



# NEWSLETTER

May 2025

## Elkins Rehabilitation & Care Center

### April Employee of the Month



Courtney Mearns,  
C.N.A.

Courtney Mearns, C. N.A. (dayshift) has been chosen for April's employee of the month by Residents Council. She was born and raised in Elkins, but lived in Missouri for six years. She was employed there as bartender and truck dispatcher. She moved back to Elkins in 2024 to be close to her family. She is the daughter of Bernice Becker and Christopher Mearns (deceased). She has five feline "fur babies" named Dash, Spook, Reign, Sweetheart, and Baby Girl (found at ERCC). She is engaged to be married but currently no date has been set. She became a C.N.A. in 2014 but had to be recertified in 2024. She worked at Mountain Memories before coming to ERCC. She enjoys singing— (her favorite is country and gospel) and spending quality time with her family.



Ray Canfield

Sue Carlson

Ruby Coberly

Stanley Gould

Yolande Johnson

Lelia McGee

Regina McGraw

Gloria Miller

Okey Moore

Thelma Moore

Joseph Pennington

Frances Snyder

Wanda Thompson

Delores Whitman

Velma Wilson

Ida Workman

**Birthday party in dining room**

**May 28 at 2:00PM**



Staff and residents dressing up again for Texas Tuesday on April 1.



Staff with Resident Council President , Stanley Gould



Wear your PJ's to work day! Staff had fun and even though they work hard, they could relax "just" a little in their PJ's on April 25.

↑ Day Shift

Night Shift





ALOHA! We enjoyed the food and the fun we had on "Hawaiian Friday" It was simply maika' loa (Awesome) Food and drinks were delicious! ('ono)



A hui hou:  
(See you again)







**Tara Shaver, Administrator, served the staff biscuits and gravy on Friday, April 4 from 7AM to 9AM. It was served to several staff members from nightshift and dayshift. The participation was so good they ran out of gravy!**







Our staff enjoys working at ERCC, especially on Throwback Thursday!  
Dayshift group is pictured above and nightshift is pictured below.

GROOVY



FLOWER POWER





WHO DOESN'T ENJOY MEATBALLS? ERCC HAD "MEATBALL MONDAY" ON APRIL 14 AND IT WAS A BLAST!!  
THERE WERE MEATBALLS EVERYWHERE!







HEALTH INFORMATION MANAGEMENT TEAM

Health Information Professionals Week is scheduled for April 21-25. Health information assistants are crucial for keeping residents data in order by ensuring it is updated, accurate, secure and accessible. They handle sensitive and confidential information. The motto and aim of HIM is to "keep information human".

Pictured above: Tawnya Gum, HIMA, Marsha Arbogast, HIMA, Terri Brake, RHIT HIM Director/ Compliance Officer, Doretha Ott, HIMA/CNA, and Christy Tingler, HIMA.





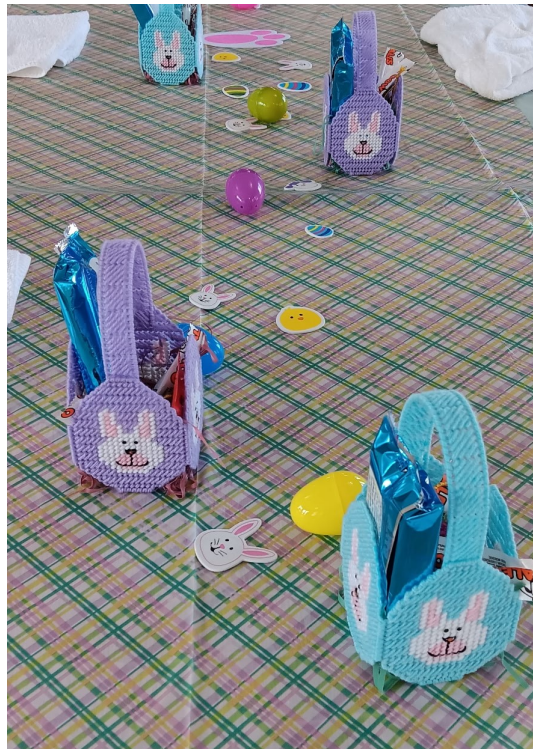


Table decorations for Easter in Reflections. The staff enjoys doing/making holiday items and the residents enjoy them. We at ERCC hope all had a safe and happy Easter Holiday.







## 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.

April has always been a full month. It starts out as a joke with April Fools' Day. I've been gotten good many times and I've repaid the fun as well.

No matter which Sunday Easter fell on the excitement pretty much consumed the whole month.

It was one time of the year we got a new outfit and shoes. Sometimes we even got a beauty shop hair cut, but mostly Mom cut our hair. We colored eggs—oh what fun—we always included Granny. Afterwards we put them in a large bowl and used them as edible decorations. Sometime Mom or Ran would make pickled eggs. As a kid, I couldn't stand them and now as an adult, I still don't like them.

And along came the Easter bunny. He had the best imagination for hiding our baskets. They were always in the living room behind the furniture.

It didn't matter if we ate at Mom's or Gran's, they both made things. Mom always fixed the Easter ham. It was so good!! She would get up and start early. When the ham was done, she made a slurry of brown sugar and mustard. Then it went back in the oven until it would firm up and get crusty on the ham. Oh how good it was! She would do different things with the ham. Sometimes she would cut diagonal marks in the ham and put cloves and cherries in it. Sometime she covered it in sliced pineapples; pineapples and cherries, or pineapples, cherries, and cloves all through. Regardless, it was beautiful and delicious.



No one would ever let her get away without making her famous (our opinion) sweet potatoes or yams. Never in my life have I ever had any better!

This is not an old time memory, but certainly one of my many favorite. My grandson was born.

As a kid we looked forward to April showers so we could have May Day and Mother's Day.

I leave you with these words of wisdom: Remember, it might be a bad day—but better days are coming.

I want to wish every Mom and Mom to be a very .....

