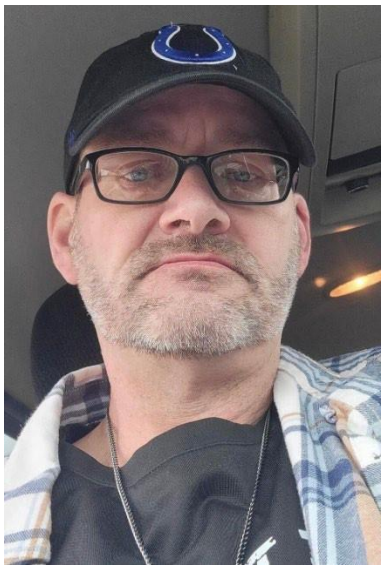
NEWSLETTER

August 2024

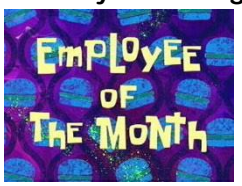
Elkins Rehabilitation & Care Center

JULY EMPLOYEE OF THE MONTH



Roy Johnson, Dietary Aide/Cook

Residents Council has chosen Roy Johnson, Dietary Aide/Cook as July Employee of the month. Roy has been with ERCC for approximately eight months. His “love of cooking” is what brought him to apply for the position available at ERCC. He considers it an enjoyment and it does not feel like work. He lives in Beverly with his wife Danielle. They have a daughter (she will be two in September) named Gracelynn. He is also the parent of two other daughters, (Brianna and Lexi) and two stepsons, (Anthony and Kyle). He is originally from Indiana and graduated in 1995 from Carroll High School located in Fort Wayne. He loves to play video games, grilling out, studying the Bible and spending time with Gracelynn. Congratulations goes out to Roy!



Junior Bishop

Henry Casto

Harry Daniels

Beverly Guire

Charles Leary

Iva Lewis

Edna Ricotilli

Nellie Shreves

Kenneth Simpson

Juanita Welch

Birthday party will be in the dining room at 2PM on August 28. All are welcome to attend.

Our employees love to dress for the holidays! We were fortunate to catch these on the premises on July 4.

Roxanna Johnson, Ashly Rugemer, Katelyn Watts

Katelyn Watts Emalee Miller

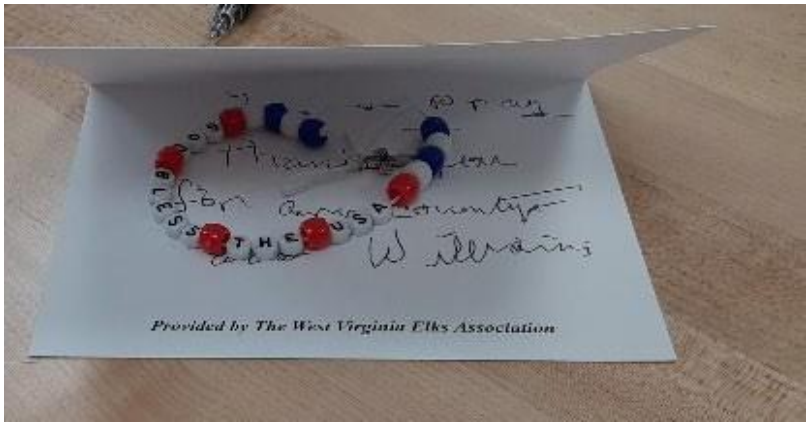
Residents celebrated Independence Day by having a picnic with all the works. They also enjoyed fireworks on July 4

Residents and staff celebrated National French Fry day by having French fries for a snack. 7/12/24 YUMMY!

OLD BRICK

As always, Old Brick makes the day so much more fun: Look at some of the things the residents has done this month!! They have so much fun with Old Brick! We really appreciate them coming!!

The ERCC Ladies Circle Group met Monday, July 15 and sent "thinking of you" cards and "God Bless the USA" bracelets for nine crew members stationed on the USS West Virginia Ship (The Silent Mountaineer). The project was sponsored thru the WV State Elks Association partnering with Elkins Lodge #1135.

