NEWSLETTER

FEBRUARY 2025

Elkins Rehabilitation & Care Center

JANUARY EMPLOYEE OF THE MONTH

Jordyn Beverly, LPN/Supervisor

Residents Council has chosen Jordyn Beverly, LPN/ Supervisor, as January's employee of the month. Jordyn graduated high school at Phillip Barbour in 2014. She completed her nursing degree at Randolph County Vo Tech in 2019. She has been an employee of ERCC since 2020; having previously worked for DMC and Alderson Broaddus. She is married to her high school sweet heart, Aaron Beverly. They've been together for 11 years. They have three dogs and one cat. She has three brothers and two sisters. Her hobbies include; lifting weights, hikes and any other outdoor activity. She also loves to read and ride motorcycles. She enjoys spending time with family and friends. Congratulations Jordyn!

Josephine Barton

Rebecca Coberly

Gary Hott

James Kyle

Theresa Markle

Ivonne Martinez

Lillian Mick

Jeffrey Nutter

Clara Payne

Robert Pratt

Jessie Somers

William Welch Jr.

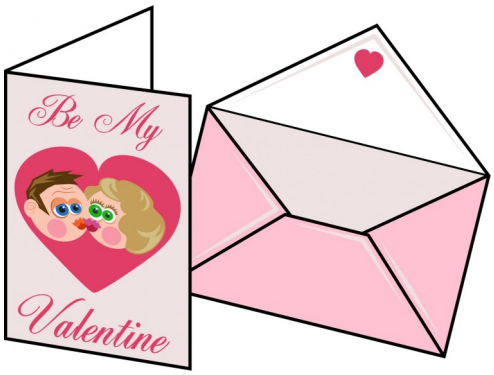
Residents Birthday Party to be held in the dining area on February 26 at 2:00PM. Everyone is welcome to attend.

Valentine's Day is an annual festival to celebrate romantic love, friendship and admiration. People celebrate every year on February 14, by sending messages of love and affection to family and friends.

It originated as a Christian feast honoring a martyr named Valentine. Later though, it also became a significant cultural, religious, and commercial celebration of romance and love.

Children love to send valentines with secret messages to their loved ones and friends.

ERCC hopes everyone has a favorite "Valentine" to send a valentine to; and to receive one from.



ACTIVITY WEEK 1/19-1/25

Activity Director, Donna Jones, prepared a luncheon of pork loin sandwiches and dessert for the staff on Wednesday Jan. 22. They were also presented with an insulated tumbler, lunch tote and a lapel pin stating "Be someone's sunshine". We appreciate the Activity Staff for all they do. They keep our residents happy and entertained.

(Back Row) Kimberly Phillips-Activity Aide/C.N.A., Donna Jones-Activity Director, Angela Hinchman-Activity Aide. (Middle Row) Janet Thompson-Activity Aide, Crissy Lambert-Activity Aide, (Front Row) Crystal Scott, Activity Aide.

Random Memories…….of the good ole days

By: Mikie Dumire

I invite you to take a journey back to the good ole days. I will be sharing some of my memories with you. They may not all be exactly as you remember it; they are factual to the best of my memory. I hope you enjoy the journey with me.

I dedicate this month's column to a childhood memory of a special lady from my old community. Our neighbor was very nice, hard-working people with eight children. Some of the children had left home, but, about half of them were still at home. Unfortunately, the father fell victim to a fatal heart attack. She worked extra hard making a living for them.

One could always see freshly washed clothes on the clothesline. Remember, this was probably done on a wringer washer. I could go on and on about her. She was the perfect image of June Cleaver.

To my knowledge, this lady never asked for anything from anyone. She worked very hard; her children always had clean clothes. She raised them in the church and they are all successful adults today. That is quite an accomplishment in my book.

She was as sweet as could be; and always had a beautiful smile to share. I could go on and on, but I think you get the picture. Probably many of you knew her. For those that never had the pleasure, I am sorry. I regret to say Heaven gained another ANGEL. Rest in Peace. Gretchen.

