

Currents

A P R I L 2 0 2 4

Yes, there's health care, too!

Whether you're in Independent Living or your care needs have evolved, Health Care at Well-Spring provides what you need – under one roof



LPN Tabitha Whitmore & Med Tech Tyra White with Assisted Living resident Phyllis Regan

Well-Spring is known for its robust, independent living lifestyle.

But as a continuing care retirement community – or “life plan community” – it also provides top-notch health care, often an important factor in why someone chooses such a setting for retirement.

It's all under one roof.

“Most people, especially after a certain age, require some sort of health care support,” says Misti Ridenour, Executive Director of Well-Spring and former longtime Director of Health Services. “This could range from short-term rehabilitation following a surgical procedure to around-the-clock supervised memory support in a monitored environment. Well-Spring has all this right here.”

—continued on page 2

“

Our Assisted Living residents love the cocktail hour before dinner and the informative lectures and educational events. They also have access to exercise classes four to five times a week and go on outings a few times a month. We have plenty of activities!

Jennifer Cunningham, Director of Recreation & Well-Being





—continued from page 1

The team at Well-Spring puts as much careful thought and planning into the daily experience of residents in Health Care as they do for those in Independent Living. Maintaining that experience is a labor of love, Ridenour says.

“The Health Care team doesn’t work here because it is easy. It is

hard work – both physically and mentally. They work here because they have the heart for this work. They love the care and the relationships they form with the residents. It is a family.”

An Independent Living resident at Well-Spring can rest assured knowing any steps toward furthering their care are just steps away on campus. The vibrancy of the Well-Spring Independent Living culture permeates through to the next levels of care, which continues the home-like feel along with enrichment activities and amenities.

In their first chapter at Well-Spring – residing in Independent Living – residents can conveniently utilize Health Care services such as a medical clinic or a rehab following surgery or injury.

But things change. As residents age and care needs increase, Health Care offerings expand to support their own unique situation.

Health Care at Well-Spring offers a resident-centered approach to providing whatever support is needed, Ridenour points out. It’s a natural assumption that evolving care can limit one’s ability to move about and socialize or have to separate from their spouse or significant other. The Well-Spring model has solved this misconception beautifully by offering all residents the same community amenities and within close proximity.

Aging adults who can live independently but may find they need assistance with daily tasks could choose to move to the John W. Red, Jr. Center for Assistant Living, which offers impressive one-bedroom apartments with a living room, kitchenette, breakfast nook and private bath.

Many residents in this area find they are very capable, yet one or two tasks may slow them down. In Assisted Living, the support is there for residents to maximize the quality of their daily lives and go about their routines with ease. Even if it’s simple medication management, a little help can go a long way.

Sycamore Square, home to skilled nursing care, has 50 beautiful private rooms. Residents participate in art classes, endless socialization and many other activities. If needed, team members are on call 24 hours a day.

Not every continuing care retirement community is equipped with support when it comes to memory care. Well-Spring is fortunate to have a specialized on-campus, memory support area that caters to residents who are suffering from memory impairment. This structured environment, called Willow Way, has individualized care that aims to meet the needs of those with dementia.



Sue Suek-Director of Nursing & Michael Jones-Director of Health Services

Team members in Health Care are employed by Well-Spring, not outside agencies. This gives the team and residents the pathway to build relationships over the years. Health Care has an impressive staff-to-resident ratio as well as a low staffing turnover in their department.

Kim Lumpkins has been a CNA with Well-Spring for 23 years. In that time, she has been a steadfast employee, honing her expertise with our memory care population. Kim is the recipient of the LeadingAge Service Excellence Award along with Annie Miller-Compton, Staff Educator.

Not only is the nursing team nurturing them physically through health and wellness but also emotionally and socially.



Assisted Living resident Barbara Williams with CNA, Kim Lumpkins

The relationships built between team and residents create an environment where our residents thrive.
Michael Jones, Director of Health Services

LIBRARY *News* by Nancy Balderacchi, Library Committee Member

April has lots of mystery in store for you. Check out these new additions to our collection.

