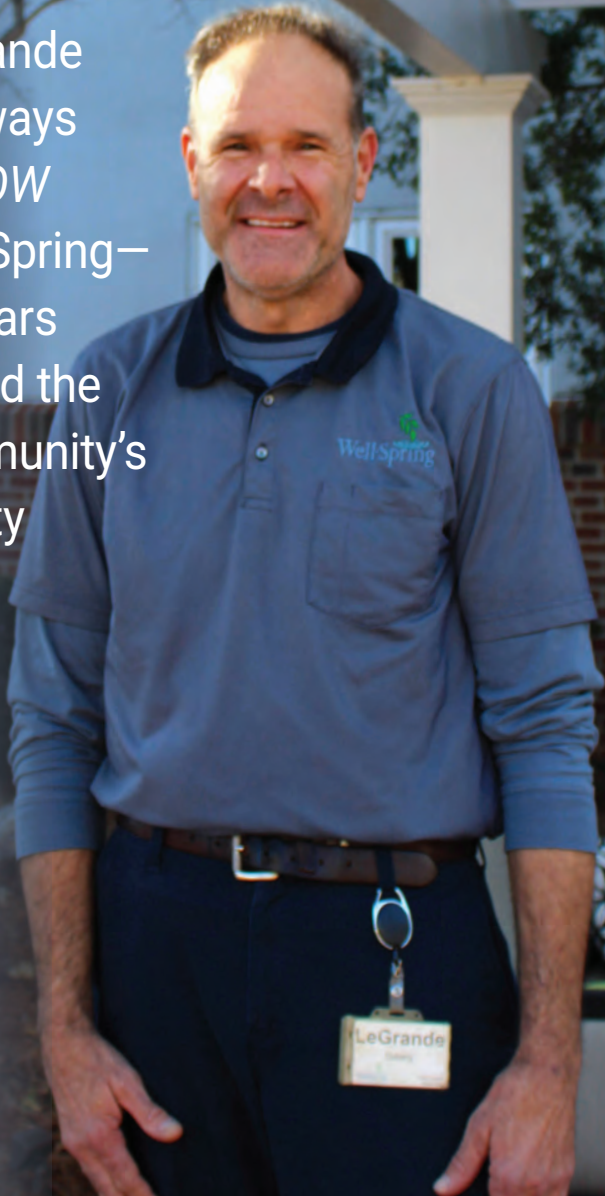


Currents

M A R C H 2 0 2 4

LeGrande
has ways
to WOW
Well-Spring—
27 years
behind the
community's
beauty



LeGrande Isley has a passion for plants.

Early on, he remembers his grandmother admiring her daffodils and peonies. When he was in high school, he was called to help out a neighbor at her nursery, Gethsemane Gardens. Already accustomed to the outdoors on his family dairy and tobacco farm in McLeansville, LeGrande fit right in. While at the nursery, those afternoons led to five years of doing something he not only enjoyed but also got paid to do. During this time, he received his N.C. Plantsman license.

While working during the day, LeGrande decided to attend Rockingham Community College a few nights a week to get his Horticulture degree. This is where his professor Dwight Tally, head of Horticulture at RCC, noticed LeGrande's keen sense of identifying plants—all 200 of the species, with the leaves on and without. He offered LeGrande a teaching role there, which he accepted.

—continued on page 2



Begonias and hydrangeas



Hydrangea Paniculata Tardiva, hibiscus Lord Baltimore, Daylily citrina, and DayLily On & On



Perennial hibiscus summer berries

“

In his old-fashioned, gentleman-like manner, LeGrande is passionate about our landscaping. He is constantly working to make our campus beautiful, readily assisting in our raised bed gardens—a rewarding experience for the gardeners. We value his encyclopedia-like expertise!

SANDY COOK



Persian Shield, Yellow Thryallis, and pentas

—continued from page 1

LeGrande had a natural sense of knowing what to do when it came to landscaping and floral arrangements and had consistent work

keeping his hands in the dirt. Chinqua-Penn Plantation in Reidsville, was yet another opportunity to showcase his sprouting talents. This property ranked high among North Carolina’s finest well-preserved early 20th-century homes. When it eventually closed, there was something even more special on the horizon for LeGrande.

