



J A N U A R Y 2 0 2 5

New Year, New You:

Set Bold Resolutions for 2025 and Make It Your Best Year Yet!



The New Year is a great time to look at the changes we would like to make in our lives and how to accomplish them. A resolution is like a promise to us to improve our lives and to make the New Year a better one for ourselves and others. Wanting to make resolutions is a good thing. The fact that so many people keep making resolutions year after year, even when they cannot always follow through indicates they have hope and a certain level of belief in their ability to become who they truly want to be.

Team members at Well-Spring share their thoughts for 2025.



“ I’d like to spend more time with friends and family and – get back to the gym! Donna Burge (HR)

I would like to learn one new thing every day, whether it’s someone’s name or Algebra! Probably not Algebra, but something!
~Kristie Miles (Chaplain)

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I want to be a better version of myself – living a better life. And to not worry about things that are out of my control, but nourish my soul with nothing but positive vibes! And...always treat others with kindness.

Positive, Humble and Happy!

~Chasity Mark (Health Care)



Coping tools. Try taking an experience that is normally unpleasant and turn it into an opportunity.

Write. Keeping a journal helps us acknowledge how we are feeling and accept how we feel.

Go with your gut. Keeping your gut happy can help improve your mood.

Embrace your vulnerabilities. Dr. Brené Brown suggests walking through vulnerability to get to courage.

<https://www.positive.news>



I want to cook a new dish with my husband once a week!

~Kathy Venable (Accounting)



My focus for 2025 is career growth.

Under the guidance of new leadership, my hope is to gain more knowledge and skills to help me grow as an HR professional.

~Naomi Waller (HR)

My main New Year's resolution is to get back to running and to complete a half-marathon in 2025.

~Mike Jones (Health Care)



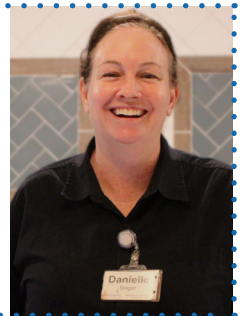
I believe I will have an amazing, miraculous year, and I know I have the grace to receive all that is destined for me!

~Marilyn Shackelford, Director of Resident Services



This year I plan on saving 10% of my paycheck for my future and work on cleaning up my diet.

~Danielle Singer (Dining)



In 2025 my goal is to spend more time with my grandparents and my boyfriend's family.

~Elisha McCloskey (HR)



My goal for 2025 is to graduate college and save up money for a car. ~Arleth Anorve-Alvarado (Dining)

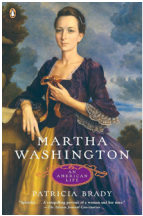


LIBRARY *News* by Hank Hackett, Library Committee Chair

Happy New Year! Here is a sampling of new non-fiction books for your reading pleasure. Enjoy!



BOYS OF SUMMER (NF/Sports) by Roger Kahn. While not a new book, this baseball classic has stood the test of time. Kahn tells of the young men who learned to play ball during the 1930s and '40s and became the great Brooklyn Dodgers of the 1950s. As a Brooklynite, Kahn says, "In a perfect world, the Dodgers would have stayed in Brooklyn and Los Angeles would have gotten the Mets."

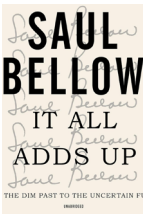
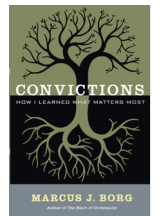


MARTHA WASHINGTON (NF/Biography) by Patricia Brady. The popular image of our first First Lady is that of a kindly frump and paragon of domestic support. In fact, she was an intelligent woman who ably managed her estate, a shrewd businesswoman, a patriot, and a president's lifelong confidante.

TOGETHER (NF/Sports) by Adam Lucas, Steve Kirschner, and Matt Bowers. The amazing story of Carolina basketball's 2021-2022 season when Hubert Davis was named UNC head basketball coach—their first black head coach. The story takes fans through one of the most dramatic years in the program's history.