HOW IT HAPPENED by Michael Koryta

A thrilling crime novel about an FBI specialist who has to either face his past or destroy his future. The crimes take place in the tiny town of Port Hope, Maine. One story fits the crime evidence, but later the true mastermind of the crimes is discovered.



KISS ME, KILL ME by Allison Brennan

Another story about a serial killer on the loose in New York City. Lucy Kincaid and her boyfriend, Sean Rogan, become involved and try to find the Cinderella strangler. Problems arise and collide with the FBI hunt and their own private investigation.

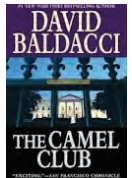


SHADOW KILLER by Wendy Corsi Staub

Allison MacKenna finally feels safe with her loving husband and family. She is unaware of a 10-year nightmare that will arise and possibly destroy everything in her life.

STRANDED by Alex Kava

Special Agent Maggie O'Dell is on the hunt for a madman who is terrorizing the nation's highways. Maggie crisscrosses the country to halt the truck-stop killer before he strikes again. She and her partner race to unmask the killer after finding a map, but they are really in much more danger than they think.



THE CAMEL CLUB by David Baldacci

The Camel Club exists on the fringes of Washington, D.C. Its members are four eccentrics trying to find the truth behind our country's actions. A thrilling story of conspiracy, murder, Secret Service and a possible catalyst for Armageddon between different worlds.



Have any exceptional books you'd like to donate to the library? Of special interest are 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 placed in the basket in the Hornaday Library on the second floor.



The Well-Spring Book Club will meet from 2:30 - 3:30 pm in the Florence Phillips Hall (rather than the Private Living Room).

The Panel on Spiritual Journeys will be held April 28 at 3:00 PM in the Health Care Richardson Auditorium. Ralph Davison and Midge Pines will share their Spiritual Journeys, David Partington will be moderate and Janet Doles will provide music. All residents are welcome.

THE DISH ON DINING

Lots of Spring events!

I cannot believe it has been nearly two years since I joined the Well-Spring family. Time has flown by. I am truly grateful to be a part of this community and the Dining team!

Spring is here, and the Dining team has planned several events to help shake off those winter blues for good. Mark your calendars for these exciting events during the months of April and May.

• April 3 – Spring Social

Join us for an evening in Las Vegas – complete with a casino, Elvis and it wouldn't be Vegas without a huge buffet. The entire Bistro line will be filled with a multitude of different items to accompany the vibe of Las Vegas.

• April 11 – Asian theme night in the Bauman Bistro



All menus will be released soon through Need to Know.

- May 5 – Cinco De Mayo themed brunch
- May 12 – Mother's Day Brunch
- May 27 – Memorial Day Cookout



The Weaver Dining Room will be closed for these events.

—By **Todd Dumke** / Director of Dining Services



The VIRGINIA SOMERVILLE SUTTON THEATRE
WellSpring



NC Chamber Orchestra –
The Power of the Horn
Directed by Paul Manz
Friday, April 19, 7:30 PM

Sunday, April 7, 2:00 PM

FREE and open to the public.
No registration required.

Every year the Elon Music Theatre community looks forward to Grand Night, an annual tradition to celebrate the entrepreneurial talents of their students and bid farewell to their seniors. Each number is directed, choreographed, music directed, arranged and performed by Elon music theatre students, showcasing their versatility, work ethic and leadership skills. Don't miss this year's lineup of group production numbers, original choreography, new arrangements and heartfelt performances!

The NC Chamber Orchestra is so happy to welcome French horn virtuoso Maria Serkin. This will be a concert

not to be missed! Dr. Serkin will perform the Gordon Jacob Concerto for Horn. The concert will also include the John Rutter Suite for Strings and Bach's *Fugue* in A minor. The performance will conclude with Mozart's *The Musical Joke* featuring the return of Maria Serkin and conductor Paul Manz picking up his horn. Colleen Chenail, violinist, will take up the baton for this work.

