



## 93 new homes open as expansion ends

The Friends Homes expansion is complete, and we have started welcoming new residents to the villa apartments. The expansion includes 93 new homes offering a mix of townhomes, cottages, and villa apartments. Friends Homes now offers residences ranging from cozy studio apartments to spacious three-bedroom cottages.

The Wellness Center has been open for more than a year, and residents are enjoying new spaces that include a sports court for pickleball, The Hub restaurant, an arts and crafts room, Integrated Health Clinic, and a beautiful outdoor courtyard complimented with a water feature, outdoor dining, and a fire pit.

For more information about availability or joining our Resident of the Future program, please call us at (336) 369-4313.



## Consider a gift to help neighbors in need

As of this year, the Annual Giving Campaign will be known as the Resident Financial Assistance Campaign. Meeting the needs of all Friends Homes residents is more than what we do – it is who we are!

It is not always apparent that there are financial shortfalls among our friends and neighbors; however, each year, there are members of our Friends Homes family who, due to no fault of their own, need resident financial assistance.

This year alone, Friends Homes expects resident financial need to be of over \$1,000,000. You can help ensure that all residents at Friends Homes have the opportunity to live vibrant, active, and fulfilling lives by making a gift to support the Resident Financial Assistance Campaign.

Your gift will help a resident and move us closer to meeting Friends Homes' Resident Financial Assistance Campaign goal of \$135,000. You can give by using the enclosed envelope or

online at [www.friendshomes.org](http://www.friendshomes.org). You can save on taxes by gifting appreciated securities or making a Qualified Charitable Distribution (QCD) through your IRA. Matching gifts, memorial gifts, honor gifts, and grants from your donor-advised fund are also gratefully accepted.

For more information, please contact **Carson Spering**, Associate Director of Development, at (336) 458-0354 or [cspering@friendshomes.org](mailto:cspering@friendshomes.org).

# A message from the Executive Director

This is a busy time for us as 2023 is well underway and we celebrate our 65-year anniversary. We have completed Phase 1 of our construction project and our newest residents are getting acclimated to their new homes and making new friends. It's exciting to see all enjoying the new amenity spaces that opened within the past year.



Board News: As we give thanks to **Don Farlow** and **Elwood Parker** for their support as they rotate off the Board we welcome **Kathy Adams, Jennifer Brigman** and FHG resident **Bill Carroll** to the Board of Trustees. We also acknowledge the service of FHG resident **Ray Treadway** who served on the Board until his passing last fall.

I am very pleased to announce that the Board of Trustees extended the Management Service Agreement with Brightspire (formerly named the Presbyterian Homes) through 2030. We appreciate and value the support Brightspire has provided us over the past seven years, and we look forward to continued success and collaboration as we look to our bright future.

Staffing News: In April we said goodbye and congratulations to **Donna Sprinkle**, Director of Health Services, who retired after 10 years of service to Friends Homes and over 50 years supporting seniors in various capacities. We are excited to welcome

**Hannah Davis** as our new Director of Health Services who started with us in April and has already hit the ground running. Please look at our website for a bio on Hannah, what she brings to Friends Homes and please swing by to greet her.

As Friends Homes continues to focus on wellness and promotion of an active lifestyle, we have recently launched our program "Encompass" that offers a whole-person approach that covers six dimensions of wellness: physical, social, intellectual, spiritual, nutritional and community outreach. Our activities, classes, dining, and other programs are all designed within these dimensions to provide you with a well-rounded experience for a fuller, more balanced life. I hope you will take the time to learn more about Encompass and join in this rewarding experience.

My sincere thank you for supporting our 2022 Resident Financial Assistance Campaign formally known as Annual Giving Campaign that raised over \$109,000. The 2023 committee for this year's Resident Financial Assistance Campaign set a goal of \$135,000. Because of Friends like you, and the overall support of the Resident Financial Assistance Campaign, our mission of providing quality care and services to our residents at a fair cost will carry on.

All are welcome at this place we call Friends Homes. Continued blessings to you and your family for 2023!

Warm regards,

**Arnie Thompson**  
Executive Director

## Friends Homes permanent funds & endowments

Did you know that Friends Homes administers the following permanent funds and endowments?

