

MAY 2024

ZIPPING into summer with bucket list adventures and more...

Well-Spring promises an engaging, active and vibrant retirement living experience – not only within the community itself, but also on activities and adventures beyond its grounds. Team members involved in life enrichment and wellness programs help ensure there is always a wide range of activities from which to choose.

Robin McCloskey, who for many years has overseen Well-Spring's aquatics, fitness and wellness programs, is on the go offering physical activities, competitions and fun while striving to keep all residents active – no matter their age of physical condition. For example, the popular mini-golf tournament that has been a hit for years. This month the Aquatic & Fitness Center (AFC) will hold an eight-week Walk Celebration. The previous turnout yielded more than 90 residents!

-continued on page 2

"We are ready for a longer, more thrilling ride!" Angie, Well-Spring Resident



PETZI

Broadway through the Decades • The Massage Station • More Ziplining! • The North Carolina Zoo • Music Man • Summer Film Festival • Carolina Band Blast and more!

*** SUBJECT TO CHANGE**

-continued from page 1

"One resident called to thank me because his wife's time had doubled," Robin says.

For those who prefer to up their heart rate through dance, residents can bust a move. The AFC, along with Lenore Teer, who plans a wide array of resident activities and adventures, including programming in Well-Spring's Virginia Somerville Sutton Theatre, joined forces to present For the Love of Dance: A Dance Party Weekend in the Well-Spring's rotunda entranceway. This included both trendy line-dancing and an old-school sock hop. Chances are, if you weren't dancing, you were a foot-stomping spectator, for sure!

Things are in constant motion with activities across campus, across town ... and beyond. Transportation events cannot be overlooked at Well-Spring. This program offers a shuttle to the happenings held off-campus, which include Broadway shows at the Steven Tanger Center for the Performing Arts, talks at the Guilford College Bryan Series and performances throughout the Eastern Music Festival, to name a few. Lenore, her team and their resident advisory committee continue to seek out the latest adventures, no matter the reach or complexity. Last year's journey featured a memorable tour of the nation's capital, Washington. This year, plans are afoot for a trip to Asheville.

For the theatre, Lenore says it's important to scout performers with whom residents can relate. "Our residents don't want to just be entertained; they want to hear stories and be educated." The team looks for more than just a performer with skill but those also possessing personality and zest. Music is a good example of matching artists to the community. Since most residents grew up in the '40s, '50s and '60s, the team will seek musicians who fit those eras but can also mix up the genre so everyone can benefit.

With the opening of the theatre in 2019, the sound in Well-Spring's state-of-the-art theatre is never a challenge for performers. This has been a gem to the Well-Spring community as well as the greater community by offering resident-only programming and public events, too.

"Seasoned Broadway stars," Lenore says, "are consistently wowed by our theatre. Rehearsals can take days, so they have time to appreciate the quality of our theatre. We have acousticians who strive to achieve sound perfection, down to the walls."

While team members plan for symphonies, speakers, road trips and musicals, the AFC is revving up for the next big activity. Robin thought she had satisfied the adrenaline-seeking zip line group. However, the word around campus was to take it up a notch. Now, Robin is planning another sky-scraping event on a larger scale. "They want a bigger zip line!" she says.

Resident Angie Martinez, who is embracing her eighth decade, wholeheartedly agrees: "We are ready for a longer, more thrilling ride!"













If Robin senses a lull in things, she jumps into creative mode in a healthy heartbeat. In August, the AFC will run the Rain Gutter Regatta (alternating years with the epic Cardboard Boat Regatta). You can guarantee at one or both to see what these participants may have been like as children. Family and friends are invited to see silly and serious play out.

With so much to choose from, residents eagerly await the month's calendar of activities. And plan accordingly.

LIBRARY News by Hank Hackett, Library Committee Chair

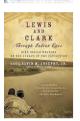
ANTI-SEMITISM REVISITED by Delphine Horvilleur, NF/PHIL/PSYCH Rabbi Horvilleur gives us an engaging, hopeful, and very original examination of antisemitism: What it means, where it comes from, what are the myths and tropes that are weaponized against Jewish people and how we take them apart.





DIANA CHRONICLES by Tina Brown, NF/HISTORY

Tina Brown gives an unprecedented look at the world and mind of one of the most famous people on the planet, Diana, Princess of Wales. Tina knew Diana personally and thus is able to explain her in light of the women in Diana's family and life.



