



NEWSLETTER

MARCH 2026

Elkins Rehabilitation & Care Center

RESIDENT SPOTLIGHT



William (Bill) Shannon

Bill was born in 1960 in New York City. He states: "My friend, Michael O'Brien and myself would go to a big field called Aqueduct, and go to an abandoned building; take the elevator to the top of the building and sit on top. We grew up poor. My mom had to cut a hot dog in half to feed us kids. If it wasn't for my mom and the good Lord, we would not have made it".

After he and his family moved to West Virginia, they lived next to the old swinging bridge in Elkins on Central Street. He remembers fondly about his Uncle that worked at Kelly Foundry coming over and eating his mom's cold biscuits and coffee. They had their reunions at Camp Pioneer and Johnny Welch and his band would play Bluegrass. Every time he hears/ see "Hee Haw" he thinks of John and his band.

His mom worked as a janitor in the school system. Her name was Margaret (Welch) Hamrick. Bill is very close to his family. There were six boys and two girls. One brother is deceased. Bill was married for nine months; he states it was "blind love". He currently has a girlfriend, Angie, and they have been together approximately five years. Bill worked at Labcraft in Beverly for seven years. He also worked at the Sheltered Workshop. He printed shirts and hats. He worked mostly in the Screen shop and other times he worked in the Wood shop.

Bill is a delight to talk to. If you see Bill, congratulate him on being the Spotlight of the Month.



Charlene Allen
Juanita Blare
Junior Helmick
Randell Holcomb
Minnie Hoover
Cynthia Lambert
Dellis Schoonover
Denver Wilson

Birthday Party to be held in dining room on March 25 at 2PM. All are invited.



ACTIVITY PROFESSIONAL WEEK January 26 thru the 30th

ERCC would like to recognize our Activity Department for the care they provide to our residents. We want to honor their creativity and dedication to provide compassionate care to our residents. They engage in many activities to keep our residents entertained and happy.



(back row) Paige Zirkle, Act. Aide/CNA; Lisa Bay, Act. Aide, Crystal Scott , Act. Aide, Angela Hinchman, Act. Aide, and Kim Phillips, Act. Aide/CNA. Seated is Donna Jones, Director of Activity and Janet Armentrout, Act. Aide.

The Activity staff works many hours to provide the vital care to our residents. Paige, Kim, and Crystal works 7am to 3pm shift. Paige and Kim engages with our long-term residents as well as the residents in the rehab area. Crystal works in the Memory Unit. Lisa and Janet both work 1pm to 9pm; and Angela works 11am to 7pm shift. Crissy Lambert, Act. Aide, (not pictured) works the 9pm to 5am shift. Donna Jones, Activity Director Certified (ADC) also possesses a certificate for Certified Dementia Practitioner (CDP).

The staff provides activities such as church time, in room conversations, Bingo, puzzle time, trivia, spa day, crafts, ice cream and donut socials, special events, as well as outings which includes dining, train rides, zoo outing, fishing and residents choice.

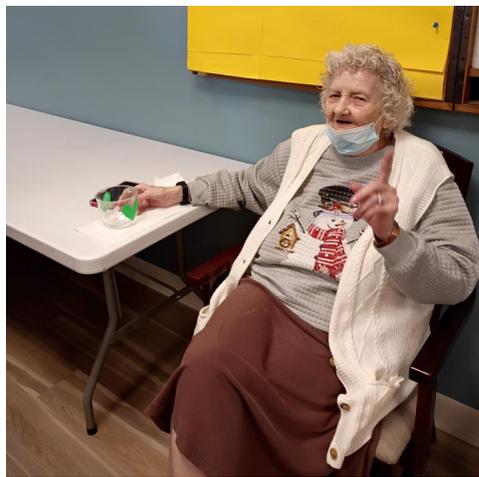
We are glad our staff highlights the importance of active lifestyles for our residents.

The director honored the staff with a luncheon from Bambino's Bistro with two different pasta, salad and drink; received a sparkling pen with their name on it and a T-shirt (with their name and department) to match their sweatshirts they had received previously.

Resident Council is giving them ice cream cake from Dairy Queen in the future.

Thank you Activity Staff for the many things you do!!





