



ELMCROFT OF LITTLE AVENUE

Assisted Living & Memory Care
7745 Little Avenue • Charlotte, NC 28226
Phone 704-541-9333 • www.ElmcroftAL.com



James "Jimmie"
Grantham

Resident Spotlight

Jimmie, as he is known to his friends, was born in Fairmont, NC. He has one sister, Adair. Their father was a traveling salesman and their mother stayed very busy as a homemaker. He graduated from Fairmont High School in 1936.

He served in the Air Force during WWII for three years. During that time he was a gunner flying in missions over Europe where he sustained injuries on his 15th mission. On the next-to-last mission, he was shot down over Germany. Five of the soldiers on that mission received Purple Hearts.

After he returned, Jimmie attended college at UNC, graduating from pharmacy school in 1951. He worked in Wilmington at a drug store for 14 years.

It was there that he met his wife, Myrtle. She was a young widow with two small sons, Ron and Ed. They married and added a daughter, Harriette to this family.

Eckerd Drug Company offered him a job in their corporate office as a buyer. His family then relocated to Charlotte, where he continued to work for 39 years.

Jimmie moved to Elmcroft in September. Here he enjoys games, music and weekly outings. He looks forward to our trips to Wendy's for a "Frosty" as well as socializing with his peers. On Veterans Day he brought his service medals and told of his experiences during WWII at our Veterans Day Luncheon.



Welcome 2011

Best wishes in the year ahead.



Ornament - for Kentucky



Carolina Mall



German Club CCHS

Employee Spotlight



Aissata Tall ...

... is originally from Guinea, West Africa. She and her husband, Ousmane Ly, met while she attended college in China, studying international relations. After their marriage, they moved to the United States in 1992, residing in Florida for a year. Their journey led them to Charlotte, which they now call home.

Tragedy met this family with the death of her husband. Aissata now raises their three sons, 12-year-old Montaga, 9-year-old Elhadj and 6-year-old Bocar, along with her 7-year-old niece, Mata. Although her two brothers and her parents remain in West Africa, they have been very supportive of her and her children. During this difficult time, Aissata has relied heavily on her faith.

One of the things she enjoys doing is cooking traditional West African meals, which are not only tasty but also very spicy.

Aissata has worked at Elmcroft for 7 years as a CNA-Med Tech. She hopes to return to school to fulfil her dream of becoming an RN.



Tina's Tidbits



Happy New Year

Happy New Year! 2011 is here and Elmcroft is excited about the possibilities of the upcoming year. 2010 was a year of transition, but 2011 will be a year of bonding, building and growth. A new year is a fresh start. With this in mind, I thought it would be fun to have a contest to see who could come up with the most creative resolution that you will attempt to keep. All you need to do to enter is write down your resolution with your name and your phone number, then just drop it into the Resolution Box, which will be located in the administrative offices. Entries must be received by Jan. 25. The winner will be notified on Jan. 28. The prize is lunch with Tina. Please contact Nicci for further details.



The Month After Christmas ...

'Twas the month after Christmas,
and all through the house
Nothing would fit me, not even
a blouse.
The cookies I'd nibbled, the eggnog
I'd taste
At the holiday parties had gone to
my waist.
When I got on the scales there arose
such a number!

When I walked to the store
(less a walk that a lumber)
I'd remember the marvelous meals
I'd prepared:
The gravies and sauces and beef
nicely rared,
The wine and the rum balls, the
bread and the cheese
And the way I'd never said, "No
thank you, please."
As I dressed myself in my
husband's old shirt
And prepared once again to do
battle with dirty—
I said to myself, as I only can
You can't spend a winter disguised
as a man!"
So—away with the last of the sour
cream dip,
Get rid of the fruit cake, every
cracker and chip
Every last bit of food that I like
must be banished
Till all the additional ounces have
vanished.
I won't have a cookie—not even
a lick.
I'll want only to chew on a long
celery stick.
I won't have hot biscuits or corn
bread, or pie, I'll munch on a carrot
and quietly cry.
I'm hungry, I'm lonely, and life is
a bore—
But isn't that what January is for?
Unable to giggle, no longer a riot.
Happy New Year to all and to all a
good diet!
Author Unknown





Seasonal Selections

Enjoy the bright flavors of citrus favorites during the dreary days of January. Grapefruit, oranges and tangerines are all in season now, meaning they're at the peak of perfection and more affordable. Choose one that feels heavy for its size and has shiny, spotless skin. With light pressure, roll on the counter before eating or slicing; this gets the juices flowing and makes for an even tastier shot of vitamin C.



Positive Thought

"The secret of happiness is not in doing what one likes, but in liking what one does." —J.M. Barrie

Pleasing Potential

"Don't frown. You never know who is falling in love with your smile." —Author Unknown

Happy Birthday

Louis Ragsdale 1-14
Helen Rogers 1-20



New Year's Goals

If you're looking for some ideas on how to improve yourself, consider applying a few of these thoughts as you face day-to-day life:

- Give people more than they expect and do so cheerfully.
- Never laugh at anyone's dreams.
- Talk slowly, but think quickly.
- Don't let a minor dispute injure or derail a great friendship.
- When you realize you've made a mistake, take steps to fix it as soon as possible.
- Open your arms to change, but don't let go of your values.
- Read more; watch TV less.
- In disagreements with loved ones, deal with the current situation. Don't bring up the past.
- Share your knowledge. It's a way to achieve immortality.
- Be gentle with the earth.
- Remember: The best relationship is one where the love you have for each other is greater than the need you have for each other.
- Judge your success by what you had to give up to achieve it.

Please join us for a night with Steve and Debra Blahitka of Mass Mutual. They will be presenting information on long-term care insurance. Many families struggle with cost of care that their loved ones may need later in life, but long-term care insurance offers the most affordable solution and is an essential part of every family's financial plan. Specific topics include the cost of insurance versus the out-of-pocket cost, who should buy long term care insurance, designing the right policy for any budget and the right to buy long-term care insurance.

Please call Amanda Kocienski for more information or to R.S.V.P.

Course Highlight From the Elmcroft Family Portal

"Adding life to years, as well as years to life." Discover the benefits your loved one receives by participating in community activities and programming events. Consider the different types of activities offered as they relate to your loved one's interests, needs and hobbies. To check out this course, simply log in to the Family Portal, go to the **Course and Information Library**, click on **Tender Loving Care** and click on "Adding life to years, as well as years to life." While you're there, check out other information regarding your loved one's care.



Life Happens Here

Our Mission

Senior Care is dedicated to enriching the lives of the individuals who live and work with us by responding to their unique needs and universal desire for dignity and respect.

Staff Directory

Tina Rippy	RD
Flo Puckett	HCD
Amanda Kocienski	CRD
Elvin Cutler	DSD
Patricia Isenberg	MD
Nicci Little	BOC
Felice Shannon	RCC
Carol Offi	HLD
Tara Benson	HVL

The Word of the Month is

Kindness

Having a good or benevolent nature or disposition.

Desiring to do good for others and for the happiness of others.

Elmcroft is managed by Senior Care, Inc.

Comments and suggestions are always welcome.

To contact Kathy Winter, Regional Director of Operations, you may call 770-823-0683 or email kwinter@seniorcare-corp.com



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