CONVICTIONS: HOW I LEARNED WHAT MATTERS MOST (NF/Religion) by Marcus J. Borg. Pre-eminent theologian and Bible scholar, Marcus Borg reflects on his life and how he developed his bedrock convictions and why they matter. He writes about the beliefs that can deeply ground us and guide us.



IT ALL ADDS UP (NF/Literature) by Saul Bellow. In Bellow's first non-fiction collection, he reflects on more than four decades of literature, on the state of the artist in the "violent uproar" of contemporary life, and on life itself "the mysteries of our common human life."

Well-Spring Collection

STEP INTO MY WORLD (NF/Biography) by Richard F. Hunt. A new addition to the Well-Spring Collection is the ably written autobiography of long-time Well-Spring resident Richard Hunt. Growing up in upper New York state, his stories of his mischievous youth are hilarious, and continue on to college, his married life, and on through 2005. A delightful read.

* Please NO BULK DONATIONS of books! We are full! Thank you all so much!

THE DISH ON DINING

Just like that the holiday season has come and gone!

I'd like to give a HUGE shout out to the dining team for their tireless effort and energy.

We will take a brief pause to catch our breath in January. Rest assured Dining will bring you a year filled with fun and fantastic food. Be on the lookout for some menu changes in the winter months.

I thought I'd share some holiday fun facts for the month of December:

- 45 peppermint stick ice cream pies consumed
- 60 gallons peppermint stick ice cream consumed
- The dining team produced 35 holiday events this month - resident/family and neighborhood parties.

We wish all of you happiness and good health for 2025!

Bon Appetit! **Todd Dumke/ Director of Dining Services**



by Robin McGowan-LeGrand

TODD'S PEPPERMINT HOT CHOCOLATE



4 cups whole milk

¼ c cocoa powder

¼ c granulated sugar

½ c high quality bitter chocolate, chopped

¼ tsp vanilla

2 TBS crushed starlight mints or candy canes

¼ c whipped cream

Add sugar and cocoa powder to milk and heat over low heat.

Once sugar and cocoa powder have dissolved add chocolate pieces and vanilla.

Whisk thoroughly to melt chocolate. Add half the crushed mints and stir to dissolve.

Pour into 4 cups, top with whipped cream and garnish with peppermint dust.

AQUATIC AND FITNESS CENTER

Your Aquatics and Fitness Center would like to share some exciting events coming in 2025. First, we will be doing Fitness Assessments in the month of January. The assessment provides data regarding fitness level and compares that level to others in the same age category. You may ask, why test seniors? Fitness is very important for those in their senior years. Older adults need to have adequate strength, flexibility, and endurance to accomplish everyday tasks. Assessing these components of fitness can detect weaknesses which can be minimized before causing serious functional limitations.

The individual fitness test includes common activities such as getting up from a chair, walking, lifting, bending and stretching. The tests were developed to be safe and enjoyable for older adults, while still meeting scientific standards for reliability and validity. The assessments will be done in the AFC on the following dates **January 6, 9, 13, 16, & 23**. Please contact Robin at 336-545-5469 to schedule your afternoon appointment. You will need to allow 30 minutes to complete the assessment. This information will let you know your fitness level and what classes or exercise equipment you may utilize to improve your overall health.

Well-Spring will be competing in the Kintura Olympics. We will compete against our sister communities in a wide variety of events. This starts with the Artist Showcase. There are categories in Visual, Performing, and Literacy Arts. We will accept entries from January 6 – 17. We will have an In-House Showcase on Wednesday, January 22 to display our campus talent. The Kintura Showcase will take place on Friday, February 7. Pick up your Information Packet from the concierge desk or in the AFC. In addition, **we need you** to sign up and participate in the following events:



- Sudoku
- Duplicate Bridge (with a partner)
- Putting
- Aquatics: Swimming, Water Walking & Water Volleyball
- Wii Bowling
- Corn Toss (men's & women's)
- Women's Billiards
- Table Tennis (men's & women's)
- Pickleball (co-ed)

There is something for everyone. Sign-ups for the events will take place January 6 - 17 in the Bistro Lobby. Practices for the events will begin at the end of January.