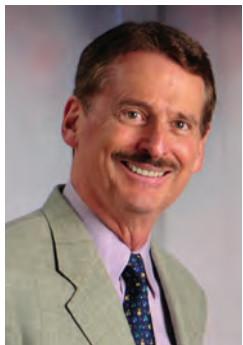
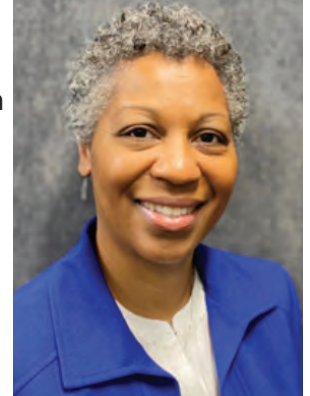
Adults: \$25
Students: Free (come to door)
Well-Spring residents: \$20
Tickets are on sale at
www.ticketmetriad.com



LONG-TERM CARE LEARNING LAB Friday, April 5, 3:00 PM / Florence Phillips Hall

On April 5, please join us for the second session of Successful Aging ("S'Aging"). Our topic will be: Long-Term Care Insurance Learning Lab. Join LTC Specialist Capricia Moore-Stanley to start a continued discussion about the LTC process at Well-Spring.

S'Aging is a program initiated and designed by Well-Spring residents. Expert-led educational sessions will be offered on the first Friday of each month at 3:00 pm in Florence Phillips Hall. If there is a topic you'd like a speaker to address, please contact Kelly Tyrey, Well-Spring's Nutrition Care Manager, who will be coordinating this program (336.814.4919, ktyrey@well-spring.org).



THE WIZARDRY OF OZ:

L. Frank Baum and his Classic American Fairy Tale

Elliot Engel

Wednesday, May 1, 7:30 PM

Dr. Engel reveals the life of L. Frank Baum and the reasons for the enduring and endearing fame of

his WONDERFUL WIZARD OF OZ. Using anecdotes, analysis, and large doses of humor, Professor Engel brings to life this most fascinating of fairy tale writers.



PASSOVER SEDER

Thursday, April 25, 4:45 PM

SPECIAL OCCASIONS ROOM
40 SEATS / LIMITED SEATING
Catered by Todd Dumke

Haggadah leader

Rabbi Andy Koren

R.S.V.P. by Thursday, April 18

Marnie Ruskin ruskinmarnie@gmail.com

Or 336-288-7892

Cost – meal ticket plus \$5.00 (includes wine)



**UNC
GREENSBORO**
School of Theatre



GODSPELL

Saturday, April 20, 7:30 PM

AND Sunday, April 21, 2:00 PM

Presented by UNCG Musical Theatre departments
FREE and open to the public. No registration required.

Conceived and originally directed
by John-Michael Tebelak
Music and new lyrics by
Stephen Schwartz



Originally produced on the New York Stage by Edgar
Lansbury / Stuart Duncan / Joseph Beruh

LOUNGE NIGHT

with Keith Byrd

Wednesday, April 17

5:30 – 8:00 PM

Southern Oak Bar

Come hear the soulful sounds
of Keith Byrd singing and
playing your favorite tunes
from way back when!



**ENCHANTMENT IN CONCERT:
A VIBRANT ORCHESTRAL SHOWCASE**

Sunday, April 28
2:00 – 4:00 PM Open Rehearsal
4:30 PM Performance



Join the Greensboro Symphony Youth Orchestra (GSYO) on a musical journey showcasing Romantic-Era favorites! From Carmen to Dvorak, experience young musicians coming together to bring great music to life. The program will feature:



- Samuel Coleridge-Taylor: Othello Suite op. 79, mvt. I, "Dance" (1909)
- Emilie Mayer: Symphony No. 1 in c minor, mvt. I (1847)
- Antonín Dvořák: Slavonic Dances Op. 46, No. 8 (1878)
- Georges Bizet, comp. Ernest Guiraud: Selections from Carmen Suites 1 and 2 (1875/1882/1887)

Guests are invited to join GSYO and director Peter Zlotnick for a rehearsal of the program and then again for the concert. Come experience music's bright future with favorites from the past and the young musicians of GSYO!