**Aline T. Harcum Endowment\***

**Clinard Fund**

**Eleanor Procton Endowment\***

**William D. Coble and Ruth N. Coble Endowment\***

**Jeanette Ross Roos Endowment\***

If you are interested in learning more about these permanent funds and endowments, or if you are interested in establishing a new endowment or fund, please contact **Carson Spering** at (336) 458-0354, or [cspering@friendshomes.org](mailto:cspering@friendshomes.org).

*\* Named endowments created during the Bridges to the Future Capital Campaign.*



Meet

# Carey & Judy Reece

Having lived in Fox Hall for the past four years, **Carey & Judy Reece** now reflect on how they hit the ground running since moving in by quickly making friends and involving themselves in the community.

Carey immediately started working in the woodshop and was instrumental in cleaning and reorganizing the space to make

it easier to navigate. He currently serves as the Vice President of the Resident Board and is the Board liaison for the Buildings committee. Outside of his campus involvement, Carey is a volunteer coach for the girls basketball team at Southwest Guilford High School and he thoroughly enjoys a day on the golf course!

Judy is the chair of the dining committee, 4th floor Fox hall representative to Resident Council and is a member of the handbell choir. She plays cards once a week, Mah Jong, participates in line dancing and Drums Alive and has participated with Carey in the Brightspire Olympics for cornhole and was on the inaugural team for puzzle making, coming in 2nd place in that event. She also finds time to walk daily and keep up her love of sewing.

Until recently, Carey and Judy owned a fifth wheel camper in Florida and would spend November in Florida, return home, and head back to Florida after Christmas through early April. They have great memories of their time in the campground having



built many close relationships with the community of which they were a part.

Married for 60 years, they are the proud parents of two daughters, their husbands, as well as 4 grandchildren and two granddogs. They have always been proud supporters of their grandchildren, attending their athletic endeavors and extracurricular activities. Now

three of those grandchildren are in college and one in high school. One of the granddogs is a frequent visitor you may see on the campus of Guilford. (He's the cute dog walking Carey!)

When asked if their family was supportive of their move here, they said everyone is happy with their decision. Judy relates that her parents did the same thing years ago when they decided to move into Kendall Center in Pennsylvania easing the burden for her as they grew older. She and Carey can't help but recognize they did their family a favor by moving in here.

Carey and Judy state they are so happy with their decision to move in and really appreciate how easy it is to find someone to talk to. They enjoy the movies, programs, speakers, friendships (especially on 4th floor Fox) and enjoyed the Friends Homes trip to the Outer Banks in April. The Reece's have more than embraced life at Friends Homes and we are so happy to have them as our family!

# Resident Financial Assistance Campaign tops \$109,000

Thanks to the generosity of our donors, the 2022 Resident Financial Assistance Campaign (formerly known as the Annual Giving Campaign) raised \$109,025. Thank you to our volunteer leaders for the effort they

put into their service, including Guilford resident **Wyn Hrdlicka**, West residents **Bob** and **Laura Gobble**, Board of Trustees member **Bill McNeil**, and staff members **Hannah Cole** and **Mary Wallace**.