Ashley Stokes will be teaching a **Core Circuit** class every Tuesday/ Thursday starting January 7 from 11:15 – 11:45 a.m. This class will strengthen your abs, lumbar spine, hips and ribcage.

River Landing Golf Outing will take place on Wednesday, January 8 departing the Main Entrance at 12:30 p.m. Cost is payable to River Landing.

Congratulations to the winners of a \$25 gift certificate to The Shoppe for Bring a Friend Days. **Lea Lenning** won for bringing Judy Hagge and **Doris Bradley** won for coming as a guest of Betty Barry.

- Keep Moving, Robin

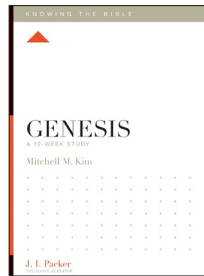
Robin McCloskey
rmccloskey@well-spring.org / 336-545-5469

ACTIVITIES AND EVENTS

GENESIS: A 12 WEEK STUDY (KNOWING THE BIBLE)

Friday, January 10, 2:00 PM - Chapel

This book will be our guide with questions and commentary. It will be available for purchase (approx. \$7) through the resident portal and you will surely want a copy to keep as a reference. We will explore Genesis from a theological perspective and from a historical perspective. Perhaps we will discover anew how we as human beings fit into the Biblical account and God's great plan. Bring your Bible and your insights and questions. Rev. Dr. Allen Ridenour will lead the study. Registration is available on the resident portal.



WELL-SPRING TRAVELS

Mock Travels Meet & Greet: Friday, January 10, 3:00 PM - Florence Phillips Hall

Join us as we explore opportunities to partner with Mock Travels for some future fun adventures. Mock travels provides trips for other retirement communities and receives outstanding reviews! This meeting will allow us to hear about some past trips and answer your questions. One positive aspect of Mock Travels is that if space is available, you may invite friends or family to participate. Join us to learn more.



MOLORI: LIVE ON STAGE

Saturday, January 11, 7:30 PM - Virginia Somerville Sutton Theatre

She's back for one night only! Tickets are now available at theghostlightstudios.com. You can also pay with cash or card at the door.

Tickets cost \$10 for the public or \$7 for residents with a \$1.50 card fee.

"ARIAS, ART SONGS AND AMERICAN MUSIC THEATER"

Friday, January 17, 4:00 PM, Southern Oak Bar

Please join us and enjoy a range of musical selections from operas, 19th century art song and Broadway musicals.

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 numerous instrumental and choral ensembles. She currently is a performer/ teacher for Greensboro Performing Arts.



Amanda Scholz, soprano, is local to the Piedmont Triad and hailed for her warm, golden tone and lyrical style. Amanda holds a Masters degree in Vocal Performance from UNCG and a Bachelors of Music-Voice from Colorado State University. She is at home singing many styles including operatic, concert, choral, and musical theatre repertoire. Amanda currently teaches voice and piano lessons at Greensboro Performing Arts and is a new mother to her sweet daughter, Eileen.

MUSICAL CELEBRATION OF LIFE

Tuesday, January 21, 3:30 PM

Virginia Somerville Sutton Theatre

Come enjoy a concert of love produced by Lee Hunt, the son of Ann & Richard Hunt. A five-piece band will play Ann & Richard's favorite music pieces from several genre's.



SPIRITUAL JOURNEYS

Sunday, January 26, 3:00 PM

Richardson Auditorium

Our popular Spiritual Journeys gatherings resume in 2025. Since its inception in 2019 by our Well-Spring Spiritual Life Committee, our lives have been enriched by the Spiritual Journeys stories of our residents.

Residents Mandy Ryan and Allen Ridenour will share stories from their spiritual journeys. As we gather, Janet Doles will welcome us with piano music.

