult with your doctor before starting a new exercise regimen.

Get Regular Checkups. It is vital to go to the doctor for regular health screenings for healthy aging. Regular checkups help doctors catch chronic diseases early and can help patients reduce risk factors for disease, such as high blood pressure and cholesterol levels. In some cases, regular checkups have been linked to improved quality of life and feelings of wellness.

Be Aware of Changes in Brain Health. Everyone's brain changes as they age, but dementia is not a normal part of aging. There are a variety of healthy behaviors that can be done to reduce age-related cognitive decline or manage dementia. Engaging in social and intellectually stimulating activities, getting enough sleep and not smoking are a few actions you can take. See your doctor if you have questions about memory or brain health.

–Michael A. Jones, Director of Health Services

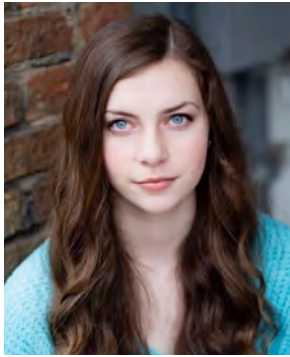
Frank Reid Brown Clinic
3560 Wildflower Drive
Call 336-545-5440 for
appointments

Podiatry Clinic
Dr. Kevin Henry
No clinic until October

Dermatology Clinic
Deonna Faucette, PA-C
Wednesday,
September 20

Dental Clinic
Access Dental Care
Thursday, September 21

Hearing Clinic
Dr. Eneida Agolli
Wednesday,
September 27



Soloist, Megan Weiss
Saturday, September 9, 4:15 PM
Sycamore Square Living Room

Megan Weiss, Soprano, is a senior studying Vocal Performance at UNC Greensboro. She has been singing since before she could talk and performing from age ten, since, she has been in many musical theatre productions, symphonies, recitals, concerts, and operas. Some of her favorite shows have included *The Sound of Music* (Brigitta), *Thoroughly Modern Millie* (Miss Dorothy), *The Bartered Bride* (Ensemble), *Beauty and the Beast* (Silly Girl 1) and many others. Megan's next production is with the Vienna Summer Music Festival in Vienna Austria where she will be portraying Papagena in *Mozart's Die Zauberflöte* (The Magic Flute), and she is ecstatic to play this iconic role.

While legendary by the mid-20th century, Johann Sebastian Bach stood on the shoulders of Germany's finest early composers. Please join us as harpsichordist Steve Hilton discusses and performs delightful works of Bach, his teachers, and his children that led to the development of German classical music through the late 1700s.

Julie Celona-Vangorden is an award-winning lyric coloratura soprano and has performed with numerous churches, symphonies, and choral companies. She is a member of the voice faculty at Elon University and soloist at the First Presbyterian Church of Greensboro. She

earned both a Doctorate of Musical Arts and Master of Music in Vocal Performance at the University of North Carolina at Greensboro and completed her undergraduate work at the State University of New York at Fredonia. Please join us!

Julie Celona-Vangorden
Saturday, September 23, 4:00 PM
Sycamore Square Living Room



The Road to Bach-
Harpsichordist, Steve Hilton
Tuesday, September 12, 4:00 PM
Richardson Auditorium



Satellite Office- 3rd Floor: Monday, Wednesday, Thursday, Friday, 9:30 – 10:30 am / Tuesday: 10 – 10:30 am

Ophthalmology Clinic
 Dr. Christine McCuen
 No more clinic until January 2024
 Call 336-274-4626 for appts.

Piedmont Senior Care:
 Dr. Gupta or Christy Wert
 336-544-5400
 for appointments

Satellite Office / 3rd Floor
 Monday, Wednesday,
 Thursday, Friday:
 9:30 AM – 10:30 AM
 Tuesday: 10:00 AM - 10:30 AM

Counselor: Donna Tessitore
 336-545-5356
 Massage Therapy: Angela Dorsey
 336-392-2548

MEMORIAL, HONOR & OTHER GIFTS TO WELL-SPRING

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Benevolent Trust Fund

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The William D. Snider Charitable Trust

Employee Appreciation Fund

Betty Eller
Catharine & Ken Sisk

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Melissa Ball
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William & Elizabeth Albert Charitable Fund

In Honor of the Wedding of Christine & Trip Brown

Retirement Community General Fund
Carol Douglas

In Honor of Barbara Cone's Birthday

Retirement Community General Fund
Carol Douglas

**In honor of Jean H. Davison, with deep love,
respect and gratitude as we celebrate 30
years of marriage**

Employee Appreciation Fund
Ralph Davison

In Memory of Aubrey Garlington

Benevolent Trust Fund
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Benevolent Trust Fund
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MEMORIAL, HONOR & OTHER GIFTS TO WELL-SPRING

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Employee Assistance Fund
Ann & Steve Fleming

In Memory of Fannie Sutton
Entertainment Booster Fund
Linda & Alan Sutton

In Memory of Margaret Willard Weikel
Aquatic & Fitness Center Endowment Fund
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Tom Harris
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Ruthie & Harold McLeod
Al Snider
Ann Snyder
Employee Assistance Fund
Joe Gelzer
George Galvin Wait Staff Scholarship Fund
Fay Arnold
Betty Brannon

**In Honor of the Well-Spring Staff assisting
with Tootsie Adderholdt Pinson's Memorial
*Employee Appreciation Fund***
Alice Engel & Family

**Well-Spring Solutions, Be the Solution
Fundraiser**
Kevin Hanner
Allison & Rob Leonard
Netcom Cabling
Gerald Plovsky & Deborah Schoenhoff

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 | 336-545-5418
Well-Spring is a 501(c) organization and contributions are tax deductible.

