



ELMCROFT OF LITTLE AVENUE

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

Resident Spotlight



Richard Cummings

Richard was born March 7 in Brooklyn, NY. He attended a Catholic school, but went to work before graduating high school. He received a GED during his military service. Richard entered the Army Air Corp on Nov. 14, 1942. He was a tail gunner in a B-17.

He was transferred into infantry and was part of the Ardennes Offensive (Battle of the Bulge). Before being honorably discharged in December 1945, Richard served in Rhineland and central Europe earning numerous commendations including the Bronze Star and Purple Heart.

March 18 this year marked the 66th wedding anniversary for Richard and his wife, Elizabeth. They met and married while in the military. Elizabeth is also a military veteran. Richard retired in 1985 after 35 years of service as a bus driver and driving instructor for Greyhound Bus Lines. He made many trips from New York to Montreal. Richard was also very fond of his family dog, Abby.

Richard has four children: Michael, Peg, Patrick and Marie. He has five grandchildren and four great-grandchildren. He likes macaroni and cheese, gravy biscuits, pizza and an occasional beer. Richard also enjoys "The David Letterman Show."

At Elmcroft, Richard enjoys Men's Breakfast Club, mystery rides, lunch bunch and the musical talent of our monthly entertainer, David Domingo.

Ride on It

Iron ore miners took the first bus ride on Greyhound Lines, Inc., on May 21, 1914.

Sharing "Good Times" at Elmcroft



Millie loving the talent of William, "Mr. Harmonica"



"Best Dishes" from Sylvia and Tabitha



The Easter Bunny sharing a treat with Meredith

Wisdom Measured by the Year

May is Older Americans Month.

Employee Spotlight



Nicci Little

Introducing Nicci Little, our new BOC (Business Office Coordinator). Nicci comes to us from many places but was born and raised as a military brat on Andrews AFB, Maryland. Upon graduating high school she had an itch for traveling and has lived in Indiana, Alaska, Ontario, San Diego, Pittsburgh, and finally Charlotte. Charlotte is by far her favorite place and she has made Charlotte her permanent home as of November of 2006.

Nicci has one natural brother named Patrick, whom she is very proud of. He is currently serving the United States Air Force and is completing his third tour in Iraq. Two siblings could not be more opposite, but they are very close even as she is babysitting his puppy, Ariel, a sweet Basset Hound. In addition to her brother's pup, she is mommy to two cats, Stark and Loki; quite the mix, which helps her in her writing.

Welcome Nicci Little and Tina Rippy

Nicci continued ...

She is currently working on a historical fiction project but writes within several subject matters and genres.

In addition to writing large fiction pieces, Nicci's hobbies include botany, playing volleyball, studying history and literature, reading, performing arts and world travel. Not one to shrink from new ideas and experiences, she looks forward to sky diving and spelunking in the near future. Life is short and it should be lived to the fullest. Her motto is "Believe and not Doubt." As she gets more familiar with Elmcroft, you might expect to find pieces of magic which she gives out to remind us all of the simple things and childhood smiles.

Nicci enjoys meeting new people and would welcome a visit from you. She has put some of her photography up in her office for your enjoyment and is planning to change it periodically. She believes that she is fortunate in working with the wonderful staff and serving the residents as well as their beloved family members.

Happy Birthday

5/1 Elizabeth Edwards
5/24 Coach Harvey
5/27 Rita Atherton
5/31 Jack Edwards



Tina's Tidbit's

Thank you for the wonderful welcome and warm wishes extended to me since joining Elmcroft on March 30. It is a pleasure getting to know everyone, but a work in progress in learning all of the new names.

Many changes have taken place in assisted living over the past 20 years, but the most enjoyable aspect remains the closeness between residents and staff. I look forward to getting to know everyone better in the upcoming months.

May is Older Americans Month ... a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage of life. This special recognition is given with gratitude to the generations that have contributed so much unselfishly over the years to our society.

Sincerely,
Tina Rippy, RD



Joe Wheeler shows off his coin collection



May Is Arthritis Awareness Month

Americans with arthritis or chronic joint symptoms:

- 1985 - 35 million
- 1990 - 37.9 million
- 1998 - nearly 43 million (1 in 6 people)
- 2006 – 46 million (nearly 1 in 5 adults)
- Arthritis is one of the most prevalent chronic health problems and the nation's leading cause of disability among Americans over age 15.
- Costs to the U.S. economy totals \$128 billion annually.
- Arthritis affects people in all age groups including nearly 300,000 children.
- Baby boomers are now at prime risk. More than half those affected are under age 65.
- Arthritis strikes women more often than men.

Overall arthritis:

- Women - 24.3 million of the people with doctor-diagnosed arthritis
- Men - 17.1 million of the people with doctor-diagnosed arthritis

Some types of arthritis are:

- Osteoarthritis, a degenerative joint disease in which the cartilage that covers the ends of bones in the joint deteriorates, causing pain and loss of movement as bone begins to rub against bone. It is the most prevalent form of arthritis.

- Rheumatoid arthritis, an autoimmune disease in which the joint lining becomes inflamed as part of the body's immune system activity. Rheumatoid arthritis is one of the most serious and disabling types, affecting mostly women.
- Gout, which affects mostly men. It is usually the result of a defect in body chemistry. This painful condition most often attacks small joints, especially the big toe. Fortunately, gout almost always can be completely controlled with medication and changes in diet.
- Ankylosing spondylitis, a type of arthritis that affects the spine. As a result of inflammation, the bones of the spine grow together.
- Juvenile arthritis, a general term for all types of arthritis that occur in children. Children may develop juvenile rheumatoid arthritis or childhood forms of lupus, ankylosing spondylitis or other types of arthritis.
- Systemic lupus erythematosus (lupus), a serious disorder that can inflame and damage joints and other connective tissues throughout the body.
- Scleroderma, a disease of the body's connective tissue that causes a thickening and hardening of the skin.
- Fibromyalgia, in which widespread pain affects the muscles and attachments to the bone. It affects mostly women.

Elmcroft Health Fair

Thank you to all who sponsored the Health Fair on Wednesday, April 14.

Parkinson's Association
Alzheimer's Association
Partners in Care
Hospice and Palliative Care
Hearing Healthcare Center
The Neurological Institute
Pineville Rehabilitation & Living Center
Faith Prosthetic-Orthotic Services
The Law Offices of Jonathan S. Frank
Gentiva
Weston Group
APG Financial Services
Elmcroft Assisted Living

If you were not able to attend, but would like more information on any of these services, please contact Amanda Kocienski at akocienski@seniorcare-corp.com.



John Dalcher enjoying the Health Fair

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
Stephanie Powers Boyd	HCD
Amanda Kocienski	CRD
Elvin Cutler	DSD
Patricia Isenberg	MD
Nicci Little	BOC
Felice Shannon	RCC
Wendy Weaver	HLD
Angie Kiser	HVL



The Word of the Month is

Patience

Without complaint, loss of temper
or irritation.
Even-tempered care.
Diligence.

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



ELMCROFT OF LITTLE AVENUE

Assisted Living & Memory Care

7745 Little Avenue • Charlotte, NC 28226

Phone 704-541-9333 • www.elmcroftal.com