If you would like to share stories from your spiritual journey or would like to serve as a member of the Spiritual Journeys Committee, contact Lea Lenning.

WOMEN TO WOMEN – WINE & CHEESE

Wednesday, January 22, 4:00 PM - Special Occasions Room

Join us for an afternoon of connection, community, and inspiration! Discover how Women to Women, an initiative of the Community Foundation of Greater Greensboro, is transforming lives through impactful grants and hear uplifting stories of women supporting women.

Enjoy lovely wine, delicious cheeses, and a warm, welcoming atmosphere. We ask that you please register on the portal.

Learn what the main issues are and how women in the community are using collective giving to make a lasting impact and ensure that the power of women's support endures for generations to come.



TRIAD JEWISH FILM FESTIVAL

Sunday, January 26, 4:00 PM: Triumph of Hope

Tuesday, January 28, 7:00 PM: Yaniv

Thursday, January 30, 7:00 PM: Colleyville

Virginia Somerville Sutton Theatre

The Greensboro Jewish Federation's 2025 Triad Jewish Film Festival is returning to Well-Spring, showcasing three incredible films that celebrate the best and brightest of Israeli and Jewish cinema. The festival offers an immersive experience for film lovers. Featuring a diverse selection of international films across genres, the festival promises something for everyone. More information about each film can be found on the resident portal. Individual tickets or passes are available via a link on the portal or visit www.shalomgreensboro.org.





WELL • SPRING EVENTS PRESENTS

On Stage

UPCOMING EVENTS 2025



JANUARY

11	7:30 PM	●	Molori: Live on Stage (theghostlightstudios.com)
14	7:30 PM	🌿	Sloane: A Jazz Singer
18	2:00 PM	🌿	Cinema: <i>The Big Sleep</i>
21	3:00 PM	OPEN	Musical Celebration of Life In Memory of Ann & Dick Hunt
26	4:00 PM	●	Triad Jewish Film Festival: <i>Triumph of Hope</i> (www.mytjff.com)
28	7:30 PM	●	Triad Jewish Film Festival: <i>Yaniv</i> (www.mytjff.com)
30	7:30 PM	●	Triad Jewish Film Festival: <i>Colleyville</i> (www.mytjff.com)

FEBRUARY

8	7:30 PM	🌿	Greensboro Opera Performance
9	2:00 PM	●	Greensboro to Broadway: <i>UNCG Musical Cabaret</i>
11	3:30 PM	🌿	Well-Spring Meet Well-Spring!
16	2:00 PM	●	<i>Broadway in Love</i>
19	2:00 PM	OPEN	UNCG/Well-Spring Intergenerational Panel
22	2:00 PM	🌿	Cinema: <i>Mamma Mia</i>
25	7:30 PM	🌿	Well-Spring Players Present: <i>Unexpected Connections: Love & Surprises</i>
28	10:00 AM	🌿	Masterclass with Hugh Panaro

MARCH

1	7:30 PM	●	BROADWAY TO GREENSBORO: Hugh Panaro (ticketmetriad.com)
8	7:30 PM	OPEN	Elon Performing Arts Senior Showcase
11	7:30 PM	🌿	Solomon Eichner, concert pianist
15	2:00 PM	🌿	Cinema: <i>The Quiet Man</i>
23	1:30 PM	🌿	NC Brass Band & Gunhild Carling

• SCHEDULE IS SUBJECT TO CHANGE

Resident Event

● Open to the Public
TICKET REQUIRED

Open to the Public
TICKET NOT REQUIRED



THEATRE

SLOANE: A JAZZ SINGER

Tuesday, January 14, 7:30 PM

In the 1960s, jazz singer Carol Sloane became an overnight sensation. A natural interpreter of the Great American Songbook, she was hailed by Johnny Carson and later the Washington Post as "the greatest living jazz singer." She performed and toured with some of the biggest names, like Oscar Peterson and Ella Fitzgerald. She even befriended The Beatles and The Stones. But today, most people have never heard of Carol Sloane. SLOANE has won 12 "best documentary" awards, overwhelming critical acclaim, and has screened all over the world. Michael Feinstein, one of the leading authorities on The Great American Songbook, has called the film "a superior musical tour de force and virtual shot in the arm, documenting not only Carol's career through her emotional story, but also brilliantly encapsulating a history of popular music through changing times and passing fancies."