John & Marcia Abernethy	Jerry & Patsy Bulla	Stephen & Janet Darnell	Betty Godwin
Mickey Acock	Betsy & Jay Bumm	Cliff & Dossie Davis	Martha Golensky
Dan & Mary Allen	Robert & Peggy Bursey	Philip & Kay Deaton	Judy Goodman
August Andre	Lelia T. Butler	Gary & Susan Dent	Robert & Barbara Gosney
David Andrews & Charles Edwards	Miriam Campbell	Al & Jerry Dew	J. Glenn Grayson
Russellene Angel	Chris & Sandra Canipe	Annemarie & Brian Dloniak	Robert & Laura Green
Mary Jane Armfield	Janet Cann	Taylor & Audrey Doggett	Helge Grill
Kathryn Bailey	Bill Carroll	Terri Dove	JoAnn Hahn
John Baker	Louise Case	Martha Eakes	Frazier & Julia Hanover
Mack & Eleanor Baker	Howard & Maude Caudle	Gary & Barbara Eblen	Tom & Carolyn Harmon
Ed & Tricia Barber	Diana Clark	Rod & Nancy Edens	Rita Harrell
Barbara Barker	Nancy Clark	Ralph & Nancy Edwards	Jo Hartsoe & Elizabeth Knowlton
Jeanette Barnes	Elizabeth Clary	Bill Eller	David Harvey
Ann Bartholomew	Allen & Debra Cobb	Doreen Elliason	Bennie Hearne
Don & Carolyn Bassett	Richard & Kathleen Coe	Ginny Ellis	Harvey & Emily Herman
Wilma Bates	Nancy Coggins	Barbara Engle	Eric Hiatt
Reginald & Christine Beeson	Barbara Coleman	Richard & Glenda Evans	Jim & Nancy Highfill
Ted Benfey	John & Jean Coleman	Mary & Don Farlow	Clinton Hinman
Clifton & Becky Berrier	Angela Conwell	Robert & Mary Jane Fitzsimons	Don & Mickey Hoagland
Carole Bohlken	Bobby Cook	Sherri Forrester	Tom & Marcia Hobson
Wendy Boothe	Edward & Jerry Cornwell	Penny Foster	Ruth Anne Hood
Dorothy Borei	Peggy Cox	William & Gloria Fuller	Elizabeth Horton
Jack & Lee Boxman	Perry & Linda Crabtree	Nancy Furnas	Laura Horton
Thomas & Ruth Brackbill	Judith Cranford	Bettina Gangi	James & Carol Howard
Linda Bradshaw	Judith Craven	Ginny Gaskin	Tad Howard
Jean Brincefield	Barbara Crews	Reid & Judy Gaskins	Wyn Hrdlicka
Stella Brown	Pat & Pete Cross	Josephine Gately	Susi Hudson
David & Mae Brown	Robert Crosswhite	Chris Gergle	Paula Huffines
Daisy Brownstein	Chris & Robin Culbreth	Ed & Jeanette Gibbs	Barbara Hughes
Anne Bruce	Barbara Cummings	Mary Belle Gilbert	Pam & Jim Humphrey
Charlie Bulinski	Rhonda Cummons	Nancy Glenz	Please see <b>GIVING</b> on p. 5
	Ruby Dance	Sheldon & Wilma Glick	

*We gratefully acknowledge our donors for their support and kindness. Every effort has been made to accurately recognize our donors in this listing. If any errors have occurred, please accept our sincere apology and contact us at (336) 458-0354 or email [cspering@brightspire.org](mailto:cspering@brightspire.org), so we may correct our records.*

# Giving

Continued from p. 4

William "Bill" Humphrey	Margaret & Patrick Miller	Raymond & Betty Reddick	Vicki Thompson
Robert & Katherine Hutton	Troy Millikan	W. Carey & Judith Reece	Velma Tomlin
Dale & Vicky James	Dick & Maryellen Mills	Jim & Pam Reese	Carole Treadway
Mary Ann Johnson	Sue Mitchell	Sandra Richardson	Virginia Trenholm
Steven Johnson	Earl & Jeanette Mitchell	Suzanne Robbins	Betty Kane
Barbara Jones	Frank Moran	Freda Robison	Melinda Vaughan
Fred & Gene Jones	Donna Moran	Stephen & Patricia Rockwood	Valerie Vickers
Carolyn Jones	Jim & Sharon Morgan	Susan Rogers	C. Edwin Wager
Chloris Julian	Kate Morrow	Richard & Leisa Rumley	Aidan & Lisa Waite
Anna Kalar	Robert & Charlotte Mowry	Sharon Russell	Janice Walden
Debbie Kaynor	Steve & Connie Mullinix	Erica Rutishauser	Fred & Gail Warnecke
Robert Kaynor	Floyd & Joann Nesbitt	Tom & Emilie Sandin	Diane Watkins
Dot Kearns	Verne Nielsen & BJ Weatherby	Nick & Libby Scandale	Tim & Tina Webster
Sarah Kellam	Wayne Olson & Sandra Miller	Ruth Scanlan	Charles & Sara White
Kathy Kellum	Werner Ostmann	Cris Schamp & Margery Knott	Jeter Wilkins
E.D. Kennedy	Taylor Owens	Carl & Diane Semmler	Mary L.D. Wilkinson
Karen Owens King	Charlotte & Zane Parker	Barbara Shell	Archie Williams
Harold & Edith Knight	Dan & Joan Parker	Delois & James Shelton	Yvonne Williams
Ed & Joanne Koehler	Ellen & Elwood Parker	Bonnie Shelton	Bob Winsor
Audrey Koopman	Joyce Yoshiko Parkhurst	Paul Sherman	Barbara Wolfe
Clara Koster	David Parsons	Richard "Dick" & Carolyn Sherrick	David Wolfe
Lucy Leary	Debbie & Bob Parvin	David & Gertrude Sillmon	Grey Wood
Herb & Diane LeBosse	Eleanor Patterson	Irwin Smallwood Jr. & Judy Glasgow	Darrell & Sheela Wright
Dan & Lou Ledbetter	Jeanette Patton	Ray & Patricia Smith	Judith Davie Wright
Laura Lowe	Susan Petty	Jessie Smith	Tom & Sarah Wright
Pat Lowrance	Pat & Clark Phillips	Judith Smith Moore	Francis & Margaret Young
David Mandalinich	Diana Phillips	Pat Smithwick	Gordon & Barbara Young
Danny & Dawn Marsh	Betty Picard	Don & Sarah Sparrow	Nancy Zook
Bruce Martin	Jan Piper	Carson & Sydney Spering	<u>Corporations &amp; Organizations</u>
Joann Martin	Betty Pleasants	Donna Sprinkle	American Industrial, LLC
Deets & Mary Anna McCullen	Janet Plummer	Charles & Patsy Stamey	Bland Landscaping Company
Missy McGinnis	Joan Poole	Juanita Staton	Charles E. Boger Elementary School
Carol McKenzie	Esta Portnoy	Susan Stinson	Charlotte Friends Meeting
Brent & Brenda McKinney	Richard & Janet Potter	Tom & Diane Sudderth	Friends Church of North Carolina
Doris McKnight	Jane Poulin	Dick & Lita Swanson	Hodgin Construction Company
Bill McNeil	Dianne Powel	Ginny Sykes	NC Gobal Leadership Board
Carolyn McPherson	Becca Pritchard	Cornelia Tate	North Carolina USFW
Lyn Medlin	Elizabeth Provancha	Pedro & Joan Tavares	Southern Paper Group
Doris Melson	Brooks & Stephanie Raiford	Arnie & Kathleen Thompson	The Mary Lynn Richardson Fund
Bob & Joyce Mers	Graham & Helen Ray	Shirley Thompson	The Reuben Rink Compan
Ann Miller	Kevin & Marisa Ray		Ward's Fruit & Produce Inc.
Barney & Jane Miller	Dan & Joy Reavis		