DECORATING **VALENTINE** MUGS WITH OLD BRICK
2-10-2026

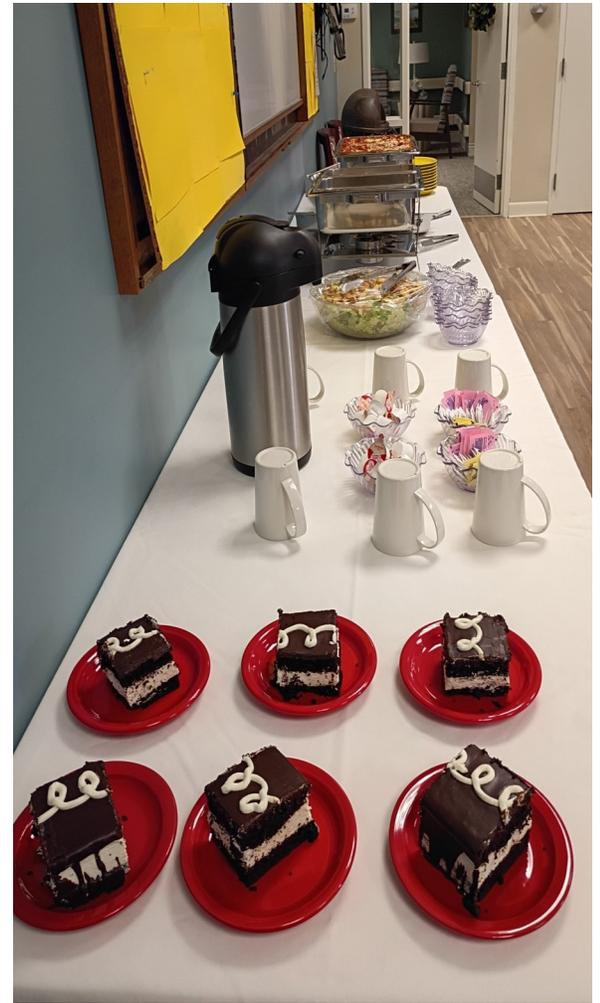


**HOPE EVERYONE HAD
A GOOD VALENTINE DAY**





Tara Shaver, NHA, Kevin Blosser, Maint. Supervisor, and Autumn Elza, DON, met with some of our law officials on Feb 4 to discuss protocols in contacting them for major incidents. They reviewed emergency preparedness as well as when to call law enforcement relating to different incidents— including missing narcotics. They also discussed plans to help this summer during a mock disaster drill. Dietary prepared a luncheon of lasagna, salad, garlic bread, green beans, drinks and dessert.



GO RED FOR WOMEN

February was Women Heart Month. The number one killer for women is Cardiovascular Disease. Heart disease, stroke, and other cardiovascular diseases are the #1 killer of women in West Virginia.

Friday, Feb 6 was National Wear Red Day to raise awareness for this disease.



Risk Factors: smoking, high b/p, high cholesterol, physical inactivity, diabetes
Warning Signs: chest discomfort lasting more than a few minutes, pressure, squeezing, fullness or pain in chest area, discomfort in upper arms, back neck, jaw or stomach, shortness of breath, nausea, lightheadedness or cold sweats.



