



## ELMCROFT OF MARTINEZ

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

## *Anna Barbara Cheesborough Duncan*



Ms. Duncan was born on Aug. 21, and raised on Third Street (Olde Town) right here in Augusta. She attended Houghton Grammar School and graduated from Tubman High School. Both Barbara and her sister took dance classes during their school years, which was very uncommon. Upon graduation, Barbara went to work as an office secretary for Serta Mattress Company, then for Augusta Arsenal in the

secretarial pool. During WWII, the Arsenal closed down and Barbara found work at Augusta's Oliver General Army Hospital on wards 40 and 41, as an office secretary. Shortly after, she was promoted to the Surgical Ward in the large main building.

Barbara Duncan was married in 1946. The couple's first son was born in 1947 and she decided to stay at home and care for her child. She had another son in 1953, and her daughter was born in 1956. After spending much time at home raising her children, Barbara decided to go back to work.

Ms. Duncan found work at Ft. Gordon as a secretary/stenographer. She did not immediately work for the Second Star General, but he was so impressed with her that he requested her every time his personal secretary was not available. After retiring from this position, she worked for a U.S. government contractor for a while, performing identical tasks.

Years later, Ms. Duncan decided she needed a change. She left the secretarial field and obtained her real estate license, working for Crowell and Company as well as Sherman and Hemstreet. After a few years in the real estate business, Barbara worked for an architecture firm and soon after that was working for Southern Welcome Company as a greeter to new residents of Columbia County. She found she loved this work and she eventually purchased the company from the Augusta Chronicle.

## *Continued ...*

Barbara Duncan officially retired in 1990, but her many interests kept her very busy. She always enjoyed dancing, flower arranging, and gardening, winning the Exchange Club Fair's Award for creativity in floral arrangement. She was also president of her Neighborhood Garden Club. Barbara took painting lessons at Gertrude Herbert Institute of Art, creating many beautiful watercolors and acrylic still life scenes. She has her favorites hanging in her room, while her daughter has kept many hung at her home.

Barbara was a member of Good Shepherd Episcopal Church through her life. This is where she was christened and confirmed, and she later married at St. Paul's Episcopal Church in Augusta.

Being a mother of three, a grandmother of eight, and a great-grandmother of five doesn't stop Barbara from always looking her best, being so nicely dressed always complete with accessories. And you can never take her secretarial skills away. She also helped in writing this article! We are so happy to have her here as part of our family!



# Employee Spotlight



## Robinstein (Hollie) Borum

Hollie was born and raised right here in Augusta. When she is not working, she enjoys spending her time with her 11-year-old daughter, Felicia.

Hollie joined our family in the beginning of this year, and it didn't take her long before fitting right into the family. She has proved herself to be a hard, dedicated caregiver. The passion and care she has for our residents is evident in her work and her happy disposition and can be seen in the smile on her face.

Thank you, Hollie, for always bringing your heart to work!

## Fast and Frozen

Celebrate National Frozen Food Month in March and make dinner easy tonight with a frozen pizza and ice cream.



# Our March Madness

## Welcome to Ireland!

As we continue our "cruise," we will be visiting Ireland this month as our "Port Of Call." This will consist of many crafts based on the country of Ireland, and of course St. Patrick's Day! We will celebrate with a special themed lunch and encourage people to wear lots of green! If Ireland is your or a relative's homeland and you have something interesting to share, please let Holley know and she can set up a show and tell. This will also encourage others to talk about different countries they may be from or may have visited.

## Irish Blessing

May your blessings outnumber  
The shamrocks that grow,  
And may trouble avoid you  
Wherever you go.

## Health Fair

Elmcroft will hold a Health Care Fair on Friday the 18th from 10 a.m. to 2 p.m. There will be multiple health screenings and wellness information for those attending. We will have blood sugar testing, blood pressure testing, balance tests, information on advance directives, and ideas on how to maintain a healthy brain. We will also have information on our own Vitality Club and how you can get involved. Without the following sponsors, this event would not be possible: The Alzheimer's Association, United Hospice, CareSouth, Bright Star, and Gentiva Home Health.