Spring Social: Viva Las Vegas!
Wednesday, April 3, 5:00 PM

Las Vegas style buffet and Elvis performance: 5:00 - 7:00 PM
 Bauman Bistro



Casino: Special Occasions Room
 6:00 - 9:00 PM



WELL-SPRING, MEET WELL-SPRING
Tuesday, May 7, 2024, 3:30 PM

Well-Spring resident Mike Clark will interview one team member and one resident ... and introduce them to all of us! Get to know Well-Spring team member Eddie Clark, a former professional singer/dancer at Carowinds, and resident Mandy Ryan, who also has extensively performed and sung on stage.



St. Francis Prayer Center Retreat
Thursday, April 11

We will depart at 9:00 am and return by 3:00 pm. The cost is \$25.00 for the day. A gracious lunch will be served. 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.

You will enjoy:

- beautiful retreat center • trails to walk
- chapels for prayer • outdoor labyrinth
- veranda • wooded area • libraries • quiet places

LET'S DANCE
by Dance Expressions
Saturday, April 27, 4:00 PM

Dance Expressions presents "Let's Dance." Enjoy a performance full of talented dancers, fun music, and sparkly costumes! Dancers of all ages will grace the stage, including a special performance by residents Steve and Diane Joyce.



AQUATIC AND FITNESS CENTER

AFC has a lot going on in April! The Aquatic & Fitness Center will host the **2024 Resident & Team Member Health Fair**

April 18, 9:30 am – 12:00 pm / Virginia Somerville Sutton Theatre and Lobby

There will be many educators sharing lots of information concerning various aspects of wellness. Demo classes will be performed on stage to exhibit class activity, level and function. There will be a raffle for everyone who attends. Mark your calendars to join us and invite your family and friends.



AFC committee meeting will be held on Wednesday, April 3, at 1:00 p.m. in the fitness classroom. Please register on the portal.

Sign-up for the **Bryan Park Golf Outing**: Thursday, April 11, departing the Main Entrance at 8:30 a.m.

Classes will be on a reduced schedule on Friday, April 19 and Monday, April 22. Please refer to the portal for class type and time.

Our 8-week **Neighborhood Walk** is in its fourth week. Here is a list of the team names:

Front Gate Sole Mates
Hybird Hustlers
Meatballs

The Blazing ☆s
Trillium Trekkers
Verbena Vagabonds

Villa Vikings
Western Stars
The Wild Angels

- Keep Moving, Robin

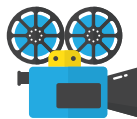
Robin McCloskey
rmccloskey@well-spring.org
336-545-5469

Please continue to turn in your mileage/time weekly. As the weather warms up, stay hydrated and take precautions from the sun.

Well-Spring Players: Auditions

Five More by Keyser

Calling all folks with a heart for theatre!



Join us at auditions for our upcoming theatrical performance. Auditions will be held **Monday, April 8, at 3:00 pm** in the Cone Rehearsal Hall (located in the studio spaces beneath the theatre.) We will be casting roles for seven men and seven women and two stage-setting readers. The plays, "Five More by Keyser," are works that have been read and chosen by members of the Well-Spring Play Readers Committee. The first five of Keyser's plays chosen were performed last year to rave reviews! The play performance date is **Tuesday, May 21, at 7:30 pm**, and will be directed by our own resident, Hank Hackett. Become a part of this fun focus group.

Tour of A Simple Gesture - Outing

Wednesday, April 3, 10:00 AM

What does A Simple Gesture do with the groceries in our green bags? Enjoy a tour of the warehouse where food is collected, sorted and distributed to local food banks. See them in action and learn about how each bag makes a difference. Register on the portal. *We will return to Well-Spring by 12:00 PM.*



The next pick-up
-Saturday, April 13-

AQUATIC AND FITNESS SCHEDULE

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

April & May

*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 *Stress Awareness Month*

Top 6 Ways To Deal With Stress

The good news is, there are some really good stress management strategies anyone can use. Even better, you don't have to try them all. Choose one or two approaches that interest you and are realistic.



1. Remove the source- This isn't always possible, but if you can, try to identify what's causing your stress and do something to change that.

