

CURRENTS

“Keep Moving!” *The Cardboard Regatta is just one of many fitness activities organized by Well-Spring’s dedicated wellness director*

Robin McCloskey, Director of Wellness at Well-Spring, epitomizes energy and fitness. She has been part of the fitness world her entire adult life. “Keep moving” is not just her mantra; it’s a philosophical outlook and way of life for her – both professionally and personally.



A fitness instructor and personal trainer, Robin is much more than that to Well-Spring residents. For many, she is a source of inspiration and aspiration in taking care of themselves physically, making the most of their lives in retirement.

Robin came to Well-Spring after a friend told her about the position. She was taking care of her young son and felt

a full-time routine would help her manage things. When Robin was hired in 2017, she was called to start work a bit earlier than scheduled as her predecessor was having a baby long before the expected due date. As such, Robin never skipped a beat and eased right into teaching.

“I just needed to know how to turn on the speakers and lights – that’s it,” she recalls.

After a few months in and teaching more than 20 classes a week, resident visits to the Aquatic & Fitness Center doubled. Something Robin learned early in her new role keeps her focused: “This is their home I

am working in, and that thought is always with me when I’m here.”

Recently, Robin donned her captain’s hat and wielded a clipboard while directing teams to their starting point at one end of Well-Spring’s pool for the bi-annual Cardboard Regatta race. Family, friends, residents and team members gathered to watch this brief but thrilling 30-minute event. Each race was under five minutes, accompanied by tremendous anticipation, laughter and jaw-dropping reactions.

The Cardboard Regatta was introduced by Robin in 2019, just two years after she arrived. The idea was shared with her by a fellow fitness conference attendee. Once she heard about it, her high energy kicked the idea into gear and created a new, highly anticipated tradition for Well-Spring residents.

**“THERE IS NO GOING BACK NOW!”
ROBIN SAYS.**

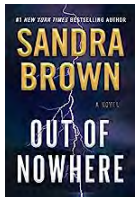
On off years when boats are docked in the minds of the willing, Robin offers the so-called Raingutter Races. Participants still use boats, but they are much

smaller and blown down a gutter. Like the big regatta, the event comes fully equipped with intense



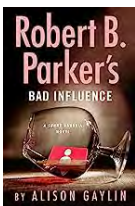
LIBRARY *News* Harriet Jones

Out of Nowhere by Sandra Brown - #1 New York Times bestselling author Sandra Brown returns with a fast-paced, emotional thriller where the lives of a young mother and a high-rolling consultant collide under devastating circumstances — culminating in a desperate manhunt that will change their futures forever.



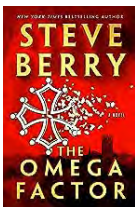
At a Texas county fair, amidst carousels and a bustling midway, children's book author Elle Portman is enjoying a rare night out with her favorite cowboy: her two-year-old son, Charlie. But just as they're about to head home, the unthinkable happens: a shooter opens fire into the crowd, causing widespread panic to erupt all around them.

Robert B. Parker's Bad Influence by Alison Gaylin - Boston PI Sunny Randall investigates the dark side of social media in this exciting new thriller in the bestselling series.



Sunny Randall's newest client, Blake, seems to have it all: he is an Instagram influencer, with all the perks the lifestyle entails—a beautiful girlfriend, wealth, and adoring fans. But one of those fans has turned ugly, and Sunny is brought on board by Blake's manager, Bethany, to protect him and to uncover who is out to kill him. In doing so, she investigates a glamorous world rife with lies and schemes...and ties to a dangerous criminal scene.

The Omega Factor by Steve Berry - "Dan Brown fans will want to check this one out" (Publishers Weekly): The Ghent Altarpiece is the most violated work of art in the world. Thirteen times it has been vandalized, dismantled, or stolen. Why? What secrets does it hold?



Enter UNESCO investigator, Nicholas Lee, who works for the United Nations' Cultural Liaison and Investigative Office (CLIO). Nick's job is to protect the world's cultural artifacts—anything and everything from countless lesser-known objects to national treasures.

The Last Romantics by Tara Conklin - A sweeping yet intimate epic about one American family, *The Last Romantics* is an unforgettable exploration of the ties that bind us together, the responsibilities we embrace and the duties we resent, and how we can lose—and sometimes rescue—the ones we love.



When the renowned poet Fiona Skinner is asked about the inspiration behind her iconic work, *The Love Poem*, she tells her audience a story about her family and a betrayal that reverberates through time.

