

# Currents

F E B R U A R Y 2 0 2 4



**For eight years, Well-Spring residents have helped feed local children through an on-campus effort.**



Greater Greensboro was stunned to learn in 2015 that it had been identified as one of the hungriest areas in the country. Before long, Well-Spring was introduced to a program – known as A Simple Gesture (ASG) – that focused on collecting a recurring supply of food to keep local food pantry shelves stocked. Its success was so rapid, the program drew the attention of *The Wall Street Journal*. Now ASG is a well-recognized food gathering event occurring six times a year and symbolized by the familiar green bags used for collecting food donations.

Through a 2016 initiative of Well-Spring residents led by Judy Hyman and the late Skip MacMillan, the Well-Spring community began participating with great enthusiasm in this symphony of giving.

–continued on page 2

“Residents of Well-Spring are generous and have individual passions for various charities. The beauty of our Simple Gesture collection is that through this gracious moment of giving we are ONE!  
–David Partington, Well-Spring resident, ASG volunteer

## PICKUP SCHEDULE 2024

February 17*	August 10
April 13*	October 12
June 8	December 7

\*THESE DATES DIFFER FROM ROUTINE DATES



—continued from page 1

Eight years later, this resident-organized and run effort has attracted the participation of more than 100 Well-Spring residents and collected a staggering 60,000 pounds of food and \$20,000 in cash donations. As the largest organized giving effort by residents to an outside entity, Well-Spring's ASG program is, for those who participate, quite simply a passion project.

### A little history

A Simple Gesture is a national nonprofit founded under the notion that when the simplest gestures are done with intention and vision, they have the greatest impact. The goal of ASG is to keep kids and families fed, strengthen community as well as connections and serve as a model for others.



**47,000 Guilford County students are not eating on the weekends or during school breaks.**

“ Given how much A Simple Gesture at Well-Spring has grown in eight years, why not keep growing? ”  
— Judy Hyman

**25% of our greater community can't afford food when they need it.**

Given that Judy was an educator for many years and very familiar with the faces of children who came to school without a meal, she saw first-hand the impact of hunger.

“Kids cannot learn when they're hungry,” she says. The statistics are sobering. An estimated 47,000 Guilford County students are not eating on weekends or during school breaks.

With Judy's passion and experience with other nonprofits, it was a great fit when she was enlisted for the ASG Well-Spring Committee. Judy enjoys this work and clearly sees its importance. As she points out, little things are making a big difference, locally and across the country.

When Skip died in February 2022, Judy's partner, Dick Rosen, stepped in to help with Well-Spring's ASG efforts. Dick had worked with Skip through Greensboro Urban Ministry and other organizations and says he embraces the connectedness and commonalities that come with volunteering toward a worthy goal. Judy, Dick and other Well-Spring participants relish the dual reward that comes with volunteering in such a hands-on way. The ASG committee not only fills and moves bags

● **JOIN OUR RESIDENTS' MISSION- A SIMPLE GESTURE**  
Contact Dick Rosen • 336-404-0442  
Next pickup: February 17

*Resident members: Kate Barrett, Stephanie and Frank Cashwell, Priscilla Fort, Betsy Cates, Nancy and Richard Evans, Lou and Buzz O'Brien, David Partington, Bob Cook, Nancy and Dan Camia, Judy Hyman and Dick Rosen.*

(50 to 60 per pick-up month) but also accepts donations (averaging around \$500 to \$1,000 a month). Along with recruiting and onboarding, Dick has established a designated area within the Well-Spring community at which residents can leave donations by check. In 2023, Well-Spring residents donated \$8,000!

### The simple details

At Well-Spring, residents who participate receive an ASG food pick-up schedule. By 9 a.m. on scheduled Saturday mornings every other month, they place their ASG green bags – brimming with canned goods, rice, pasta, cereal and more – outside their doors. Well-Spring volunteers collect the bags and leave an empty one for the next pick up. The driver delivers the bags to a local warehouse for further distribution to food pantries.