Dwight, his professor and now friend, was always seeking jobs for his RCC students and spotted one available at a newly opened life plan community. In 1997, LeGrande interviewed with Well-Spring and came on board to initially work on irrigation, under then-supervisor Tony Belk. Things were different on campus then as assessments were being made to overhaul the plant choices and ground coverings to identify and eliminate invasive species such as ivy, mint and even crepe myrtles. There was a lot on the list, and LeGrande was very much a part of the changes. He worked with Tony until he retired in 2013, when he passed the torch to the well-deserving plant master. LeGrande to this day holds the title of Horticulture Supervisor at Well-Spring.

When asked about his job evolving, he says there was a significant shift when the grass mowing responsibilities were outsourced, allowing his team time to focus solely on the needs of the residents and beautifying their properties.

LeGrande works with each resident upon moving in, regardless of their property style. He carefully listens

to their needs and works with residents closely on solutions that suit them. This shift has given the community freedom to choose their floral arrangements under the direction of the in-house expert. “I learn from the residents as much as I advise them. It’s a great partnership,” he says.

At Well-Spring, LeGrande says his favorite part of the job is seeing how delighted the residents are. “The comments that come from our community are the reward for me,” he says. He develops very special relationships, and they can often last decades, like the one with Bettie Williams. LeGrande has known Bettie since he arrived in 1997, and she is now over 100. He recalls, “I still remember her first address on Wildflower long ago before she moved to her current apartment. She just loves trying new things.”

He says, “I will get notes saying how much the residents enjoy their flowers and plants. For instance, Mrs. Halyburton knows a lot



Cleome-mixed color

about plants as well as Mrs. Hunt, who has commandeered the raised bed in the Assisted Living courtyard. They have been really fun to work with.”

The late Betty McNairy was Chairperson of the Landscape Committee. She was a favorite of

LeGrande and such a joy to be around. “She loved cleome, hosta and native plants like trillium and celandine poppy,” he remembers.

LeGrande is always learning. He works with both Landscape and Resident

Garden Committees to stay close to what matters to him – the Well-Spring residents and his overall knowledge and growth.

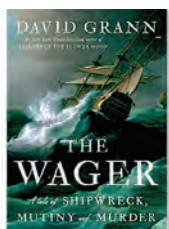
“

They have a very hard-working crew here. We have been pleased with everything they have done for us and are very fortunate to have LeGrande who seems to care for the beauty of Well-Spring just as if it were his own yard. Which, I guess, it really is!

WATTS CARR

LIBRARY *News* by Lea Lenning, Library Committee Member

March is a time of variety: weather varies from winter to summer and everything in between; flowers and trees in a variety of colors; new life in all of nature! The non-fiction library has a variety of new books for you as well!



THE WAGER by David Grann

If you enjoyed *Killers of the Flower Moon* by Grann, you might also enjoy his newest book published just last year. It is a mesmerizing story of shipwreck, survival and savagery that culminates in a court-martial revealing a shocking truth. It is the voyage of HMS Wager in 1740-41, whose survivors lived to tell the tale, actually more than one tale. (History section)

A WELL-LIVED LIFE by Dr. Gladys McGarey

A 102-year-old and still-practicing doctor is also the mother of holistic medicine. In this book, she reveals her powerful and life-changing six secrets for how to live with joy, vitality and purpose at any age. (Philosophy/ Psychology on the carousel)

WRITER, SAILOR, SOLDIER, SPY by Nicholas Reynolds

Did you know that author Ernest Hemingway was recruited by Soviet spies, was involved in wartime China and was an infantryman in World War II? Reynolds, a longtime American intelligence officer, former U.S. Marine Colonel and Oxford-trained historian, explains how Hemingway's secret life fueled his art—but was also his undoing. (History)

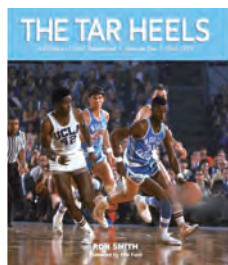
AUDITION by Barbara Walters

The most important woman in the history of television journalism turned her gift for auditioning others onto herself in this inspiring and riveting memoir to reveal the forces that shaped her extraordinary life. (Biography)



