



NEWSLETTER

February 2026

Elkins Rehabilitation & Care Center

RESIDENT SPOTLIGHT



Denver and Velma Wilson

This month spotlight is on Denver and Velma Wilson. They have been married for 70 years and will be 71 on August 11. They were married in Cleveland, Ohio in 1956. Denver's sister took them to the preacher's home and then they celebrated at a carnival afterwards. Velma still watches out for Denver's well-being.

Velma was born in Nestorville, WV to Kenneth and Macel (Stemple) Marsh. She had an older sister, Jean and an older brother, Jack. Denver is the son of Everett and Gladys Wilson. He has 12 siblings and was born in Valley Furnace, WV. He lived and was raised on a farm. He worked at Union Carbide in Clarksburg, WV as a millwright for 43 years. Velma and Denver went to school together in Kasson, WV.

Denver was a very good basketball player. After they married they lived and raised their four children (three boys and one girl) in Ohio. They had a set of twin boys that passed away after birth. Velma cleaned house for others, while they worked at public jobs.

Velma states they are a close-knit family. They had a beautiful life and didn't quarrel. They moved back to WV in 1968, bought a farm and raised their children. She has great memories of butchering and making butter out of milk.

Velma and Denver went to the Hebrew Church and while there, she organized and led the Youth Choir. They made visits to the nursing home to share their songs. Some of the Youth went on to have children and they told their children of the things they used to do with Velma and how much they enjoyed her. Afterwards, they went to the Way of Holiness Church in Buckhannon. Denver was on the Board and was a Deacon in the church. Velma kept the church clean, greeted the congregation, and took care of the communion services. After moving from the area, they started going to Guy Ware church, because it was close by.

For Christmas, Velma was able to visit with her cousin at Nestorville and spent the night. They had a family gathering for Christmas at ERCC and there were 34 attendees. All their grandchildren were present with the exception of five.

Velma and Denver are room mates at ERCC and are very close. If you see them out and about, be sure to give them a congratulation on being the spotlight for February (Valentine month!).





**Vote for your favorite Valentine's Day
King & Queen**



**Deadline for voting is
Thursday
February 12, 2026**

Ballots can be done at the switchboard!



Josephine Barton
Rebecca Coberly
Gary Hott
James Kyle
Ivonne Martinez
Lillian Mick
Leila Nestor
Jeffrey Nutter
Clara Payne
Jessie Somers
William Welch

Monthly birthday party to be held February 25 at 2PM in the dining room. All are invited to attend.

GIFT SHOP AND CAFE

The ERCC Gift Shop is one of those special touches that we provide for residents, family members, visitors, and employees. Items in the Gift Shop include items residents might use – as well as handcrafted items for special occasions. You might find an unique gift just right for that perfect occasion/person.

Our Gift Shop is open to the public and we welcome you to come and browse our selection.



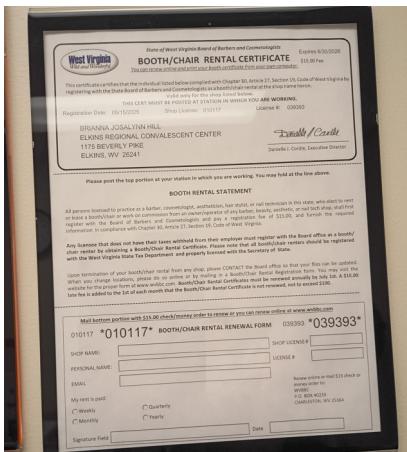
Adjacent to our Gift Shop, we have a Cafe where you might enjoy a drink and snack with a loved one. We have several food items to choose from and also have Hershey ice cream. Microwavable items can be heated in the microwave. This special area lets those in our care have a lovely place to visit apart from the rest of the facility. This cozy environment is very welcoming.

Starting on Feb 2, "Wanda" will be available Mon-Tues from 8am to 1pm; and Wed—Fri. 8-2. At any other time, payment for items may be made at the switchboard.



ERCC BEAUTY SALON

Currently, there are two licensed beauticians, Brianna comes in on Tuesday from 9am to 3pm; Katie comes in on Thursday from 9 to 1. they offer haircut, shampoo, set, perm, hair coloring, hi-light and hot oil treatment. Prices can be obtained at the switchboard. The salon is located on Mountain Village side next to the switchboard.



American Heart Association
Go Red for women.

NATIONAL WEAR RED DAY®

Friday, February 6

CARDIOVASCULAR DISEASE IS THE NO. 1 KILLER OF WOMEN.

