



555 Rain Forest Road • Knoxville, TN 37923

April 2014

“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” - John 3:16-17



Wellspring Management

Executive Dir Jody D.
Nursing Dir Cody D.
Life Enrichment Dir Maggie H.
Dietary Dir George T.
Maintenance Dir John W.

Join Us for a Trip to the Lyric Theater

Senior Solutions Management Group is sponsoring a movie matinee for us and the residents of our sister facilities at the Lyric Theater in Loudon on Friday, April 4.

The movie Seabiscuit will be showing. Seabiscuit is a heartwarming film based on true events surrounding the undersized racehorse during the Great Depression whose victories inspired and lifted the nation. This movie was nominated for seven Academy Awards, and is an excellent and inspiring story.

Concessions will be available along with the Tic Tac Toe Ice Cream Parlor if you have a sweet tooth!

This event is free of charge. If you are interested in joining us, please sign-up by April 2.

WALK for Alzheimer’s

The 2014 Alzheimer’s Tennessee Annual WALK is April 12, and Wellspring is proud to have a devoted team who has been working to raise money for the cause. This year, our chosen team name is Wellspring Warriors for Hope, in honor of Miss Aggie Hope. Aggie was one of our first Memory Care residents, and we suffered a great loss when she passed in 2013.

We are proud to honor her and all our loved ones as we walk to support Tennesseans suffering from Alzheimer’s and their caregivers.

There is still time to donate to this worthy cause! Thank you all for your support this year!

Need a Haircut?

The Beauty Shop is located on the ground floor (1st), and is open every Tuesday.

Happy Birthday

Mary Francisco 10
Lorraine Martin 23



Upcoming Entertainment!

We are so happy to welcome back one of our favorite Gospel singers, Terri Conner! Terrie will be here Thursday, April 17, at 1:30 to perform an Easter program for us. Be thinking of your favorite hymn because she loves to take your requests!



Mardi Gras Celebration!

Residents and staff alike had a ball at our very first Mardi Gras Celebration back in March. We celebrated Fat Tuesday in style with lots of beads and feathery masks. Residents were encouraged to wear their most fabulous, flamboyant, and colorful of clothing. The staff voted on their choice for the "Best Dressed" based on effort and creativity. We crowned Miss Louise Wyatt our Mardi Gras Queen. We also crowned Miss Margaret Holloway our Queen of Memory Care for her participation. Miss Lyla Beohms and Mr. Jim DuByne were our brave karaoke singers, and we all enjoyed a delicious King's Cake!





Best Wishes Dorothy!

Dorothy began the year with us as Wellness Director, and we were so happy to have her for a short time. As we all know, life is short and full of unexpected surprises. Not long after Dorothy became a part of our team, her boyfriend proposed and they were married! Of course, this brought some unexpected, although joyful, changes to her life. Together, they chose to move to Kentucky to be close to family members. We wish her the very best in her new life, and we are so appreciative for what she brought to Wellspring while she was with us.



Talk About It

Go Outside and Play

Spring is in full swing, and the longer days mean children have more time to play outside games. Use the questions below to start a discussion about your own childhood games, as well as those of your friends and neighbors.

- What are some of the outdoor games you remember playing as a child? Were they mostly traditional games or did you make up your own?
- Did you play games at school during recess, at home with your friends and siblings, or both?
- Did the games require any equipment? If so, did you have the "real thing" or use makeshift items?



A Friendly Reminder

Wellspring is happy to provide transportation to and from doctor's appointments on **Tuesdays** and **Thursdays**. It is imperative that we have at least **one week's notice** prior to the scheduled appointment. When scheduling, please be mindful that transportation **begins** running from Wellspring at **9:30** and ends by **4:30**. You will want to be sure to coordinate your plans accordingly. You may notify Maggie Hill, Life Enrichment Director, of your upcoming appointment by filling out a Transportation Request Form.

Join Us for a Monthly Church Service

The fourth Sunday of every month at 3 p.m., we have a church service courtesy of Church Street United Methodist. The service is held in the Dining Room.

Smart Moves Group Exercise Program

Courtney Feike of RehabCare is instructing us each Monday in a group exercise class. All classes are designed to accommodate seniors as well as wheel chairs, and are done sitting down. Class meets in the Activity Room on the 3rd floor at 10:30 each week.



Christ

is

Risen!

Celebrate Easter with faith, hope and joy!



Now after the Sabbath, toward the dawn of the first day of the week, Mary Magdalene and the other Mary went to see the tomb. 2 And behold, there was a great earthquake, for an angel of the Lord descended from heaven and came and rolled back the stone and sat on it. 3 His appearance was like lightning, and his clothing white as snow. 4 And for fear of him the guards trembled and became like dead men. 5 But the angel said to the women, "Do not be afraid, for I know that you seek Jesus who was crucified. 6 He is not here, for he has risen, as he said. Come, see the place where he lay. 7 Then go quickly and tell his disciples that he has risen from the dead, and behold, he is going before you to Galilee; there you will see him. See, I have told you." 8 So they departed quickly from the tomb with fear and great joy, and ran to tell his disciples. 9 And behold, Jesus met them and said, "Greetings!" And they came up and took hold of his feet and worshipped him. 10 Then Jesus said to them, "Do not be afraid; go and tell my brothers to go to Galilee, and there they will see me."

-Matthew 28:1-10