YOU'RE NOT ALONE: Living With Dementia by Dennis J. Toman

Finding out you have been diagnosed with dementia is one of life's major challenges. While nobody welcomes such disconcerting news, elder law attorney Dennis J. Toman wants you to know that you can have a rich and fulfilling life with proper care and preparation. (Grief and Loss on the Hornaday Library carousel)



TAR HEELS: History of UNC Basketball by Ron Smith

Tar Heel fans, here is the exhaustive record of this great team from James Naismith's student, Frank Mahan, who introduced "Basket Ball" to North Carolina in 1891, to the scandals of 1961, ending with Frank McGuire's retirement. And this is just the first volume! (Sports Section on the carousel)

Have any exceptional books you'd like to donate to the library? Non-fiction books are included as well as special interest books that have won literary awards, such as the Pulitzer Prize, Booker Prize and the National Book Award. We welcome history and biographies of interesting people 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.

THE DISH ON DINING

Spring is right around the corner! The Dining team has planned several events for March to help shake off those winter blues.



March 14
WINE DINNER
Wines of Rioja
Region Spain
Reservations
Required

March 17
Saint Patrick's Day
Sunday Brunch
Reservations
Required

March 21
Afternoon Tea
Reservations
Required

March 31
Easter Sunday
Brunch
Reservations
Required

**There will also be Afternoon Tea for guests on our wait list only on March 19.*

A final note regarding the new computer system

The good news is team members have become more proficient with our new system, and we have seen the Bauman Bistro service line speed up as anticipated. We have worked out many of the bugs in this new system. The next step will be to evaluate the resident experience to improve upon it for our dining community. For instance, that may include relocating the terminal. These decisions take time and planning with several factors to consider. Our goal to provide the best dining experience for our residents remains paramount. Thank you, again, for your patience!



THE SOUNDTRACK OF OUR LIVES with Ken Kennedy Friday, March 1, 7:30 PM

From his gospel roots growing up in North Carolina, performing in Memphis and Nashville studios, to traveling the world as a big band vocalist, Ken Kennedy is known as the "entertainer's entertainer." He has performed on the stage of the Grand Ole Opry as well as created and performed his show *Ken Kennedy Sings Sinatra* with the Greensboro Symphony.



A multi-instrumentalist, Ken is recognized for his remarkable voice, diverse musical palette and the natural ability to connect with audiences of all ages and genres. He has shared the stage and the recording studio over the past 50 years with a who's who of musical greats from the fields of rock, R&B, jazz and country.

The Soundtrack of Our Lives show features music from the greatest artists of the 50s, 60s, 70s and 80s including Frank Sinatra, Nat King Cole, Sam Cooke, Elvis Presley, The Beatles, Elton John, Billy Joel, James Taylor and many more. Ken will be joined on stage by his band of all-star musicians who have been with him for decades: Herb Stephens – guitar and vocals, Leroy Roberson – bass and vocals, Galvin Crisp – sax and vocals and Calvin Napper – drums.

Tickets are \$10 for residents and \$15 for public and all are general admission and available at ticketmetriad.com

SUCCESSFUL AGING: MEDICATIONS *Friday, March 1, 3:00 PM / Florence Phillips Hall*
& EATING WELL MATTERS *Friday, April 5, 3:00 PM / Florence Phillips Hall*

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. Next, on April 5, Well-Spring's Registered Dietitian Kelly Tyrey will talk about *Eating Well Matters*. Kelly has been practicing for over 20 years and enjoys helping others find ways to achieve balanced, healthy eating without feelings of guilt or deprivation. If you have a topic or speaker you'd like to request for upcoming sessions, please let Kelly know: 336-814-4919 or kttyrey@well-spring.org



HYMN FESTIVAL *Friday, March 15, 2:00 PM*

Two internationally acclaimed hymnodists to lead Well-Spring's first Hymn Festival



On March 15, Well-Spring will hear sounds of ancient, traditional and new hymns led by Mary Louise (Mel) Bringle and Sally Ann Morris. Both Mel and Sally are members of *The Hymn Society*, are

published hymnodists and have collaborated in some of their published works. They bring inspiration, information, energy and enthusiasm to the hymns we sing in worship. Yes, there will be singing. They are so good, you will be still singing when you leave!

