Free Vein Screenings Jan. 20

Stonewall Jackson Memorial Hospital (SJMH) will again offer free vein screenings beginning in 2016 with testing on Wed., Jan. 20 at the Hospital. The screening provides clinicians with information about the vein health of the patient and whether further help is needed to alleviate any problems.

SJMH physicians Brian Hornsby, D.O., and Paula Galloway, D.O., will conduct the screenings.

During the screening, patients will first view a short video and hear a presentation by the screening physicians. Each patient is then taken to an exam room individually for an ultrasound of the legs. From that testing, it will be determined whether the patient should return for a full evaluation.

The screening will be from 3 to 6 p.m. that day at the Oncology/Vein/Infusion Center located on the first floor of the Hospital. Availability is limited so interested parties should call 304-517-1272 to reserve a spot.

More than 45 million Americans suffer from venous disease. Twenty-five percent of women and 15% of men have the problem, but only 3% of them seek treatment. Left untreated, venous disease can lead to the increased risk of blood clots, skin color changes or ulcer formations. A typical venous problem is varicose veins or phlebitis.

Symptoms for the sufferer can include aching; fatigue; heaviness in the legs; pain that is throbbing, burning, stabbing; cramping, swelling, itching, restless legs, or numbness.

Venous disease can be a result of heredity. A patient has an 89% chance of having the problem if both parents had vein problems. Other causes for vein disease are age, gender (women are three times more likely then men to develop the disease) and trauma. Pregnancy and obesity can add to the probability of developing vein problems as well as professions, which necessitate standing such as teaching, factory jobs or construction work.

Anatomically, a patient’s arteries supply the blood to one’s extremities but the vein system returns the blood to the heart. The

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difficulty arises when the blood must work against gravity and flow upwards. The valves may not work properly.

Other malfunctions may include reflux or other valve obstructions such as a blood clot.

Some people are able to use compression stockings to provide the necessary pressure to keep the blood moving up the their leg. This method alleviates the symptoms but does not correct the condition.

SJMH’s Vein Center can provide patients with an alternative to compression stockings and includes an outpatient procedure called thermal ablation. The procedure takes less than 60 minutes with a 99% success rate.

For the March 12 Awards Dinner...

Stonewall Resort is reserving 40 rooms for use by our staff at the annual Awards Dinner on March 12. The cost will be $103.00 per room with all taxes included. Call 304-269-7400 for your reservation.

Vein Screenings

Annual Trip to Canaan Valley Resort
Sponsored By SJMH Social Recreation Committee

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<thead>
<tr>
<th>Skiing and Snowboarding</th>
<th>Tubing</th>
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<tr>
<td>9:00 AM – 4:30 PM</td>
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<tr>
<td>Lift Only</td>
<td>9:00 AM – 11:00 AM**</td>
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<tr>
<td>Lift/Ski Rental</td>
<td>11:30 AM – 1:30 PM**</td>
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<tr>
<td>Lift/Rental/Lesson*</td>
<td>2:00 PM – 4:00 PM**</td>
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<td>Lift/Snowboard</td>
<td>**Tubers must be at least 4 years old, 42” tall, and able to ride by themselves.</td>
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<td>Lift/Snowboard/Lesson*</td>
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*Beginner level group lessons are for skiers age 7+ and snowboarders age 9+. Age 5 and under ski rental $15

Reserve your spot now! Contact Crystal Frazier at 304-997-8649 or cfrazier@stonewallhospital.net.
Reservations and payment in full must be received by WEDNESDAY, JANUARY 13, 2016 in order to guarantee discounted rate!
And the Winner Is...

Terecia Alton who had a very Ugly Sweater and came in first during the recent Ugly Sweater Contest. Second place winner was Wanda Balser with her Santa attire.

Lively Healthcare Center
Jane Lew, WV • 304-884-8941
will have the following holiday hours

Christmas Eve - Open 7 a.m. to 1 p.m.
Christmas Day Closed

New Years Eve - Open 7 a.m. - 1 p.m.
New Years Day Closed

Great Stocking Stuffer
Soc/Rec is selling first aid kits for $8 each...see Julia in Marketing.
Design 1/16/2016 - 5/31/2016
IT Dry Run 6/7/2016 - 6/8/2016
Integration Testing
Training
Members of the Gee Lick CEOs donated blankets to the Chemotherapy/Infusion Center at SJMH, recently. Pictured seated, left to right, are: Garnet Ryder and Martha Rymer. Standing, left to right, are: Mary Lesker, Veronica Larsson, Yvonne McCoy, Vonda Dye, and Kristen Clevenger, back row is Marcie Stump.

Members of the Sand Fork Baptist Church have been donating Teddy bears to SJMH patients at Christmas time for seven years. They came by on Wed., Dec. 16 to keep the tradition going. Pictured left to right are: Sherry Luzader, Bobby Templeton, Rosemary Ratliff, Hoppy Steele, and SJMH employee Tiffany Tomey. Also helping in the distribution was WVU pharmacy student Jessica Montgomery.
FREE Screening
Venous Disease

Symptoms of venous disease include:

• Aching, fatigue or heaviness in legs
• Varicose veins
• Throbbing or burning leg pain; and/or
• Cramping, swelling and numbness in leg

Wednesday, January 20, 2016
3:00 p.m.–6:00 p.m.

Registration required.
Call: 304-517-1272

Screenings will be held on the first floor of
Stonewall Jackson Memorial Hospital in the Vein Center.
**REMEMBER:** Please clock in & out on BOTH systems either through the Hospital clocks or via the Web until notified otherwise! You may also clock in/out via your Smart Phone once on location if you have downloaded the PAY-LOCITY APP—it’s FREE and cool!

If you have not already set-up your Portal in Paylocity, you will need to do so. Go to [www.login.Paylocity.com](http://www.login.Paylocity.com) You first need to “Register User”. Once enrolled, you can check your Self-service portal via your Smart Phone, Computer, Laptop, or tablet. (Your browser will need to be Explorer version 10 or higher, Chrome or Safari.)

From this Portal, you can Clock in/out, see your pay stubs (whether you have direct deposit or not.) verify Earned Leave Balances and Request time off which will go automatically to your supervisor for review, view Company Newsletters, Café Menus and more. As HR installs more modules, you will see your Portal availability grow.