LEWIS AND CLARK THROUGH INDIAN EYES by Alvin M. Josephy, Jr., NF/HIST What impact, good and bad, did the journey of Lewis and Clark have on the Native Indians whose homeland they traversed? The nine writers in this book tell their haunting stories each in their own way, of the impact that the expeditions had on their survival, ancestors, and the magic they use to this day. They shed light on our understanding of this landmark journey into the American West.

A MAN CALLED PETER, AND THE PRAYERS OF PETER MARSHALL by Catherine Marshall, NF/BIOGRAPHY A Scottish Presbyterian minister who immigrated to the US as a young man in 1927 rose to well-deserved fame as the chaplain of the US Senate in the late 1940s. This is two books in one – a biography and a collection of his beautiful prayers.



WE ARE CALLED TO BE A MOVEMENT by The Rev. Dr. William J. Barber II, NF/SS The Rev. Dr. Barber tells us, "It's time for everyone who cares about the state of our nation to heed the call and join forces to redeem the soul of America. It's time to come together and renounce the politics of rejection, division, and greed. It's time to lift up the common good, move up to higher ground, and revive the heart of democracy."

NEW to the Well-Spring Collection:

AWESOME SCIENCE & ART by Phyllis Goldman, Editor-in-Chief, and Caitlyn C. Young, Author and Assisting Editor, NF/SCIENCE. Science and art are often thought of as separate disciplines, but Goldman and Young show that they are connected in ways unrecognized by many people. Their book covers topics such as biology and measurements, art forms and techniques. They show people from the past and present who lived as scientists and artists.





TWO OF OUR VERY OWN....resident authors & team member illustrators

BOTH THEN AND NOW by resident Bonnie McAlister and Illustrated by Kate Mooney, Director of Home Care, CHILDREN This delightful children's book is a story that shows the differences in three generations. It points out how love holds a family together, even with its differences.

THE DISH ON DINING



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

I cannot believe how fast these two years have flown by. I have enjoyed learning the culture of Well-Spring by getting to know the residents as well as making positive changes to our Dining program. Every change has been intended to improve your dining experience– from the quality and food choices to our Dining team service.



I am thrilled to announce that along with the spring menu updates, we have had five team members contribute their own ideas and recipes. It's important for me to foster a creative and collaborative environment while keeping the team engaged and enthusiastic about what we do. Thank you, team!



Grilled cauliflower steak,

tomato olive relish, Chimmi Churri sauce (VEGAN)

FUN FACTS!

- Our new coffee station has brewed 20,571 cups of coffee for you
- \cdot We have redirected a whopping \$92,000 into the local farming community
- Additional creative vegetarian and vegan dishes are being added to suit our residents

On behalf of the Dining team, we would like to thank you for your feedback and encouragement through our updates. We look forward to many more years of serving you!

-By Todd Dumke / Director of Dining Services



Bel Canto is an Italian phrase that means "beautiful singing."

Bel Canto Concert - Music Should be so Beautiful May 4, 8:00 PM and May 6 7:30 PM / etix.com

In their 40 years as the Triad's premier choral ensemble, the *Bel Canto Company* has engaged well over 200 of the region's most talented singers. From the beginning in the 1982-1983 season until now, Bel Canto has been praised for their uniquely beautiful interpretation and sensitive tonal quality.





The Greensboro Flute Choir invites you to a complimentary concert.



SUCCESSFUL AGING- *Self-Care and Healthy Aging* Friday, May 3, 3:00 PM / Florence Phillips Hall

Please join us for the third session of Successful Aging– S'Aging. Join Lynley SanGeorge, Transitions and Life Changes Counselor, for a discussion on *Self-Care and Healthy Aging*. Learn more about practical self-care with our Bridges Program, techniques and daily practices aimed at nurturing a resilient mindset and fostering positive emotions. Explore how small changes can contribute to our overall wellbeing and enrich our experience as we age with vitality.

Greensboro BOUND Literary Festival

Greensboro Bound Literary Festival– James McBride Thursday, May 16, 5:45 PM / Departure for UNCG campus

Greensboro Bound Literary Festival welcomes its 2024 keynote presenter – award-winning author, musician, and screenwriter James McBride, whose latest novel, The Heaven and Earth Grocery Store, is currently a runaway New York Times bestseller. McBride, who also wrote The Color of Water, will appear at UNCG's Elliot University Center in partnership between Greensboro Bound and UNCG University Libraries.

