



NEWSLETTER

January 2020

Elkins Rehabilitation & Care Center

HAPPY NEW YEAR

Resident's Birthdays in January



Cary Beasley Ruth Brinker
Jessica Daniels Violet Himes
Joann Malcomb Kenneth Mallow
Allen McCollam Ludie Queen
Sylvia Riggleman Patricia Zirkle

New Employees for December

Cody Cawthon, RN
Alivia Gainer, GPN
Lauren "Casey" Herron, GPN
Harley Stevens, GPN
Mary Wamsley, CNA
Brandi Ward, Dietary
Lisa Williams, GPN

Welcome to ERCC!!

December is a happy time of year for ERCC residents and staff. We had carolers come to sing to the residents, an angel tree, bake/craft sell, door decorations, and ugly sweater day. Visitors and staff were in a joyous mood for the holidays. We want to wish everyone a very Happy and Prosperous New Year for 2020.

The facility had a contest of door decorations for the Christmas holiday. The winners were given an Award Certificate and also pizza of their choice with soda. The residents and staff enjoyed participating, watching and seeing the door decorations. The old Brick Playhouse Folks were the judges and determined the following to be the winners.



First Place

Grinch Stole the Good List

This display was located in the Skilled Rehab area after entrance. It was completed by Diana Smith, RN, MDSC and Janelle Pina-Bennett, Billing Specialist.



Photos courtesy: Grace Roy

Second Place

Old Fashion Christmas

This display was located in the Restorative Room on the Mountain Village Side and was completed by Nora McSpaden, CNA and Kim Cutright, CNA

(Shower Team).



Photos Courtesy:
Grace Roy



Photo courtesy---Donna Jones



Photo Courtesy: Grace Roy

Third Place

Reindeer Rehab

This display was located in the Woodland Meadows Nursing area and was completed by nursing staff employed on that unit.



Honorable Mention

Mountain Village

This display was located on Mountain Village Nursing area and was completed By nursing staff employed on that unit.



Photo courtesy: Grace Roy



CHRISTMAS SURPRISE

Linda Zimmer and Toby surprised ERCC with a Christmas visit on Dec. 17. Linda was formerly ERCC's Expressive Arts Therapist and Toby was our Therapy Dog. Both were decked out with the Christmas Spirit.

Photo Courteous: Grace Roy

UGLY SWEATER CONTEST

ERCC Resident Council President, Stanley Gould chose the winner of the ugly Sweater Contest held on Friday, Dec. 20. Winners were given a gift card to Applebee's.

First Place- Brenda Romine, IT Specialist

Second Place- Justin Thompson, OTA

Third Place-Diana Smith, RN, MDSC



Brenda

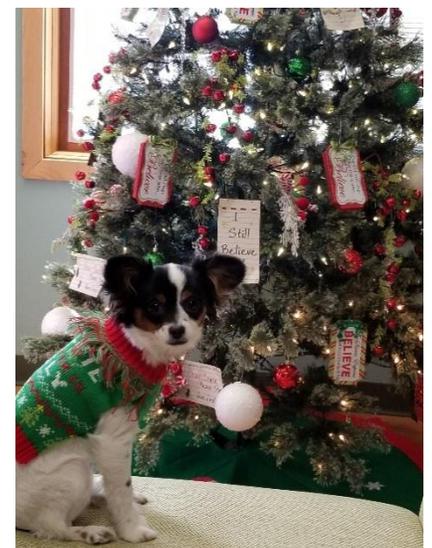
Justin

Diana

"Two great minds thinking alike"



Autumn Shank, DON and Tara Shaver, Administrator



Molly

MORE UGLY SWEATERS



CNA unavailable for the group picture.



