



NEWSLETTER

February 2023

Elkins Rehabilitation & Care Center

January Employee of the Month



**Shania
Cogar,
C.N. A.**

Residents'
Council
has
chosen
Shania
Cogar,
C. N.A. as
January
employee
of the

month. She lives in Mill Creek with her son Easton. He turned four years old on January 30. She is the daughter of Julia Cogar of Clarksburg, WV and Larry Cogar of Pickens, WV. She is a 2019 graduate of Tygart Valley High School and currently in a relationship with Phillip Wegman. She has been an employee of ERCC for approximately two years and received her C. N. A. certificate after attending classes at the facility. Her hobbies includes crocheting and spending time with her son. When you see Shania, be sure to congratulate her.



BIRTHDAYS THIS MONTH

Josephine Barton

Rebecca Coberly

Leona Daniels

James Kyle

Leonard Luoma

Theresa Markle

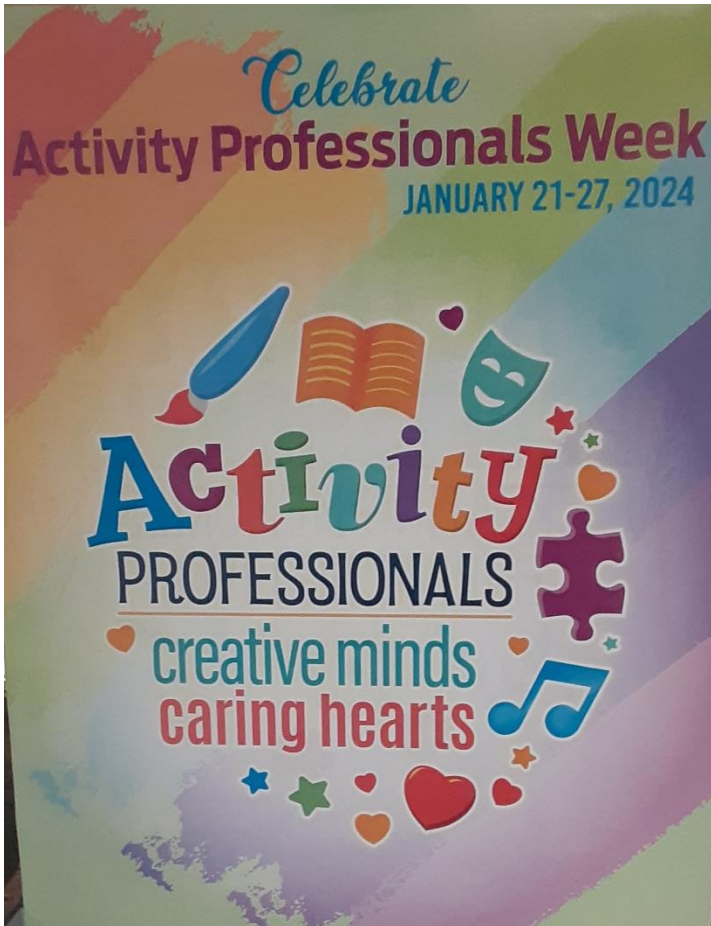
Lillian Mick

Roger Rhodes

Jessie Somers

The planned Monthly Birthday party will be in the Dining Room at 2:00 PM on February 28.

Activity Professional Week



The Residents Council provided luncheon from Subway for the Activity Department on Tuesday, January 23 in observance of Activity Week. Gifts of Tote bags and cups were given to the staff. A luncheon was provided on Wednesday along with Pizza Luncheon on Thursday from Donna Jones. Activity Director. We appreciate the members of the Activity Staff, which includes Donna Jones/Director, Lindsay Arbogast/ Act. Aide Kelsey Armstrong/Act. Aide, Angela Hinchman/Act. Aide, Crissy Lambert/Act. Aide, Robert Messer/Act. Aide, Kim Phillips/Act. Aide and Crystal Scott/Act. Aide. Thank you for all you do!

