



ELMCROFT OF MARTINEZ

Assisted Living & Memory Care

515 The Pass • Martinez, GA 30907

Phone 706-855-6565 • www.ElmcroftAL.com

Our Residents Are Our Life

Instead of spotlighting one resident, this article is about all of our residents. All of us here at Elmcroft want you to know just how much you mean to us. We work here because caring for others is our passion. Although many of you think you are a burden to us when you ask for help, helping others is the reason for us being here. We often speak and write of our “Elmcroft Family,” and I wonder if people truly know what that means. Not only do you, our residents, become our family members, but your family members do as well. Everyone becomes an extension of our daily lives!

We all get to know you, what you like and dislike, where you are from, how you grew up, and many other details of your life. Getting to know you is something we all thoroughly enjoy. It makes us closer and helps us to understand you and your individual needs. In short, it is all about you, the resident. May this new year bring us all closer than ever. May it bring you good health and a happy life. Thank you for choosing to live with us and being part of our family.



Happy New Year

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.

Employee Spotlight

Thank You

The Employee Spotlight this month, as you can see, is a bit different. To start off the new year, we want to take the time to thank all of our caregivers for all they do for our residents.

Being a caregiver may not be a glamorous job, but the rewards can be more than worth the effort. For caregivers, at the end of the day your feet hurt, your back is achy, you're sweaty and, in a normal day, your patience has been tried. They come home and take care of their own family, cook dinner, get the kids off to school, do laundry, etc. and, hopefully, have time to sit back and reflect on the day. The relationships that are formed between resident and caregiver is a very special one. Caregivers enter the residents' lives in a very emotional and intimate way. They must have a way of making people comfortable with them in order to care for them. There must be a trust and a bond there in order for them to carry out the daily tasks of their jobs. In essence, they not only become a friend, but they become part of your family.

Thank you for all you do, for being hardworking, but especially for having such a huge caring heart. If it were not for our wonderful caregivers, there would be no Elmcroft!

Activities Last Month

Whew!

We hope you all had the opportunity to join us for the festivities last month. I think we can all breathe a bit easier now that the wonderful holiday whirlwind is complete. The holidays can be so busy with decorating, shopping and visiting family that we tend to not stop until January. We all stayed very busy here with making ornaments, sing alongs, tacky outfit day and icing cookies just to name a few. But just because the holidays are over doesn't mean we slow down at all here!

Many of you have noticed our "new ride" in our parking lot! We are all so excited about our brand new bus and showing it off riding around town. Remember to wave if you happen to see us out and about!



Family Night Feast prepared by our dining staff, Jim Caldwell (Dining Director) and Gloria Smith.



Mae Bancroft and Ellen Raab show off their tacky Christmas outfits.



Mary Wilson hopes to be most tacky!



Our brand new bus!!!!



Welcome to Elmcroft

Gene Coffey
Marvin Coursey

“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 type of activities offered as they are related to your loved one's interests, needs and hobbies. To check out this course, simply login 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.

Ice Cream Snowballs

Add a delicious twist to your next ice cream social. Scoop vanilla ice cream into balls and place on a cookie sheet lined with wax paper. Freeze for 10 minutes. Prepare bowls of different toppings, such as shredded coconut, candy sprinkles, chopped toffee or crushed ice cream cones or sandwich cookies. Roll each ball in desired topping. Serve immediately or refreeze.

Family Movie Night

With the cold weather and shorter days we tend to stay indoors much more. This is a great opportunity to sit down as a family and enjoy some popcorn and a movie in the comfort of your own home. So grab a blanket, snuggle up and enjoy your time together as a family!

The Secret to Resolution Success

According to research, only 46 percent of people who make resolutions actually keep them. What's the secret of that 46 percent? They make a plan, not a resolution. You can, too. Steps to help include:

Be as specific as possible. If your goal is to get fit, how will you do it? What days will you go to the gym? What classes will you take? How long will you work out?

Identify obstacles that might trip you up. Are you too hungry after work to head to the gym?

Develop ways to overcome your obstacles. If you're too hungry to go to the gym after work, pack a snack you can eat midafternoon that will make post-work exercise possible.

Be resilient. No one's perfect. You will miss a scheduled workout, or you'll eat that jelly donut. Don't let one slip derail your entire plan.

Get a cheering section. A little encouragement goes a long way.



Everyone enjoyed the entertainment by Fred Williams.



Nellie Budwick's dream came true when she went to the ice skating rink and watched the wonderful performers ice skate. Nellie loved to roller skate in her younger years and, recently while watching TV, fell in love with watching ice skaters perform. Thanks to her family and Second Wind Dreams, she was able to see them in person.

Thank you to everyone who came out for our festivities last month. There was a wonderful turnout and it appeared that a great time was had by all. I had a wonderful time chatting with family members and catching up on their lives. It was wonderful to see the residents respond with smiles as familiar faces came through our front door.

As we ring in the New Year, let us reflect on just how quickly the years go by and remember to enjoy every second of it. I wish that 2011 brings everyone happiness and good health. Happy New Year!

Friendship Advice

“The most I can do for my friend is simply be his friend.” — Henry David Thoreau

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

Jim Caldwell

Dining Service Director

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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