While the event is sold out to the public, Well-Spring has 24 seats held for our residents. Please register on the portal to reserve your seat on the bus and your entrance to the event.

The annual Greensboro Bound Literary Festival – which is free and open to the public – will continue on Saturday, May 18, and feature nearly 60 writers. For more details and the full schedule, visit www.greensborobound.com.



If walls could speak...they can!

The Rotunda Gallery is currently displaying paintings by resident artist *Dorothy (Dot) Buchanan Collins*. She and her husband, Clyde, were long-time Greensboro residents and moved to Well-Spring in 1998.

Dot began painting in 1980 after her children finished school. As a child, she enjoyed picking and studying wildflowers, a passion reflected in many of her works. Many contain bold vibrant colors, which you may have noticed hanging elsewhere around campus.

Some of her paintings are for sale. All proceeds will be donated to the *Toe River Arts Council* in Spruce Pines. They provide artistic opportunities in local schools, including art, drama and dance. The Collins' have supported the organization for most of those 40 years. Take a look and enjoy!!







April showers bring May flowers If you haven't visited The SHOPPE recently,

stop by to see the gorgeous extra large three-dimensional flower greeting cards and a new line of jewelry and much more. Thank you to our exceptional buyers: Stephanie Cashwell, Judy Hagge and Beth Hart.



VIRGINIA SOMERVILLE SUTTON THEATRE Well-Spring Saturday, May 11 at 7:00 PM A staged reading of a NEW, original play Free Admission

DEEP WATER BAL

BROADWAY THROUGH THE DECADES Saturday, May 18, at 7:30 PM

Your favorite hits from the Golden Age to today! We'll transport you through time for an enchanting evening of music as we showcase *Northwest Guilford Middle School* students performing iconic classics that defined Broadway's beginnings to the modern showstoppers that steal our hearts today. A magical, must-see performance of young singers with the talent and passion to serenade you through Broadway's greatest showtunes of the decades!



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

Please be sure to join us as we feature two professional singers!

Well-Spring team member Eddie Clark was a professional singer/dancer at Carowinds, and resident Mandy Ryan worked performing singing telegrams (yes!).

Grab some friends and join us as resident Mike Clark hosts this music-themed event.



The Well-Spring Players FIVE MORE by Keyser Tuesday, May 21, at 7:30 PM

Come enjoy a second set of plays by Arthur S. Keyser.



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.

> WELL-SPRING RINGERS & SINGERS SPRING CONCERT Wednesday, May 15, 2:30 PM / VSST

WILD TAILS! Thursday, May 30, 2:00 PM / Florence Phillips Hall

Wild Tails is home to a diverse collection of displaced exotic animals. They will be bringing a collection of animals for an interactive, educational, and inspiring experience.





ARTIST SALON: CARRIE PLEW - DANCE

presented by The Arts Council of Greater Greensboro Friday, May 10, 2:00 pm / Florence Phillips Hall

Join us as Carrie delves into her work, offering an insightful discussion and an interactive demonstration. The audience is invited to participate and experience the joy of movement firsthand.



Informational meeting: May 14, 4:00 PM Florence Phillips Hall



AQUATIC AND FITNESS CENTER

AFC will be hosting a **Square Dance** in the fitness classroom on Friday, May 3 from 7:00 – 8:30 p.m. Mike Summers will be instructing the dance. No partner is needed. Come on down and show off your best do-si-do moves.



The Massage Station will be here on Tuesday, May 7. Sign up for a time slot in the AFC or call Robin.

Bryan Park Golf Outing will take place on Thursday, May 9 departing the Main Entrance at 8:30 a.m. You can enjoy 9 or 18 holes. Cost payable to Bryan Park. Please register on the portal.

Our **Neighborhood 8-Week Walk** ends on Sunday, May 5. Please report all times no later than Wednesday, May 8. A celebration will be held on Tuesday, May 14 at 2:00 p.m. in the Florence Phillips Hall. Come and enjoy a parfait as we reveal the walking results.



Our Spring Putting Competition will be held on Thursday, May 16 & 23 and Tuesday, May 21. There are 26 time slots beginning at 9:20 a.m. through 2:10 p.m. You will putt six different shots each of the three days. Call Robin to grab your time slot.

Please review the AFC calendar. Ashley will be on maternity leave, so class times have changed on Tuesdays & Thursdays. Thank you for your understanding.