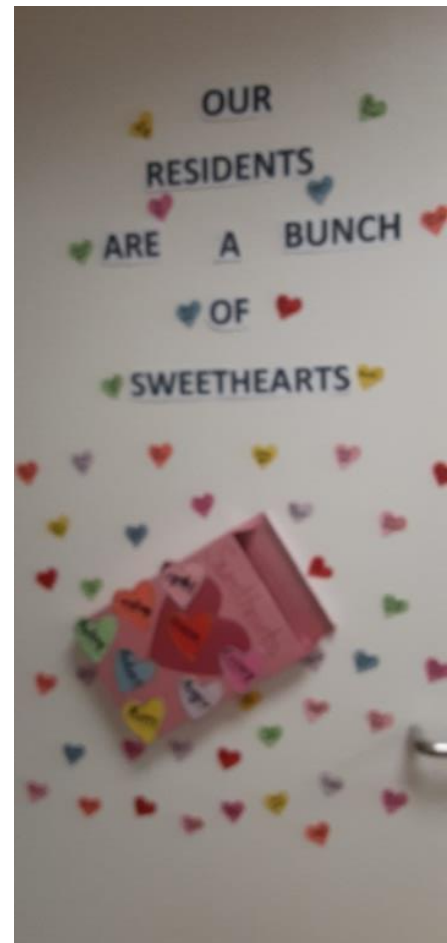
NEWLY ELECTED OFFICERS FOR RESIDENT COUNCIL

PRESIDENT: Stanley Gould

VICE PRESIDENT: Sue Ann Carlson

DELEGATES: Kenneth Simpson---Mountain Village

Kenneth Simpson---Woodland Village





Vote for your favorite Valentine's Day

King & Queen



Deadline for voting is.

Monday

February 12, 2024

Ballots can be done at the switchboard!

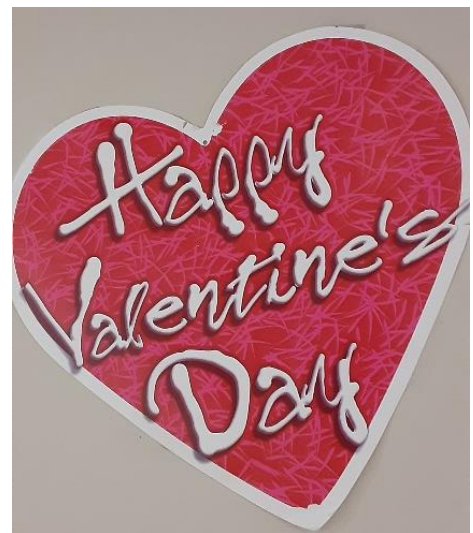


Dear family members:

We are limited on space in each room and we are asking family members to remove any leftover Christmas decorations (they were all very pretty) and clear out some items in closets. If the closets are too full, the clothing does not look presentable. We greatly appreciate your help in this matter. Thank you!



On Friday, February 2, crowds will gather in Punxsutawney, Pennsylvania to see what weather prediction will be from "Phil the Ground Hog. Will he see his shadow?? We will soon find out.



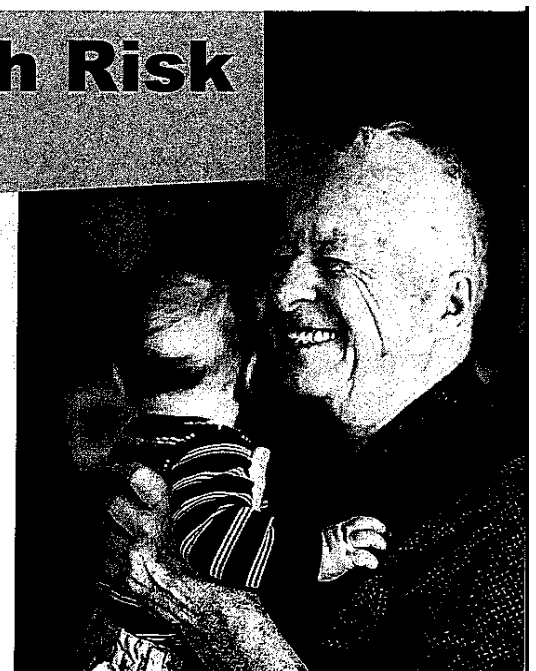
Older Adults Are at High Risk for Severe RSV Illness

Respiratory Syncytial Virus, or **RSV**, is a common virus that affects the lungs and breathing

../ **RSV vaccine is available to adults 60 and over**

../ **It can PROTECT against severe illness**

../ **Talk to your doctor to see if vaccination is right for you**



RSV can be dangerous for older adults

Adults who are 60 years or older are at highest risk, especially:

- Adults who have chronic heart or lung disease
- Adults who have weakened immune systems

RSV can lead to serious conditions

- Pneumonia (infection of the lungs)
- Hospitalization
- More severe symptoms for people with chronic obstructive pulmonary disease (COPD)
- More severe symptoms for people with congestive heart failure

Everyday preventive measures help protect against respiratory viruses

- Wash hands often
- Cover coughs and sneezes
- Avoid close contact with sick people
- Clean frequently touched surfaces
- Avoid touching your face with unwashed hands
- Stay home when sick

EACH YEAR RSV

**causes serious
illness in older adults**

60,000--160,000

hospitalizations

6,000-10,000 deaths



www.cdc.gov/rsv



Vaccines and Preventable Diseases Home

RSV Vaccination for Older Adults 60 Years of Age and Over

What types of RSV vaccines are there?

