



## ELMCROFT OF MARTINEZ

*Assisted Living & Memory Care*  
515 The Pass • Martinez, GA 30907  
Phone 706-855-6565 • [www.ElmcroftAL.com](http://www.ElmcroftAL.com)

## Charles (Gene) Coffey



Gene was born in Bristol, VA, and is the oldest of three younger siblings. His parents owned a small grocery store in which all the children worked after school and during summers. Gene spent this time stocking shelves, cleaning the store and delivering groceries on his bike. His father also owned a small septic tank business and Gene helped out by digging holes for the septic tanks. After working for his parents' business all those years, Gene thought that college would be easy. He graduated from King College in Bristol and then received his doctorate in

chemistry from the University of North Carolina at Chapel Hill. He is a huge NC Tar Hill fan!

Upon graduating from UNC, Gene was employed by E.I. DuPont. The company sent him to the University of London for a year of postgraduate work and study. Gene worked in DuPont's research labs in New Jersey and Wilmington working with explosives for mines. This work took him to the mines in the West and Appalachians. He also worked with metal cladding and was sent to the U.S. Mint in Denver and later to Israel for their purchase of industrial diamonds. In 1981, Gene came to work at the Savannah River Plant as a manager of Analytical Chemistry in the laboratory. He then retired from DuPont and worked for Westinghouse at SRS. Before retiring in 1996, Gene was sent to Rocky Flats near Denver for two years.

Upon retirement, Gene and his wife, Pam, of 20 years moved to Atlanta to be closer to Hartsfield Airport for easier travel. Their travels included Thailand, The Sahara Desert, Croatia, Serbia, Bulgaria, Romania and Morocco, where they were remarried by the village elder! During these travels they rode elephants, kayaked, rode camels and had

## Happy Easter!



## Continued ...

tea in a tent with the family of nomad camel herders.

The couple also enjoyed their many cruises, including Alaska, the Mediterranean and around South America. Gene's favorite cruises are the European river cruises. He has been on the Rhine and Danube Rivers. While on the Danube cruise from Budapest to the Black Sea, the river was flooded and they ended up inland on buses. Gene was put in charge of bribing the boarder guards with cigarettes and Jack Daniels to let their bus go to the head of the line! The couple took their last river cruise in Paris in 2010. They spent the night on the ship docked on the Seine River watching the New Year's Eve fireworks over the Eiffel Tower.

Gene always enjoyed hiking and camping in the national parks in the west and along the Blue Ridge Parkway and Skyline Drive. He and Pam also hiked in Bavaria and in the Swiss Alps.

Some other hobbies Gene has enjoyed is cross-country skiing, snowshoeing and riding his bicycle.

# Employee Spotlight



## Judy Taylor Brown

Many of you may not see Judy too often because she normally works the night shift. She started with us not too long ago and has really showed initiative. She has worked very well with the staff, and the residents love her as much as she loves them. She has moved from a caregiver to a medical technician very quickly.

Judy says that nursing was always in her heart. She enjoys taking care of people and feels great joy in making people happy and seeing them smile. She feels that whatever the need is, she will contribute if she is able, because it is what she feels in her heart.

Judy grew up in Brooklyn, NY, with five siblings, and moved to Georgia in 1976. She is the single mother of five children, and has been blessed with three grandchildren. Some of Judy's hobbies include crochet, cooking, shopping, and she collects clowns and angels.

Judy lives by the motto: treat others the way you want to be treated. Thank you, Judy, for always bringing your heart to work!



## April Showers ...

### Word for April: Showers

This month's weather forecasts tend to include a lot of "showers." Defined by *www.M-W.com* as "a fall of rain of short duration," these springtime storms leave many of us singing, "Rain, rain, go away." However, because Mother Nature bombards us with downpours in April, she'll be "showering" us with May flowers in no time.



Activities Director Holley Howard shows us her Mardi Gras spirit.