A big THANK YOU to all who helped make the Health Fair a huge success. The raffle winners are:

Resident – George Garey
Team Member – Laureen Haviland
Guest – Gay Bowman (invited by resident Sandy Cook)

- Keep Moving, Robin

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

Let's go on an Adventure to the North Carolina Zoo in Asheboro! Wednesday, May 22, 8:30 AM departure / \$20 per person

We will be led through the wilds of the African continent with a tour guide and five people per cart. Our 90-minute tour will get us up close at each enclosure with an expert from the Zoo to tell you all about each animal. After the tour you are free to roam the rest of the zoo, have lunch, and browse the gift shop or visit anything you might have missed.

Registration is open until 10:00 AM on May 17. Visit the portal to sign up and for further details.



THE ISLAMIC TRADITION SERIES by Dr. Sandie Gravett

Dr. Sandie Gravett, Professor of Philosophy and Religion at Appalachian State University and very popular lecturer will present a three-part series, *The Islamic Tradition, on Tuesdays, May 7, 14 and 21 in Florence Phillips Hall at 11:00 am.* Islam is the second largest religion in the world, but one less familiar to many Americans because of the relatively small number of Muslims in this country.

AQUATIC AND FITNESS SCHEDULE

May	Ef June
11000	9 June

	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	
11:10- 11:45		LIGHT AQUACISE		LIGHT AQUACISE	
11:00- 11:40	FLOW AND FLEXIBILITY		FLOW AND FLEXIBILITY		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

MAY IS NATIONAL BETTER SLEEP MONTH Are you a senior having trouble sleeping? These tips can help you treat insomnia, overcome age-related sleep problems, and get a good night's rest.

Tip 1: Improve your sleep environment

Naturally boost your melatonin levels. Artificial lights at night can suppress



your body's production of melatonin, the hormone that makes you sleepy. Use low-wattage bulbs where safe to do so, and turn off the TV, computer and smart phone at least one hour before bed.

Tip 2: Keep a regular bedtime routine

Maintain a consistent sleep schedule. Go to bed and wake up at the same



times every day, even on weekends. Block out snoring. If snoring is keeping you up, try earplugs, a white-noise machine or separate bedrooms. Go to bed earlier. Adjust your bedtime to match when you feel like going to bed, even if that's earlier than it used to be.



Tip 3: Learn the best ways to nap

If you don't feel fully alert during the day, a nap may provide the energy you need to perform fully for the rest of the day. Experiment to see if it helps you. Some tips for napping:



- •Keep it short. Most people benefit from limiting naps to 15-45 minutes.
- •Nap early in the afternoon. Napping too late in the day may disrupt your nighttime sleep.
- •Be comfortable. Try to nap in a comfortable environment preferably with limited light and noise.

Tip 4: Use diet to improve sleep as you age

As well as eating a sleep-friendly diet during the day, it's particularly important to watch what you put in your body in the hours before bedtime. Limit caffeine late in the day. Avoid coffee, tea, soda, and chocolate late



in the day. Avoid alcohol before bedtime. It might seem that alcohol makes you sleepy, but it will actually disrupt your sleep. Satisfy your hunger prior to bed. Have a light snack such as low-sugar cereal, yogurt, or warm milk.

-Submitted by Michael A. Jones, Director of Health Services Source: www.helpguide.org

Frank Reid Brown Clinic Call 336-545-5440 for appointments Podiatry Clinic Dr. Kevin Henry -No Clinic-

Dermatology Clinic Deonna Faucette, PA-C Wednesday, May 15 Dental Clinic Access Dental Care Thursday, May 16 Hearing Clinic Dr. Eneida Agolli Wednesday, May 22

HEALTH CARE Highlights

Louisa Branscomb with Jeanette and Johnny Williams Monday, May 20 / 4:00 pm in the Richardson Auditorium

Performance features nationally recognized award winning musicians and songwriter Louisa Branscomb, joined by vocalists Jeanette and Johnny Williams with music of bluegrass, Americana and ole time country fun! Considered iconic among songwriters in acoustic and bluegrass music, Branscomb is a lifelong pioneer in



songwriting, performing, and teaching—work that earned her the coveted Distinguished Achievement Award (IBMA, 2017). A few accolades include: three International Bluegrass Association Awards, two Grammy cuts (Alison Krauss and John Denver), 2014 IBMA Song of the Year ("Dear Sister," with Claire Lynch), 1993 SPBGMA Song of the Year ("Steel Rails," Krauss), Alabama Bluegrass Hall of Fame, Atlanta Country Music Hall of Fame

For decades Johnny & Jeanette have performed all over the world. Jeanette Williams has become one of the most successful and celebrated women in bluegrass music. She commands more than ten SPBGMA nominations and three wins for Female Vocalist of the Year (2009, 2012, 2013) and two IBMA awards for best Recorded Event of the year. Johnny has garnered numerous awards and nominations for his powerful guitar work and stunning true-Appalachia compositions and vocals.