The Director, Michael Lippert, will talk about the film and do a Q & A after the presentation.

"WELL-SPRING, MEET WELL-SPRING!"

Tuesday, February 11, 3:30 PM

Good News — It's time for another "Well-Spring, Meet Well-Spring!" This program will introduce us to Team Member Robin McCloskey and Resident Sam Doyle. The show will be hosted by Well-Spring Resident and veteran TV interviewer Mike Clark.



Robin McCloskey — the indefatigable Team Member who has 3 children, is an aerobic artist, a licensed pilot, a certified martial artist and a professional housecleaner. Also a runner, Robin is still consistently winning races after decades of competing, and she promises to give us a demonstration involving movement and health.



Sam Doyle — the Mayodan-born Resident, a lifelong educator who has taught music to the children or grandchildren of many Residents at Well-Spring, who still works as a choir director and who is occasionally called "The Gomer Pyle of Well-Spring." Sam will favor us with a song during his interview, with his wife, Ann, on piano.

Help build connections within the Well-Spring community— bring a friend or two and join us to learn more about these two talented guests!

Sponsored by the Cultural Connections Committee

BROADWAY TO GREENSBORO: HUGH PANARO

Masterclass: Friday, February 28, 10:00 AM

Concert: Saturday, March 1, 7:30 PM

Hugh Panaro, renowned actor and musician, is best known for having played the coveted role of the Phantom in Broadway's *The Phantom of the Opera* over 2,500 times, including the 25th Anniversary production. An active concert artist, Hugh has performed with numerous symphony orchestras including the New York Pops at Carnegie Hall, Philly Pop and many others. Hugh is thrilled to be performing here at Well-Spring! Tickets go on sale to residents on **Monday, January 20** at ticketmetriad.com!



HEALTH CARE

Healthy Resolutions for the New Year

As you map out your 2025 New Year's resolutions, focus on attainable goals that boost your health and overall quality of life. While resolutions will vary from individual to individual, below are six positive ways to refocus your energy in 2025.

1. Keep a Positive Mindset - Research shows that maintaining a positive mindset comes with a host of health benefits. According to the findings, positivity has been linked to a lower risk of memory loss, quicker recovery from illness, injury or disability, a lower risk of chronic disease, decreased feelings of loneliness and isolation, and an increased likelihood for seeking preventative care.

2. Commit to 10 Minutes of Exercise Daily - Staying active is not just the key to healthy aging, but also, it may be the key to a longer life. Though the research behind the positive effects of exercise on aging is extensive, the findings from a 30-year study effectively sum them up. Per the findings, incorporating an exercise regime of walking, jogging, or cycling in seniors can drastically improve physiological characteristics such as blood pressure, resting heart rate, maximum pumping capacity, and muscle mass.

3. Make Better Dietary Choices - As you age, you will need to consume fewer calories but more nutrients. Your health care provider can help you make better food choices, but, ultimately, you should strive to eat at least five servings of fruits and vegetables per day. Choose whole grains over refined ones and lean meats over fatty options. Use healthier fats, such as olive or avocado oil, and cook with natural spices to reduce salt and fat intake.

4. Play With Your Grandkids - Though the reasons behind the phenomenon are multi-faceted, research shows that elderly individuals who spend more quality time with their grandchildren live longer and have better physical and mental health outcomes than those who do not.



5. Stimulate Your Mind - Regularly challenging your brain is one of the best ways to stay mentally sharp as you age. It's also one of the best ways to reduce your risk of memory loss or developing dementia. Simple things such as reading daily, doing crosswords, or joining a book club are great and fun ways to ensure your body's most important muscle receives an adequate workout.