There are many ways residents can participate in the community's ASG giving program. Participants can sign up to receive a green bag to fill on regular trips to the grocery store. Or people can serve as volunteer drivers one Saturday every two months – the ASG team makes this easy, providing all drivers with a list of pick-up spots and map software that offers step-by-step instructions. Finally, people can also support ASG through financial donations, which Dick is happy to discuss with those who are interested.

## LIBRARY *News* by Harriet Jones, Library Committee Member

### **Ball at Versailles** by Danielle Steel

In the summer of 1959, four American Debutantes attended a renowned Paris cotillion at the Palace of Versailles. All are from different parts of the country and have different expectations. For all, one transcendent night will change their lives forever.



### **Collateral Damage:** An Alli Reynolds mystery by J. Jance

After spending 16 years in prison, a former cop out on parole is intent on one thing, revenge. Alli and her company are involved in stopping this before she and the people she loves become collateral damage.

### **Robert Parker's Broken Trust** by Mike Lupica

Andrew Crane has it all; a brilliant scientist, astute businessman, one of the world's richest men. He is adored by all but something has happened to change him.

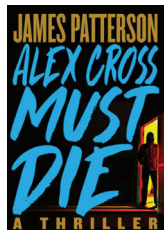


### **Just Once** by Karen Kingsbury

As Pearl Harbor is bombed and World War II is starting to rage, a beautiful woman finds herself torn between two brothers. Two men visit the women's classroom and want her to be involved in the covert world of World War II, but no one can know. How will this all work out?

### **Mercy Snow** by Tiffany Baker

Two New England families, one rich and one poor, find themselves brought together by a terrible accident, a bus wreck. Mercy Snow, a young woman whose brother is blamed for the accident, is determined to save him. Members of both families are trying to solve the mystery of "who did it." It is an intriguing story.



### **Alex Cross Must Die** by James Patterson

Alex and John Sampson are called to come immediately to the Washington airport where a plane has crashed. When they arrive, they find it was shot down by a Vietnam War-era machine gun. The search begins for the guilty one. Suddenly, Alex finds himself being hunted, maybe by that same person.

**Call For Books** - In an effort to keep the libraries at Well-Spring relevant to the needs and interests of our residents, the Library Committee has initiated a *deaccessioning* of books in the libraries that have never been checked out. As a result, there will be space for more books in the fiction and non-fiction libraries.



As the libraries rely mostly on books donated by residents, we are sending out a call for book donations. Of special interest are books that have won literary awards such as the Pulitzer Prize, Booker Prize, the National Book Award and others.

History books and biographies of interesting people are also requested as well as historical fiction by authors who are careful to tell the reader what is fact and what is fiction, such as Geraldine Brooks.

*Donations should be left in the Hornaday Library on the second floor.*

**We Do Not Accept:** 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.

## THE DISH ON DINING

Well, 2024 has arrived, and your Dining team is off and running! We just launched the new order-taking, point-of-sale system and appreciate your patience as we catch up with 20 years' worth of technology advancements. *Please remember – this is only an internal device to help us with operations and cost management behind the scenes and in no way indicates a change in meal plans for residents!*



Dining also hopes you are enjoying new menu offerings such as weekly pasta specials in the Bauman Bistro, along with a few new twists on some good ol' comfort foods during the winter season. We are excited about offering new global flavors, appetizers and favorite classics for the Weaver Dining Room, as well.

Please plan to join us on **Super Bowl Sunday, Feb. 11** – in the Bauman Bistro for some tailgating favorites. Then watch the game in the Southern Oak Bar. Remember, you may consume our complimentary beer or alcohol you purchase from Well-Spring in the bar; however, due to ABC laws, you may not bring your own alcohol to the bar.

Lastly, I'd like to share that Dining Services was finally able to have its own holiday celebration in January. The team had a night of bowling at Spare Time – an evening of fun, food and fellowship, along with many laughs. They certainly earned it! —**By Todd Dumke / Director of Dining Services**

♡ Stay tuned for the Valentine's Day menu announcement!



### The Piano Performance Team / **Saturday, February 10, 4:00 PM**

The Piano Performance Team is a unique group of 3-6 piano students, selected by audition each year from North Carolina. The team was created to give talented young pianists various opportunities to perform as well as to provide a community outreach program in the arts. This group has performed for our military troops, colleges, arts series, churches, retirement communities and more. They've also provided educational programs for over 30,000 elementary children in North and South Carolina, Virginia, Georgia, Tennessee and Washington, DC.

