

ERCC planning National Skilled Nursing Care Week Celebration

ELKINS — Elkins Rehabilitation & Care Center’s staff members strive every day to provide complete compassionate care to all of its residents, and the facility will celebrate this mission during National Skilled Nursing Care Week.

The annual nationwide celebration of skilled nursing facilities will run from May 12-18. This year’s theme is “Living Soulfully” where skilled nursing centers showcase how they achieve happy minds and healthy bodies.

“ERCC takes our residents’ care very seriously,” ERCC Administrator Tara Shaver noted. “We focus on everything from their physical needs to their emotional well-being.”

Shaver added that ERCC provides the gamut of care including physical therapy, occupational therapy and speech therapy, which are available to ages pediatric through geriatric and on an in-patient as well as outpatient basis. Specialized care services are also available that include the Memory Care unit for those who suffer from memory debilitating diseases.

ERCC strives to keep their residents active and engaged. They hold numerous activities including book club meetings, scavenger hunts, Bible study classes and ice cream socials.

Feature performances and activities by the Old Brick Playhouse, an educational arts program, provide engagement and creative outlets to the residents. The members of Old Brick Playhouse travel to ERCC

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**ERCC Administrator
Tara Shaver**

twice weekly to offer a variety of programs from slapstick comedy routines to puppet shows.

“We want to keep our residents engaged and we want them to have a good time while they’re here,” Shaver added. “We know that happy people are healthier and we work every day to make sure our residents are both happy and healthy.”

Events from the ERCC celebration in 2018 included an Antique Car Show, a visit from the WVU Mountaineer, and an Elvis Concert. More great events are planned for 2019.

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Submitted photo

From left are ERCC resident Ira Vandevender, Missy Armentrout McCollam and Jacob Currence from The Old Brick Playhouse, ERCC resident Ron Vandevender, and Katie Varchetto from Old Brick.



General Overview

- 111-Bed Facility
- 24-Hour Skilled Nursing Care
- Short- & Long-Term Care
- Rehabilitation & Specialized Services
- Private & Semi-Private Accommodations
- Private Pay & Private Insurance Accepted
- Medicare & Medicaid Certified
- VA Patients Accepted
- Post-Acute & Post-Surgery Care
- IV Therapy
- Wound Care

Rehabilitation Unit

- 15 Private Rooms
- Skilled Nursing Care
- Private Living Room
- Private Dining Area
- Internet Cafe
- State-of-the-Art Gymnasium / 3000+ sq ft

Reflections at ERCC

- 20-Bed Unit
- Memory Loss Patient Care
- Fully-Secured & Self-Contained Unit
- Private Living Room
- Private Activity/Dining Room
- Screened-in Porch
- Enclosed Outdoor Courtyard
- Staff with Specialized Training
- Specialized Activities & Programs

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Submitted photos

From left are ERCC resident Hubert Evans and West Virginia University Mountaineer Trevor Kiess.

Facilities around the nation observe National Skilled Nursing Care Week. It was created in 1967 by the American Health Care Association.

ERCC is a 111-bed, non-profit, short and long-term skilled and intermediate care

and rehabilitation facility located in Elkins. A wide range of care and rehabilitation services is provided at the facility by more than 150 full-time and part-time employees.

For more information go to <http://www.ercb.biz>.



Pictured are Elvis impersonator Jack Evans, from Clarksburg, and several ERCC residents.



SILVER SNEAKERS, Silver & Fit and AARP MEMBERSHIPS AVAILABLE AT THE Y

Some health insurance providers offer membership benefits. Those who qualify have access to all of the benefits & amenities included with Y membership, including free classes. The Y offers many classes for all fitness levels that may interest older active adult:

- BOOM
- H2O WATER AEROBICS
- SENIOR STRETCH
- CIRCUIT & STABILITY
- MORNING AEROBICS
- TAI CHI
- GENTLE YOGA
- SENIOR SWIM TIMES
- PICKLE BALL

Classes are open to all regular Y members, health insurance program participants. Non-members who would like to participate pay \$7.50 per class.

Visit www.elkinsymca.com for information on classes at the Y or call our membership services staff at 304-636-4515.



YMCA offering pickle ball for seniors

ELKINS — The Elkins-Randolph County YMCA's new pickle ball league is currently having open pickle ball court in the gymnasium five days a week.

Officials have some paddles and balls, but players are encouraged to bring their own. The schedule is Monday, Tuesday and Thursday from 9 a.m. to 11 a.m. and Wednesday and Friday from 11:30 a.m.-1:30 p.m.

One of the reasons adults like pickleball is because the court is small enough that you don't need to move much to hit the ball, especially if you're playing doubles. The game encourages players to socialize. There's none of the frustration factor that accompanies sports like golf — it's designed to be carefree and fun.

Other reasons for the game's

popularity are because it can lower the risk of heart disease; it can cut the risk of depression; players can get hooked on exercise; players can socialize more and feel less lonely; and it may help seniors stay independent longer.

The YMCA is also offering professionally led clinics, featuring pro Sarah Gnegy. A Beginners Clinic will be open to all levels. The cost will be \$25. Training will include rules, paddle strokes, court positioning and non-volley zone.

An Intermediate Clinic will be open to levels 2.5 and above. The cost will be \$45. Training will include serving/returning, third shot drop, introducing strategies and shot selection.

For more information, call the YMCA at 304-636-4515.