The Forsaken by Ace Atkins - Mississippi sheriff Quinn Colson attempts to root out small town corruption in this gritty crime thriller in Ace Atkins' acclaimed New York Times bestselling series.



Thirty-six years ago, a nameless black man wandered into Jericho, Mississippi, with nothing but the clothes on his back and a pair of paratrooper boots. Less than two days later, he was accused of rape and murder, hunted down by a self-appointed posse, and lynched.

The Well-Spring Book Club

October 2 - *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.



DAVID THOMAS BROWN

Thursday, October 5, 7:30 PM / Friday, October 6, 10 AM: Masterclass

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
VIRGINIA
SOMERVILLE
SUTTON
THEATRE
WellSpring

BARBARA BATES SMITH OFF-BROADWAY'S IVY ROWE

Lee Smith's *Fair and Tender Ladies*, Music by Jeff Sebens

Sunday, October 22, 2:00 PM | FREE Event

Actress Barbara Bates Smith, noted for her Off-Broadway debut with "Ivy Rowe," adapted from Lee Smith's bestselling novel *Fair and Tender Ladies*, now celebrates her 30th year of touring this show with a performance at the Virginia Somerville Sutton Theatre on Sunday, October 22 at 2:00 p.m. Musical accompaniment is by Jeff Sebens.

"I used to be a scandal; now I'm an institution!" This quote from the novel, says Barbara, aptly describes her portrayal of this feisty mountain woman's life of "livin' on love," even as she takes a stand against the coal company's bulldozer. Author Lee Smith has said, "Barbara *is* Ivy Rowe! I am her most avid fan!" Of its Off-Broadway debut, *The Village Voice* wrote "A lifetime's worth of sass, whoop, hurt, and reflection;" *WOR Radio*: "We are captivated and enthralled;" *Variety*: "Both funny and heartbreaking."



A Southeastern Theatre Best Actress award winner, Barbara has played leading roles in productions of "Wit," "Hamlet," "Doubt" and "August: Osage County," among others. More information is on the actress's website: www.barbarabatesmith.com.



THE DISH ON DINING

What a great summer we had here at Well-Spring. I am thrilled with the positive feedback we have received regarding the changes to the Weaver Dining Room menus. The dining staff has exceeded all expectations in their efforts to learn new recipes and approach to how food is created for our community. I would not be able to do it without this team!

Let's not forget our amazing casual dining venue – The Bauman Bistro, where several menu improvements were also made. We have received many compliments on the look and feel to the Bistro with our arrangement of the space and exposure of our beautiful tables.

I also want to remind you that we are quickly approaching the holiday season and your dining team has many exciting events lined up. This includes our annual Halloween party, Thanksgiving meal, the Resident Holiday Party, Christmas Eve and Christmas Day Brunch.

If you are planning any neighborhood or family holiday parties, please book them soon as we are already filling up the private dining room and special occasions rooms. Lastly, dust off those Halloween costumes. By the time you read this, Old Hallow's eve will only be a few short weeks away.

—By Todd Dumke / Director of Dining Services



Wednesday | October 18 | 5:00 PM - 7:00 PM

Salad bar

German potato salad
Pickled beet/ watercress salad
German cucumber salad
German beer cheese soup

Hot line

Sauerbraten (German roast beef)
Weisswurst and kraut
Chicken schnitzel mushroom gravy
Trout Meuniere
Braised red cabbage
Creamed buttery carrots
Cheddar potato pierogi
Sweet potato spaetzle
Soft pretzel -German mustard

Desserts

German chocolate cake
Black forest cake
Apple strudel
Sugar free chocolate cake



1 bottle of beer per resident included with meal
Guest Charge: Meal Credit & \$12.00
(Weaver will be closed)



This popular event features a keynote speaker, eleven table hosts, and a webcast of topics that are part of the TEDWomen event happening simultaneously in Atlanta, GA.

This year's topic embraces the concept of "Walk forward with confidence!" We will join with women in Atlanta from over 100 countries and take part in watching TED talks from speakers who demonstrate luminous new thinking and ideas designed to enchant, uplift, and inspire us all. When it comes to global gender equity, there's a lot of

work to be done. Our program will hone in on ways to reset, to rethink, and to collectively imagine different ways forward. The cost to attend is \$35.

The code for Well-Spring residents is "Well-Spring" and is a \$10 discount. To use a code, enter the code FIRST and click APPLY. (It's at the top of the order form.) Then choose the table the guest wants to register for and check out. Plan to arrive early - we will have check in, networking, and coffee.