Downtown Sound

Tuesday, May 28 / 4:30 pm in the Richardson Auditorium

Downtown Sound is a women's acapella group in the Triad who have been together since 2008. They come from all different backgrounds and sing in the barbershop style. Their love for music has kept them together for 16 years. Join us for an exciting performance.





Pianist Tamar Saliashvili Saturday, May 4 / 3:30 pm in Willow Way & Gathering Room & 4:15 pm in the Sycamore Square Living Room

Tamar has 30 years of experience teaching and performing piano. She maintained a private studio as well as taught at Galveston Island Arts Academy (Galveston, TX) and Valley Conservatory (Huntsville, AL). She also served as a staff accompanist at the University of Alabama in Huntsville, performed as a freelance accompanist, and participated in local and regional recitals and festivals as a solo and collaborative pianist.



Ophthalmology Clinic Dr. Christine McCuen Call for appts: 336-274-4626 Monday, May 20 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

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Chaplain Fund Dawn Hailey Family Trust

Counseling Fund Estate of Lynda Simmons

In Memory of Tootsie Adderholdt Pinson Benevolent Trust Fund Nancy & Peter Peiffer

In Memory of Nan Bayersdorfer Benevolent Trust Fund

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Marty & Porter Halyburton Mary Ann & Bob Johnson Midge Pines Pat & Bob Sevier Jeanne & Ches Singleton Catharine & Kenneth Sisk Alan Tutterow **Employee Assistance Fund** Fav Arnold Elizabeth & Edgar Fisher **Residents Gratitude Fund** Kate Barrett Betty Barry Nancy Beard Marnell & Dervle Bode Elizabeth Wallace & Mike Clark Patsy Covington Marjorie & Gerald Donnelly Norma & Joel Funderburk **Florence Gatten** Carmella & Andrew Herkus Todd Herman Donna & Jerry Highsmith **Catherine Janis** Carolyn & Jay Johnston Diane & Steve Joyce Trudy & John Krege Smack Mack Peg & Skip Moore Tricia & Mac Morris Lou & Buzz O'Brien Nancy & Peter Peiffer Eleanor Procton Nancy & Charlie Reid Helen & Zelime Richards Ann Scott

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In Memory of John L Irvin Retirement Community General Fund Carol Ball

In Memory of Don Darnell *Residents Gratitude Fund* Gail & Gene LeBauer

In Honor of Jennifer Koenig Employee Assistance Fund Anne & Steve Fleming

In Memory of Martha Lackey Benevolent Trust Fund Alan Tutterow Employee Assistance Fund Dawn Long

Residents Gratitude Fund Marnell & Deryle Bode

In Honor of Joel Liebling's Birthday Entertainment Booster Fund

Irene Cohen Midge Pines Eleanor Procton **Residents Gratitude Fund** Gail & Gene LeBauer

In Honor of David Partington's Birthday Residents Gratitude Fund Gail & Gene LeBauer

In Memory of Cecil Pollard Well-Spring Solutions General Operating Support Barbara James **In Honor of Heather Pool** *Retirement Community General Fund* Duilla Harkins

In Honor of Bob Powell Employee Assistance Fund Anne & Steve Fleming

In Honor of JoAnn Preston's Birthday Retirement Community General Fund Duilla Harkins

In Memory of Berry Reid Employee Assistance Fund Elizabeth & Edgar Fisher

In Honor of Ursula Robinson Employee Assistance Fund Anne & Steve Fleming

In Memory of Jeannette Rosenbaum Benevolent Trust Fund Alan Tutterow

Employee Assistance Fund Dawn Long Zola Yari

Residents Gratitude Fund

Nancy Beard Judy Hyman & Dick Rosen Liz Occhi-Stubbs Eleanor Procton Phyllis & Thomas Regan Florence Rossi **Retirement Community General Fund** Adele Gan Duilla Harkins