6. Reach Out to Old Friends, and Make New Ones - Studies show that socially active older adults have better cognition, lower risks of disability and depression, and overall better health. Social media makes it easy to find and reach out to old friends, while elder living communities provide ample opportunity to make new ones.

Be intentional in your goal setting for 2025, if for no other reason than to make up for the time you lost in 2024. Happy Holidays and Happy New Year!

– Submitted by **Michael A. Jones, Director of Health Services**

Sources: www.caringplaces.com

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

Dermatology Clinic
Crystal Hunter, PA-C
Wednesday,
January 15

Dental Clinic
Access Dental Care
Thursday,
January 16

Podiatry Clinic
Dr. Kevin Henry
No January Clinic
Next Clinic: February 4

Hearing Clinic
Dr. Eneida Agolli
Wednesday,
January 29

HEALTH CARE *Highlights*



Branscomb-Williams Trio Concert

Monday, January 13, 4:00 PM - Richardson Auditorium

Louisa Branscomb, along with Johnny and Jeanette Williams, provide an upbeat, personal, polished, and engaging set of beautiful acoustic songs - from originals by the three award winning writers in the group, to swing, to the occasional true mountain song. Their touring has spanned the continent and beyond for 30 years. Louisa Branscomb, is one of the most lauded songwriters in the bluegrass genre, with over 300 songs recorded, including grammy hits by Alison Krauss and John Denver. Combining a lifetime of songwriting and performing with a career in psychology, Louisa presents a unique and deep understanding of songwriting some call "genius." 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 and two IBMA awards for Recorded Event of the year. Johnny has garnered numerous awards for his songwriting and his powerful guitar work and stunning true-Appalachia compositions and vocals. Together, the three hail from Virginia and North Carolina and have presented retreats, workshops, and stage performances for over 12 years.

Vocalist and Guitarist Brad Reaves

Monday January 20, 3:15 – 3:45 PM – Willow Way Gathering Room; 4:00 – 4:30 PM – Richardson Auditorium

Brad's first performance was Silent Night, solo, in church. Soon after he entered high school, the Beatles were on the Ed Sullivan Show and he started playing guitar. Dance bands, soul bands, country bands, folk shows, TV shows and music degrees added to his music skills. His songwriting draws on his Carolina roots. He performs and teaches in Greensboro.

Pianist Ben Brafford

Saturday January 25, 3:30 – 4:00 PM – Willow Way Gathering Room; 4:15 – 4:45 PM - Assisted Living 2nd Floor Lounge; 5:00 – 5:30 PM – Sycamore Square Living Room

Ben Brafford received his Master of Music degree in piano performance and the Doctoral of Musical Arts degree in choral conducting from UNC-Greensboro. He serves as Organist and Choirmaster at Holy Trinity Episcopal Church in Greensboro. Join us as he entertains us with a variety of pieces from Chopin, Joplin, and Gershwin.



Staying Active This New Year with Chair Exercise!

Every Monday, Wednesday, Friday and Saturday morning in the Richardson Auditorium and Willow Way Gathering Room

Please join our experienced Fitness Coordinators for chair exercise classes suited for all fitness levels. We aim to strengthen your muscles and increase your flexibility. Let's start off the new year right and commit to staying active in 2025.

To view all programs occurring in Health Care, visit the resident portal. Under the tab **Website Links**, select Health Care Event Calendars.

Ophthalmology Clinic
Dr. Christine McCuen
Monday, January 27
Call for appts: 336-274-4626

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

Massage Therapy: Angela Dorsey
336-392-2548

MEMORIAL, HONOR & OTHER GIFTS TO WELL-SPRING

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 November 1 - 30, 2024.

