Paula Galloway, D.O., Joins Medical Staff

Stonewall Jackson Memorial Hospital announces the addition of a general surgeon to the medical staff. Paula Galloway, D.O., opened her practice at 66 Hospital Plaza, Suite 102 (former offices of John Thomas, M.D.), in August.

Galloway is a native of New Castle, PA. She received her undergraduate degree in biology from Gannon University (PA). Her medical degree is from the Philadelphia College of Osteopathic Medicine. Her medical residency is in general surgery through the United States Air Force at Wright Patterson AF Base in a combined program with Wright State University in Dayton, OH.

Dr. Galloway explained the reason for her choice in selecting her medical specialty.

“I knew I wanted to be a physician and decided to go into surgery based on my love of anatomy. It was the thing I enjoyed most during undergraduate school. It was also the subject I taught as an assistant in college. It was just the logical choice for me,” she explained.

Dr. Galloway was stationed for four years in Alaska as an Air Force surgeon. While deployed with the Navy in the South Pacific, she met her husband, Michael Galloway, who was in the Marine Corps at the time.

The couple has been married for five years. They have a one-year-old son, Joey. They also have two other family members – a yellow Labrador retriever, Marty, and a black Lab, Roxie.

The couple is very happy to be here in West Virginia. Her parents, Joe and Annamae Anderson, still live in New Castle, PA, which makes the move to this area even more attractive.

Dr. Galloway said, “It brings us closer to my family north of Pittsburgh. My husband is also very interested in pursuing postgraduate work at West Virginia University in physical therapy. It is just a great opportunity for myself and my family.”

SJMH Honored in the Top 18% of Hospitals By JC

“This is affirmation of our efforts at Stonewall Jackson Hospital to provide our patients with excellent care,” noted Avah Stalnaker, CEO of Stonewall Jackson Memorial Hospital (SJMH), in Weston. “Our medical staff, anesthesia providers, and hospital personnel worked hard to meet all of those quality standards.”

Stalnaker’s remarks were in response to the news that the Weston hospital was recognized as one of only five hospitals in the state of West Virginia “attaining and sustaining excellence in accountability,” according to The Joint Commission – an organization that accredits more than 19,000 healthcare organizations and programs in the United States. The five West Virginia hospitals were among 620 recognized hospitals that were in the top 18 percent of those reporting core measure performance data. Joint Commission uses core measures as guidelines to promote excellent patient care.

Carole Norton, Corporate Compliance Officer and Joint

Members of the Stonewall Jackson Memorial Hospital (SJMH) staff are shown with the certificate given to SJMH in recognition of the recent designation from The Joint Commission. Pictured above, left to right, are: Kay Butcher, SJMH Health Information Management Director; Avah Stalnaker, SJMH CEO; Tiffany Lowther, SJMH Utilization Management Coordinator; back row, left to right – Jack Marcum, SJMH Director of Anesthesiology; Tina Burnside, Assistant Director of Health Information Management; Dr. John Wyllie, president of the SJMH Medical Staff; and Kevin Stalnaker, SJMH Chief Operating Officer.
Sue Peters Retires from SJMH’s Dietary Dept.

Carolyn Sue Peters retired from Stonewall Jackson Memorial Hospital on Fri., Aug. 10. Friends and co-workers honored her with a reception in the SJMH Boardroom that day.

Sue began employment at SJMH in the Dietary Department on Valentine’s Day 1996. Throughout her tenure in that department, she worked every position from cook to tray aide. In March 2004, she became a certified NTA - Nutritional Therapist Assistant. When Sue retired from the department, she was the Dietary Manager.

Sue graduated from Sand Fork High School. She received a BA in education from Glenville State College. She and her husband, Richard, now live in Clarksburg. The couple has two sons – Adam and Mark. She is also the proud grandmother of Meghan Peters, of Good Hope.

Sue is sad to leave SJMH but looks forward to retirement. “I plan on golfing and doing a little traveling now,” she explained. “I truly enjoyed working with everyone here, but it is time to retire. It was becoming physically challenging to get the job done.”

10th Annual SJMH Craft Show Will Be Fri., Nov. 9 at Hospital

Crafters are invited to participate in the 10th annual Stonewall Jackson Hospital Craft Show. The Social/Recreation Committee organizes the event as an activity for Hospital employees and local residents. Members of the community are invited to shop in the SJMH boardroom and classroom on Friday, Nov. 9, from 7 a.m. to 4 p.m. Interested parties can call J. Spelsberg at 304-269-8167 to register.