As I think of February, I recall our childhood excitement and anticipation of our predictions. In grade school we tried to predict what would happen with French Creek Freddie on Ground Hog's Day. We colored pictures of "the ground hog," and our teacher would let us listen to the outcome on a radio that had a lot of static.

Cardboard boxes, wrapping paper, tape, ribbon…….do you know what the memory is yet? How about paper dollies, candy hearts, cupid? Awe...now you know. We made valentine boxes. We bought packages of valentine cards, (very small and cheap ha ha). We signed them and on some of them we wrote special messages; deposited them into each others valentine's box, all of which were lined up on a table at the back of the room. Later in the day we had a "party" which consisted of juice and maybe a few crackers and opened our card—-oh how exciting!

This winter there are so many memories that hurts my heart for the people in North Carolina.

Growing up we didn't have carharts, or designer coats. Most of ours were hand me downs and too big. We wore layers and layers. Boots were cheap and always leaked. We wore a couple pair of socks; Mom and Gran saved bread bags and they put a couple of those on our feet and taped them in place. Our feet still got freezing cold; but for the most part stayed dry. Mom and/or Gran would put bricks on the wood cook stove and heat them up, wrap them in towels and put on our freezing, cold feet when we went in the house.

As I write this, we are in the mist of some bad weather, lots and lots of snow and COLD temperatures. As I stated earlier, my heart hurts for the people of North Carolina

Some of my memories go back to the '85 flood. No beautiful white snow, it was mostly mixed with ugly flood mud after they plowed. It is not just the aesthetics of it all. I just want to set the stage to help you understand the conditions they worked in.

Have you ever seen a mudcicle? That is a regular icicle mixed with mud. There were plenty of them; large and small and very ugly. They were even less attractive as they melted. Imagine the drips from the tip….Need I say more?

Who remembers the blizzard of '78? I do. A Summary of the January 19 -21, 1978 blizzard is: Snowfall amounts averaged between 10 to 16 inches across the state of West Virginia. From Philadelphia northeast, a foot and a half or greater was common. The highest snowfall reported was across Western Maryland and the northern West Virginia mountains where nearly 30 inches of snow occurred.

According to metrological history the over all effects resulted in 90 fatalities and damages were $100 million. Although I wasn't born yet and have only memories, I heard from my elders, the worst snowstorm in West Virginia was the great West Virginia Appalachian Snowstorm in January of 1950. Charleston saw 26" of snow, Huntington received 21", and as much as 62" of snow fell across the state. In total 160 were killed as a result of the snowstorm.

Have you seen the snow angel challenge on Facebook? I applaud each participant for supporting a great cause. I've seen people of all ages doing it. One lady was in a wheelchair but her husband got her up and she did it. I've seen some small kids doing it in negative zero weather, in shorts, a tank top and BAREFOOT. Tougher than me. I couldn't do that in a million years! I can not take the cold. I would make a generous donation and pass on actively participating.

In grade school we celebrated George Washington's and Abraham Lincoln's birthday separately. We learned about the cherry tree and honesty. We learned about reading in front of a fireplace before houses had electricity and the freedom of the slaves.

We made black construction paper silhouettes of each. We drew a boy cutting down a cherry tree which our teacher read to us about each president. It wasn't just passed over as another day—we actually learned and had a quiz afterwards.

Do you like music? The most popular song (the year I was born) was by Bill Haley. It was "Rock Around The Clock". I still like that song. Another fun one was the year I stated school—"Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini" and the year I graduated high school it was: "Tie a Yellow Ribbon Round the Old Oak Tree" and "Bad, Bad Leroy Brown". '.

Another sound I love to hear was anytime we were in Elkins shopping— they rang the church bells at noon. What a beautiful sound and I always got cold chills. I hope they still do this.

Thank you for taking another journey with me. I hope you had as many smiles reading it as I did remembering it. I leave you with these words of wisdom: Never bend your head, Look the world straight in the eyes.

HAPPY GROUNDHOG DAY!