### WELL-SPRING PLAYERS **Tuesday, February 27, 7:30 PM**

February will bring with it a delightful evening for us to enjoy two short plays: *Cement Hands* by Thornton Wilder and *Wanda's Visit* by Christopher Durang. Twelve of your resident friends will be engaged in the productions, directed by Pauline Cobrda. Pauline has directed several plays for our Well-Spring Players and we are delighted to work with her again. Be ready to laugh out loud and long as these plays remind you of the human foibles that we so often either personally experience or pityingly observe.

The  
VIRGINIA  
SOMERVILLE  
SUTTON  
THEATRE  
WellSpring

### DREAM THROUGH LIFE **Saturday, February 3, 7:30 PM**





**DIANE FLYNT - Tuesday, February 20, 4:00 PM**

**Author, apple expert and James Beard Award finalist; register now and attend**

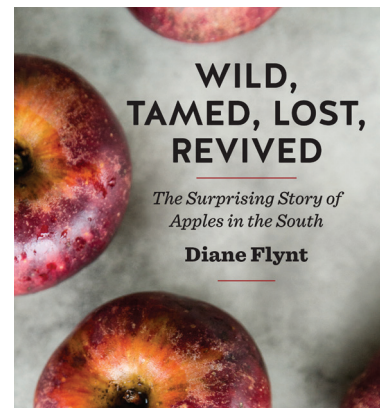
Register: Resident Portal (residents); At [www.greensborobound.com/event/diane-flynt](http://www.greensborobound.com/event/diane-flynt)

Diane Flynt, who left a successful corporate career to nurture an apple orchard and produce award-winning apple cider, and parlayed that success into multiple recognitions by the esteemed James Beard Foundation, will give a talk at Well-Spring.

*This free program, followed by a book-buying and signing opportunity at a simple reception featuring – you guessed it – apples, is open to all residents and outside guests.*

**Please help us inform the Dining team of attendance numbers by signing up at [www.greensborobound.com/event/diane-flynt](http://www.greensborobound.com/event/diane-flynt). All who are not residents of Well-Spring, including those on our future resident Wait List, should sign up at [www.greensborobound.com/event/diane-flynt](http://www.greensborobound.com/event/diane-flynt).**

Diane also is the author of the 2023 book *Wild, Tamed, Lost, Revived: The Surprising Story of Apples in the South* in which she examines the Appalachian region through the lens of apples and shares surprising stories of a fruit that was central to southerners for more than 200 years. A Georgia native, Diane worked for over 20 years in corporate America before seeing the light and returning to her farming roots. In 1997, she founded Foggy Ridge Cider, the first 20th century cidery in the South. She is a four-time James Beard Award nominee for Outstanding Beverage Professional, including Finalist in 2017 and 2018. In 2019, Diane sold her last cider vintage called Foggy Ridge Final Call. She now sells apples to cidermakers throughout the South. Diane is active in national and state apple and cider initiatives and has played a leading role in promoting Virginia wine. She speaks on cider, farming and food culture.



*This event is organized by Greensboro Bound, the year-round literary program featuring a free literary festival the weekend of May 17. Learn more at [www.greensborobound.com](http://www.greensborobound.com).*

**RHAPSODY 100**

**Monday, February 12, 7:30 PM**

**Virginia Somerville Sutton Theatre**

Join us as we celebrate the 100th birthday of George Gershwin's Rhapsody in Blue with pianist Chris Rayis, storyteller Eddie Clark, and singers from Elon University's illustrious musical theatre program. Gershwin's masterpiece fuses classical symphonic grandeur with the explosive "zing" of jazz piano, finishing with virtuosic fireworks like only George could deliver. Rhapsody 100 will deliver a grand tour of Gershwin's life and times, complete with his most famous songs and lesser-known piano preludes, with a grand finale full performance of the title work.