Friday, October 13, Special Occasions Room

www.eventbrite.com type in TED in the search bar or follow the QR Code.

Ticket Purchase Required

8 AM Registration

9 AM Program

11 AM Lunch



Nice to meet you!

WELL-SPRING, MEET WELL-SPRING!

Sponsored by the Cultural Connections Committee

Mark your calendars NOW to join us at

3:30 pm, Thursday, October 19

Well-Spring Resident Mike Clark interviews one Team Member and one Resident. Introducing them to all of us! This series of presentations lets us get to know each other better, exploring the rich experiences of those in the Well-Spring community. The presentation will feature Team Member Jamie Barksdale (Assisted Living cook extraordinaire, father of three and a gospel drummer) and Resident Bonnie McAlister (mother, grandmother of 14, leadership and public-speaking trainer, and world-class kind person cherished for consistent candor and brilliant wit). Don't miss it!



THE SHOPPE

Mark your calendar, ladies! The SHOPPE will host a Fashion Show and Ladies Luncheon in the Special Occasions

Room from 11:00 am - 1:00 pm.

See all the new fashions that will be available for purchase in The SHOPPE:

Thursday, October 19

Reservations are limited and open on October 1. Visit the Portal or Concierges (on a first-come basis).

Your account will be charged for 1 meal credit.



Help Fill Grandma's Jewelry Box with your no longer needed baubles, bangles and beads.

The SHOPPE volunteers will clean and repair jewelry. Proceeds from the sale will benefit one of Well-Spring's philanthropy funds or a special campus project to be announced during Grandma's Jewelry Sale.

Drop off any costume jewelry you're no longer wearing during

The SHOPPE Hours:

Monday-Friday 10:30-1:30pm or call Margaret Todd or Molly Carrison with any questions and for more information.



Victor Frankenstein

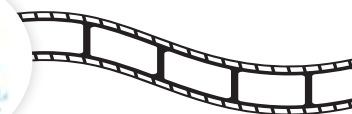
Victor Frankenstein is determined to go where no scientist has ventured before by replicating the elusive "spark of life" and achieving mastery over death. But can he live with the consequences? Local playwright (and Well-Spring team member) Jay Smith breathes new life into Mary Shelley's masterpiece in this new adaptation. Goodly Frame's world premiere production will invite audiences to enter Frankenstein's iconic lab and explore this chilling story as never before. At a time when technology is evolving dizzyingly fast and growing closer to imitating human behavior, what does it mean to be alive?

Well-Spring residents will be taken by bus on Friday, October 13 for the 7:30 PM performance at the Greensboro Masonic Temple. The bus will leave at 6:30 PM. Register on the portal to reserve your seat on the bus. You must purchase your ticket directly from Goodly Frame Theatre via the link on the resident portal.



It's CINEMA Time
DIRTY DANCING

The VIRGINIA
SOMERVILLE
SUTTON
THEATRE
WellSpring



October 21 at 2:00 PM

Complimentary popcorn and soda

Religion in the News Series Sponsored by the Spiritual Life Committee

Who: Dr. Sandie Gravett has been a Professor of Religious Studies at Appalachian State University for 28 years. Prior to that, Sandie taught at Shaw Divinity School in Raleigh and Guilford College here in Greensboro. Sandie holds a B.A. in Political Science from UNCG, the M.Div. with languages from Southeastern Baptist Theological Seminary, and a Ph.D. in Religion with specialties in Hebrew Bible and Semitic Studies as well as Religion and Culture from Duke University.

What: "Religion in the News," this five-part series will travel around the world to explore the role of religion in shaping communities and driving events across the globe, striving to keep with the headlines while also looking more critically at the core issues of our time.

When: Tuesdays - October 10, October 17, October 31, November 14 and November 21; 11:00am-noon

Where: Florence Phillips Hall (residents only event)

Rotunda Gallery New Installation

Sue Seagraves

Former Art Teacher at
Greensboro Day School

Reception on Saturday
October 7, 3:00 PM



THE FALL OF ARTHUR WILLIAMS OR GROWING OLD DISGRACEFULLY

Tuesday, Oct. 17, 7:30 PM

Well-Spring Players will present nine short play comedies by resident Don Darnell, former Professor of English at UNC-Greensboro for 30 years.

