



ELMCROFT OF MARTINEZ

Assisted Living & Memory Care
515 The Pass • Martinez, GA 30907
Phone 706-855-6565 • www.ElmcroftAL.com



Doris Smith

Doris Smith was born in Pittsylvania County, Virginia, on April 12, 1923. When Doris was 16, she and her sister Margaret moved to Burlington, North Carolina, to live with their

aunt and to work in the cotton mills with Burlington Industries. Doris was working in the mill when she met Alvie Smith and fell in love. The two were married July 28, 1941, and bought their first house. About a year later, in 1942, they had their first child, a son named Rhonnie. Doris stopped working at the mill and became a very active mother. She played baseball with Rhonnie, made him uniforms and costumes for his activities and taught him to ride a bicycle. A very memorable time for the three of them is when Burlington Industries sent Alvie to Havana, Cuba, for six months to mentor the Cuban workers in a mill they had acquired. Doris and Rhonnie visited Alvie in Havana for several weeks and saw the sights of Cuba.

In 1951, Doris and Alvie sold their first house and moved to the country. The couple was now expecting their second child. Their daughter, Rhonda, was several weeks late and born after Doris had fallen on a grassy hill. Doris was so excited to have a little girl! She dressed her in many frilly outfits and made many of her clothes.

In 1955, Doris decided to return to work. She took a job working for Glen Raven Mills in Altamahaw folding hosiery. The mill was close to home and allowed Doris to spend more time with the children. This was extra beneficial since Rhonda was asthmatic and Doris had to spend much of her time ensuring Rhonda was always breathing properly. Doris also spent much of her time reading to her children, which enabled them to learn to appreciate books and become avid readers. Doris enjoyed playing paper dolls with Rhonda and attending Rhonnie's Little League football games. She supported and encouraged both her children to excel and to be the best that they could be. Rhonnie and Rhonda both have earned their master's degrees and have done exceptionally well in their chosen careers. They are also both married, each having two children.

Upon Doris' retirement in 1988, and Alvie's in 1989, the couple took many vacations to the Hawaiian Islands. They considered these trips the "ultimate getaway!" They continued these trips until Alvie was diagnosed with cancer in 1990. Doris was his principal nurse and took care of his needs during these difficult years until his passing in 2001. Doris became very lonely without him and decided to move to Elmcroft to be closer to Rhonda and her family. Since 2006, Doris has been a part of the Elmcroft family.



Word Nerd

Each of the following word combinations rhymes with a well-known phrase. For example, the paired words "fight and play" rhyme with the phrase "night and day." Can you guess the phrases?

1. the flowers that see
2. steak a peg
3. win where, won flat
4. turn the midflight soil
5. slot in the mark

(ANSWERS: 1. the powers that be; 2. break a leg; 3. been there, done that; 4. burn the midnight oil; 5. shot in the dark)



Sometimes the shopping comes to us! Ellen Raab, Joanne Way and Sue Tucker look for something special!



Nellie Budwick and Fannie Reese are always all smiles!



Nick Blanos enjoys his daily lunch in the dining room.



Just a few of our wonderful residents!

Dedication to Caregivers

This month's article is dedicated to *all* caregivers out there. This includes such a very wide range of people. Whether the loved one you are caring for lives alone, with you or in a home, or if you work for a facility or individual taking care of others, you are doing a tough and often thankless job.

The phrase "sandwich generation" has made its way into the media and into our homes. This phrase describes those individuals caught in between taking care of both their children and their parents. The majority of these people are also trying to balance a career and a marriage.

Carol Abaya categorized the different scenarios involved in being a part of the sandwich generation.

- Traditional: those sandwiched between aging parents who need care and/or help and their own children.
- Club Sandwich: those in their 50s or 60s sandwiched between aging parents, adult children and grandchildren, or those in their 30s and 40s, with young children, aging parents and grandparents.
- Open Faced: anyone else involved in elder care.

