



ELMCROFT OF MARTINEZ

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



Kathleen McLeod Roberson

Kathleen was born on Nov. 11, 1929, to Mary Dawkins and James Wilson McLeod in Sumter County, South Carolina. She was the sixth child of nine siblings and the fifth daughter

of seven. Kathleen was raised on a country farm and her family was always very close. Kathleen was also a wonderful student and she graduated valedictorian of her class. After high school, she attended business classes and worked as a secretary for Berkley County School System until her retirement in 1994.

In March of 1957, Kathleen married Ercell Roberson at her family church in Sumter. The couple then moved to Hendersonville, North Carolina, and had a daughter, Pamela Jeanne, on May 25, 1960. Faith has always been and continues to be an essential part of who she is. She has always been a church member serving in numerous capacities, teaching children's Sunday school, Girls in Action, singing in the choir and participating in a Women's Missionary Union Circle. Mostly, however, Kathleen devoted herself to the nurturing and growth of her daughter, Pam. Pam is most grateful for the Christian nurture she provided from infancy to the present. Although not perfect by any means, her faith has always been genuine and therefore, her witness effective.

Kathleen was also a loving stepmother to Ercell's daughters, Belinda and Debbie. Belinda was a juvenile diabetic and had many health issues. Kathleen was such a faithful caregiver and friend that Belinda once told her sister, Pam, that Kathleen was her best friend.

Kathleen sacrificed for her family and enabled her daughter, Pam, to get a fine education. In 1982, Pam felt called to be a two-year missionary. Kathleen and Ercell supported Pam all the way to visiting her for two weeks in June of 1983, traveling to Jordan and the West Bank of Israel. In June, Kathleen and Pam traveled to Scotland, spending a week traveling in the highlands and visiting the Island of Skye, and the Castle Dunvegan,

the home of her Scottish ancestors, the McLeods. They spent time in Paris, with Pam's husband, Allen, joining them, and went up the Eiffel Tower and, insanely, walked all the way down! Both Pam and Kathleen cherish the memories of the beautiful sights and experiencing new cultures together as mother and daughter.

Two years later, Kathleen was diagnosed with a milder form of Parkinson's disease. Kathleen has bravely faced this challenge and continues to do so.

In June of 1997, Kathleen moved to Martinez to live with Pam and her family. Her grandchildren, Callan and Laurel Kathleen, were thrilled to have their "Granny" with them full time. In October of 2008, however, Kathleen fell and broke her hip. This is when the family felt she needed more round-the-clock care, due to her limited mobility.

Today, Kathleen has enjoyed living at Elmcroft since December of 2008. She loves her caregivers and thinks of them as family. She has made precious friends, especially at her dining table, and continues to love reading, music, and now enjoys watching TV, thanks to closed captioning! She still has a strong faith, spending much time in Bible study and prayer. Kathleen recently lost her husband, Ercell, of 53 years. She cherishes the life and blessings they had. Pam feels she is very privileged to be able to call Kathleen "Mom." She is truly one of the sweetest people you will ever meet!

Employee Spotlight

Harriet Lomax

Harriet was born in Philadelphia to the late Frances and Henry Williams. In the late '60s, Harriet, along with her three brothers and two sisters, moved to Plum Branch, South Carolina. It was here where she met one of her classmate's brothers and fell in love.

Harriet and her husband had two sons, Detrick and Demetric, and one daughter, Shanice. Harriet thoroughly enjoyed being a mother and sharing with them the first day of kindergarten through celebrating each of their high school graduations. Harriet is now also a very proud grandmother. Her grandson, Zayden, is 2 years old.

Harriet attends and is a very active member of Antioch Baptist Church in Saluda, SC. She volunteers for many of the church's functions, like being an usher, serving on the Christmas program committee and being on the Paster Aids Ministry.

Harriet was inspired to carry on with caregiving while taking care of her sick mother. She now loves working here at Elmcroft and enjoys the staff members she works with, and especially the wonderful residents she has come to know.