The Fall of Arthur Williams or Growing Old Disgracefully treats the life of a curmudgeon or a man of our times who would not suffer fools gladly. You choose. We follow him and his wife from their sixties to their eighties.

Come with us as we observe his encounters with an arrogant, condescending waiter in a gourmet restaurant, an Indian internet technician in New Delhi and a surprise ending on a fun trip for seniors in Branson, Missouri.

We look forward to seeing you!



8 Short Plays About Luck,
Chance and Sin City

October 13-14 at 7:00 PM
October 15 at 2:00 PM

General Admission \$15
Veteran / Educator / Student \$12
Residents: get buy one get one free!
For advance tickets and more
TRIADPLAYWRIGHTS.COM

— continued from page 1

competition from the residents. "These folks are very competitive, and that's what brings their full energy and commitment into it."

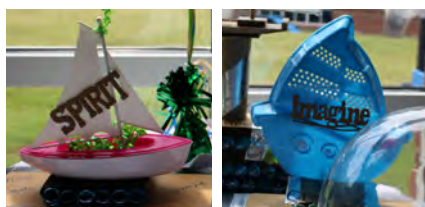
What, exactly, is a Cardboard Regatta? Here's how it works.

Large pieces of cardboard and rolls of duct tape are supplied to the teams. Then teams go into hiding, secretly disappearing for the next five weeks – strategizing, constructing, painting and brainstorming names for their vessels. Two teams set sail in the Aquatic Center indoor pool and wait for the whistle to blow. Playfulness combined with competitiveness makes for a great experience. It all pays off when Robin presents winners with her home-made trophies, which trigger giggles throughout the room.

Beyond the regatta event, a lot of effort goes into what Robin offers residents. Yet the fitness schedule, wellness programs, field trips and outings never slow her down.

"I simply love to teach residents. It is what I do," she says.

Robin lives in Brown Summit with her husband and has one son, Silas, and two daughters, Elisha and Jayla, who also work at Well-Spring in Dining Services.



2023 AWARDS

Champion – Hi Hopes: Team members: Bob & Sandy Cook, Jack Kepley, John & Trudy Krege, Skip & Peg Moore, Ken Sisk

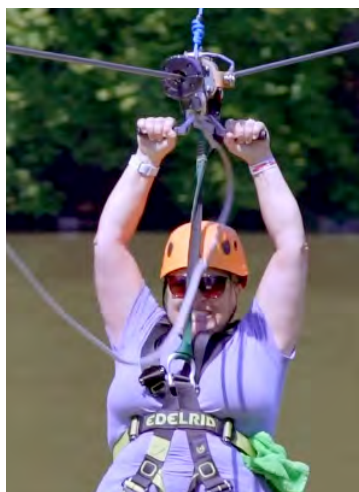
Titanic Award – Hope it floats, too: Team members: Sherry Alloway, John Bayersdorfer, Ralph Davison, Art & Martha Mendez, Brenda Miller

Most Creative – Sailor V: Team members: Dan Camia, Frank Cashwell, Sid Cutbill

Most Team Spirit – Molly Brown: Team members: Carol Armbruster, Bob & Betty Gay, George Garey, Gay Hageseth, Harriet Jones, Bill MacReynolds, Mary Fran Schickedantz



AQUATIC AND FITNESS CENTER



Twenty years ago, the International Council on Aging started *Active Aging Week*. The week-long campaign reflects on the positivity of aging today. It is a time to highlight that adults over 50 can live as fully as possible in all areas of life – physical, social, spiritual, emotional, intellectual, vocational and environmental. The purpose of this week is to give older adults the means to experience wellness activities and exercise in a safe, supportive environment. It promotes the benefits of a healthier and more active lifestyle. AFC Active Aging Events are as follows:

Sunday, October 1 - Ukulele Sing-Along & Instruction at 4:30 p.m. in Florence Phillips Hall

Monday, October 2 - Highland North Music School will host a Musical “JAM” session at 3:00 p.m. in the theatre

Tuesday, October 3 - Crop Walk starting at 10:00 a.m. at the Main Entrance

Wednesday, October 4 - Encourage a friend to be active! *Enjoy a granola bar after class.*

Thursday, October 5 - FLYWAY Zipline at Country Park. Departing Main Entrance at 9:30 a.m. & 10:30 a.m.

Friday, October 6 - Shag Dance with Kim Loftis from 7:00 p.m. – 8:30 p.m. in the AFC fitness classroom

Details for each event can be found on the portal.