We wear RED for every woman's story of strength, survival, and sisterhood. Because no woman should face cardiovascular disease alone.

Together, we create a community where every heart is seen, every voice is heard, and every life is celebrated.

WearRedDay.org | [#WearRedDay](#)

Go Red for Women is not only sponsored by

CVS Health.

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Why get vaccinated?

Here are some things to consider about recommended vaccines.

Did you know that people living in a nursing home, assisted living, or other long-term care facility may be at higher risk of getting respiratory viruses like flu, COVID-19, and RSV?

The good news is that vaccination is one of the best ways to protect you and your loved ones. That means more time to spend with family, friends, and caregivers and less time feeling sick or in hospitals.

Why are flu, COVID-19, and RSV vaccines important?



They can protect you and your loved ones from severe illness and hospitalization.



They help the body build defenses to fight off illness, since protection from being previously vaccinated may weaken over time.



They provide additional protection for people, including those with chronic health conditions, like diabetes and heart disease.



Talk to a medical professional you trust to ask about vaccines that are recommended for you.

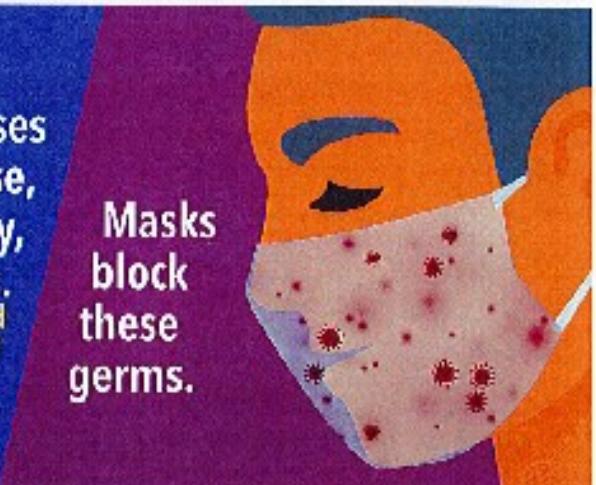


www.cdc.gov/vaccines/imz-schedules/adult-easyread.html

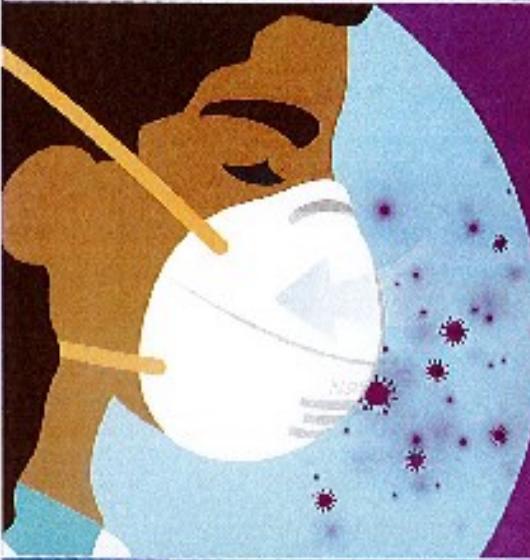
Infection Control Actions to stop the spread of viral respiratory infections like influenza, RSV, and COVID-19.



Respiratory viruses can be in the nose, mouth, airway, and lungs. Talking, sneezing, and coughing can spread these germs into the air.



Masks block these germs.



When used correctly, respirators filter germs - very large to very small - as air is breathed in and out.



Wearing masks and respirators in healthcare facilities

will protect you, your patients, and your coworkers.



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



cdc.gov/ProjectFirstline

Infection Control Actions

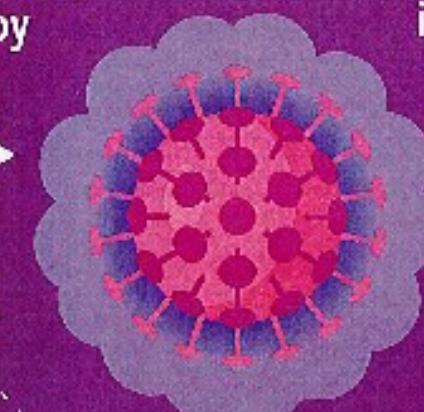
to stop the spread of
viral respiratory infections like influenza, RSV, and COVID-19.

Hand hygiene and routine cleaning & disinfection
help remove or destroy
respiratory viruses.