## SUPER BINGO

It's Super Bingo time again! Call your friends and have them call their friends! The donation is \$1 a card. Light refreshments will be served at 2:30 p.m. and Super Bingo will be played from 3-4 p.m. Come see old friends, meet new people, and win great prizes! Hope to see you there!

## Happy St. Patrick's Day!

This is the month when everyone seems to have a bit o' the Irish in him or her. On March 17, wear your green, watch a parade and impress your friends and family with the truth about these common Irish myths (or blarney):

- *Myth:* "St. Patrick drove the snakes out of Ireland." *Truth:* The Emerald Isle probably never had snakes thanks to the Ice Age.
- *Myth:* "Leprechauns are cute little sprites." *Truth:* According to Irish legend, they're bad-tempered creatures who perform treacherous deceptions to keep people away from their gold.
- *Myth:* "The national symbol of Ireland is the shamrock." *Truth:* It's really the Celtic harp.
- *Myth:* "Corned beef and cabbage is a favorite St. Patrick's Day dish in Ireland." *Truth:* It's actually an American creation.



## Happy Birthday

24th Bill Strickland  
28th Francis Dennis  
30th Joyce Leavitt

## Welcome to Elmcroft

Barbara Clark

## Exercising Safely With Osteoporosis

Protecting your fragile bones by putting them under stress may seem contradictory. But when practiced safely and carefully, stressing your bones through weight-bearing exercises is one of the best ways to help minimize the damage osteoporosis can cause.

That doesn't mean you can literally run out and start exercising. Because your bones are fragile, you'll need a fitness routine that protects your bones while building them up. Your routine will vary depending on what stage of the disease you're in, so be sure to talk with your doctor.

Exercises that target the back and chest can be especially beneficial. Because osteoporosis increases the likelihood of stress fractures in the spine, strong upper body muscles can help support your spine and preserve your posture. Tai chi and yoga, which are both weight-bearing and flexibility exercises, can also help you maintain good posture. Talk with your doctor before starting a yoga class, as some of the postures can be risky for someone with advanced osteoporosis.



Vada Madray begins shaping her marzipan into a Valentine treat.



Sue Tucker, Mary Wilson, and Sue Jensen had fun creating an edible masterpiece!



Francis Dennis shows off her skills with marzipan, while Sadie Bentley works on her edible work of art.

## Increased Daylight and Safety

Unless you live in Arizona or Hawaii, daylight saving time will resume the second Sunday in March. This is a good time to replace smoke alarm batteries and heating/cooling unit filters.

## Join the Club! The Vitality Club!

At Elmcroft, we believe lifestyle has everything to do with health; therefore, we create an environment that encourages and supports healthy living while honoring and respecting each individual. The Vitality Club wellness program focuses on six areas of life: physical, social, cognitive, emotional, spiritual and leisure. Each month we will experience various "Ports of Call," incorporating cultural activities and the culinary delights of exotic locations around the world. Life happens here, so join the Vitality Club, one of the many ways Elmcroft makes a difference in the lives of our residents.

## Parking Under the Portico

We are so lucky to have a portico to pick up and drop off our residents, especially when it's raining! Please remember to be courteous and move your car immediately after picking up or dropping off your loved one. We need to keep that area free for bus outings, other family members, and especially in case of emergencies. We appreciate your attention in this matter.

## Positive Thought

"The sun does not shine for a few trees and flowers, but for the wide world's joy." —Henry Ward Beecher



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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*

Shela Bentley

*Heartland Village Leader*

David Parham

*Maintenance Director*

Holley Howard

*Healthy Lifestyles Director*

Jim Caldwell

*Dining Service Director*

#### **Self-Control**

An exercise of inner strength and sound judgment.

Controlling emotions, such as anger, rage, resentment, self-pity, negative attitudes, and bitterness.