Bryan Park Golf Outing - will take place on Thursday, October 19 departing Main Entrance at 8:30 a.m. Please register on the portal.

Our Community Walk - is starting week four. We had a great kick off to Victory Junction Camp. Residents enjoyed meeting the King of NASCAR, *Richard Petty (below)*, taking an amazing tour and lunch at Sir Pizza. Please continue to turn in your mileage/time weekly.

The Massage Station is now offering massages in the AFC every Tuesday. The cost is \$89.00 payable directly to them at the time of service. Sign up in the AFC or call Robin for a time slot.

A huge THANK YOU to all the residents who participated in the Cardboard Regatta. This event is not possible without your boat making, paddling and competitive spirit.



Keep Moving, Robin

Robin McCloskey

rmccloskey@well-spring.org

336-545-5469

AQUATIC AND FITNESS SCHEDULE

October & November

**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!

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.

HEALTHCARE

Healthy Habits - tips for seniors during the flu season

Winter is a special time of year: seasonal food, quality time with family and fun celebrations to attend. But one thing that is not so fun during the holiday season – getting sick. It’s common for most people, especially older adults, to catch the common cold or flu during this time of year.

AVOID TOUCHING YOUR FACE - It’s natural to subconsciously touch your face throughout the day. If you are also touching doorknobs, shared handrails or other public surfaces, your fingers can pick up cold-causing bacteria and germs left behind by others. If you then rub your eyes or touch your nose or mouth, those germs enter your body and can make you sick. That’s why it’s so key to avoid touching your face after using these surfaces. Wait until you have thoroughly washed your hands.

WASH YOUR HANDS, USE HAND SANITIZER AND DISINFECTING WIPES - Wash your hands with warm water and soap for at least 20 seconds. Wash the back of your hands, in between your fingers and underneath your nails. Remember to wash your hands before eating, cooking or preparing food.

If you don’t have access to water and soap, a pocket-sized hand sanitizer is a great way to keep your hands germ-free when you are on the go. The FDA and CDC recommends alcohol-based sanitizers that contain “at least 60 percent alcohol” to effectively kill germs.



STAY HYDRATED - The hydration in our bodies regulates body temperature, lubricates joints, flushes out waste and protects organs and tissues. Most physicians recommend drinking at least eight glasses of water. Another way to increase water consumption is to drink water or tea with your meals. A soothing chamomile tea with dinner will keep you hydrated and has been found to have antimicrobial properties that positively impact overall health.

GET ENOUGH SLEEP - Getting the appropriate amount of sleep can help your mind stay sharp, maintain smooth motor function and boost your immune system. When you’re asleep, your body rests and recharges so it can help you live an optimal lifestyle. Lack of sleep can weaken your immune system and could result in you getting sick more often. After an active day socializing with friends and participating in holiday events, remember to get an adequate amount of sleep so your body can relax and reset.

ADD VITAMINS AND MINERALS TO YOUR DIET - Vitamin C is touted as the best vitamin to help boost your body’s bacteria and virus fighting abilities. However, other supplements like vitamin B6, vitamin E, minerals like calcium and magnesium can also help prevent or fight illnesses. Vary your diet to include more vitamin and mineral rich foods like spinach, tuna and asparagus.

–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 Tuesday, October 3	Dermatology Clinic Deonna Faucette, PA-C Wednesday, October 18	Dental Clinic Access Dental Care Thursday, October 19	Hearing Clinic Dr. Eneida Agolli Wednesday, October 25
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Fall Festival

Wednesday, October 25, 2:30 – 3:30 PM

Assisted Living Courtyard (weather permitting)

Join us for an afternoon of fall festivities including bluegrass music with the Gate City Drivers Band; a pumpkin decorating contest, you be the judge; Erik Huffine, a caricaturist drawing free portraits; refreshments and more!

Trick-or-Treating

Tuesday, October 31, 3:30 – 5:00 PM

Health Care Resident families and team members are invited to bring their children and/or grandchildren to Trick-or-Treat in Assisted Living and at the nurses' stations on Sycamore Square, Rehab, and Willow Way.



Vocalist Daisy Schoen

Wednesday, October 11, 3:15 – 3:45 PM in the Willow Way Gathering Room and 4:00 – 4:45 PM in the 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!