**DANCE**

**WEEKEND DANCE PARTY  
IN THE ROTUNDA**

*For The Love of Dance*

**•Friday, Feb 23, 7:00 pm-8:30 pm**

Line Dancing, moves by Leigh

**•Saturday, Feb 24, 7:00-8:30 pm**

Show off your skills at the Line Dancing Party with snacks and beverages.

**Sunday, Feb 25, 2:00 pm - 4:00 pm**

Wrap up the dance weekend with a Sock Hop. Come and groove to all the tunes from the 50's and 60's!

## GREENSBORO TO BROADWAY: UNCG MUSICAL THEATRE STUDENT CABARET



**Friday, February 9 • 7:30 PM**  
**[ticketmetriad.com](https://ticketmetriad.com) • \$16**

This series is a partnership with the UNCG Musical Theatre Program. Proceeds from the concert will benefit this program.



**NC Chamber Orchestra / Directed by Paul Manz**  
**Friday, February 16, 7:30 PM**

The NC Chamber Orchestra is excited to feature our concertmaster and principal 2nd violinist on the Bach Double Concerto. Dan Skidmore and Laura Blankenship are both charter members of the orchestra. The concert will also include the Dag Wirén Serenade for Strings and Bernard Herrmann's excellent score to the film *Psycho*.  
**Tickets: \$25 Adults/ \$20 Well-Spring residents**

## IF YOU WRITE IT – IT COULD BECOME A BOOK! *Bonnie McAlister Book Talk* **Friday, February 16, 4:00 PM, Florence Phillips Hall**

Well-Spring resident Bonnie McAlister will present her newly published book, *Both Then and Now*. She will focus on what she's learned during the process of book publishing. Kate Mooney, Director for Home Care at Well-Spring, the illustrator of the book, will talk about her artistic work and how a team member and a resident who didn't really know each other, artistically collaborated on this project. Considering the many talented writers at Well-Spring, along with those that have an interest in publishing memoirs, we thought there might be an audience for such a discussion of the process.



The book focuses on three generations within a family; the grandmother, the mom and the child. While all three live their lives very differently, the lives are all entwined and one the reader will conclude that it is being family that trumps any differences. Join us for a relaxing and entertaining hour.

**Jessica Bloch-Schulman, figurative ceramic sculptor**  
*Artist Salon - Presented by The Arts Council of Greater Greensboro*  
**Thursday, February 29, 4:00 PM, Florence Phillips Hall**



Jessica Bloch-Schulman is a figurative ceramic sculptor living in Greensboro. After completing a BFA at UNCG, she spent more than 20 years working in digital media before discovering clay in 2021. The evolution of virtual education has given her the opportunity to learn from accomplished artists without leaving her home studio. Her work explores the landscape of the mind, memory and the connections that bind us.



## AQUATIC AND FITNESS CENTER

AFC will host a **National Wear Red Day** event on Friday, February 2, at 2:00 pm in the Virginia Somerville Sutton Theatre. This is an educational session provided by Well-Spring's Health Care leaders to raise awareness in hopes to help eradicate heart disease and stroke in millions of people all over the nation. Please join us by attending this seminar and wearing red on campus.



### ***For The Love of Dance- in the Rotunda***

Join the AFC for a **DANCE FEST** weekend, Friday, February 23, from 7:00 – 8:30 pm. Line dance instructor Leigh Hamilton will be here to teach you combos to move your way around any dance floor. Come back at the same time Saturday night, and Leigh will be back to check out your moves. Complimentary adult beverages will be available at Saturday's event.

**The Greater Greensboro Senior Games** will be held April 2 – May 3. Registration is open from February 1 – March 1. AFC has a list of athletic activities for these events and registration forms. The mission of the Greater Greensboro Senior Games is to promote healthy lifestyles, both mentally and physically, by encouraging seniors to practice and participate in their chosen events throughout the year. There are a variety of events available, so there is something for everyone.

Enjoy some indoor fitness games during the winter months. **Pickleball** is available every Wednesday from 12:00 – 1:00 pm in the fitness classroom. **Table Tennis** is played every Friday from 2:00 – 4:00 pm in the fitness classroom. Table Tennis remains up and available throughout the weekend. So, come on out!