Practicing these
infection control
actions together
effectively stops the
spread of germs.

How?

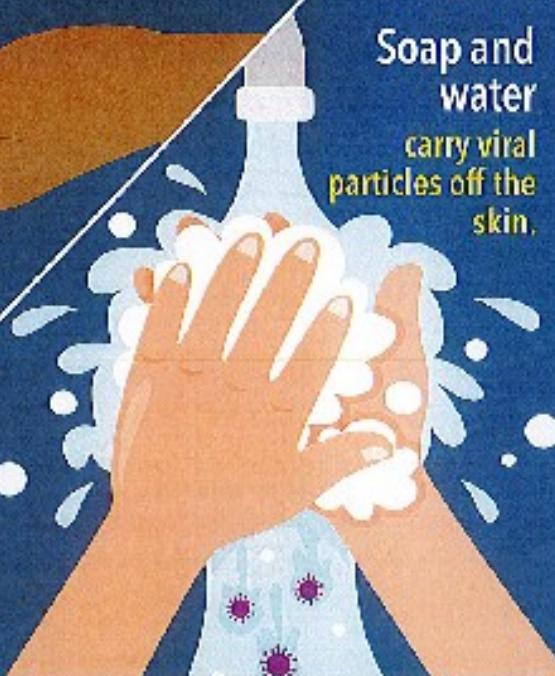
Alcohol-based
sanitizer
inactivates viral particles.



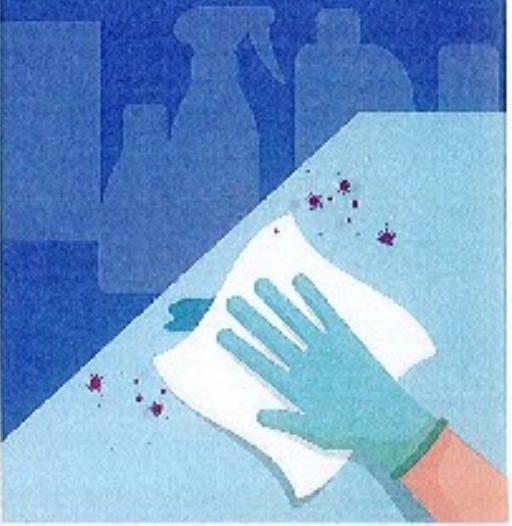
Hand Hygiene

Environmental Disinfection

Soap and
water
carry viral
particles off the
skin.



EPA-registered
disinfecting products
destroy the virus.



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



PROJECT
FIRSTLINE

cdc.gov/ProjectFirstline

Interesting facts; given by Lester Pritt, nephew of James Kyle

Your purchasing power has dropped 68% over the past 20 years.

That means the value of a 1974 dollar has shrunk to 32 cents:



So you need this much today to equal one 1974 dollar:

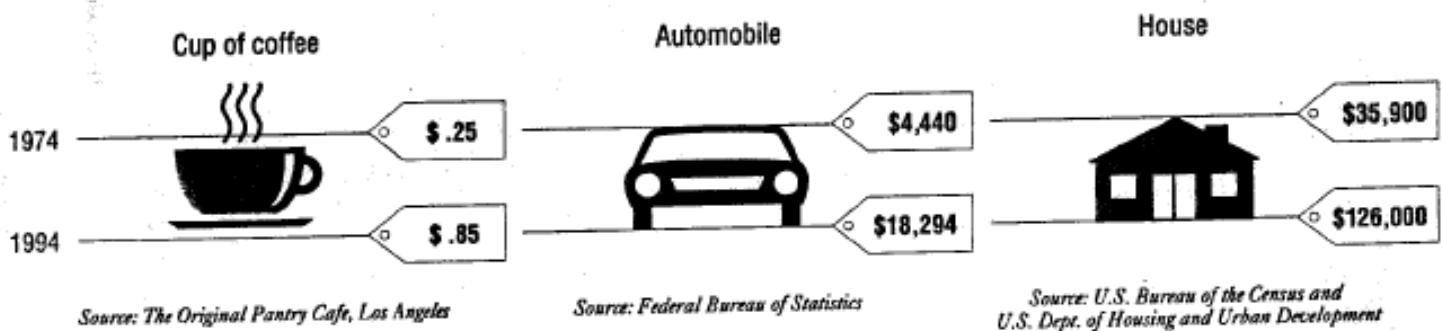


1/1/74	\$1.00	\$1.00
1974	.89	1.12
1975	.83	1.20
1976	.79	1.26
1977	.74	1.34
1978	.68	1.47
1979	.60	1.66
1980	.54	1.87
1981	.49	2.03
1982	.47	2.11
1983	.46	2.19
1984	.44	2.28
1985	.42	2.36
1986	.42	2.39
1987	.40	2.50
1988	.38	2.61
1989	.37	2.73
1990	.35	2.90
1991	.34	2.98
1992	.33	3.07
1993	.32	3.15