2. Eat well- Following a healthy, balanced diet can boost the immune system, help combat the effects of inflammation, and fuel positive physical energy. And, filling up on bulky, good-for-you fruits and vegetables can prevent "stress-eating" a bag of potato chips or pint of ice cream.



3. Stay hydrated- Drinking enough water yields many health benefits, including improved brain performance. Adding a glass or two a day can help keep you mentally sharp and stabilize your emotions. Plus, keeping yourself hydrated leads to better digestion, eases headaches, and boosts your energy, too.

4. Exercise- Regular physical activity helps reduce blood pressure, ease arthritis pain, combat chronic illness and lift your mood. And you don't have to lace up a pair of running shoes and start training for a marathon to reap these benefits, either. Even gentle movements like tai chi can make a world of difference.

5. Get enough sleep- Sleep is essential to good physical and mental health. It's the time when the body repairs itself and the mind takes a break. In particular, REM (deep) sleep helps regulate mood and memory. Establishing "sleep-friendly" routines can help both to reduce stress-related insomnia and other negative effects. Sleep quality can be improved with a comfortable mattress that fits your sleep preferences.

6. Meditate- Engaging in deep breathing, positive visualization and other mindfulness practices can help calm racing thoughts, slow a rapid heart rate, relax tensed-up muscles and create a sense of well-being.



There are many different ways to meditate, so take time to explore some approaches and find one that works for you.

Remember: everyone experiences stress from time to time. Being proactive about managing yours can maintain your physical and mental health and well-being so you can age well.

–Michael A. Jones, Director of Health Services

Frank Reid Brown Clinic
Call 336-545-5440
for appointments

Podiatry Clinic
Dr. Kevin Henry
Tuesday,
April 30

Dermatology Clinic
Deonna Faucette, PA-C
Wednesday,
April 17

Dental Clinic
Access Dental Care
Thursday,
April 18

Hearing Clinic
Dr. Eneida Agolli
Wednesday,
April 24

HEALTH CARE *Highlights*

Beethoven Piano Trio Saturday, April 13, 3:00 PM in the Willow Way Gathering Room and 4:00 PM in the Sycamore Square Living Room

Please join us for an exciting performance featuring Lynne Haeseler, piano, along with guest artists Bri Souza, flute, and Jack Fanning, bassoon.



Jack and Bri Fanning are professional musicians from Sacramento, Calif. where they met in their undergraduate degree programs at CSU Sacramento. They moved to Greensboro in 2017 to pursue Master of Music degrees from UNCG. Bri earned her Masters in Multiple Woodwind Performance (flute, bassoon, and oboe) from UNCG. Jack earned his Masters in Bassoon Performance and is currently in the process of earning his Doctorate of Bassoon at UNCG.

A Salute to Elvis: Featuring Elvis Tribute Artist Wayne Euliss Monday, April 15, 4:00 PM in the Richardson Auditorium



There will never be another Elvis Presley, but if you are looking for an authentic tribute show, look no further. Wayne bears an amazing likeness to Elvis in looks and stage presence. His costumes are custom made by B&K Costumes, the official costume provider to Elvis Presley Enterprises. Wayne has performed professionally for over 15 years, traveling between New York and Florida for events. He regularly appears at many festivals and fairs throughout the southeast. He has opened for country great T. Graham Brown and Sha Na Na. His shows are appealing to audiences of all ages and will take you back to the glory days of the King of Rock and Roll!

Tots & Tunes - Every Tuesday, April 16 – May 21 at 10:00 AM

The first event will begin in the Sycamore Square Living Room and will alternate locations with Willow Way Gathering Room. Tots & Tunes is an interactive program where parents and their children (ages birth – 5 years) join our residents for a structured music and educational group led by Certified Music Therapist Robin Gentile. If you enjoy being around little ones, this is the program for you!

Lecture with Cindy Rayburn - Colonial Williamsburg Tuesday, April 16, 4:00 PM in the Richardson Auditorium

Please join Cindy Rayburn as we travel back in time to Colonial Williamsburg. This program will be the first of a two part series which will include the history of Colonial Williamsburg through the eyes of this 21st century traveler. Hope to see you on this journey back to the capital along the James River in Virginia.