**The Massage Station** offers massages the first Tuesday of each month. The next date is Tuesday, February 6. Please sign up in the AFC or contact Robin for a time slot. The cost is \$89 payable at the time of service.

**The Race Series-** Let's give a shout out to the following residents and our Wellness Director! The series has several local races throughout the year that support different charities. Frank Cashwell won first place in his age group 80-99 with a total of 1,080 points and 11 races. Dick Rosen won second place his age group 80-99 with a total of 860 points and 10 races. Dot Sowerby won first place in her age group 80-99 with a total of 860 points and 9 races. Robin McCloskey won third place overall and first place in her age group 55-60 with a total of 1,460 points and 15 races. Congratulations to all of our runners!



*Keep Moving, Robin*

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

## AQUATIC AND FITNESS SCHEDULE

*February & March*

	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- 11:40	FLOW AND FLEXIBILITY	LIGHT FLEX & FLOW 11 - 11:30 AM	FLOW AND FLEXIBILITY	LIGHT FLEX & FLOW 11 - 11:30 AM	FLOW AND FLEXIBILITY
11:15- 11:45					
12:00- 1:00			PICKLEBALL		
1:15- 2:00		OPEN POOL		OPEN POOL	
1:30- 2:00		* ARTHRITIS CHAIR EXERCISE			
2:00- 4:00					TABLE TENNIS

\*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 and balance work.

**ChairFit 2—(2)** This moderately intense class focuses on total body functional movements. You will gain muscular strength and 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.

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

**In-Formed Fitness** (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.

**Pickleball**— a game resembling tennis in which players use paddles to hit a perforated plastic ball over a net.

**Table Tennis**—Touted as the best sport for preventing early-stage Alzheimer's and 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](mailto:rmccloskey@well-spring.org)**  
**Difficulty Level indicated: (1)=most basic (2)=intermediate (3)=most advanced.**

## HEALTH CARE



On January 1, 2024, Well-Spring began a new partnership with Trinity Rehab for therapy services. Based in Dunn, Trinity is owned and operated by therapists. Trinity Rehab understands the commitment it requires to help our residents achieve the highest level of independence. Their dedicated team of therapists strives to unlock the full potential of their patients, improve their quality of life and restore both their function and hope for the future. Trinity Rehab specializes in providing therapy services in the continuing care retirement communities so they are very familiar with our environment.

We are very excited to work with Trinity Rehab and excited that all our current therapy team members will be staying at Well-Spring. If you need to contact the Therapy Department, please call 336-545-5416.

–Michael A. Jones, Director of Health Services

### Successful Aging: Medications - Friday, March 1, 3:00 PM, Florence Phillips Hall

Introducing Successful Aging, a program initiated and designed by Well-Spring residents. Educational sessions will be offered on the first Friday of each month at 3:00 pm in Florence Phillips Hall, led by experts who work at Well-Spring.



The first topic on March 1, will be Medications, led by Candace Dufour, Doctor of Pharmacy, who has worked in Long Term Care and geriatrics for 13+ years. She has experience being part of interdisciplinary teams of pharmacists, doctors and nurses. Throughout years of both retail and long-term care, Candace has experience counseling her clients on the proper use of medications and making suggestions to doctors as well as the efficacy of medications and medication combinations.

Other topics planned include nutrition and mental health. **Is there a topic you'd like a speaker to address?** If so, please contact Kelly Tyrey, Well-Spring's Nutrition Care Manager, who will be coordinating this program: 336-814-4919 / [ktirey@well-spring.org](mailto:ktirey@well-spring.org).



### WELL-SPRING, MEET WELL-SPRING

**Tuesday, February 6, 3:30 PM, VSST**

Well-Spring resident Mike Clark will interview one *team member* and one *resident* ...and introduce them to all of us!

Mike Clark (resident, interviewer), Walt Ulmer (resident), Catherine Sligh (Director of Human Resources). Sponsored by Well-Spring's Cultural Connections Committee.