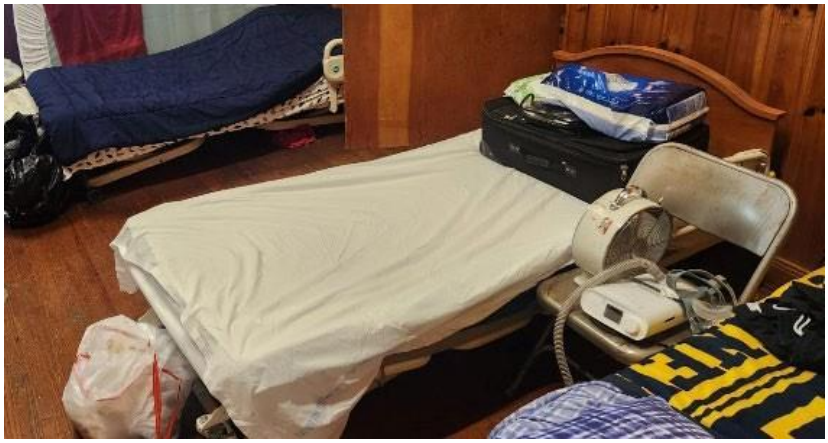


ERCC PICNIC JULY 13, 2024

Please see our Facebook page for the winners of the dessert contest and prizes.

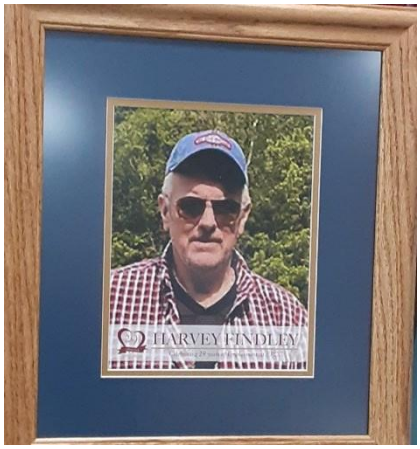
Our facility looks so good. Our employees are the best

Elkins Rehabilitation & Care Center was proud to be a part of the Elks Major Project ----Camp for Special Needs Campers, by donating hospital/home care beds to the camp. These beds are useful in helping campers with disability in transferring in and out of bed and the beds may be raised to the level needed for each camper.



HARVEY FINDLEY RETIRES

ERCC is saddened to lose another one of our long time employee to retirement. Harvey Findley was employed with ERCC for 29 years in the Environmental Service Department. A retirement party was held on Friday July 26. His wife and daughter attended with him. He was given an ERCC Yetti cup with his name, a coffee mug, ERCC cap, card with several fellow employee signatures and a check for his 29 years of service. We will surely miss Harvey around the facility and we wish him the best of luck.



WHAT IS A CARBOHYDRATE?

Carbohydrates, or carbs, are sugar molecules. Along with proteins and fats, carbohydrates are one of three main nutrients found in foods and drinks.

Your body breaks down carbohydrates into glucose. Glucose, or blood sugar, is the main source of energy for your body's cells, tissues, and organs. Glucose can be used immediately or stored in the liver and muscles to use later.

WHAT ARE THE DIFFERENT TYPES OF CARBOHYDRATES?

THERE ARE THREE MAIN TYPES:

Sugars can also be called simple carbohydrates because they are in the most basic form. They can be added to foods, such as the sugar in candy, desserts, processed foods, and regular soda. They also include the kinds of sugar that are found naturally in fruits, vegetables, and milk.

Starches are complex carbohydrates, which are made of lots of simple sugars strung together. Your body needs to break starches down into sugars to use them for energy. Starches include bread, cereal, and pasta. They also include certain vegetables, like potatoes, peas, and corn.

Fiber is also a complex carbohydrate. Your body cannot break down most fibers, so eating foods with fiber can help you feel full and make you less likely to overeat. Diets high in fiber have other health benefits. They may help prevent stomach or intestinal problems, such as constipation. They may also help lower cholesterol and blood sugar. Fiber is found in many foods that come from plants, including fruits, vegetables, nuts, seeds, beans, and whole grains.

THERE ARE TWO FORMS OF CARBOHYDRATES: SIMPLE AND C___

← SIMPLE CARBOHYDRATES

These are digested quickly and send immediate bursts of glucose (energy) into the bloodstream.

There are two types of simple carbohydrates: added or naturally occurring.

Added sugars provide calories, but lack vitamins, minerals and fiber and can lead to weight gain. Naturally occurring sugars are in nutritious foods including fruit and milk. Unlike added sugars, naturally occurring sugars also contain vitamins, minerals and fiber — ***healthy nutrients our bodies need.***

COMPLEX CARBOHYDRATES →

These are digested more slowly and supply a slower release of glucose into the bloodstream. As with simple sugars, some complex carbohydrate foods are healthier choices than others.

Refined grains, such as white flour and white rice, have been processed, which removes many beneficial nutrients and dietary fiber. Many foods containing refined grains lack B vitamins and other important nutrients *unless* they're enriched.

By contrast, unrefined whole grains, such as brown rice and whole-wheat pasta, retain many of these vital nutrients and are rich in fiber, which supports digestive health. ***Eating fiber helps you feel full, so you are less likely to overeat these foods!***