



ELMCROFT OF LITTLE AVENUE

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



Helen Hilger

Resident Spotlight

Helen Hilger was born and grew up in New York City, the daughter of Phillip and Caroline Stiehler. Her father delivered milk for Borden's, first in a horse and buggy and later by

automobile. Her parents were very active in their Dutch Reformed Church, where Helen sang her first solo at the age of 3: "Silent Night" in German. She was a young woman during the Depression and World War II, but she was fortunate enough to audition and win a spot at Julliard College. She was a vocalist and learned to sing in a variety of languages, but she also learned to play piano. She met her husband, Tom, when he was a Navy man stationed in the Brooklyn shipyard. He was a native of southern Louisiana, so they made quite a pair. He grew up on country music, while Helen earned extra cash as a soloist singing classical and religious music. Helen learned to eat turnip greens and black-eyed peas, while Tom learned to love delicatessens and rare roast beef.

After their marriage, Helen and Tom lived on Long Island and later in New Jersey. Helen returned to school to earn a master's degree in teaching at Columbia University and spent most of her career in elementary school music education. She left behind a long legacy of choral concerts where she motivated her students to do amazing things. She and Tom retired to Columbus, North Carolina, where they lived on a beautiful plot of wooded land with a pond. Tom was a master gardener, and Helen sang in community choral groups and plays. One of her most memorable performances was as Grandma Zeitzl in "Fiddler on the Roof." She attended Tryon Presbyterian Church and was still singing church solos well into her 80s!

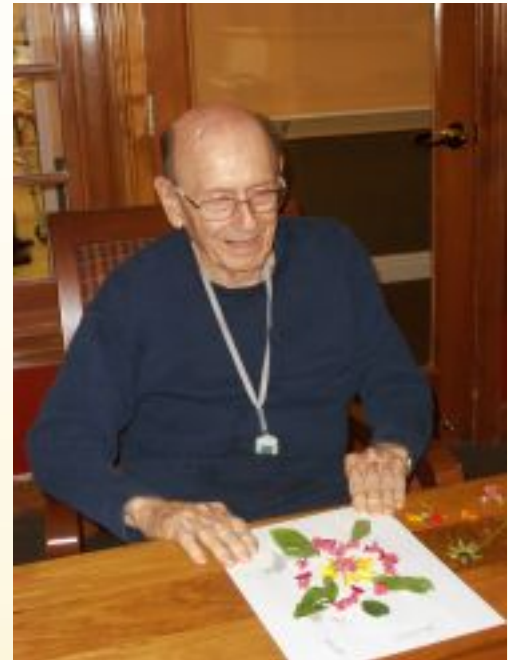
Helen has two daughters, Helene and Susan, who both live in Charlotte. She also has two grandsons, Adam and Michael Cann, who are 26 and 25 years old. Helen enjoys spending time with her family, singing with her family on long car rides, shopping for clothes and, of course, singing.



Rachel Jones celebrates with family.



Evelyn Barbee pressing flowers.



Joe Wheeler enjoying activities.

Employee Spotlight



Carroll Creger

Carroll was born in Roanoke, Virginia. She has also resided in Fort Walton Beach, Florida, as well as Columbia, South Carolina. Carroll moved with her mother to Charlotte, North Carolina, in 1995 to receive help from her two sisters in caring for their mother. Carroll has credentials as NC early childhood specialist and has worked as lead teacher at Calvary Church for the past fourteen years. She is very proud of her son, Jason, his soon to be wife, Sarah, and her granddaughter, Audrey. While Carroll enjoys reading, photography, loves animals and traveling, in 2010 God truly blessed her with a 10-day cruise to the Panama Canal with a dear friend. She also began working at Elmcroft that same year. She has found the staff to be loving and dedicated. "The residents here make me feel happy. I enjoy working here and giving back a little something to that great generation. I love them all. That is the legacy they gave to us."



Tina's Tidbits

Talking With Tina

Well ... summer came in with a blast! With all of the high temps that we've been having, please be sure to hydrate as much as possible. Just a reminder, we have ice water and cups available on the front porch for you and guests.