**Sunday, Feb. 4, 4:00 PM- Goy**  
**Sunday, Feb. 11, 4:00 PM- Golda**  
 Tickets: [mytjff.com](http://mytjff.com)

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

Podiatry Clinic  
 Dr. Kevin Henry  
 Tuesday,  
 February 20

Dermatology Clinic  
 Deonna Faucette, PA-C  
 Wednesday,  
 February 21

Dental Clinic  
 Access Dental Care  
 Thursday,  
 February 15

Hearing Clinic  
 Dr. Eneida Agolli  
 Wednesday,  
 February 28



## HEALTH CARE *Highlights*

### **Valentine's Day Concert - Love Songs with Keith Byrd**

**Wednesday, February 14, 2:15 pm, Willow Way Gathering Room  
and 3:00 pm, Richardson Auditorium**

Keith Byrd is a performer, composer, arranger and music director. He is a pianist for High Point Country Club and owner of KVC Studio. Keith performs with his ensemble nationally. He is the alternative Music Director at Centenary United Methodist Church. He has performed for President George W. Bush, Senator Elizabeth Dole, Rudy Giuliani, Dr. Robert Schueller, Lauren Bacall and Stephen Humphrey Bogart. Keith has also performed for the US Open Pinehurst USGA.



### **Super Bowl LVIII Sunday, February 11, 6:30 pm**

Join your friends and neighbors for the Super Bowl game! It will be playing on the big screen in the Assisted Living 2nd Floor Lounge, Sycamore Square Living Room and Willow Way Living Room. Enjoy snacks and soda while you cheer on the team you hope to win!



*All residents are  
welcome to attend  
Health Care  
activities!*

### **The Restoration of Revolution Mill with Nick Piornack, General Manager, Revolution Mill**

**Tuesday, February 20, 4:00 pm, Richardson Auditorium**

Revolution Mill was opened in 1898 by brothers Moses and Ceasar Cone. The first flannel mill in the South, Revolution helped establish Greensboro's manufacturing tradition and the Triad's prominence as the center of North Carolina textile manufacturing. In 1984, Revolution Mill ceased production and shuttered its doors, sitting vacant for the next two decades before early redevelopment efforts began.

With a vision of restoring and revitalizing Revolution Mill, Self-Help set out to turn the historic property into a space for creative work and creative living. Revolution Mill has transformed into a destination campus that includes more than 140 businesses, meeting and conference facilities, 183 loft apartments, outdoor performance spaces, public art galleries, restaurants and coffee shops, greenway trails and more!

### **The Life and Works of Pablo Picasso, lecture with Jennifer Donley**

**Monday, February 12, 4:00 pm, Richardson Auditorium**

Jennifer Donley, with the Creative Aging Network of NC, invites you to join her for a talk about the famous artist Pablo Picasso. Pablo Picasso, (born Oct. 25, 1881, Málaga, Spain, died April 8, 1973, Mougins, France), Spanish-born French painter, sculptor, printmaker, ceramicist and stage designer. Trained by his father, a professor of drawing, he exhibited his first works at 13.



In all his life, Picasso produced about 147,800 pieces, consisting of 13,500 paintings, 100,000 prints and engravings, 300 sculptures and ceramics and 34,000 illustrations - an impressive 78-year career.

Ophthalmology Clinic  
Dr. Christine McCuen  
No February Clinic  
Call 336-274-4626 for  
appointments

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 December 1-31, 2023.

### **Benevolent Trust Fund**

Betty W. Bunker Trust  
Joan Gregory  
Hagan Family Fund  
John R. and Carolyn J. Maness  
Family Foundation  
Martha & Art Mendez

### **Chaplain's Fund**

Annie Nichols & Herb Nichols  
Dawn Hailey Family Trust

### **Entertainment Booster Fund**

Beth & Don Hart

### **Retirement Community General Fund**

Bob Chandler

### **In Memory of Tootsie Adderholdt Pinson Benevolent Trust Fund**

Jim Armstrong

### **In Memory of Dorothy Angel Benevolent Trust Fund**

Alan Tutterow

### **In Memory of Joan Armstrong Employee Assistance Fund**

Jim Armstrong

### **In Memory of Tom Beard Benevolent Trust Fund**

Nancy & Steve Fogarty  
Alan Tutterow

### **In Memory of Lloyd Bostian Well-Spring Solutions General Operating Support**

Chip Millikan

### **In Honor of Anthony Boyd Employee Assistance Fund**

Anne & Steve Fleming

### **In Memory of Irving Cohen Benevolent Trust Fund**

Alan Tutterow

### **In Honor of Bob Cook's 80th Birthday Benevolent Trust Fund**

Betty Barry  
Ann & Sam Doyle  
Linda & Randy Duncan  
Joan & Jim Osborne  
Jeanne & Ches Singleton