VALENTINE QUEEN AND KING OF ERCC



NELLIE THOMPSON

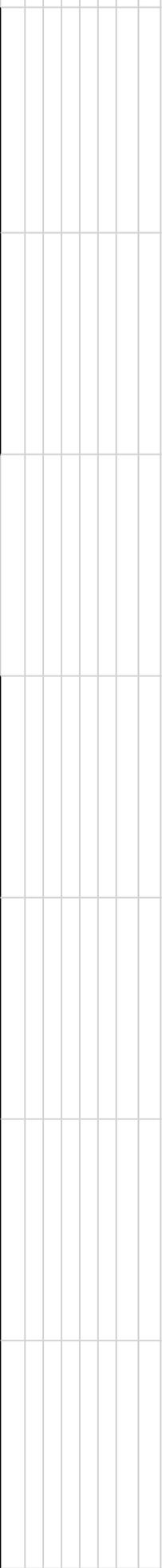
BOBBY HAMRICK



MARCH 2026



SUN	MON	TUE	WED	THU	FRI	SAT
1 9AM Sunday Greetings 10AM TV Church Time -C 2PM Crafts-A 3PM Residents Choice 7PM Movie Night-C	2 9:30AM Dancing Leaves -RR 10AM Ladies Circle Group -A 2PM Bingo - DR 3PM Puzzle Time -A 7PM Trivia Night -C	3 9AM Early Bird Greetings 10AM Spa Day-A 1PM Church w/ Pastor John - C 2PM Old Brick Folks 3PM Puzzle Time -A 7PM Crafting -A	4 9:30AM Dancing Leaves -RR 9:45AM Bible Study -A 11AM Mexican Luncheon - DR 1:30PM Chair Yoga -C 3PM Current Events -A 7PM Movie Night -C	5 10AM Book Club -A 10AM Men's Circle Group - C 1:30PM Bingo -DR 3PM Spa Time -A 5PM Mens Dining Out - O 7PM Karaoke Night -C	6 WORLD DAY OF PRAYER 9:30AM Dancing Leaves -RR 10AM Residents Choice 2PM Old Brick Folks 3PM Puzzle Time -A 7PM Card Sharks -A	7 9AM Early Bird Greetings 10AM Spa Day -A 2PM Bingo - DR 3PM Residents Choice 7PM Crafting - A
8 DAYLIGHT SAVINGS BEGINS 9AM Sunday Greetings 10AM TV Church Time -C 1:30PM Church w/ Pastor Young - C 3PM Residents Choice 7PM Lets Color -A	9 9:30AM Dancing Leaves -RR 10AM Ladies Circle Group -A 2PM Bingo - DR 3PM Puzzle Time -A 7PM Trivia Night -C	10 9AM Early Bird Greetings 10AM Spa Day-A 1PM Church w/ Pastor John - C 1:30PM Donut Time - TBA 2PM Old Brick Folks 3PM Puzzle Time -A 7PM Crafting -A	11 JOHNNY APPELSEED DAY 9:30AM Dancing Leaves -RR 9:45AM Bible Study -A 11AM Pizza Luncheon - DR 1:30PM Chair Yoga -C 2PM Card Bingo - DR 3PM Current Events -A 7PM Movie Night -C	12 PLANT A FLOWER DAY 10AM Book Club -A 10AM Men's Circle Group - C 1:30PM Bingo -DR 3PM Spa Time -A 7PM Casino Night -C	13 9:30AM Dancing Leaves -RR 10AM Residents Choice 1PM RCSC Dulcimer Grp -DR 2PM Old Brick Folks 3PM Puzzle Time -A 7PM Card Sharks -C	14 NATL. POTATO CHIP DAY 9AM Early Bird Greetings 10AM Spa Day -A 2PM Bingo - DR 3PM Residents Choice 7PM Crafting - A
15 9AM Sunday Greetings 10AM TV Church Time -C 2PM Ice Cream Sodas -A 3PM Residents Choice 7PM Movie Night-C	16 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 ST. PATRICK'S DAY 9AM Early Bird Greetings 10AM Spa Day-A 1PM Church w/ Pastor John - C 2PM St. Patrick's Day Party -DR 2PM Old Brick Folks 3PM Puzzle Time -A 7PM Crafting -A	18 9:30AM Dancing Leaves -RR 9:45AM Bible Study -A 1:30PM Chair Yoga -C 2PM Card Bingo - DR 3PM Current Events -A 7PM Movie Night -C	19 LETS LAUGH DAY 10AM Book Club -A 10AM Men's Circle Group - C 1:30PM Bingo -DR 3PM Spa Time -A 5PM Ladies Dinner Outing -C 7PM Karaoke Night -C	20 EARTH DAY 9:30AM Dancing Leaves -RR 10AM Residents Choice 1PM Cooking Hour -A 2PM Old Brick Folks 3PM Puzzle Time -A 7PM Card Sharks -A	21 CORN DOG DAY 9AM Early Bird Greetings 10AM Spa Day -A 2PM Bingo - DR 3PM Residents Choice 7PM Crafting - A
22 9AM Sunday Greetings 10AM TV Church Time -C 2PM Popcorn Buggy -A 3PM Residents Choice 7PM Mt. View Nazarene Singers -DR	23 NATL. PUPPY DAY 9:30AM Dancing Leaves -RR 10AM Ladies Circle Group -A 2PM Bingo - DR 3PM Puzzle Time -A 7PM Trivia Night-C CHIPS & DIP DAY	24 9AM Early Bird Greetings 10AM Spa Day-A 11AM Soups & Subs Lunch -DR 1PM Church w/ Pastor John - C 2PM Old Brick Folks 3PM Puzzle Time -A 7PM Crafting -A	25 9:30AM Dancing Leaves -RR 9:45AM Bible Study -A 1:30PM Chair Yoga -C 2PM Monthly Birthday Party-DR 3PM Current Events -A 7PM Movie Night -C	26 10AM Book Club -A 10AM Men's Circle Group - C 1:30PM Bingo -DR 3PM Spa Time -A 7PM Penney Toss -C	27 9:30AM Dancing Leaves -RR 10AM Residents Choice 2PM Old Brick Folks 3PM Puzzle Time -A 7PM Card Sharks -A	28 9AM Early Bird Greetings 10AM Spa Day -A 2PM Bingo - DR 3PM Residents Choice 7PM Singin' Country Together - C
29 PALM SUNDAY 9AM Sunday Greetings 10AM TV Church Time -C 2PM Crafts-A 3PM Residents Choice 7PM Movie Night-C	30 NATIONAL DOCTORS DAY 9:30AM Dancing Leaves -RR 10AM Ladies Circle Group -A 2PM Bingo - DR 3PM Puzzle Time -A 7PM Trivia Night -C	31 NATL CRAYON DAY 9AM Early Bird Greetings 10AM Spa Day-A 1PM Church w/ Pastor John - C 2PM Old Brick Folks 3PM Puzzle Time -A 7PM Crafting -A	** Mail Delivery M-Sat. ** DR=DINING ROOM A=ACTIVITY ROOM O= OUTSIDE RR= Residents Room CR = CLASSROOM	JOHNNY APPLESEED DAY 	OLD BRICK FOLKS TUESDAYS & FRIDAYS 2PM-4PM 	29 PALM SUNDAY 9AM Sunday Greetings 10AM TV Church Time -C 2PM Crafts-A 3PM Residents Choice 7PM Movie Night-C





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