Mel is professor of Philosophy and Religious Studies and chair of the Humanities Division at Brevard College in Brevard. Sally is Musician in Residence for the Wake Forest University School of Divinity. She is a composer of hymn tunes, songs and choral anthems, and her work is present in hymnals across denominations and across the globe. *Sponsored by the Spiritual Life committee of Well-Spring.*



WEDNESDAY, MARCH 20, 3:00 P.M.

The Story & Play of PURIM

STORY & SONGS

Rabbi Andy Koren

FOLLOWED BY A PLAY

The Queen and I

By

Sue Klau

Starring Well-Spring Residents & Team Members

Directed by Mandy Ryan

Hamantaschen will be served!

Revolution Mill Tour & Lunch / Friday, March 8, 10:15 AM

Join us as we take a private guided tour of the historic Revolution Mill. The tour will last about 45 - 60 minutes, and then we will have a pizza lunch on site at Cugino Forno. The tour is free, and your Well-Spring account will be charged for your lunch. Please register on the portal to reserve your seat on the bus. Revolution Mill is fully accessible for your convenience.



Walsh Kelley

SCHOOL of IRISH DANCING



Walsh Kelley School of Irish Dancers
Wednesday, March 13, 7:30 PM



Join us for a special Irish dance performance with the Walsh Kelley School of Irish Dancing. These young students perform all over the region, dancing at numerous events from the Charlotte Hornets halftime show to Holy Angels specialized care to the St. Patrick's Day Parade. The Walsh Kelley dancers have even performed on stage with musical greats The Chieftains and Ian Anderson of Jethro Tull. The Walsh Kelley School dancers have successfully claimed titles in both solo and team events at many competitions as well as qualified and competed at the World Irish Dancing Championships.

St. Francis Spring Prayer Center Retreat / Thursday, April 11

Did you know that there is a beautiful retreat center only 25 miles from Well-Spring? Join resident David Partington and Well-Spring neighbors for a few hours of quiet retreat on Thursday, April 11. There are trails to walk, chapels for prayer, an outdoor Labyrinth for pondering, a large veranda overlooking the woods for time alone or with others, two interesting libraries, quiet places to read and artworks to view. A gracious lunch will be served, which is an expression of the beautiful hospitality that envelops all guests at St. Francis Springs.



We will depart at 9:00 am and return by 3:00 pm. The cost is \$25.00 for the day. Give yourselves a treat to nurture your heart and soul and register on the portal. Contact David Partington with any questions at dcpsbw197@gmail.com.



CabaREVUE March 22, 7:30 PM • Free Directed by Perry Morgan/
Choreography by Ashley Hyers

Join us for an evening of story songs presented by the Greensboro College musical theater program. These talented, future Broadway performers will delight you with thought-provoking lyrics, light comedy and an evening of enjoyable music. Familiar songs! Not so familiar songs! Catch them at the beginning of their professional careers.



AQUATIC AND FITNESS CENTER

AFC has a lot going on in March!

The **Massage Station** will be here on Tuesday, March 5, to offer their services. The cost is payable at the time of service. You can sign up in the AFC.

Our **Neighborhood 8-Week Walk** begins on Monday, March 11. Walking for exercise and classes taken in the AFC counts toward mileage/time. Pick up your tracking sheets in the Administration Office or AFC. Report your totals weekly to Robin.

Kick-Off for the 8-week walk will be a tour of **Causey Aviation**. Charlie and Pam Causey will educate us on airplanes, dinosaur fossils and classic cars. You don't want to miss this adventure! Departing the Main Entrance at 9:30 a.m. Please register on the portal.



Bryan Park Golf Outing is back! Enjoy 9 or 18 holes at the *Players Course* on Thursday, March 14. The cost is \$32 (payable to Bryan Park). Please register on the portal.



We are going to put all those dance moves you learned in February at the *Dance Fest Weekend* to good use. Let's boot-scoot-and boogie on Saturday, March 23, as we head to **The Barn Dance in Julian**. Departing the Main Entrance at 5:30 p.m. Cost is \$10 per person and will be charged to your account. Food is available for purchase at the venue. Please register on the portal.