Thank you, Harriet, for being so positive and always bringing your heart to work!



Our Captain's Kickoff Party!



Columbia County Chamber of Commerce Ribbon-Cutting Ceremony



Our kickoff party sponsors: Kevin with Care South, Dawn with United Hospice and Roy with Rescare



Volunteers Dawn, Pam and Ida from United Hospice came to decorate for our party.



Visitors from the community celebrate!



Local artist, Richard Worth, paints a live art portrait.



Residents enjoy refreshments on the "cruise ship."

Living Life

Thank you to everyone who came to celebrate with us. We are very proud of Elmcroft, and we love our residents and their family members as our own. When we have visitors who come to meet and visit with our staff and residents, we know they will leave here with a smile on their faces.

Another big thank you to our volunteers and sponsors who spend so much time with our residents and enjoy life here just as much as we do. We couldn't do it all without you.



Happy Birthday!

- 1st Betty Alley
- 1st Florence Sujansky
- 11th Dolores Jackson
- 18th Phyllis Jackson
- 30th Helen Oscar

October Happenings

This month, we have a few different events going on here at Elmcroft. First of all, we invite you to donate items to our Yard Sale, and be sure to attend to find goodies of your own. The Yard Sale will be held on Saturday, Oct. 2, and all proceeds will go to the Memory Walk for Alzheimer's disease. It's not too late to sign up and/or donate for this event! Please contact Jeremie Freck at (706) 855-6565 for any assistance you may need in this process.

Get your Halloween costume ready! The Young Professionals of Augusta (YPA) will be hosting a Halloween Super Bingo Party on Oct. 28 from 6 to 7:30 p.m. There will be fun, food and prizes, so be sure to mark it on your calendar!

Our Family Night will be held on the 19th of this month beginning at 6 p.m. More info on this event will be coming soon.

Glad You Are Here!

Please help us welcome these new residents to our Elmcroft family!

- Al Hirshoren
- Ann Ward
- Roy Delamotte

Does a Strong Body Equal a Strong Mind?

Researchers continue to seek concrete ways to diagnose Alzheimer's disease, and a group associated with the Rush Alzheimer's Disease Center in Chicago recently added another possibility to the list.

The researchers were interested in determining the link between muscle strength and the risk of developing Alzheimer's disease. They studied 970 men and women with an average age of 80. Participants completed a battery of cognitive tests at the beginning of the study, and researchers also measured the strength of nine muscle groups in the participants' arms and legs, as well as their breathing muscles. By the end of the study, which lasted an average of 3.5 years, 138 individuals had developed Alzheimer's disease.

The researchers found that those individuals who were in the top 10 percent in terms of muscle strength were 61 percent less likely than the weakest 10 percent to develop Alzheimer's disease. They also noted that the stronger individuals experienced slower mental decline than their weaker counterparts. (The complete study was published in the November 2009 issue of the Archives of Neurology.)

While intriguing, the study's findings don't necessarily mean that pumping iron has a protective effect on mental health. Rather, these results may mean that Alzheimer's affects the body, as well as the brain, although to a lesser extent.

From Becky's Desk



Our Fountain of Youth

Elmcroft's Support Center, Senior Care, challenged the residence directors to get back to their childhood with a theme called "Sandbox Wisdom." The challenge was to get the management team together and do something fun to help reach into and find your inner child, when life was more simple, and more fun. Then, they were to implement these findings into how we interact with the staff and the residents alike. I must say, this trip to the fountain was a great release. How often do adults get all dressed up to go play in a water fountain? Of course, had we been doing this as children, we would have probably been in trouble! This experience taught all of us that, as adults, we need to learn to take life a little *less* seriously sometimes. We need to let go and have some silly fun, and make sure we show those around us to do the same.

In our busy lives these days we often don't have the time to *not* sweat the small stuff, or just to take time to have fun. That is what made this such a challenge ... It was to MAKE the time.

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

Fairness

Play by the rules.

Take turns and share.

Be open-minded; listen to others.

Don't take advantage of others.

Don't blame 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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