### Interesting Dates:

- 1st April Fools' Day!
- 2nd Children's Book Day
- 4th The first home phone was installed
- 6th The North Pole was discovered in 1898
- 7th No Housework Day!! (My favorite!)
- 12th Space Shuttle Columbia First Launched, 1981
- 15th First McDonald's opened in 1955
- 16th Slavery Abolished in D.C., 1862
- 22nd Earth Day
- 26th Hug a Friend Day
- 28th Take Your Daughter to Work Day
- 29th Arbor Day

### Winners of the Mardi Gras Mask Contest!



Alice Conte



Phyllis Jackson



Mary Jo Peters



Ellen Raab, JoJo Way, and Mae Bancroft decorate masks to celebrate Mardi Gras.

## High-Tech Heart Tools

Imagine a device implanted in the chests of heart patients that could communicate directly with the doctor, informing her of any changes in the patient or the device. Sound like science fiction? It's not.

These new devices are being tested now, and researchers hope they will save lives, reduce medical expenses and nudge heart patients toward managing their symptoms much the way diabetics manage theirs. The devices spare patients from making frequent office visits, and doctors can learn immediately if the devices are malfunctioning or if patients' hearts are starting to fail.

Patients with these devices simply go near a small box that transmits data, such as weight and blood pressure, from the device to their doctor. If there are any problems, the machine alerts the doctor. Doctors say it's like having an office visit every day and a complete physical every week.

So far these devices have had several positive outcomes: Patients live longer, spend less time in the hospital and have a reduction in medical expenses.



Janie Martin, Frances Dennis and Flo Sujanski enjoy the help while decorating cupcakes.

## Happy Birthday!!

1st	Betty Davis
1st	Alice Conte
2nd	Mary Wilson
11th	Rose Soltis
11th	Adella Hooverkamp
12th	Doris Smith
17th	Janet Morgan
27th	Annette Cyrus
28th	Ellen Raab



Try this recipe!!

## Mandarin Orange, Gorgonzola & Almond Delight

- 1/2 cup blanched slivered almonds
- 1 (11 ounce) can mandarin oranges, juice reserved
- 2 tablespoons vegetable oil
- 2 tablespoons red wine vinegar
- 12 ounces mixed salad greens
- 1 cup Gorgonzola cheese

Heat a skillet over medium-high heat. Add almonds, stirring frequently, until lightly toasted. Remove from heat and set aside. In a small bowl, whisk together 2 tablespoons reserved mandarin orange juice, oil, and vinegar. In a large salad bowl, toss together the toasted almonds, mandarin oranges, mixed salad greens, and Gorgonzola cheese. Just before serving, pour dressing on salad and toss to coat.



## Please Welcome Our New Residents:

Lewis Poppell  
John Godfrey  
Gunnar Bergquist  
Dorothy Whiting



## Spring Has Sprung!

Spring is finally here, and that means warmer weather, and warmer weather calls for a wardrobe change. Please remember when changing out the fall/winter clothes to initial or write the name of your loved one inside the clothing with a permanent marker. This especially helps when we have names inside sweaters and jackets, as those tend to be taken off in common areas and often left behind.

Please also keep in mind that if you do not want your loved one to receive the mail, it is *your* responsibility to come in and pick it up on a weekly basis. It might be easier for you to do an address change and call the businesses in which the mail is being sent and have them send it directly to you. The mail tends to pile up in the office when it is not picked up. After a week, it will be delivered to the family member or put in their room.



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### *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.

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](mailto:kwinter@seniorcare-corp.com)

#### **Staff of Directors**

Becky Waller  
*Residence Director*  
Brenda Garcia, LPN  
*Health Care Director*  
Jeremie Freck  
*Community Relations Director*  
Laura Brown  
*Business Office Coordinator*  
David Parham  
*Maintenance Director*  
Holley Howard  
*Healthy Lifestyles Director*  
Jim Caldwell  
*Dining Service Director*

#### **Trustworthy**

Be honest.  
Don't deceive, cheat or steal.  
Be reliable; do what you say  
you'll do.  
Have the courage to do the  
right thing.  
Build a good reputation.  
Be loyal; stand by your family,  
friends and country.

#### **Super Food: Admire Asparagus**

With its long, slender stalks and stately crowns, asparagus looks important. Nutritionally it's no slouch, either. Asparagus is an excellent source of folate, which is essential for cardiovascular health. It's also a natural diuretic and a good source of inulin, a fiber that promotes the growth of gut-friendly bacteria. Lightly steam asparagus, roast it or make room for it on the grill.