### **In Memory of Don Darnell Benevolent Trust Fund**

Christine & Trip Brown  
Nancy & Richard Evans  
Nancy & Steve Fogarty  
Alan Tutterow  
**Entertainment Booster Fund**  
Jim Armstrong

### **In Memory of Nancy Frazier Benevolent Trust Fund**

Alan Tutterow

### **In Honor of Patti & Doug Gilbert Retirement Community General Fund**

Joe Gilbert

### **In Honor of Phyllis Goldman Benevolent Trust Fund**

Nancy & Steve Fogarty

### **In Honor of Greenway Villa Residents Grounds Beautification Fund**

Jane Swanson  
Nancy & David Teal

### **In Honor of Marty & Porter Halyburton's 60th Wedding Anniversary Entertainment Booster Fund**

Simone & Joel Liebling

### **In Memory of Dorothy Howell UNCG School of Nursing/ Well-Spring Fund**

Donna Lawson

### **In Honor of Daryl Ingold Employee Assistance Fund**

Anne & Steve Fleming

### **In Memory of Ron Jones Well-Spring Solutions, Be the Solution Fundraiser**

Lori & Robbie Woods

### **In Honor of Barbara James & In Memory of Ashley James Well-Spring Solutions, Be the Solution Fundraiser**

Preston, Jennifer, Abigail, Taylor &  
Bailey McKenzie



## 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 December 1-31, 2023.

**In Memory of Dan McAlister**  
*Well•Spring Solutions General  
Operating Support*  
Bonnie McAlister

**In Memory of Mary Bryan Smith**  
*Benevolent Trust Fund*  
Alan Tutterow

**In Memory Brian Wheeler**  
*Benevolent Trust Fund*  
Alan Tutterow

**In Memory of Betty McNairy**  
*Aquatic & Fitness Center  
Endowment Fund*  
Rita & R.B. Arthur  
*Benevolent Trust Fund*  
Christine & Trip Brown  
Trudy & John Krege  
Sara Stuart  
Alan Tutterow  
*Retirement Community  
General Fund*  
Joanna Frye

**In Honor of Cissy Parham**  
*Retirement Community General Fund*  
Caroline & James Barber

**In Memory of Lillian & Al Rauch**  
*Residents Gratitude Fund*  
Kathy & Lowell Rauch

**In Honor of Beverly Rogers**  
*Benevolent Trust Fund*  
Jim Armstrong

**In Memory of Ellen “Rossie” Starr**  
*Benevolent Trust Fund*  
Alan Tutterow

**In Memory of Stuart Stevenson**  
*Well•Spring Solutions General  
Operating Support*  
Nancy Stevenson & Gil Nova

**Well•Spring Solutions,  
General Fund**

Judy & Pat Adams  
Fitzroy Alleyne  
Anna Dixon Family Trust  
Susan & Richard Grubar  
Carter & Bill Leinster  
Dee & Seldon Patty  
Aprill Rhodes  
Tomoko Thornburg  
Sue Davis & Lynn Tutterow  
Linda Vandergrift  
Helia Weir  
D. Kim Wright

**Well•Spring Solutions, Grant**  
J. Richard & Sybel Hayworth  
Foundation  
Triad Retirement Living  
Association

### Note about the Residents Gratitude Fund

Throughout November and December, we have facilitated the collection of donations for the Residents Gratitude Fund sponsored by the Residents Association to support our team members. Please note that contributions as part of the campaign are **not** acknowledged in *Currents* because we don't want to publicly pressure residents into participating.

Also, several residents have inquired about making gifts to the Residents Gratitude Fund “In Memory of” or “In Honor of” someone special. We would be delighted to help facilitate a gift for you in this way and will provide a written acknowledgment to the honoree or family of the recognized deceased loved one.