Benevolent Trust Fund

Betsy & Kenneth Cates
Jane Darnell
Camilla Ruffin
Pam & David Sprinkle

Chaplain Fund

Sid Cutbill
Sherry Freeman
Carol Pope

Employee Assistance Fund

Betsy & Kenneth Cates

Entertainment Booster Fund

Katherine Brice
Betsy & Kenneth Cates
Mary Fran Schickedantz

George Galvin Wait Staff Scholarship Fund

Betsy & Kenneth Cates

In Honor of Mr. & Mrs. John Bayersdorfer

Retirement Community General Fund

Mamie Snider

In Memory of Bob Kollar

Benevolent Trust Fund

Harriet Jones

In Memory of Carolyn & John Maness

Benevolent Trust Fund

Henry Dudley
Lyn Maness

In Honor of Bonnie McAlister

Benevolent Trust Fund

Jeanne & Ches Singleton

In Memory of David Moore

Benevolent Trust Fund

Diane Gabriel

In Memory of Edwin Pearce Jr.

Benevolent Trust Fund

Norma & Joel Funderburk

Employee Assistance Fund

Christine & Trip Brown
F. Marshall Brown
Amy & Billy Chamblee
Elizabeth & Edgar Fisher
Judy Hyman & Dick Rosen
Nancy & Charlie Reid
Ann & Russell Robinson
Elaine & Tom Wright

Donations and/or questions may be forwarded to:
4100 Well Spring Dr., Greensboro, NC 27410

Misti Ridenour, Exec Director, mridenour@well-spring.org, 336-545-5390

Alan Tutterow, Co-CFO, atutterow@well-spring.org

Marisa Ray, EVP Philanthropy, mray@kintura.org, 336-866-6553 ext. 5118

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

MEMORIAL, HONOR & OTHER GIFTS TO WELL-SPRING

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In Memory of Jane Pearce & Edwin Pearce Jr. *Aquatic & Fitness Center Endowment Fund*

Rita Davis Arthur & R.B. Arthur
Employee Assistance Fund
Cissy Parham
Stephanie Scott

In Memory of Ann Snyder *Benevolent Trust Fund*

Norma & Joel Funderburk
Employee Assistance Fund
Elizabeth & Edgar Fisher
Grounds Beautification Fund
Diane Gabriel
Rita Davis Arthur & R.B. Arthur

Well-Spring Solutions Be the Solution Fundraiser

B.C. Ziegler & Company
Bobbie Carter & Don Overman
Betsy & Kenneth Cates
Barbara James
Diane & Steve Joyce
Jane Reynolds
Ines & Tim Weikel

Well-Spring Solutions General Operating Support

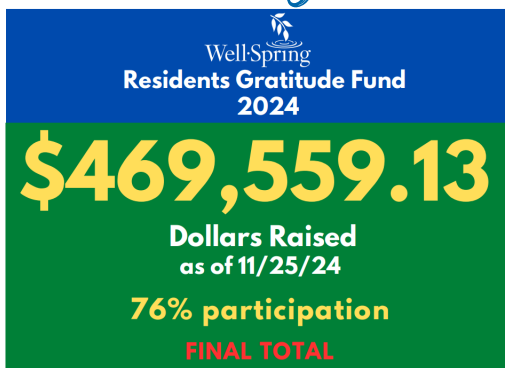
Kathy & Paul Garst
Wendy & Bill Korb
Carter & Bill Leinster
Fiona Meisner
Helia Weir

Note about the Residents Gratitude Fund

Throughout November and December, we facilitated the collection of donations for the Residents Gratitude Fund sponsored by the Residents Association to support our team members.

Please note that contributions during the campaign are not acknowledged in Currents, because we don't want to publicly pressure residents into participating.

Thank you amazing Residents!



Jane Schwartz's beautiful quilt (donated to the Residents Gratitude Fund) was won by Richard Evans!