Source: Consumer Price Index, U.S. Department of Labor

More interesting facts;



If you were born before 1945, you are a survivor! Just think about all the changes that you have seen during your lifetime. You were born before television, before penicillin, before polio shots, frozen foods, Xerox, contact lenses, Frisbees and the Pill. You were before radar, credit cards, split atoms, laser beams and ballpoint pens. You were before panty-hose, dishwashers, clothes dryers, electric blankets, air conditioners, drip-dry clothes and before man walked on the moon. You got married first and then lived together. Closets were for clothes, not "coming out of." Bunnies were small rabbits and rabbits were not Volkswagens. Designer jeans were scheming girls named

Jean or Jeanne, and having a meaningful relationship meant getting along with your cousins. Fast food was what you ate during Lent, and Outer Space was the back of the movie theatre. "Made in Japan" meant junk and the term "making out" referred to how you did on an exam. Pizza, McDonalds and instant coffee were unheard of. You were before house-husbands, gay rights, computer dating, dual careers and nursing homes. Before 1945, you never heard of FM radio, tape decks, electric typewriters, artificial hearts, word processors, yogurt and guys wearing earrings. You certainly

were not before the difference between the sexes was discovered, but you were before the sex change; you made do with what you had. And you were the last generation to think you needed a husband to have a baby. Time-sharing meant togetherness, not computers or condominiums; a "chip" meant a piece of wood; hardware meant hardware, and software wasn't even a word. You hit the scene when five and ten cent stores sold things for five and ten cents. For a nickel you could buy an ice cream cone, ride a street car, make a phone call, buy a Pepsi or enough stamps to mail one letter and two postcards. You could buy a new Chevy Coupe for \$600 but who could afford one; a pity too, because gas was only .11¢ per gallon. In your day, cigarette smoking was fashionable, Grass was mowed. Coke was a cold drink, Pot was something you cooked in, Rock Music was a grandma's lullaby and Aids were helpers in the principal's office. No wonder there is so much confusion and

such a generation gap today. But, you survived. What more reason do you need to celebrate?

Does this make you feel old or not? But how true it is. Just think what our great-grandparents would think of this life with all of this happening within just 35 years. What in the world will the next 35 to 50 years bring?

Edward D. Jones & Co.