Kopper Top Farm

Wednesday, October 4, 2:30 – 3:30 PM, Assisted Living Courtyard (Weather Permitting)

Kopper Top Farm provides a program called Healing PAAWS (Helping the People And Animals We Serve) which is a portable animal-assisted therapy program. Kopper Top's therapy crew brings their trained dogs, cats, horses, chickens, goats, and rabbits to visit the residents of Well-Spring. Deborah Meredith, Certified and Licensed Recreation Therapist and Executive Director/Founder of Kopper Top explains that "animal-assisted therapy provides unconditional love, acceptance, comfort, and companionship to individuals who miss their own pets. Petting an animal sets off a chemical chain reaction in the brain, lowering levels of cortisol and increasing production of the feel-good hormone serotonin. The result: heart rate, blood pressure and stress levels drop." If you like furry friends, this is a must attend event!



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

Used as designated by the donor; undesignated funds are used at the discretion of the Well-Spring Board of Trustees. Donations shown here were received as of August 1 - August 31, 2023.

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Betty Case

The William D. Snider Charitable Trust

In Honor of Ralph Davison

Employee Appreciation Fund

Joan Paster

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Benevolent Trust Fund

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Miriam Hamill

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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 | 336-545-5418

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



Well-Spring *Recents* What we call fun!







Our Residents BIRTHDAYS & ANNIVERSARIES

WELL-SPRING

- | | |
|-------------------|--------------------|
| 1 Mimi Levin | 19 Judy Hagge |
| 1 Roger Blackburn | 20 Bob Gay |
| 2 Linda Duncan | 21 Faye Carmichael |
| 2 Lou Freemon | 22 David Tart |
| 4 Bill Latture | 23 Angie Martinez |
| 5 Joye Brannon | 23 Simone Liebling |
| 6 John Black | 24 Randy Duncan |
| 8 Bette Dunker | 25 Linda Davis |
| 10 Miriam Hamill | 26 Florence Gatten |
| 10 Nancy Beard | 26 Myra Bridges |
| 12 Louise Chubbs | 26 Vivian Guthrie |
| 14 Cissy Parham | 28 Bill Fraser |
| 15 Pam Inabnet | 28 Louise Latture |
| 16 Gail LeBauer | 31 Janet Anderson |
| 17 Goode Braley | 31 Derry Blackwell |
| 18 Bernice Driver | |
| 18 Diane Joyce | |
| 19 Betsy Cates | |



Happy Anniversary!

- | | |
|------------|---------------------------|
| 10/01/1960 | Lou & Wally Freemon |
| 10/01/1966 | Betsy & Ken Cates |
| 10/02/1971 | Camille & Murphy Townsend |
| 10/11/1970 | Peg & Skip Moore |
| 10/18/1958 | Ann & Gaylord Hageseth |
| 10/22/1960 | Jane & Edwin Pearce |
| 10/28/1961 | Angie & Marty Martinez |

Our Team BIRTHDAYS

3	Tyra Solomon, Dietetic Assistant	18	Amber Zaino, RN Supervisor
3	Jorge Martinez Mondragon, Kitchen Assistant	18	Fantavia Spruill, CNA
3	Lynnlea Watkins, Dining	18	Mircale Brisban, Homecare CNA
4	Julius Price, Dietetic Assistant	19	Faith Moore, Nursing Assistant
6	Anyssia Johnson, Dietetic Assistant	20	Yuliana Robles Rangel, Nursing Assistant
6	Zoe Lemon, CNA	20	Katie Ergott, Dining
7	Kadidjatou Djibril, CNA	22	Kinya Sherrod, CNA Med Tech
8	Elliott Hoskins, Assisted Living Dining	24	Gertrude Atkins, Homecare CNA
9	Felicity Thacker, Dietetic Assistant	24	Autumn Lawson, Clinic Nurse
10	Candy Jordan, RN	24	Laura Swarts, CNA
12	Catherine Chalmers, CNA Med Tech	25	Della Spencer, Assisted Living Dining
12	Line Youdom Ngatcheu, LPN	27	Victoria Witherspoon, CNA
12	Jonathan Bullington, Director Memory Care Center	28	Musue Tarnue, CNA
12	Sophia Lopez, Assisted Living Dining	29	Giovana De Masi Santos, Dining
14	Lakeisha McCray, Charge Nurse LPN	29	Zachary Wall, Dining
15	Oreoluwa Ogundeji, Homecare CNA	30	Foureratou Bassirou Garba, Dining
15	Kathleen Joncas, Dining	31	Everette Williams, Assistant Chef
17	Robin McCloskey, Aquatic & Fitness Director	31	Alexis Obimma, Homecare CNA





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