# What a difference a year makes



I was recently reflecting on my first-year anniversary at Friends Homes, and what an amazing year it has been!

While we could fill a book with all the exciting and fun-filled programs the team has introduced this year and follow it up with a sequel of all the new expansion and enhancements we have seen, I'd like to take a moment to appreciate some of the highlights.

This year, Friends Homes programming enjoyed the lessening restrictions around COVID-19 as we found ourselves able to travel more and enjoy fellowship like we used to. Our amazing Wellness and Life Enrichment team's programs continue to shine by providing new programs including a three-night trip to the N.C. Outer Banks, a Senior prom, Mardi Gras celebration, an abundance of day trips, and in-house visits from our furry friends at Wild Tails to name a few favorites.

Our Wellness team organized our first annual 3k/5k which took place on the Friends Homes campus with around 125 people in attendance, an excellent turnout despite some nasty weather. The event was made even more special by the fact that all proceeds from sponsorships and registrations supported the Resident Financial Assistance Campaign.

Our wonderful culinary team, settling into our new venues, impressed residents through several creative dining-centered events. Residents took a trip down memory lane with retro decorations and menus as part of our Diner Days program, and enjoyed entertainment with an all you can eat meal at our Italian Bistro Night and St. Patrick's Day buffet.

We continue to look for exciting ways to engage our community and embrace our Quaker roots. Friends Homes recently established its own chapter of the United Society of Friends Women (USFW), is developing a strong relationship with Quaker Lake Camp, and has made huge strides in re-connecting with Guilford College as COVID-19's impact on both organizations continues to decrease.

Of course, none of this would be possible without the contributions of hard working, engaged teammates. I am excited to share that we have recently rolled out several new teammate appreciation and recognition programs to celebrate the heroes that are serving our residents every day, often behind the scenes. The response has been great, and the residents are starting to get in on the action!

The future is very bright at Friends Homes, and we can't thank you enough for your continued support and encouragement.