With the summer season in full swing, now is the time to think back about past summers, where you went on vacations with your family and friends, the sound of children's laughter, the smells and taste of the seasonal produce purchased at the local farmers' market, homemade ice cream churning on the back porch, lightning bugs being caught and most of all ... just spending time with friends and family on those summer nights.

So, while sitting in your room or on the front porch, just take a minute to relax and enjoy the moment!

Happy summer!
Tina



Korto gets into the Chinese-themed lunch!



Evelyn Barbee—how beautiful!



Reba enjoyed the Fourth of July BBQ!

Resident Birthdays

8-5	George Bauer
8-8	France Webb
8-8	Betty Turner
8-13	Ila McCorkle
8-22	Hazel Neal
8-23	Reba Glover
8-24	Hudson Ollife
8-26	Ann Booth
8-28	James King

Caregivers: Manage Your Time During an Unexpected Hospital Stay

Life doesn't stop just because an emergency pops up, which means you may never have the time to appropriately manage all your responsibilities. Pre-planning and effective delegating can help you manage the curveballs life throws your way, including a loved one's unexpected hospitalization.

Get organized. Preparing for a hospital stay before it becomes a reality will help you feel less overwhelmed and stressed.

Determine what paperwork you'll need and put it in one spot.

Designate your back-up hitter, the person who can fill in for you if other responsibilities keep you away. Make sure he or she knows where your paperwork is located, and provide a copy of important numbers, medications and other necessary information.

Meet with the players. If you can't be at the hospital as much as you would like, make the time you do have count. Try to schedule your visits during the attending physician's rounds so you can get answers from the source. Enlist the help of nurses and aides, and talk to the hospital social worker or case manager to determine how your loved one's visit will proceed and what you can do to make the process easier.

Delegate. Ask friends and family to visit your loved one as much as possible. Hospital stays can be both frightening and boring for patients. Having a loved one nearby makes it easier for everyone involved.

Summer Concert Survival Guide

Whether it's an all-day event or an evening under the stars, outdoor concerts draw millions of music lovers to see their favorite performers. Being prepared for the occasion will ensure an optimal summer concert experience, so follow these tips for a stress-free, toe-tappin' good time:

Know the rules. Find out beforehand if you can bring cameras, water bottles and other items into the concert site. Most venues post restricted items on their web site.

Dress for success. With lots of walking and being on your feet, wearing comfortable shoes should be a no-brainer. Also wear light-colored, breathable clothing during the day and sunglasses to prevent headaches. Bring a light jacket for cool nights.

Drink plenty of water. Most venues charge a pretty penny for bottled water, but it's essential to stay hydrated. Buy one and refill it for free at the drinking fountains.

Wear sunblock. Avoid getting scorched by the sun by wearing sunscreen and reapplying it several times throughout the day.

Stash some cash. Avoid long lines and high ATM fees by bringing enough money to the event.

Sing ... quietly. People paid to hear the professionals, not you.



Understanding the Challenging Behaviors of Alzheimer's

Loved ones with Alzheimer's disease can act in very challenging ways. The disease can make them suspicious and paranoid, or very agitated and combative. Other typical behaviors include pacing, repetitive motions and wandering or trying to escape even familiar places.

Such behaviors can tax even the most loving caregiver. How can you stop these behaviors before they start, or cope if they do start? Learn strategies at a free workshop from the Alzheimer's Association Western Carolina Chapter and Elmcroft Assisted Living. Look for your invitation in the mail.

Alzheimer's Association Support Groups

Our Alzheimer's Support Group offers support, comfort and guidance to anyone affected by the disease. Please note the time change!

Alzheimer's Support Group held every last Thursday of the month from 2 to 3 p.m.

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
Carol Noonan (interim)	HCD
Amanda Kocienski	CRD
Elvin Cutler	DSD
Patricia Isenberg	MD
Nicci Little	BOC
Felice Shannon	RCC
Carol Offi	HLD
Carol Offi (interim)	HVL

The Word of the Month is

Caring

Caring:

Be kind. Be compassionate and show you care.
Express gratitude. Forgive others. Help people in need.

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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