Kristen White CNA

15TH ANNUAL CHRISTMAS CANDLELIGHT SERVICE DECEMBER 19



The First United Methodist Church of Elkins performed a Candle Light Service for our residents on Thursday, December 19 at 7PM. Several residents, family members and faculty members were in attendance for the service. Included in the Service was ERCC Chaplain, Rev. Basil A. Hensley. Susan Seders was the Music Director. The Chancel Choir with Scott Green, pianist performed as well as the Praise Team which included, Susan Seder, Piano, Linda Patterson, synthesizer, Gary Crawford, guitar, Scott Green, bass guitar, Sam Urban, percussion. The vocalists included Syl Fretwell, Kathy Houser, Donna Jones, Susan Seder, and Kim Urban.



RESIDENTS CHRISTMAS CRAFT SHOW -- DECEMBER 11

The residents had a box lunch sale along with crafts/ornaments and applesauce they had made. Below are several pictures of items that were for sale. The sale was considered a success and was well received by staff and visitors. The money earned will be used wisely for purchases made for and by the Residents' Council. We thank everyone that participated and purchased items. It is much appreciated.

We also have some of the apple-butter for sale in the gift shop. Come in and browse around.





PRICE LIST

| | |
|---|--------|
| Apple Butter | \$6.00 |
| Earrings | \$2.00 |
| Hand Made Ornaments | \$1.00 |
| Personalized Ornaments | \$5.00 |
| Solar Yard Items & Birdhouses | \$5.00 |
| Christmas Signs | \$2.00 |
| Truck Set | \$2.00 |
| Beanie Babies | \$2.00 |
| Baked Goods - Jar Cakes | \$3.00 |
| Chocolate Pretzels | \$1.00 |
| Trail Mix | \$2.00 |
| Box Lunch - 2 Hot dogs, Mac Salad, Chips & Cookie | \$5.00 |
| Nachos w/ Cheese or Chili | \$3.00 |
| (Both -) | \$3.50 |

FYI --Please find included an insert with this news-letter for Safety Alert.

SAFETY ALERT



Winter Slip & Fall Hazards



Be Intentional and Proactive in Preventing Injuries

Slips and falls account for 300,000 serious injuries and 20,000 deaths a year. In many cases, these accidents are the result of lack of preparedness.

Winter hazards are more common in the Northern States, where people may more likely be prepared. In the Southern States, people are less prepared or familiar with how to adjust to the icy and snowy conditions, and there is more likely to be a slip/fall injury.

Regardless of the geography of your location, with winter approaching once again, it is important for you and your workers to be aware of slip and fall prevention strategies:

What Can You Do?

- ☑ **Prepare your premises** prior to the normal opening time – before the majority of employees report to work. Be sure to clear ice and snow from driveways, walkways, and sidewalks. Salt high traffic areas if you think ice may form. If there are especially icy spots, place a sign to warn others of the hazard.
- ☑ **Appoint a winter preparedness committee**, to oversee and be accountable for managing ice and snow hazards, with the goal of preventing slips and falls.
- ☑ **Wear the proper footwear.** Although it may not be glamorous to wear a pair of boots, it will give you traction, not to mention keep your feet warm. If you want to wear heels or other kinds of shoes, simply carry an extra pair with you to change in to.
- ☑ **Better safe than sorry.** If you think you are approaching a particularly slick area of snow or ice, don't be afraid to explore the area with your toe to see how slippery it is before you put your full weight on the area.
- ☑ **Don't carry large loads** while walking on snow or ice - you are asking for trouble! If you do carry a load on an icy walk and feel yourself falling, toss your load so that you can break your fall with your arms.
- ☑ **Take small careful steps** instead of large ones. When getting out of a vehicle, step, don't jump. When possible, use handrails, handles - anything that will help you keep your balance. Never run.
- ☑ Although your hands might be cold, **don't put your hands in your pockets** when you are navigating wintry stretches. If you slip, you will need your arms to restore balance. If you fall, your arms will help you to break your fall and land safely.
- ☑ **Help your older friends** and relatives where there may be snow and ice hazards. Slips and falls can be extremely dangerous for seniors. If you are older, don't shy away from asking others for a helping hand.