Sincerely,

**Matt Beam**  
Director of Independent Living

# Memorials & Honorariums received Nov. 1, 2022 - April 30, 2023

## Memorials

### **Blanche Acquista**

Arnie & Kathleen Thompson

### **Fran Atkinson**

Arnie & Kathleen Thompson

### **Betty Sink Aydelette**

Bettina Gangi

### **Ben E. Baber**

Bo & Judith Dishman

### **Terry Battle**

Arnie & Kathleen Thompson

### **Reba Benbow**

Arnie & Kathleen Thompson

### **Rachel Benfey**

Lundee Amos

### **Gyles Buckner**

Teresa Cox

### **Lindley Butler**

Lelia T. Butler

### **Robert Cable**

Janet Plummer

Arnie & Kathleen Thompson

### **Dr. Trelles Case**

Barbara Shell

### **Marion Clendenin**

Business Acquisition

& Merge Association

Glenda Blalock

Mercury Corporation

Sam & Sue Lasine

PGI

KLH Capital Partners, L.P.

John & Diane Ritchie

Arnie & Kathleen Thompson

### **John & Margaret Coltrane**

Doris Melson

### **Marguerite Coyle**

Anne Bruce

### **Charles Cranford**

Anne Bruce

### **Tom Cunningham**

E.D. Kennedy

Laura Horton

### **Clifford Davis**

Lundee Amos

### **Bill Dentler**

Janet Plummer

### **Mary Doggett**

Mary L.D. Wilkinson

### **Lewis Duckworth**

Ann Bartholomew

Peggy Cox

Uldine Duckworth

### **Margaret Edwards**

Ralph & Nancy Edwards

### **Ruth Edwards**

Jeanette Mitchell

### **Merle Frazier**

Katy Evatt

### **Elissa Fuchs**

Anne Bruce

Arnie & Kathleen Thompson

### **Carl Garner**

E.D. Kennedy

Jeanette Mitchell

### **Don Garrigan**

Anne Bruce

### **Reid Gaskins**

Jeanette Mitchell

### **Roger Gibbs**

Jan Piper

### **Brooks Grantham**

Martha Eakes

### **Glenn Grayson**

Blanche Morgan

Janet Plummer

Arnie & Kathleen Thompson

### **Nancy Green**

Jean Brincefield

David & Mae Brown

Peter Dollive

Judy Goodman

Bob & Betty Harris

Rene Hernandez

Don & Mickey Hoagland

Taylor Owens

Larry Skladanowski

Jessie Smith

Arnie & Kathleen Thompson

Grey Wood

### **Peggy Hinman**

Dick & Lita Swanson

### **Carol Howard**

Floyd & Joann Nesbitt

Barbara Teichman

Arnie & Kathleen Thompson

### **Wendell & Myray Hodgins**

Ralph & Wenda Kirkman

### **Betty Holjes**

Bill Carroll

Morris & Judy Newlin

David Parsons

### **Rod Jackson**

Arnie & Kathleen Thompson

### **Barry Jones**

Ed & Tricia Barber

### **Johnny L. Jones**

Carolyn Jones

### **Emmett Kellam**

Sarah Kellam

### **Josephine Kemochan**

Kay & Patricia Smith

### **Herbert Klaf**

Arnie & Kathleen Thompson

### **Daphne Laing**

E.D. Kennedy

### **Gertrude Lauer**

Arnie & Kathleen Thompson

### **Mary Lodor**

Arnie & Kathleen Thompson

### **Paul Lowder**

Arnie & Kathleen Thompson

### **Ruth Mavronikolas**

Arnie & Kathleen Thompson

### **Donna Miller**

Anne Bruce

### **Samuel Morrow**

Kate Morrow

### **Rebecca Mulligan**

Bruce Martin

### **Lela Newby**

Loy & Connie Newby

### **Pattie Newlin**

Morris & Judy Newlin

### **Ernie Ohlson**

Jeanette Mitchell

### **Loved ones**

Mack & Eleanor Baker

### **Catherine Owens**

Karen Owens King

### **T.G. & Mamie Owens**

Karen Owens King

### **Jeanette Patton**

Eliza Burton

### **Gertrude (Trudy) Peacock**

Herb & Diane LeBosse

Aidan & Lisa Waite

### **June Sasscer**

Arnie & Kathleen Thompson

### **Emily Skenes**

Janet Plummer

Arnie & Kathleen Thompson

### **Carolyn Smith**

D. Paul & Patricia Lamont

### **Florence Spivey**

Arnie & Kathleen Thompson

### **Wade Phillips**

GINNY ELLISON

Nick & Libby Scandale

### **Barbara Rankin**

Tom & Vickie Brandt

Anne Bruce

Boodie Clary

Judith Hopkins

Susan & John Mansfield

Richard & Janet Potter

Pat & James Singer

Arnie & Kathleen Thompson