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](mailto:atutterow@well-spring.org) | 336-545-5418. Well-Spring is a 501(c) organization and contributions are tax deductible.

# Our Residents BIRTHDAYS & ANNIVERSARIES



BIRTHDAY

1 Betty Barry	14 Deryle Bode	21 Barbara Jones
1 Sue Klau	14 Marjorie Burkhart	21 Eleanor Korenowski
2 Kate Barrett	14 Sandra Goldman	23 Anne Hornaday
2 Katharine Shockley	15 John Bayersdorfer	23 Jim Legette
5 Josie Gibboney	15 Nancy Hoffmann	23 Judith Boyd
5 Martha Hall	16 Dale Whitfield	27 Jim Clotfelter
7 Ingrid Cassuto	16 Dan Camia	28 Carolyn Hunt
7 Lou O'Brien	16 George Beckerdite	
8 Elizabeth Wallace	17 Genie Schwartz	
9 Sidney Cutbill	18 Barbara Boulton	
10 Robert Christman	18 Judy Broom	
11 Jim Armstrong	18 Ray White	
11 Kristin Howell	19 Betty Watson	
11 Sue Irvin	19 Watts Carr	
11 Genevieve Leach	19 Richard Evans	
12 Carol Armbruster	19 Cilie Sutton	
12 Jane Swanson	19 Sara Rayburn	
13 Suejette Brown	20 Hank Hackett	

---

02/05/1955	Louise and Bill Latture
02/08/1969	Nancy and Dan Camia
02/17/1990	Lorraine and Robert Christman
02/23/1969	Debby and Jimmy Adams
02/25/1961	Priscilla and Bob Knox

Happy Anniversary!

## Our Team BIRTHDAYS

1	Juanita Hyatt, Housekeeping	18	Sandra Bryson, RN-Skilled Nursing
2	Misty Cox, LPN-Skilled Nursing	18	Kara Frame, CNA-Skilled Nursing
3	Beatriz Ramirez, Housekeeping	18	Misti Ridenour, Executive Director
3	Adasia Ricks-Thompson, CNA-Skilled Nursing	20	Iyabosola Agbaje, WSHC CNA
4	Randy Andrews, Security	20	Arleth Anorve-Alvarado, Dining
4	Brooke Moore, RN-Skilled Nursing	20	Vida Coffie, WSHC CNA
4	Eulogia Zabala, AL Server	20	Marsha Pannachia, CNA-Skilled Nursing
5	Jeremiah Blackwell, AL Server	20	Kathy Venable, Accounting Assistant
5	Kenny Nguyen, Kitchen Assistant	21	Elizabeth Degnon, Dining
6	Mabonge Balonda, CNA-Skilled Nursing	21	Josee Ishimwe, CNA-Skilled Nursing
6	Norma Leishman, Housekeeping	23	Melinda Abbitt, Diet Tech
7	Christopher Saunders, Cook	23	Lauren Hall, Dining
8	Taylor Bradshaw, Wings	23	Samuel Lynch, AL Server
8	Deresha McGowan, LPN-Skilled Nursing	23	James McNeill, Security
8	Jovita Yates, AL Server	24	Clara Castillo Guevara, Housekeeping
10	Victori Parriman, CNA-Skilled Nursing	24	Aidan Ciaccio, Dining
11	Hana Cornwall, AL Server	24	JaQwian Hamlin, Security
12	Sierra Cox, Dining	24	Kiki Nikas, LPN-Skilled Nursing
13	Robin Dillon, Bus Driver	25	Celia Borowicz, Concierge
13	Julie Morris, Sales Counselor	25	Meliha Dragovic, Housekeeping
13	Theresa Twum Barimah, CNA-Skilled Nursing	25	Nada Romcevic, Housekeeping
15	Holly Daas, Activities	26	Robin McGowan Legrand, Cook
15	Sara Roman, Resident Billing Specialist	26	Emily Pino, CNA-Skilled Nursing
16	Donnabella Cole, AL Server	28	Jennifer Grayson, RN-Skilled Nursing
18	Kayla Brown, Diet Tech		