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In Memory of Lynda Simmons Benevolent Trust Fund Alan Tutterow

In Honor of Jeanne Singleton's Birthday *Residents Gratitude Fund* Gail & Gene LeBauer

In Memory of Ken Smith Benevolent Trust Fund Pat & Bob Sevier Alan Tutterow

In Honor of Tom Wright's Birthday *Residents Gratitude Fund* Gail & Gene LeBauer

In Memory of Ethel Yari

Employee Assistance Fund Zola Yari

In Honor of Well-Spring's Hard Working Security Team Retirement Community General Fund Duilla Harkins

Well-Spring Solutions General Operating Support

Kathy Cates Gail & Jan Fleagle Salena Kindrick



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



























-SOLAR ECLIPSE PARTY -DANCE PARTY WEEKEND -WELL SPRING, MEET WELL-SPRING! -NATIONAL WEAR RED DAY -KARAOKE NIGHT -SPRING SOCIAL & HOLIDAYS -HEALTH FAIR







Our Residents BIRTHDAYS & ANNIVERSARIES



- 3 Nancy Teal
- 5 Gene Grubb
- 9 Lou Eckle
- 9 Ramona Presson
- 9 Sara Sizemore
- 11 Carol Ball
- 11 Chuck Prysby
- 11 Evelyn Wrenn
- 11 Martha Ulmer
- 12 Carolyn O'Tuel
- 16 Hal Rollins
- 16 Linda Sutton
- 17 Jean Davison
- 19 Nancy Thurston
- 24 Lea Lenning

- 25 Moses Goldberg
- 25 Florence Phillips
- 25 Mary Fran Schickedantz
- 28 Susan Chappell
- 29 Harden Blackwell
- 30 Barbara Woltz
- 30 Joan Grindon
- 30 Lee McGehee Porter
- 30 Bob Kollar
- 30 Tom Harris





5/25/1980	Priscilla and Dudley Fort
5/26/2023	Christine and Trip Brown
05/29/1965	Betsy and Watts Carr
05/29/1971	Cilie and Roger Sutton
5/31/1969	Patricia and David Tart

Ous Team BIRTHDAYS

- 2 Eileen Mou, Housekeeping
- 3 Brooklyn Mallory, CNA Skilled Nursing
- 3 Ana Paola Martinez-Mondragon, Diet Tech
- 4 Kelly Tyrey, Nutritional Care Manager
- 6 Katherine Cox, CNA Skilled Nursing
- 7 Allen Spencer, Cook
- 7 Cheryl Walker, Skilled Nursing Supervisor
- 9 Nathan Cox, AL Server
- 10 Elizabeth Bennett, AL Server
- 10 H Lysa Nie, CNA Skilled Nursing
- 11 Keshia DeVaughn, LPN Skilled Nursing
- 11 Kathleen Donahue, Activities
- 12 Mavis Korsah, LPN Assisted Living
- 12 Abigail Lawson, CNA Skilled Nursing
- 12 Bruce Minor, Security
- 12 Siping Ye, RN Skilled Nursing
- 14 Sukurat Quadri, LPN Skilled Nursing
- 15 Billy Johnson, Housekeeping
- 16 Jennifer Cunningham, Wellness and Recreation Director
- 16 Pegah Haj-Mohamadi, Senior Accountant
- 16 Marisa Mai, AL Server
- 17 Cheralyn Lebrecht, LPN Skilled Nursing
- 17 David Rominger, Dining Room Manager
- 19 Cassandra Townes, IL Wait Staff
- 20 Pamelia Davis, CNA Assisted Living
- 22 Noemi Castellejos-Rodriguez, CNA Skilled Nursing

- 23 Ma Cleta Maloni, Med-Tech Assisted Living
- 23 Kerry Nelson, CNA Skilled Nursing
- 23 Mu Plow, CNA Skilled Nursing
- 26 Ezinne Ikegwu, Med-Tech Assisted Living
- 27 Anne Simpson, Housekeeping
- 28 Danica Hill, Diet Tech
- 28 Marina Polakovic, CNA Skilled Nursing
- 28 Stefan Scalco, AL Server
- 29 Jamar Galbreath, CNA Skilled Nursing
- 29 Joni Swanson, AL Dining Room Supervisor
- 3/ Timothy Lucado, Maintenance