Amy Webb

### **Residents who passed away**

David Wolfe

### **Doris Robinson**

Arnie & Kathleen Thompson

### **Julian & Betty Rogers**

Chris Gergle

### **Elizabeth "Betty" Rogers**

Rick & Jane Adams

David & Mae Brown

Nancy Clark

Allen & Debra Cobb

Gary & Barbara Eblen

### **Doreen Elliason**

Ginny Gaskin

Chris Gergle

Bob & Betty Harris

Don & Mickey Hoagland

Dale & Vicky James

Fred & Gene Jones

Audrey Koopman

Jane Long

Mandy Lotz

Lyn Medlin

Margaret Miller

Sue Mitchell

Jim & Sharon Morgan

Steve & Connie Mullinix

Taylor Owens

Janet Plummer

Jessie Smith

Tom & Diane Sudderth

Arnie & Kathleen Thompson

Vicki Thompson

Carole Treadway

Grey Wood

### **Ruth Sheldon**

Loy & Connie Newby

### **Clara & Lane Smith**

Judith Smith Moore

### **Virginia Smith**

Loy & Connie Newby

### **Virginia Summers**

Anna Kalar

### **Dana Symoniak**

Arnie & Kathleen Thompson

### **Joan Tillotson**

Celinda Freeman

Don & Mickey Hoagland

Janet Plummer

Arnie & Kathleen Thompson

### **Ray Treadway**

Jeanette Mitchell

Janet Plummer

Jan Piper

Arnie & Kathleen Thompson

Velma Tomlin

### **Pick Williams**

Lundee Amos

### **Henry Wolfe, Jr.**

Barbara Wolfe

### Honorariums

#### **Mary Allen**

Velma Tomlin

#### **Ted Benfey**

Lundee Amos

#### **Jean Brincefield**

Russellene Angel

Jean Rowden

#### **Marie Brown**

Lundee Amos

#### **Debra Buckley**

Dick & Carolyn Sherrick

### **Pete & Pat Cross**

Mary & Don Farlow

### **Dossie Davis**

Lundee Amos

### **Jerry & Al Dew**

Lundee Amos

### **Rod & Nancy Edens**

Lundee Amos

### **Agnes Frye**

Billy & Kathryn Adams

### **Mary Belle Gilbert**

Lundee Amos

### **Bunny Gillin**

Velma Tomlin

### **Doug Hardy**

Dick & Carolyn Sherrick

### **Judith & Cyril Harvey**

David Harvey

### **Don Hoagland**

Grey Wood

### **Ruth Anne Hood**

Roger & Kathryn Seel

### **Marshall Hurley**

Mary & Don Farlow

### **Mary Ann Johnson**

Nancy Clark

### **Harold Knight**

Pat Lowrance

### **Hank Lovvorn**

Mary & Don Farlow

### **Bill Lush**

Jeanette Mitchell

### **David & Barbara MacInnes**

Lundee Amos

### **Bob & Joyce Mers**

Tad Howard

### **Taylor Owens**

Karen Owens King



# Celebrating a year of wellness

July 13, 2023 will mark one year since our grand opening of the Wellness Center at Friends Homes. So far we have had the opportunity to introduce over 140 residents to the state-of-the-art HUR SmartTouch technology equipment with more to come as the villa apartments quickly fill.

Our pool is a steady 89 degrees and the air in the room stays nice and warm so that folks feel like they are in a true-spa environment! It is truly lovely to see how much folks enjoy our facilities.

Did someone say pickleball? You bet! On any day and hour folks can be found playing or learning to play pickleball. Our “regulars” give the word “competitive” new meaning!

We have a couple of new classes. A mindfulness class focuses on doing things with purpose, whether it is eating or breathing or just enjoying a walk in nature. By request, we also added a self-defense class on Wednesday evenings where residents learn self-protection and self-esteem.

To focus on our recently adopted Encompass program, we have an Encompass Personal Wellness Survey for our residents to evaluate progress in their wellness journey. All dimensions of wellness from the Encompass brochure are included. We would love to assess you so that you can find programming and events to join. Please ask us about it!



925 New Garden Road  
Greensboro, North Carolina 27410  
(336) 369-2559



ESTABLISHED 1958

Friends Homes