Let's **Rock the Block!** We will depart from the Main Entrance on Wednesday, March 27, at 1:30 p.m. to walk around the block. This is a five-mile adventure. There will be a water station on Horse Pen Creek Road at Morehead United Methodist, and a pick up option is available for the two-mile-only walkers. This counts toward your 8-week walk!

A BIG thank you to all who attended National Wear Red Day and to the presenters for taking the time to share their knowledge with us!



Happy St. Patrick's Day! *Keep Moving, Robin*

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

AQUATIC AND FITNESS SCHEDULE

March Et April

	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					
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.

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
Difficulty Level indicated: (1)=most basic (2)=intermediate (3)=most advanced.



HEALTH CARE *National Sleep Awareness Week is March 10-16*

The Top 5 Benefits of Quality Sleep for Older Adults

Sleep can have numerous benefits for seniors. Below are the top five.



Good Sleep Keeps the Immune System Strong

Stress triggers inflammation, which weakens the immune system and leads to chronic illnesses, such as heart disease, high blood pressure, obesity and diabetes. On the other hand, during periods of quality sleep, the body performs restorative functions, such as protein synthesis, muscle rehabilitation and tissue repair, strengthening the immune system and preventing chronic disease.

Quality Sleep Can Improve Mood

Like physical health, sleep quality and mental health are closely related and can significantly influence one another. Conditions such as depression, anxiety and stress can all contribute to sleep problems. Likewise, lack of sleep can cause a person to feel agitated, emotional and groggy the next day. If sleep problems persist, an older adult is at risk of developing mood disorders, such as depression and anxiety. To stave off mood disorders, seniors should get between seven to eight hours of sleep every night.



Adequate Sleep Can Improve Concentration and Memory

Given that sleep plays a major role in a person’s mental well-being, sleep also influences cognitive function. It is well documented that lack of sleep leads to shortened attention span, memory problems and short-term cognitive impairment. Poor sleep quality is also associated with poor long-term memory and a weakened ability to make rational decisions.

Restful Sleep Helps With Weight Management

Over the past several decades, researchers have noticed a steady decline in sleep quality among Americans and noted a steady increase in the rates of obesity. The significance of the co-occurrence of these two trends was not lost on scholars, many of whom then began to hypothesize on the relationship between weight and sleep. Existing research shows a connection between quality sleep and a healthy body mass index. Sleep deprivation can cause dysregulation of ghrelin and leptin, two neurotransmitters that affect appetite. Ghrelin promotes hunger, while leptin communicates feelings of fullness. In sleep-deprived individuals, levels of ghrelin are higher and levels of leptin are lower.

Quality Sleep Can Help Prevent Alzheimer’s Disease

As more research on the importance of quality sleep is being done, scientists are learning more about the glymphatic system, which rids the brain of toxic waste and debris. Researchers are finding that said system is 10 times more active during periods of sleep than during times of wakefulness.

–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, March 26	Dermatology Clinic Deonna Faucette, PA-C Wednesday, March 20	Dental Clinic Access Dental Care Thursday, March 21	Hearing Clinic Dr. Eneida Agolli Wednesday, March 27
---	--	---	--	---

HEALTH CARE *Highlights*

Walsh Kelley School of Irish Dancers

Wednesday, March 13, 4:00 pm in the Richardson Auditorium

Join us for a special Irish Dance performance with the Walsh Kelley School of Irish Dancing. See page 6 for description.

Growing Up in Ireland with Well-Spring's Human Resources Director, Catherine Sligh / Monday, March 18, 4:00 pm in the Richardson Auditorium



Growing up in rural Ireland was different than growing up in America but there are some common experiences. Listen as Catherine talks about being Irish and what that means for her this St. Patrick's Day in America. Some Irish show tunes will be played by Catherine on her Irish tin whistle.



