



## ELMCROFT OF MARTINEZ

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



### *Michael Bogart*

Michael Bogart was born in Poland on March 29, 1925. He came to the United States as a teenager to live with his aunt and uncle. He worked for Mrs. Smith's Pie Company as soon as he was able to work. He later joined the U.S.

Army. While in the military, he was trained as a medic and nursing assistant, as well as a massage therapist. Throughout his military career, he received numerous honors, medals and awards. Among these was the Silver Star for gallantry in combat. He is also a Korean and Vietnam War veteran. After serving his country for 25 years, he retired from the Army.

Michael's need and desire to care and serve others didn't stop upon his retirement though. He decided to go back to work as a nursing assistant at St. Joseph Hospital. After four more years of dedicating his life to others in this position, his back problems grew too great, and he was forced to retire permanently in 1980.

Michael shared 48 wonderful years with his wife, Eva, until her passing in 2003. Together they have two children, Peter, who lives in Evans, GA, and Ursula, who lives in West Palm Beach, FL. He also has two stepsons, Uwe, who lives in Pennsylvania, and Horst, who lives in Germany. Michael also has four grandsons, Mark, Brian, Kyle and Eric, and has one great-grandson, Thomas.

If you are ever visiting Elmcroft and have some time, you may want to have a chat with Mr. Bogart. He is easy to listen to with his Polish accent and has some very interesting stories to share. We are happy to have him as part of our family!



### *Raise Some Awareness: World Alzheimer's Day*

Some facts about the disease:

- As many as 5.3 million people in the United States are living with Alzheimer's.
- Alzheimer's and dementia triple health care costs for Americans 65 and older.
- Every 70 seconds, someone develops Alzheimer's.
- Alzheimer's costs more than \$148 billion each year to Medicare, Medicaid and businesses.

The Alzheimer's Association is the leading voluntary health organization providing support to families facing Alzheimer's and funding research that will get us closer to a cure.

For more information, visit [www.ALZ.org](http://www.ALZ.org).

### *Sign Up for Team Elmcroft!*

Join our Memory Walk and/or make a donation on our website at [www.alz.org/memorywalk/](http://www.alz.org/memorywalk/). When you get to the website, click on "sign up," agree to the terms and search for Elmcroft Assisted Living and Memory Care. When you get to our web page, you can make a donation or sign up to join us in the walk! This event will take place Nov. 6 at The Augusta Commons, with registration starting at 9 a.m. and the 3-mile walk beginning at 10. For more information, please contact Jeremie Freck at 706-855-6565. We hope to see you there!

## Becky's Desk



Flu season is upon us. We will be sending out flu vaccination paperwork for you to authorize and return to us. If you do not receive one, or misplace it, be sure to give us a call so we can resend it to you. To make things a little easier on you, Elmcroft will provide the opportunity for your loved one to receive the flu vaccination without having to leave home. You may opt to go to your general physician for this instead, which is fine also. We do highly recommend that each resident receives this vaccine, however, so we can keep our home as free from the flu as possible.

Elmcroft should be completely renovated by now! This was not an easy procedure, and I want to thank everyone for your patience during this process.

### Positive Philosophy

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”—Margaret Mead

## National Assisted Living Week

“Living Life and Setting Sail with Elmcroft” is our theme for Assisted Living Week this month. Our residents will set sail on Monday the 12th at 2 p.m. with our Captain’s Kickoff Party! The Columbia County Chamber of Commerce will be here for a ribbon-cutting ceremony with a reception to follow. We will have a “blessing of the ship” and a suitcase relay before we start our weeklong journey. On Tuesday, we will port in Germany. The residents will partake in genuine German foods provided by Villa Europa and the Augsburg House. The evening meal will also be authentic German food made by our very own dining staff. The evening will end with the German Friendship Dancers at 6 p.m. On Wednesday, we will have an ice cream social and after lunch, enjoy an art show with the artists from the Columbia County Art Guild. Thursday, La Bonbonniere will be here for a demonstration in chocolate making and then, of course, we get to sample the results! The ship would not be complete without a casino, so get your lucky rabbit’s foot out and place your bets. Our cruise will end Friday in the Hawaiian Islands. Residents will dance to the limbo and enjoy a Hawaiian dinner with our evening luau! This is all just a sample of the activities planned for our cruise. A big THANK YOU goes out to our sponsors, Care South, ResCare and United Hospice for making this week possible.