There are two RSV vaccines licensed by the U.S. Food and Drug Administration for use in adults 60 and older in the United States:

- RSVPreF3 (Arexvy)
- RSVpreF (Abrysvo)

Both vaccines contain a part of the RSV virus. Both vaccines work by causing an immune response that can protect you from respiratory disease if you are infected with RSV in the future.

Who should talk to their healthcare provider about RSV vaccination?

Adults 60 years and older should talk with their health care provider about whether RSV vaccination is right for them. There is no maximum age for getting RSV vaccination. RSV vaccine is given as a single dose.

If you're 60 or older, your health care provider might recommend RSV vaccination for you, especially if you have a weakened immune system from illness (e.g., leukemia or HIV infection) or from medications (e.g., treatment for cancer or organ transplant), if you have chronic medical conditions such as heart or lung disease, or if you live in a nursing home. If any of those apply to you, you might be at higher risk of severe RSV disease and an RSV vaccine could help prevent serious illness.

Even if you had RSV infection in the past, RSV vaccination can help prevent future respiratory disease from RSV. There is no specific length of time that you need to wait after having RSV infection before you can receive an RSV vaccine, but generally, if you have a moderate or severe illness, you should wait until you recover before receiving an RSV vaccine. If you have a minor illness, such as a cold, you can get an RSV vaccine.

Who should not get RSV vaccination?

You should not get the RSV vaccine Arexvy if you've ever had a severe allergic reaction to any component of Arexvy. Information about Arexvy can be found in the manufacturer's package insert.

You should not get the RSV vaccine Abrysvo if you've ever had a severe allergic reaction to any component of Abrysvo. Information about Abrysvo can be found in the manufacturer's package insert.

How well do these vaccines work?

One dose of RSV vaccine provides protection against RSV disease in adults ages 60 years and older for at least two winter seasons, when RSV normally circulates.

In adults ages 60 years and older with healthy immune systems, one dose of the RSV vaccine Arexv'y was 83% effective in preventing lung infections (like pneumonia) due to RSV during the first RSV season after vaccination. During the second RSV season after vaccination, one dose of Arexv'y was still 56% effective against lung infections.

- In adults ages 60 years and older with healthy immune systems, one dose of the RSV vaccine Abrysvo was 89% effective in preventing lung infections (like pneumonia) due to RSV during the first RSV season after vaccination. Based on early results from the second RSV season in a large study of how well the vaccine works, Abrysvo continues to provide protection, but the second season is ongoing and final results have not yet been released.

What are the possible side effects?

Side effects such as pain, redness, and swelling where the shot is given, fatigue, fever, headache, nausea, diarrhea, and muscle or joint pain are possible after RSV vaccination. These side effects are usually mild. Patients who have experienced these symptoms when getting other vaccines might be more likely to experience them after RSV vaccination.

A small number of participants in clinical trials developed serious neurologic conditions, including Guillain-Barre syndrome (GBS), after RSV vaccination. GBS is a rare condition in which your immune system attacks your nerves, causing symptoms such as weakness. However, given the small number, it is unclear whether the vaccine caused these events, or whether they occurred due to chance.

If you experience side effects from RSV vaccination, you should report them to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider might file this report, or you can do it yourself through the VAERS website, or by calling 1-800-822-7967.

If you have any questions about side effects from RSV vaccination, talk with your health care provider.

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When should I get an RSV vaccine?

For the 2023-24 RSV season, if you are 60 years or older and your health care provider recommends RSV vaccination for you, **you should get an RSV vaccine as soon as it is available in your community, before the number of cases of RSV start to increase**, which is usually in the fall and winter. Early vaccination will ensure you are protected by the time RSV begins to circulate in your community. During the 2021-22 and 2022-23 RSV seasons, the number of cases began increasing as early as July in parts of the United States, so it may be difficult to predict when it will start in 2023.

Do I need a prescription for an RSV vaccine?