Celebrities I've Known with Mike Clark

Tuesday, March 26, 4:00 pm in the Richardson Auditorium

Join us as we welcome Well-Spring resident Mike Clark, a native of Houston who has lived and worked in North Carolina since 1986. Mike was a television news anchor/reporter in Omaha in the 1980s, and he did dozens of on-camera interviews in Hollywood with major stars of the day. He's agreed to tell us the back-stage stories of collecting those interviews.

An Afternoon Music Salon with Elliot Stanger, French-horn, and Lynne Haeseler, Piano Monday, March 25, 4:00 pm in the Richardson Auditorium

Dr. Elliott Stanger has been the adjunct horn instructor at East Tennessee State University since 2022. He earned his B.M. from Northern Illinois University and his Master's and Doctor of Musical Arts degrees from UNCG. Dr. Stanger frequently performs with symphonies across the state. He maintains a horn studio in Greensboro and Johnson City, Tenn. His students have gone on to win several awards and placements in youth symphonies and honor bands.

Pianist Lynne Haeseler is a versatile artist who has performed internationally and nationally as soloist, accompanist and dance pianist. She has performed with major dance companies and festivals, theater groups and instrumental and choral ensembles. While in Phoenix, she was staff pianist for Ballet Arizona and Arizona State University School of Theater and Dance. She now resides in Greensboro, is a performer/ teacher for Greensboro Performing Arts and choir director of Friendly Singers.



Ophthalmology Clinic
Dr. Christine McCuen
Monday, March 25
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 January 1-31, 2024.

In Memory of Dorothy Angel

Benevolent Trust Fund

Cynthia Sahr

In Memory of Nan Bayersdorfer

Barbara Adams Blessing Fund

Al Snider

Benevolent Trust Fund

Nancy Beard

Betsy & Watts Carr

Pat & John Clark

Linda & Randy Duncan

Doris Kiser

Lou & Buzz O'Brien

Wanda Poole

Jeanne & Ches Singleton

Employee Assistance Fund

Marnell & Deryle Bode

Dawn Long

Mamie Snider

Health Care Endowment

Brenda Miller

Residents Gratitude Fund

Rita & R.B. Arthur

In Memory of Tom Beard

Benevolent Trust Fund

Al Snider

In Honor of Ken Boggs

Employee Assistance Fund

Anne & Steve Fleming

In Honor of Barry Canner

Employee Assistance Fund

Anne & Steve Fleming

In Honor of Tim Clontz

Employee Assistance Fund

Anne & Steve Fleming

In Memory of Don Darnell

Barbara Adams Blessing Fund

Nancy Beard

Benevolent Trust Fund

Pat & John Clark

Linda & Randy Duncan

Dawn Long

Lou & Buzz O'Brien

Dorothy & Robert Peters

Jeanne & Ches Singleton

Al Snider

Sara Stuart

Anne & Dale Whitfield

Employee Assistance Fund

Judy Hyman & Dick Rosen

Mamie Snider

Entertainment Booster Fund

Midge Pines

Eleanor Procton

Library Fund

Pat & Bob Sevier

Retirement Community General Fund

Teddye & William Clayton

In Honor of Steve Fleming

Entertainment Booster Fund

Simone & Joel Liebling

In Memory of Herman Ron Jones

Well-Spring Solutions, General Operating Support

Keith & Kathie Adcock

In Memory of Betty McNairy

Benevolent Trust Fund

Dawn Long

Health Care Endowment Fund

Pat & Bob Sevier

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 January 1-31, 2024.

In Memory of Cecil Pollard

Well-Spring Solutions, General Operating Support

Janet Holbrook Hanner

Jane Lawrence

In Memory of Berry Reid

Barbara Adams Blessing Fund

Nancy Beard

Benevolent Trust Fund

Doris Kiser

Employee Assistance Fund

Debby & Jimmy Adams

Lynn & John Black

Anne Sprock Boger & John Boger, Jr.

Richard Brown

Betsy & Watts Carr

Rose Chamblee

Patsy Covington

Anne Fox

Mary & Chuck Jones

Doris Kiser

Louise & Bill Latture

Renee Lewis

Dawn Long

Mary Hart & Donald Orr

Eleanor Procton

Camilla Ruffin

Pat & Bob Sevier

Lynn Smyden

Mamie Snider

Beverly & William Stocks

Becky Taylor

Betty & Charles Younce

Well-Spring Solutions, Unrestricted Fund

Kathy Cates

Kathy & Paul Garst

In Honor of Jennifer Young

Employee Assistance Fund

Anne & Steve Fleming

In Honor of Ben Zuraw

Employee Assistance Fund

Anne & Steve Fleming

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.