As part of our new Vitality Club, staff gets more involved with the residents. Andrea demonstrates how to make bananas Foster.



Caregiver Dominique brings in music from her church to entertain the residents.



Sydney White and Adella Hoverkamp make fried green tomatoes.



Betty Alley and Mary Louise Guthrie enjoy homemade fruit tarts.



## StoryCorps Memory Loss Initiative: Preserving Your Loved One's Memories

One of the wonderful perks about working at Elmcroft is meeting new residents. It is so fascinating to hear about so many diverse backgrounds, and what people have overcome to make them who they are today. The sharing of life is a truly amazing experience. Unfortunately, as we age, so do our memories.

StoryCorps is a national organization whose mission is “to honor and celebrate one another’s lives through listening.” In 2006, it launched the Memory Loss Initiative, which focuses on individuals who suffer from Alzheimer’s disease or similar dementias. As part of the initiative, family members can conduct an interview that provides a recording of the Alzheimer’s sufferer’s memories and histories before they’re lost to the disease.

StoryCorps has several permanent and semi-permanent locations. They’ve also incorporated the use of MobileBooths—buses equipped with professional recording equipment that travel around the country to collect oral histories. Interested individuals can also sign up to rent a StoryKit—recording equipment and instructions that arrive via mail, if the MobileBooths and permanent locations aren’t convenient.

If creating an oral history with your loved one sounds interesting, you can learn more at [www.StoryCorps.org](http://www.StoryCorps.org).



## Happy Birthday!

12th Mary Jane Juhasz  
12th Ginger Albertin  
17th Joyce Toole  
18th Maude Pinson  
25th Mae Bancroft  
27th Shirley Dunlap  
28th William Ross

## Welcome, New Residents!

Charles Greer  
Charlotte Lane  
William Strickland



## Create a Story: Fill-in-the-Blank

Ask friends to provide nouns (*n.*), verbs (*v.*), adverbs (*adv.*) and adjectives (*adj.*) to fill in the blanks below. Then read the story out loud for an outlandishly funny tale. (PL = plural; PT = past tense.)

The music sounded as if it was straight out of the (*n.*) \_\_\_\_\_ era. No wonder my son began to (*v.*) \_\_\_\_\_ when he heard it and said, “This is so (*adj.*) \_\_\_\_\_.” I decided to take off my (*n.*) \_\_\_\_\_ and started to (*v.*) \_\_\_\_\_. In an instant, my son (*v., PT*) \_\_\_\_\_. My favorite group, the (*n., pl.*) \_\_\_\_\_, sang next, so I (*adv.*) \_\_\_\_\_ jumped up and began to (*v.*) \_\_\_\_\_. My son (*v., PT*) \_\_\_\_\_ as fast as a (*n.*) \_\_\_\_\_. I fell to my (*n.*) \_\_\_\_\_ and (*v., PT*) \_\_\_\_\_.

Mr. Lloyd Calhoun loves baseball! For his dream, he was going to go to a baseball game. Unfortunately, due to illness and heat, he was not able to make it out there. But everything turned out all right because the team came to him!



Lloyd Calhoun’s dream comes true with players from the Augusta Greenjackets baseball team.



Mary Cree Calhoun poses with Greenjackets players and mascot.



Charlotte Lane and other residents get some one-on-one time with the Greenjackets.

## 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

## Respect

Treat others with respect; follow the "Golden Rule."

Be tolerant of differences.

Use good manners, not bad language.

Be considerate of the feelings of others.

Don't threaten, hit or hurt anyone.

Deal peacefully with anger, insults and disagreements.

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)



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