Daisy Schoen / Saturday, April 27, 3:30 PM in the Willow Way Gathering Room and 4:15 PM in the Sycamore Square Living Room

Ms. Schoen is a performing vocalist in Greensboro and current graduate student at UNCG. Daisy loves to perform multiple genres from musical theatre to opera to jazz. Please join Ms. Schoen for an afternoon performance of jazz standards and music from the 20's.



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

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 February 1-29, 2024.

Residents Gratitude Fund

McGehee Porter

In Memory of Tootsie Adderholdt Pinson George Galvin Wait Staff Scholarship Fund

Miriam and Mark Adderholdt

In Memory of Dorothy Angel Benevolent Trust Fund

Ron Johnson

In Memory of Nan Bayersdorfer Benevolent Trust Fund

Norma & Joel Funderburk

Jo & Jerry Kennedy

Sandra & Terry McGouvran

Peggy & Lewis Ritchie

Catharine & Ken Sisk

Residents Gratitude Fund

Sandy & Bob Cook

Sherry Freeman

Ruthie & Harold McLeod

In Honor of Jerry Bailey Employee Assistance Fund

Anne & Steve Fleming

In Honor of Chris Brown Employee Assistance Fund

Anne & Steve Fleming

In Memory of Don Darnell Entertainment Booster Fund

Diane Gabriel

Residents Gratitude Fund

Sandy & Bob Cook

Sherry Freeman

In Honor of Barbara James Well-Spring Solutions General Operating Support

Mary Michaux

In Memory of Berry Reid Benevolent Trust Fund

Alan Tutterow

In Honor of Misti Ridenour Employee Assistance Fund

Anne & Steve Fleming

In Memory of Jeannette Rosenbaum Residents Gratitude Fund

Robert Fine

Benevolent Trust Fund

Joe Gelzer

In Memory of Jeff Smith Well-Spring Solutions General Operating Support

Cathy Griffith & Friends from UNCG Jackson Library

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 Well-Spring Group, Brightspire finalize merger agreement, will create new parent entity to be called Kintura

The boards of The Well-Spring Group and Brightspire have signed a binding, definitive agreement to merge their organizations and create a new parent entity to be known as

Kintura. The move follows an announcement last June by the organizations that its boards had signed a letter of intent to merge and would launch a due diligence period to explore the idea in greater detail.



Fleming

Webster

“This is a historic new chapter for our two great organizations,” Brightspire and Well-Spring said in a joint statement. “Our due diligence confirmed that this move is the right thing to do and best ensures not only a secure future for our communities, programs and those we serve but also immense opportunities for our team members and our ability to support the needs of our growing population of older adults. The future promises to be bright under the Kintura direction and leadership.”

Kintura will launch operations following closure of the agreement, expected upon receipt of the Internal Revenue Service’s official Determination Letter confirming Kintura’s tax exempt status and approval by the N.C. Department of Insurance. The IRS could take up to six months. Steve Fleming, president and CEO of The Well-Spring Group, and Tim Webster, president and CEO of Brightspire, will serve as co-President/CEOs of Kintura. Fleming’s duties will emphasize organizational strategy, while Webster’s duties will emphasize operations.

The name “Kintura” combines forms of “kindness” and “kindred” and, in a nod to both organizations’ shared founding heritage, the Scottish Gaelic term for “journey” or “travel.” Kintura represents the journey of the older adults the organizations serve – and that they are served not only with kindness and a kindred spirit but also with the compassion, care and professionalism for which the two organizations are so well known, the statement explained. The new Kintura logo – which combines design elements from Well-Spring and Brightspire logos – was created by Well-Spring’s in-house graphics designer, Communications Specialist Lauren Haviland.

Each Brightspire and Well-Spring Group community will retain its name, culture and established traditions while benefiting from a strengthened organization that has greater depth and financial resources to invest in services and expanded programs. Enhanced scale also will benefit team members through competitive benefits and greater opportunities for potential career advancement, thus helping the overall organization attract and retain the most talented employees.



