

Woman of the Year Nominee

Dr. Lundee Amos, 5011 Laurinda Dr., Greensboro, NC 27410 Phone: 336 706-1048, email: lundeeamos@gmail.com, Occupation: Self-employed Certified Healing Touch Practitioner and Laughter Leader

Impact on the Community

The lifelong goal of Dr. Amos has been to brighten the lives of those from 2 to 102. She began her career as Director of the Dental Hygiene Program at Guilford Technical Community College (GTCC). Former students still recall her emphasizing the importance of kindness and good humor while treating clients. Later as Director of Staff and Development at GTCC, she was admired for her energy, creativity and life-changing suggestions.

Since retirement from GTCC, she positively impacts her community and the world with free Laughter and Healing Touch Sessions. Dressed as a clown, she entertains at nursing homes, events for children, churches, and civic clubs. Alexis Baker, Foster Grandparents Director for Senior Resources of Greensboro lauds Amos' presentation skills: "She gets everyone out of their comfort zone by teaching them the value of laughter for one's health." Ned McMillan, Director of Flaco and Ze Clownettes, contends, "She's a special angel sent by the Big Clown to simply bless everyone." As mentor to young performance clowns, she performs with the group and teaches them balloon art and magic tricks.

At Dr. Amos' Healing Touch Clinic, attendees praise her expertise. Deb Keens, who has attended for several years, describes the experience as "A special service touching many lives. I always leave feeling wonderful."

According to Nancy Calkins, Assistant Director of GTCC Foundation, "Dr. Amos, a long-time Board Member, has helped with fund raising to provide scholarships and support services for deserving students in need. She selflessly makes gifts to honor and recognize individuals who make a difference."

An active advocate for women, the nominee also attends Dining for Women meetings which aids women in underdeveloped countries and Alpha Chapter of Delta Kappa Gamma meetings which supports schools and students.

Major Achievements

To enhance her ability to help others, Dr. Amos vigorously pursued education. While teaching at GTCC, she earned her Doctorate in Education from the University of North Carolina in Greensboro. At age 70, she attended Clown Camp at the University of Wisconsin. Before retiring from GTCC, she trained with World Laughter Tour. Ample qualified for her current career, she has earned many certifications, including Advanced Practitioner Eden Energy Medicine, Healing Touch Practitioner, Advanced Practitioner Healing Touch Spiritual Ministry, Laughter Leader and World Laughter Tour Trailblazer.

Despite successfully battling cancer, Dr. Amos never veered from her goal of helping others. An optimist, she considers setbacks to be learning experiences. Hard work and a deep compassion for those in pain has earned her the respect and gratitude of many, not only in Greensboro but around the world.

Her Healing Touch Clinic has lifted the spirits and helped hundreds manage pain. Elizabeth Riggs, her assistant, praises Amos' efforts, stating, "Her mission in life is to bring joy and healing to everyone around her."

This fun-loving nominee, celebrates Red Nose Day daily. On May 26 of this year, instead of handing out noses, she sold them, donating the \$116 along with a matching personal donation to the Interactive Resource Center to help feed the homeless. In 2014, while in Vincennes, Indiana with the American Association of Therapeutic Humor, she helped distribute over 200 red noses to grocery store shoppers. In 2015, when she travelled with the Friendship Force to Russia, she distributed all the red noses that filled her luggage. Could this ritual bring world peace? Imagine Vladimir Putin wearing a red nose?

Tell Us The Story

Before I met Lundee Amos, I heard her. A new teacher at GTCC, I decided to explore the library. Suddenly a grand explosion of gleeful laughter-strong, confident and inviting-erupted from an office. Before the week ended, I learned the owner of the laugh belonged to the Director of Staff and Development. Admired for many accomplishments, including the cheerfulness she bestowed on campus, Dr. Amos soon became my mentor. I appreciated her teaching tips. Most of all, I benefitted from her encouragement.

Soon we became friends and I started calling her Lundee instead of Dr. Amos. Though I no longer teach, I still benefit from her advice and encouragement. Whenever I publish a new book, she always shows up to purchase copies, then spreads the news to her near and dear friend as well as those far away. Having Lundee for a friend is more valuable than having publicity billboards or an agent.

Four years ago, when I suffered from a torn amicus in my knee, she invited me for a healing touch session. Though a bit skeptical, I went. By following her instructions, the pain in the knee disappeared without surgery.

Lundee entertained at the celebration my husband threw at Scuppernongs for my 75th birthday. Dressed as a clown, she soon had everyone wearing the funny hats she distributed. Soon gales of glee filled the room. Some laughed so hard they cried.

I don't wish to mislead. Lundee Amos isn't perfect. While working for her Doctorate from UNCG, she amassed so much material in her study, she couldn't locate the materials she needed to write a required paper. When she explained her predicament to her Sunday School Class, all the women offered to help organize her study, which they did. With their help, Lundee managed to complete her paper. This story reveals a great deal about her. She'd come to their aid before, so those women were simply following her example of generosity and kindness. Yes, Lundee does unto others as she would have them do for her. That's why she deserves the distinction of being 2016's Woman of the Year.

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Reference 2: Alexis Baker, Phone 336 373-4816, email fgp@seniorresources-guilford.org

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