There are many agencies out there to help families and individuals going through this difficult time. To name a few, The Alzheimer's Association, the Senior Citizens' Council, and the Area Agency on Aging. Of course, talking to others in the same

situation can be a tremendous help in knowing you are not alone. Many of you reading this know that our own residence director, Becky Waller, struggles with this balance on a daily basis.

Thanks to all of you, especially our caregivers right here at Elmcroft, for being the wonderful people you are. Without you, many would not receive the daily care they require to live the fulfilling lives they so deserve.



Caribbean Night at Elmcroft

You **MUST R.S.V.P. by the 10th to join us for dinner for this month's Family Night!** If we don't receive your R.S.V.P. by this date, you can still join us at 6 p.m. for the festivities. More information to come. Hope to see you there!

Positive Thought

"We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have."

—Frederick Koenig

Activities for August

This month, we have many activities planned for our residents! We will be taking advantage of the fresh fruit available to us this year and make fruit tarts for all to enjoy. We will also have a poetry reading and tea party, and to keep us cool, make homemade strawberry ice cream! If you are a crafty person and like jewelry, you will love the clay-sculpted bead craft that is planned. Holley and our residents didn't forget about the many homeless animals out there, either. Our residents will be making special treats for those animals in need of homes and delivering them personally! As always, if you have an idea and want to host an activity, just let Holley know so she can put you on the calendar.



Spider-Man Debuts

On Aug. 1, 1962, a new hero joined the ranks of Marvel Comics' superhero pantheon. Peter Parker, an average teenager blessed with brains but not social savvy, was bitten by a radioactive spider, and the world met Spider-Man in *Amazing Fantasy #15*. Since then, Spider-Man has followed in the footsteps of other popular heroes and starred in cartoons, movies, novels and many other media.

A Sensible Suggestion

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind." —Dr. Seuss



Happy Birthday!!

1st Lloyd Calhoun
21st Barbara Duncan
28th Sheryl Stahman
31st Nancy Law

Welcome to Elmcroft!

Delores Jackson
Annie Roberson
Mary Louise Guthrie
Janet Morgan

Talk About It: Before A/C

Use this discussion topic to reminisce about your past. Talk with friends and learn how everyone's experiences were similar or different.

- The idea of circulating cool air through a building dates back to the Chinese Han Dynasty, in the 2nd century, but it was not until the 1940s and '50s that air-conditioning window units became widely available. Did your past homes have A/C?
- What did you do to stay cool during summer days? Swim? Sip lemonade in the shade?
- Willis Carrier developed the first commercial A/C system and convinced Paramount Pictures Corporation in the 1920s to install it in the Rivoli Theater on Times Square. This started the summer box-office boom, as thousands flocked to experience the cool-air comfort. Do you remember seeing a movie for the first time in an air-conditioned theater?



If you have visited us in the past month, you know that there are many changes taking place. Please excuse our mess as our transformation of Elmcroft begins. We are so excited as we watch, and wait, for our walls to change color, the countertops to shine and the floors beneath us come to life. There are new walls being built, and new pictures on the walls. Just about everywhere you look in the next few months, there will be some kind of change. Of course, with this change comes a lot of dust, some adjustments and a little disorganization. You may catch us being a little distracted from the hammering and moving around of furniture, etc. Through all of this, we know the outcome will more than outweigh some of the discomfort staff and residents may feel during this time. With all of that being said, we hope you are as excited as we are as we all go through this wonderful time of revitalizing this home. I know I can't wait to see the end results. So, if you haven't been here recently, be ready when you walk through those front doors. It's going to be amazing!

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 of Directors

Becky Waller

Residence Director

Brenda Garcia, LPN

Health Care Director

Jeremie Freck

Community Relations Director

Laura Brown

Business Office Coordinator

Shela Bentley

Heartland Village Leader

David Parham

Maintenance Director

Holley Howard

Healthy Lifestyles Director

Andrea Rickerson

Dining Service Director

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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