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SA-004 (11/2018)

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comp**

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SA-004

syracuse.com

How to shovel snow without having a heart attack

snowshoveling.jpg

(Kate Collins | kcollins@syracuse.com)

James T. Mulder | jmulder@syracuse.com By **James T. Mulder** | jmulder@syracuse.com

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on December 10, 2014 at 11:33 AM, updated December 10, 2014 at 2:06 PM

Syracuse, N.Y. -- Snow shoveling can cause heart attacks, especially when the snow is heavy and wet.

Dr. Bob Carhart, a cardiologist at Upstate University Hospital, says people shoveling snow should take frequent breaks, consider using a smaller shovel and wear a scarf over the nose and mouth so they are not breathing in cold air.

Most people don't realize how much exertion is involved in snow shoveling, according to Carhart.

"When you put wet snow on a shovel, it doesn't look like a lot," he said. "But when you go to lift it it's a lot heavier than you anticipated."

Cold air causes the blood vessels in the chest to constrict and increase blood pressure, he said. The strain of snow shoveling can compound that situation and trigger a heart attack, he said.

People who have serious heart disease or are recovering from heart surgery should avoid shoveling.

Carhart and the American Heart Association offered these tips on how to shovel safely.

Don't eat a heavy meal before shoveling. After a meal, the heart has to do more work to pump blood to the gastrointestinal tract to help with digestion. Shoveling immediately after a meal puts an extra load on the heart.

Use a small shovel. Most snow shovels are wide and designed to hold a lot of snow. A smaller shovel is easier to lift especially when snow is wet. Carhart tells his patients to get a child's shovel and attach a longer handle to it.

Take plenty of breaks. If you are tired, short of breath or feel like you are straining, stop. "Recognize that you won't get it all done in one fell swoop," Carhart said.

Don't drink booze before or after shoveling. Alcohol can increase a person's sensation of warmth and cause them to underestimate the extra strain their body is under in the cold.

Dress appropriately. Wear layers of warm clothing, a hat and a scarf over your mouth and nose.

Call 911 if you develop heart attack symptoms. Here are signs that you may be having a heart attack:

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest discomfort.

Other symptoms. Breaking out in a cold sweat, nausea or lightheadedness.

Contact James T. Mulder anytime: **Email** | **Twitter** | 315-470-2245

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**SAFETY
ALERT**

Winter is Coming!!!

Make sure your vehicle AND your driving habits are ready



Information
from U.S.
DOT/FHA

- * Over 70% of the nation's roads are located in snowy regions, which receive more than 5 inches (or 13 cm) average snowfall annually.
- * Snow and ice reduce pavement friction and vehicle maneuverability, causing slower speeds, reduced highway capacity, and increased crash risk.
- * Heavy snow and sleet can also reduce visibility. Lanes and roads are obstructed by snow accumulation, which reduces capacity and increases travel time delay.
- * Each year, on average, there are:
 - * Over 1,300 people killed and more than 116,000 are injured in vehicle crashes on snowy, slushy or icy pavement.
 - * 24% of weather-related vehicle crashes occur on snowy, slushy or icy pavement and 15% happen during snowfall or sleet.

To protect yourself and others during the winter season, here are some key areas to remember:

Driver

- Slow down/Reduce speed as higher speeds can cause a skid and/or loss of vehicle control.
- Increase following distance between you and other vehicles.
- Avoid aggressive driving.
- No texting or use of cellphone. No distractions!
- Beware of black ice.
- Use sunglasses to reduce sunlight glares.
- Avoid driving in conditions beyond your capability.

Vehicle

Ensure your vehicle is in top condition for winter weather. Make sure:

- Snow tires are used (when required).
- Windshield wipers are in good condition and wiper fluid is topped off and used when needed.
- Emergency supplies (ice scraper, shovel, blanket, flashlight and warning devices, etc.) are available and used when needed.
- Make sure brakes are in working order and vehicle is properly tuned-up.



TAKE YOUR TIME - Nothing is more important than arriving safely!

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