Our Residents BIRTHDAYS & ANNIVERSARIES



- | | |
|---------------------|------------------------|
| 1 Don Overman | 18 Ches Singleton |
| 1 Joan Gregory | 19 Aurelia Stafford |
| 1 Marty Halyburton | 20 Sylvia Breed |
| 1 Betty Little | 21 Barbara Lambert |
| 2 Edwin Cornelius | 21 Bob Thurston |
| 2 John Boger | 22 Betty Brannon |
| 2 Walt Ulmer | 22 Midge Pines |
| 3 George Garey | 23 Nancy Ramm |
| 3 Phyllis Regan | 23 Peter Peiffer |
| 5 Joan LeBauer | 24 Dr Kyle Young |
| 10 David Teal | 24 Nancy Evans |
| 10 Dudley Fort | 25 Toby Wall |
| 10 Edwin Pearce | 27 Barbara Lee |
| 13 Jacquie Coyne | 27 Mike Joyce |
| 15 Steve Joyce | 27 Bill Korb |
| 15 William Hardy | 28 Ann Snyder |
| 16 Sallie McMillion | 28 Charlie Reid |
| 17 Cecil Burkhart | 28 Gale Whitnell |
| 17 John Rice | 28 Roy Heybrock |
| 18 Carol Levin | 28 Mary Archie McNeill |
| | 29 Patsy Tart |



- | | |
|------------|---------------------------|
| 04/07/1973 | Nancy and Steve Fogarty |
| 04/10/2013 | Lou and Tommy Eckle |
| 04/16/1961 | Betty and George Burfeind |
| 04/26/2018 | Rita and RB Arthur |
| 04/27/2019 | Diane and Steve Joyce |
| 04/30/1951 | Ann and Dick Hunt |

Our Team BIRTHDAYS

- | | | | |
|----|---|----|---|
| 1 | Van Barber, Porter | 19 | Nawal Bakeet, CNA Skilled Nursing |
| 2 | Sophia Abaka-Mensah, CNA Memory Care | 20 | Adiatou Amidou Soule, Housekeeping |
| 2 | Dorian McInnis, Cook | 20 | Labrenda Bennett, WSHC CNA |
| 2 | Kaylyn Moore, Human Resources Assistant | 21 | Gabriela Diaz Sura, CNA Skilled Nursing |
| 2 | Lenore Teer, Director, Life-Enrichment | 21 | Emma White, CNA Skilled Nursing |
| 3 | Rehanatou Agoro, CNA Skilled Nursing | 23 | Sheneenay Mickie, LPN Skilled Nursing |
| 3 | Gracie Herndon, CNA Skilled Nursing | 23 | Kailee Wright, CNA Skilled Nursing |
| 6 | Desiree Davis, CNA Memory Care | 24 | Abby Cushing, AL Server |
| 6 | Janiya Jeffries, CNA Skilled Nursing | 24 | Heather Pool, Clinic Nurse |
| 8 | Allie Denton, IL Wait Team | 24 | Adriana Rodriguez, WSHC CNA |
| 9 | Anastasia Parker, IL Wait Team | 25 | Kenneth Watkins, Security |
| 10 | Tyeasha Jones, CNA Skilled Nursing | 26 | Loretta Joyce, Admin Maintenance |
| 10 | Yvonne Lawhorne, CNA Assisted Living | 28 | Steven Atkinson, Security |
| 10 | Dakota Rierson, Housekeeping | 29 | Mary Snyder, IL Wait Team |
| 12 | Robin Deen, Front Desk/Receptionist | | |
| 13 | Wendi Wilson, LPN Skilled Nursing | | |
| 14 | Chana Ball, Concierge | | |
| 15 | Melissa Beltran-Gonzalez, Diet Tech | | |
| 15 | Yulissa Beltran-Gonzalez, Diet Tech | | |
| 15 | Jerry Hayes, VP, Construction | | |
| 15 | Malika Hentz, LPN Memory Care | | |
| 16 | Madison Liberatore, HC Admin Staff | | |
| 16 | Santos Reyes, Cook | | |
| 16 | Clarissa Wade, WSHC CNA | | |
| 18 | Cathy Corum, CNA Assisted Living | | |