The Spiritual Life Committee gathered residents and... a lot of creativity!

Personalized Valentines were made and hand delivered to all 140 residents living in Healthcare on February 14.

Our Residents BIRTHDAYS & ANNIVERSARIES



2	Caroline Panzer	14	Jane Pearce	22	Mary French
2	Eileen Silber	14	JoAnn Preston	23	Bettie Williams
3	Anne Whitfield	15	Camille Townsend	23	Bob Hunt
4	Betty Little	16	Dot Sowerby	24	Harold Reavis
4	Bob Knox	16	Jeanne Singleton	24	Jane Darnell
5	Herb Nichols	16	Louise Bruno	24	Joel Liebling
6	Mary Ann Johnson	17	Ann Doyle	26	Barbara Britton
7	John Clark	17	Patti Gilbert	29	Betty Gay
8	Marnie Ruskin	18	David Partington	30	Tony Labath
9	Curtis Laughlin	18	Tom Wright		
11	Jane Peterson	19	Patricia Covington		
12	Shirley Nixon	21	Freddy Hutton		



Happy Anniversary!

03/03/1990 • Judith and Craven Williams

Our Team BIRTHDAYS

- | | |
|--|--|
| 1 Joshua Hartsfield, Cook | 17 Myla Robbins, LPN Skilled Nursing |
| 1 Jahmacia Mills, Security | 19 Megan Richards, RN Skilled Nursing |
| 2 Junior Gribble, Dining Supervisor | 19 Tabitha Whitmore, LPN Assisted Living |
| 3 Landon Warner, IT Specialist | 20 Jada Hollis, IL Wait Team |
| 4 Debra Conti, RN Skilled Nursing | 20 Samuel Saahene, CNA Memory Care |
| 4 Steven Yowell, Maintenance | 20 Max Vannoy, Maintenance |
| 6 Victoria Conversa Molina, CNA Skilled Nursing | 21 Brooke Cornwall, AL Server |
| 6 Ian Doherty, Life Enrichment PRN | 21 Saira Ramirez, Housekeeping |
| 8 Sara Rmah, CNA Skilled Nursing | 21 Charlie Tesiero, CNA Skilled Nursing |
| 9 Cynthia Allred, WSHC CNA | 23 Allen Butler, Maintenance |
| 9 Reece Moore, Kitchen Assistant | 23 Abigail Nicosia, IL Wait Team |
| 9 Rodney Williams, Security | 24 Sierra Baldwin, Resident Care Manager |
| 11 Donna Tessitore, Director of Social Services | 24 Logan Douglas, Cook |
| 12 Tesfa Zeleke, WSHC CNA | 24 David Sebren, Life Enrichment PRN |
| 13 Karen Elder, Skilled Nursing Supervisor | 26 Erin Hartwick, Sales Counselor |
| 14 Bonnie Estrada, CNA Skilled Nursing | 26 Sarah McKinney, Move-in Coordinator |
| 15 Doris Bansah, CNA Assisted Living | 26 Cassy Sampson, Controller |
| 15 Jennifer Lanza, Cook | 29 Jessica Sineath, Cook |
| 15 Julia Nelson, IL Wait Team | 30 Young Mi Jeoung, Med-Tech Assisted Living |
| 15 Ross Oakley, WSHC CNA | 31 Alyssa Geary, Executive Asst. and Director, Connections |
| 16 Lizantra Cunningham-Wade, CNA Skilled Nursing | 31 Ellen Russell, CNA Assisted Living |
| 16 Stephaine Greeson, IL Wait Team | |
| 16 Jody Jeffreys, Maintenance | |
| 16 Alejandra Orcasita Herrera, Housekeeping | |
| 17 Ericka Cheek, CNA Skilled Nursing | |



PRSRT STD
US Postage
PAID
Greensboro, NC
Permit No. 820