Our Residents BIRTHDAYS & ANNIVERSARIES

SEPTEMBER

- | | | | |
|----|---------------------|----|------------------|
| 1 | Rascha Kriegsman | 19 | Joan Paster |
| 2 | Jack Kepley | 19 | Nancy Hayes |
| 3 | Kay Jacks | 20 | Tony Blake |
| 4 | Ann Heck | 21 | Ann Hageseth |
| 4 | Ralph Davison | 21 | Caroline Young |
| 4 | Jeannette Rosenbaum | 21 | Judy McGinn |
| 4 | Julie Loflin | 22 | Helen Wilde |
| 4 | Nancy Cornelius | 23 | Judi Labath |
| 4 | Sydna Tripp | 23 | Martha Lackey |
| 5 | David Wyrick | 23 | Pam Rice |
| 9 | Bev Rogers | 24 | William Stocks |
| 9 | Dawn Long | 27 | Hayes Clement |
| 11 | Nancy Peiffer | 27 | Geraldine LeBrun |
| 12 | Mike Clark | 27 | Zola Yari |
| 13 | Sallie Clotfelter | 28 | Betty Bunker |
| 15 | Ann Senn | 28 | Mary Elam |
| 15 | Frank Cashwell | 28 | Maurice Schwartz |
| 16 | Jerry Highsmith | | |


Happy Anniversary!

- | | |
|-----------|-------------------------|
| 9/10/1960 | Clem & Hayes Clement |
| 9/14/1953 | Nancy & Edwin Cornelius |
| 9/30/2005 | Pat & Bob Sevier |

Our Team BIRTHDAYS

1 Zachary Atkinson, Kitchen Assistant	17 Logan Clendenon, Dining
2 Linda Butler, Receptionist	17 Linda D'Amato, Nursing Assistant
2 Caleb Forsell, Kitchen Assistant	18 Alan Tutterow, CFO/COO
3 Gwendolyn Norris, Housekeeping	18 Kelly Brown-Moore, Assisted Living Dining
3 Agron Ramadani, Executive Chef	18 James Bullins, Landscaping Assistant
4 Chiwanda Rice, Home Care CNA	19 Mary Somah, Nursing Assistant
4 Michael Jones, Director of Health Services	20 Joshua Berard, Kitchen Assistant
6 Gabriel Horenkamp, Dining	20 Kenneth McDougald, Safety Assistant
7 Katina Rudd, Charge Nurse - LPN	21 Chester Abbitt, Porter
8 Lynn Wooten, VP of Marketing & Public Relations	21 Zainab Idowu, CNA/ Med Tech
8 Teresa Gordon, Housekeeping	21 Ana Montoya Villacorta, Housekeeping
8 Sally Kolada, Dining	21 Nadia Rokhlina, CNA
9 Deborah Greenway, Assisted Living Dining	22 Sheri Plasters, Charge Nurse - RN
10 Amelia Hicks, Dining	22 Olivia Pool, Assisted Living Dining
10 Terry Underwood, Safety Assistant	24 Sandy Lucero, Dietetic Assistant
10 Sussie Wurapa, Nursing Assistant	24 Tiffany Perdue, Charge Nurse - LPN
13 Rhonda Long, Nursing Assistant	25 Bernadette Abasolo, Care Plan Coord.
14 Nasjwa Archie, Safety Assistant	25 Holland Cobb, Dining
14 Elizabeth Carranza, Nursing Assistant	25 Sidney Goetz, CNA
14 Yaokiski Molina Cruz, Assistant Chef	25 Susan Suek, Director of Nursing
15 Carli Combs, Dining	27 Mary Watkins, Home Care CNA
15 Dennis Finnegan, Resident Safety Assistant	27 Arturo Medina, Maintenance Mechanic
15 Parth Vyas, Dining	27 Tracy Swaby, Nursing Assistant
16 Karol Altamirano Saavedra, Nursing Assistant	28 Leslie Sanders, Dining
16 Deshonte McBride, Nursing Assistant	28 Jaclyn Wilson, CNA/ Med Tech
17 Neli Amedon Epse Toure, Housekeeping	30 Brenda Rosales Enciso, Housekeeping





A LIFE PLAN COMMUNITY

4100 Well Spring Dr.
Greensboro, NC 27410