BIRTHDAYS

Our Residents



- | | | |
|------------------|----------------------|------------------------|
| 1 Elaine Wright | 10 Dorothy Korb | 20 Erwin Goldman |
| 2 Jeanne Pomeroy | 10 Frances Crump | 20 Robert Johnson |
| 3 Ellen Gerber | 10 Theresa Hayden | 21 Dan Stein |
| 3 Priscilla Fort | 11 Virginia Achey | 23 Ralph Walker |
| 4 Trip Brown | 13 Betty Burfeind | 26 Donna Highsmith |
| 4 Priscilla Knox | 14 Anne Sprock | 27 Robert Kellogg |
| 5 Barbara Ebert | 14 Dick Weller | 28 Ellen Taft |
| 5 Carol Douglas | 16 Porter Halyburton | 28 Sylvia Freeman |
| 5 Sandy Cook | 18 Carol Pope | 30 Mohammad Mowlanejad |
| 6 Jo Ann Smith | 19 Jane Hinds | 30 Rebecca Taylor |
| 9 Harriet Jones | 20 Catharine Sisk | |



- | | |
|------------|-----------------------------|
| 01/02/1993 | Bobbie Carter & Don Overman |
| 01/22/1966 | Glen & Ed Post |
| 01/23/1965 | Nancy & Peter Peiffer |

Our Team

- 1 Jacqueline Amoah, CNA - Skilled Nursing
- 1 Salma Jaimes Hernandez , CNA - Skilled Nursing
- 2 Vanessa Barrios Alejo-Vital, WSHC CNA
- 2 Emma Cincotti, AL Server
- 2 Elijah Harvin, Kitchen Assistant
- 3 Todd Dumke, Director of Dining Services
- 3 Meensha Ghalley, WSHC CNA
- 5 Judith Kome, RN - Skilled Nursing
- 6 Sandra Beane, IL Wait Staff
- 6 Marcia Ellison, LPN - Skilled Nursing
- 6 Ioana Scalco, Med-Tech - Assisted Living
- 7 Tammy Nelson, LPN - Skilled Nursing
- 7 Clara Oni, WSHC CNA
- 8 Andrez Arreola, Kitchen Assistant
- 8 Lauren Nelson, CNA - Skilled Nursing
- 8 Jashanae Weems, CNA - Assisted Living
- 9 H Tren Rahlan, CNA - Skilled Nursing
- 10 Danny Barlow, Security
- 10 Jessica Perez Toledo, CNA - Skilled Nursing
- 11 Lily Creed, AL Server
- 11 Mistique Rivera, LPN - Skilled Nursing
- 13 Chantea Brown, LPN - Assisted Living
- 13 Liza Lewis, CNA - Skilled Nursing
- 14 Gisela Diaz Sura, CNA - Skilled Nursing
- 14 Edith Miller, HC Admin Professional Staff
- 14 Shelby Woods, AL Server
- 15 Shanay Wilson, CNA - Memory Care
- 16 Jasmine Smith, LPN - Memory Care
- 17 Sloan Clendenin, CNA - Skilled Nursing
- 17 Candace Sides, Wings
- 17 Karlene White, CNA - Skilled Nursing
- 18 McKenna Stovall, CNA - Skilled Nursing
- 18 Brendan Swarts, Kitchen Assistant
- 19 Sheila Ford, Housekeeping
- 19 Rachel Miles, IL Wait Staff
- 19 Patience Omosun, WSHC CNA
- 20 Kate Mooney , Director of Home Care
- 20 Virginia Steadmon, WSHC CNA
- 21 Emma Lowe, IL Wait Staff
- 23 Amanda Burns, Concierge
- 23 Mary Davis, WSHC CNA
- 23 Leonela Lozano Sanchez, CNA - Skilled Nursing
- 24 Joseph McManus, Security
- 25 Brenda Miles, Wings
- 27 Haley Boles, CNA - Skilled Nursing
- 27 Judy Wangui, WSHC CNA
- 28 Dilma Mendoza, Housekeeping
- 28 Ljubinka Pozderac, CNA - Assisted Living
- 30 Lesley Iseley, Maintenance Staff
- 30 Mi sun Seo, Med-Tech - Assisted Living
- 31 Tyler Swarts, Kitchen Assistant



Happy Birthday!



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