See CDC's [Where to find vaccines for information on prescriptions for vaccines](#).

How do I pay for RSV vaccination?

See CDC's [How to Pay for Vaccines](#)

References

Melgar M, Britton A, Roper LE, et al. Use of Respiratory Syncytial Virus Vaccines in Older Adults: Recommendations of the Advisory Committee on Immunization Practices - United States, 2023. MMWR Morb Mortal Wkly Rep 2023;72:793-801. DOI: <http://dx.doi.org/10.15585/mmwr.mm7229a4>['j

Last Reviewed: August 30, 2023

RSV (Respiratory Syncytial Virus) Vaccine: *What You Need to Know*

Many vaccine information statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1. Why get vaccinated?

RSV vaccine can prevent lower respiratory tract disease caused by respiratory syncytial virus (RSV). RSV is a common respiratory virus that usually causes mild, cold-like symptoms.

RSV can cause illness in people of all ages but may be especially serious for infants and older adults.

- Infants up to 12 months of age (especially those 6 months and younger) and children who were born prematurely, or who have chronic lung or heart disease or a weakened immune system, are at increased risk of severe RSV disease.
- Adults at highest risk for severe RSV disease include older adults, adults with chronic medical conditions such as heart or lung disease, weakened immune systems, or certain other underlying medical conditions, or who live in nursing homes or long-term care facilities.

RSV spreads through direct contact with the virus, such as droplets from another person's cough or sneeze contacting your eyes, nose, or mouth. It can also be spread by touching a surface that has the virus on it, like a doorknob, and then touching your face before washing your hands.

Symptoms of RSV infection may include runny nose, decrease in appetite, coughing, sneezing, fever, or wheezing. In very young infants, symptoms of RSV may also include irritability (fussiness), decreased activity, or apnea (pauses in breathing for more than 10 seconds).

Most people recover in a week or two, but RSV can be serious, resulting in shortness of breath and low oxygen levels. RSV can cause bronchiolitis (inflammation of the small airways in the lung) and pneumonia (infection of the lungs). RSV can sometimes lead to worsening of other medical conditions such as asthma, chronic obstructive

pulmonary disease (a chronic disease of the lungs that makes it hard to breathe), or congestive heart failure (when the heart can't pump enough blood and oxygen throughout the body).

Older adults and infants who get very sick from RSV may need to be hospitalized. Some may even die.

2. RSV vaccine

CDC recommends **adults 60 years of age and older** have the option to receive a single dose of RSV vaccine, based on discussions between the patient and their health care provider.

There are two options for protection of infants against RSV: maternal vaccine for the pregnant person and preventive antibodies given to the baby. Only one of these options is needed for most babies to be protected. CDC recommends a single dose of RSV vaccine for pregnant people from week 32 through week 36 of pregnancy for the prevention of RSV disease in infants under 6 months of age. This vaccine is recommended to be given from September through January for most of the United States. However, in some locations (the territories, Hawaii, Alaska, and parts of Florida), the timing of vaccination may vary as RSV circulating in these locations differs from the timing of the RSV season in the rest of the U.S.

RSV vaccine may be given at the same time as other vaccines.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

3. Talk with your health care provider

Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of RSV vaccine**, or has any **severe, life-threatening allergies**

In some cases, your health care provider may decide to postpone RSV vaccination until a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting RSV vaccine.

Your health care provider can give you more information.

4. Risks of a vaccine reaction

- Pain, redness, and swelling where the shot is given, fatigue (feeling tired), fever, headache, nausea, diarrhea, and muscle or joint pain can happen after RSV vaccination.

Serious neurologic conditions, including Guillain-Barre syndrome (GBS), have been reported after RSV vaccination in clinical trials of older adults. It is unclear whether the vaccine caused these events.

Preterm birth and high blood pressure during pregnancy, including pre-eclampsia, have been reported among pregnant people who received RSV vaccine during clinical trials. It is unclear whether these events were caused by the vaccine.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5. What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff members do not give medical advice.*

6. How can I learn more?

- Ask your health care provider.
- Call your local or state health department.
- Visit the website of the Food and Drug Administration (FDA) for vaccine package inserts and additional information at www.fda.gov/vaccines-blood-biologics/vaccines
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)** or
 - Visit CDC's website at www.cdc.gov/vaccines.

This insert was included for education regarding adults 60 and older. If you have any questions, please call ERCC at 304-636-1391 and ask for Kelly Channell, RN/DSD/IP or Tara Shaver, RN/ NHA