



ELMCROFT OF MARTINEZ

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



Lloyd and Mary Cree Calhoun

Lloyd and Mary Cree will celebrate their 64th wedding anniversary on the 8th of this month! If you ask them how the wedding proposal happened, Lloyd will giggle as Mary Cree rolls her eyes when they explain how they went together to pick out the ring and as it was

purchased, and was about to be put in a bag, Lloyd told her to just put it on, and *that* was the proposal! They have lived a very happy life together with their two daughters, Carolyn and Jane, and have four grandchildren. They spent most of their lives in Ohio. It was not until their house got to be “too much” for them that they decided to move to Georgia to be closer to family. Their daughter Jane lives in Augusta, while Carolyn resides in Chicago.

Mary Cree, or Cree as she prefers, was very active in the church and was an English teacher for 30 plus years. She had a huge influence on her students and is still in touch with many of them. The most fun, and closest students that her daughter Jane recalls, would be five members of the boys Varsity basketball team. Every time the boys would win a game, Cree would take Jane to buy candy bars for them and Cree would toss them to the boys when they were in her class and tell them “good job.” Jane remembers buying those candy bars all the time because they won so many games! She also remembers the doorbell ringing at night and there would be the basketball players who came by just to chat with Cree and Lloyd. What a special teacher and husband for students to want to visit them after school hours!!

Lloyd earned his living as a loan officer, but was involved in many other activities. Some activities included being a member of the Chamber of Commerce, volunteering for Meals on Wheels, he is a mason, and was a square dance caller! One of the many stories that Lloyd tells is the story



about when he was volunteering for Meals on Wheels and he was mistaken as a drug dealer when he delivered to a house that was under surveillance. He laughs about how he was questioned and almost arrested for delivering food to the elderly!

Together, Lloyd and Cree played golf just about every day together after their retirement. They lived at Washington Commons before residing here at Elmcroft. They are a very sweet couple and have 64+ years of tales to tell! If you ever get the chance to come visit them, make sure you have some time to listen to some wonderful stories. They are both fantastic story tellers, and it’s fun to try to figure out when Lloyd might be “embellishing” some of his stories! You can usually tell when you receive the “eye roll” from Cree. Of course, this makes the story telling all that more fun! We are so very happy to have this wonderful couple as part of our Elmcroft family!

“Laugh as much as you breathe,
and love as long as you live.”

—*Unknown*

Employee Spotlight



Mary Kate Fisher

It has been a pleasure working here at Elmcroft, and I have enjoyed meeting each of you and learning a little about your lives. I was born and raised in Augusta, GA. I am the daughter of two loving parents and sister to five siblings. I attended a Christian centered grade school and high school, to which I am grateful for the values I have learned from them. I am a recent graduate of Augusta State University, where I earned my bachelor's in the study of biology. I am currently applying to the Physician Assistant program at MCG, where I hope to exercise my love of people and love of medicine for many years. I discovered a joy in working with the elderly during my nursing assistant certification, and this desire has brought me to my home at Elmcroft.

Mary Kate

Mary Kate, we thank you for your kindness to the residents and for the hard work you do. We are so happy how quickly and easily you fit into this family.

Check Out Our Activities!

Polka Dots!

Our residents enjoyed the artistic talents of the Augusta Christian students when they filled our parlor to make personal hats during our polka dot hat making party! We wish we could put all the pictures in here because the hats were all so different and looked fabulous on everybody. Holley had to make more hats the next day for those that did not make it the first time!



Sue Jensen, Frances Normand, Betty Davis and Doris Smith model their hats for us.



Helen Oscar and Mary Wilson are so happy with their hats!



Mary Jane Juhasz poses with the creator of her hat.

June's Full Moon

On June 26, view the moon Algonquin tribes call the "Strawberry Moon" because the fruit is now ripe and ready to eat.

Bingo and Family Night

Care South is sponsoring this month's Super Bingo on the 25th. Refreshments will be served at 2:30 p.m. and Bingo will be from 3 to 4 p.m. Also, don't miss out on Family Night on the 15th at 6 p.m. More details to come.



The men, including Zig and Nick Blancos, paired up to make their creations!



Noodle Ball!



From the Nurse's Station

As the weather gets warmer, we tend to spend more time outdoors. While being outside and getting much needed fresh air, keep in mind that as we age our bodies react differently to temperature changes. Here are some tips to keep in mind this summer, especially with the elderly:

- Make sure to check medication precautions. Some medications can have dangerous side effects when a person is exposed to heat or sunshine.
- Drinking lots of extra fluids, especially water, is very important when spending time in the heat.
- Be sure to wear light weight, loose fitting clothing to help the body stay cool.

Be sure to watch for signs of heat exhaustion and heat stroke:

Signs of Heat Exhaustion

may be:

- Cool and moist skin
- Fast and weak pulse with fast and shallow breathing
- Feeling tired, weak, dizzy and possibly headache, nausea and fainting.

If heat exhaustion is suspected, be sure to drink plenty of liquids and cool the person down with a shower.

Signs of Heat Stroke may be:

- Very high body temperature with hot dry red skin, no sweat. Nausea, dizziness and confusion.
- Loss of consciousness

If heat stroke is suspected, 911 should be called immediately.



Happy Birthday

9th Harry Bartles
12th Mary Cree Calhoun
12th Ladine Beck

Blend a Smoothie Sensation

Beat the heat this summer with a cold, refreshing beverage that's good for you, too. WebMD offers a list of healthy ingredients to help you create your favorite concoction. Just pick a combination of the liquids and mix-ins from the list below, or use other nutritious items, and whirl them together in a blender for a sweet treat:

Liquids: orange juice, apple juice, yogurt, ice chips or water.

Mix-ins: bananas, grapes, strawberries, blueberries, oranges, raw or cooked veggies, papaya, apples, nuts, tofu or goat cheese.

Extras: powdered milk, honey or cocoa powder.



National Cancer Survivors Day

An estimated 12 million Americans are cancer "survivors"—those living with a history of cancer. Hundreds of communities around the world will unite on June 6 to show that life after a cancer diagnosis can be a reality.

"Do not worry about tomorrow; tomorrow will take care of itself."
—Matthew 6:34

I hope everyone is enjoying the start of summer. Many families are beginning the season with seaside or mountain vacations, ocean cruises and extended travel. I invite you to email me pictures from your vacations so I can share them with your family members. I will print out your letters and photos and give them to your family member. My email address is: rwaller@seniorcare-corp.com

We need your help in avoiding lost laundry. Many residents have clothes, sheets and other items that are not marked with their initials or names. The lack of identification sometimes causes these items to be misplaced. Please mark any items which can be laundered with identification of the resident. If you do find something missing, please stop at the front office and check with Laura. We have several pieces of jewelry and other assorted items that are in our Lost and Found that need to be reunited with their owners. Your assistance in identifying anything that belongs to your family would be greatly appreciated.



Get Back to Your Roots

Family History Day is June 14.

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

Responsible

Do what you are supposed to do.

Always do your best.

Be disciplined.

Think before you act; consider the consequences.

Be accountable for your choices.

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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