Member New York Stock Exchange

FEBRUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	OLD BRICK FOLKS TUESDAYS & FRIDAYS 2PM-4PM 					
	DR=DINING ROOM A=ACTIVITY ROOM O= OUTSIDE RR= Residents Room CR = CLASSROOM					WEAR RED 02-06-2026
1	9AM Sunday Greetings 10AM TV Church Time -C 2PM Crafts-A 3PM Residents Choice 7PM Movie Night -C 	2 GROUND HOG DAY 9:30AM Dancing Leaves -RR 10AM Ladies Circle Group -A 2PM Bingo - DR 3PM Puzzle Time -A 7PM Trivia Night -C 	3 FEED THE BIRDS DAY 9:30AM Dancing Leaves -RR 9:45AM Bible Study - A 10AM Church w/ Pastor John - C 11AM Mexican Luncheon - DR 12PM Old Brick Folks 1:30PM Chair Yoga -C 2PM Card Bingo - DR 3PM Puzzle Time -A 7PM Current Events - A 7PM Crafting -A 	4 9:30AM Dancing Leaves -RR 9:45AM Bible Study - A 10AM Church w/ Pastor John - C 11AM Mexican Luncheon - DR 12PM Old Brick Folks 1:30PM Chair Yoga -C 2PM Card Bingo - DR 3PM Puzzle Time -A 7PM Current Events - A 7PM Crafting -A 	5 9:30AM Dancing Leaves -RR 10AM Men's Circle Group - C 11AM Bingo - DR 1:30PM Chair Yoga -A 2PM Old Brick Folks 3PM Spa Time -A 3PM Puzzle Time -A 7PM Casino Night -C 	6 BUBBLE GUM DAY 9:30AM Dancing Leaves -RR 10AM Residents Choice 1PM Cooking Hour - A 2PM Old Brick Folks 3PM Puzzle Time -A 7PM Card Shanks - C 
8	9AM Sunday Greetings 10AM TV Church Time -C 1:30PM Church w/ Pastor Young - C 3PM Residents Choice 7PM Let's Color - A 	10 NATL FLANNEL DAY 9:30AM Dancing Leaves -RR 10AM Ladies Circle Group -A 2PM Bingo - DR 3PM Puzzle Time -A 7PM Trivia Night -C 	11 9:30AM Dancing Leaves -RR 9:45AM Bible Study - A 11AM Pizza Luncheon - DR 1:30PM Chair Yoga -C 2PM Old Brick Folks 1:30PM Chair Yoga -C 2PM Card Bingo - DR 3PM Spa Time -A 7PM Karaoke Night -C 	12 LINCOLN'S BIRTHDAY 9:30AM Dancing Leaves -RR 10AM Book Club- A 10AM Men's Circle Group - C 1:30PM Chair Yoga -C 2PM Old Brick Folks 3PM Spa Time -A 7PM Card Shanks - A 	13 9:30AM Dancing Leaves -RR 10AM Residents Choice 1PM Music w/ Seth Maynard -C 2PM Old Brick Folks 3PM Puzzle Time -A 7PM Card Shanks - A 	14 VALENTINE'S DAY 9:30AM Dancing Leaves -RR 10AM Spa Day -A 10AM Early Bird Greetings 1PM Bingo - DR 3PM Residents Choice 5PM Valentine's Day Dinner with Entertainment by Jack Evans Music Dining Room 
15	9AM Sunday Greetings 10AM TV Church Time -C 1:30PM Church w/ Pastor Young - C 3PM Residents Choice 7PM Let's Color - A 	16 PRESIDENTS DAY 9:30AM Dancing Leaves -RR 10AM Ladies Circle Group -A 1:30PM Resident Council -C 2PM Bingo - DR 3PM Puzzle Time -A 7PM Trivia Night -C 	17 MARDI GRAS 9:30AM Dancing Leaves -RR 9:45AM Bible Study -A 11AM Spa Day-A 11PM Church w/ Pastor John - C 1:30PM Chair Yoga -C 2PM Old Brick Folks 1:30PM Chair Yoga -C 3PM Current Events - A 7PM Movie Night -C 	18 9:30AM Dancing Leaves -RR 9:45AM Bible Study -A 11AM Spa Day-A 1:30PM Chair Yoga -C 3PM Current Events - A 7PM Movie Night -C 	19 9:30AM Dancing Leaves -RR 9:45AM Bible Study -A 11AM Spa Day-A 1:30PM Chair Yoga -C 3PM Current Events - A 7PM Movie Night -C 	20 CHERRY PIE DAY 9:30AM Dancing Leaves -RR 10AM Residents Choice 1PM RCAC Duleimer Grp. -DR 2PM Old Brick Folks 3PM Puzzle Time -A 7PM Card Shanks - A 
22	9AM Sunday Greetings 10AM TV Church Time -C 2PM Popcorn Buggy - A 3PM Residents Choice 7PM Movie Night -C 	23 WASHINGTON'S BIRTHDAY 9:30AM Dancing Leaves -RR 10AM Ladies Circle Group -A 2PM Bingo - DR 3PM Puzzle Time -A 7PM Trivia Night -C 	24 9AM Early Bird Greetings 10AM Spa Day-A 11AM Soups & Subs Lunch -DR 1PM Church w/ Pastor John - C 2PM Old Brick Folks 1:30PM Chair Yoga -C 3PM Current Events - A 7PM Movie Night -C 	25 9:30AM Dancing Leaves -RR 9:45AM Bible Study - A 11AM Soups & Subs Lunch -DR 1PM Church w/ Pastor John - C 2PM Monthly Birthday Party -DR 1:30PM Chair Yoga -C 3PM Spa Time -A 7PM Karaoke Night -C 	26 9AM Book Club- A 10AM Men's Circle Group - C 1:30PM Chair Yoga -C 2PM Old Brick Folks 3PM Puzzle Time -A 7PM Card Shanks - A 	27 POLAR BEAR DAY 9:30AM Dancing Leaves -RR 10AM Residents Choice 2PM Old Brick Folks 3PM Residents Choice 7PM Crafting - A 



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& CARE CENTER
Complete Compassionate Care

