



WESLEY WOODS
FOUNDATION

FALL 2023

THE CONNECTION

NEWS FROM WESLEY WOODS



J. Veronica Biggins



Sandra Deal



Governor Nathan Deal

HERO / A person who is admired for their courage, outstanding achievements, or noble qualities.

SAINT / A very virtuous, kind, or patient person.

LEGEND / A person extremely famous in a particular field.

We often use the terms **Hero, Saint, or Legend** when referring to leaders or friends who have helped us along our life's journey. On September 21st at our 34th annual **Heroes, Saints & Legends Gala**, the Foundation of Wesley Woods will honor three leaders who personify these characteristics—

J. Veronica Biggins, First Lady Sandra Deal (posthumously) and Governor Nathan Deal. This

long-standing event honors notable individuals who have transformed Atlanta's community through a lifetime commitment to leadership, service and philanthropy.

Since the event's inception, we have celebrated 112 of Atlanta's most exemplary leaders and raised more than 7.8 million dollars for **charitable care, pastoral care, and wellness programming** at Wesley Woods. **Phil Jacobs**, community leader and founding partner of The Pendleton Consulting Group, will chair this year's highly anticipated event. WSB's **Condace Pressley** will serve as emcee.

We invite the community to join us as we shine a light on our 2023 honorees and raise vital funds to create communities of connection, well-being, and promise at Wesley Woods. To learn more about this year's honorees and for ticket, donation, and sponsorship information, visit wesleywoods.org/heroes.

Gratefully,



Diane

Diane Vaughan
President
Foundation of Wesley Woods



Terry

Terry Barcroft
President and CEO
Wesley Woods Senior Living



**Wesley Woods
Wellness Programs
delivered in
the past year:**

1,838

Virtual Fitness Classes

2,848

Fitness Classes

7,347

Wellness Nurse Visits

1,062

Mental Health Visits

MOVEMENT IS THE BEST MEDICINE

Years of working as a metal and pewter smith have impacted the health of Lanier Gardens resident Judie. She struggles with COPD as well as chronic pain in her shoulders and back. Like many older adults, she was told that her best options were pain medication and physical therapy. After talking with a friend about her physical situation, Judie decided to try a yoga class offered through the wellness program at Lanier Gardens.

After attending one class, Judie was surprised at how much better she felt. One class became two, two became five, and the rest is history. Now, Judie can raise her arms without pain, she has less pain in her back, her breathing is much better, and she continues to improve with every class. Judie's story, like countless others, is one of trying something new that results in a better quality of life. Thanks to our generous supporters, Wesley Woods can offer yoga and many other activities that support the health and wellness of our residents.

Make a gift to the wellness program to help more residents like Judie by visiting wesleywoods.org/donate.



Ways to Give

Please contact Carson Raymond at 404-728-6204 or carson.raymond@wesleywoods.org for additional ways to give.

LEGACY GIFTS: include Wesley Woods as a beneficiary in your will

RECURRING GIFTS: establish a recurring monthly (or annual) credit card contribution

FOOD FOR THE BODY AND SPIRIT

Carolyn had not left her apartment since she entered hospice care. Knowing her isolation, I called to ask if I could visit to pray for her and anoint her for healing. As we sat together in her home, Carolyn spoke of her difficult experience and her doctor's recommendations for pain control. I listened and encouraged her, sharing insights from my previous work as a hospice chaplain. This seemed to give her a sense of peace.



Chaplain Rick Navard

She shared that she has not enjoyed eating, except for the occasional Wendy's hamburger that her niece would bring. It had been a couple of days since she had eaten. As our visit ended, we prayed together. An idea had come to me. About a half hour later, I knocked on Carolyn's door and offered her a Wendy's hamburger. Carolyn expressed gratitude for the kind gesture. Chaplains sometimes offer food for the body as well as the spirit.

Be a part of providing Pastoral Care to residents at Wesley Woods by making a gift at wesleywoods.org/donate.

**In the past year,
Wesley Woods
Chaplains
have provided:**

8,824

Resident Connections

700

Family Connections

1,589

Staff Support Connections

2,346

Studies and Services

MAKING AN IMPACT

Whether through his career as an educator, his volunteer leadership with LaGrange College, or his humanitarian work both locally and globally, Stan Moor has made, and continues to make, an impact. As a longtime annual contributor to the Foundation, Stan's impact continues through his generosity to Wesley Woods. His association with Wesley Woods stems from the intersection of his Methodist faith, church connections, and his mother's time as a resident at Wesley Woods Towers. Stan recently reflected, "My brothers and I felt that my mother was deeply cared for at Wesley Woods, and she loved the community from day one." He shared that "I give to organizations that I believe truly help people...and Wesley Woods hits all of the points."

Thank you, Stan, for your philanthropic commitment to Wesley Woods. Your support empowers us to continue creating communities of connection, well-being, and promise.



Stan Moor

MATCHING GIFTS: secure a matching gift from your company that will double your contribution

IRA DISTRIBUTION GIFTS: give via a tax-smart, IRA Rollover (Qualified Charitable Distribution) gift if you are 70½ or older

REQUIRED MINIMUM DISTRIBUTIONS: lower your taxable income with this IRA gift method

STOCK: lower capital gains with a gift of appreciated securities to support our mission



WESLEY WOODS
FOUNDATION

1817 Clifton Road NE
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JOIN US
THURSDAY, SEPTEMBER 21, 2023

Heroes, Saints & Legends

benefiting Wesley Woods

HONORING



J. Veronica
Biggins



Sandra Deal (*posthumously*) and
Governor Nathan Deal

Phil Jacobs – Event Chair

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Become a sponsor or purchase tickets at wesleywoods.org/heroes.