A positive attitude helps us to cope more easily with the daily affairs of life.
Chief Nursing Officer Named Here

Mary McCartney, R.N., BSN, was named Chief Nursing Officer at SJMH recently. She grew up in Salem, WV, one of six children. Her parents are Pat and Arnie Lipscomb.

McCartney was not one who followed the normal route for a nursing career. She began her education at WVU in physical therapy, but then changed her mind and left there. After working as a merchandiser at K-Mart for five years, she became much more interested in healthcare. The seeds for her vocation, however, started at a much younger age.

“As a child, my family lived next to one of my grandmothers and I would bring her dinner every evening, because she couldn’t take care of that. I would clean and straighten up their home, too. My grandmother eventually succumbed to breast cancer, but being able to help her as a young one was very important to me,” she said.

When she was a little older, her other grandmother was hospitalized frequently and that’s when McCartney’s interest in healthcare really caught fire.

“I would be in the hospital room with my grandmother just grilling the nursing staff on why they did this, and why they did that. It got to the point that my grandmother was afraid they would make me leave because of all the questions,” she laughed.

McCartney is very passionate about the role that a community hospital, such as SJMH, plays in healthcare.

“I support rural healthcare because it is so important to our residents. I don’t want them to have to leave the community for their care. That SJMH is a free-standing hospital is very impressive. There is an excellent foundation here,” she explained.

She graduated from Liberty High School, in Harrison County. She received her degree from the United Technical Center, in Clarksburg, as a licensed practical nurse. McCartney then completed her “LPN to BSN” through Mountain State University, in Beckley. She graduated summa cum laude while working two jobs and caring for her family.

She is presently enrolled in a Master of Science Education program through Western Governors University and plans to have that degree completed this year.

She has wide experience in the nursing field with a variety of nursing units and types of patients. She has also been involved in education, orientation, curriculum development, addiction treatment, hospice and palliative care.

McCartney lives in Buckhannon with her husband, Steve. The couple has five children – Eric McCartney, Abby McCartney, Austin McCartney, Scott Boggs, and Zachary Boggs. Her husband works for Frontier Communication.

New Tool to Assess Balance Disorders Now Available at Weston ENT & Audiology

In addition to a new, larger facility located at 456 Market Place Mall, Weston ENT & Audiology now offers additional balance testing for their patients. Based on a comprehensive ENT exam and audiological workup, if deemed necessary, they can now provide Computerized Dynamic Posturography. This testing allows Dr. John Wyllie and Dr. Diana Daugherty to provide a more functional assessment of the balance system.

“We are very fortunate to be one of the very few medical offices in the state to offer this balance testing,” said Dr. Daugherty. Evaluation of balance disorders with identification of the contributing factors, treatment, and therapy goes a long way toward reducing the frequency and severity of falls. Posturography is a new means to assist in this process and is now available at Weston ENT and Audiology.

Jody Linger, seated in the middle, was feted with a going away party in August by the business office and console. Pictured above, kneeling left to right, are - Melody Butcher and Lisa Hayhurst; standing - Wanda Bender, Rosa Thayer, Margie Barrett, Paula Donaldson, Mistie Love, and Tammy Moody.
The Cardio/Pulmonary Rehabilitation Department at Stonewall Jackson Memorial Hospital (SJMH) coordinated a Cardiac Rehab Reunion on Mon., Sept. 10, at the Lewis County Emergency Squad in Weston. Previous and present cardiac patients were invited, as well as staff members who have worked with the department over the past three decades.

Rev. Hugh Murphy inspired the participants with his prayer before the meal. Approximately 35 patients, spouses, and friends celebrated the evening with a special “heart-healthy” covered dish meal. Dr. Frank Scattaregia, medical director for the department for many years, spoke to the group. He explained the history of cardiac rehab at SJMH—and where the program is going. He also noted that the SJMH cardiac department provides a wonderful service to local patients.

Prior to the meal, the Cardiac Rehab staff provided blood pressure checks and information on heart health for the participants. Reunion guests were very complimentary of the help they received from the Cardiac Rehab staff at SJMH. Some suggested that they would not have survived without the staff’s help and guidance.

There was a wide range of participants, including Dwight Osborne, who was first diagnosed with coronary heart disease in 1987. The most recent graduate was Mary Sutton, who was the winner of the heart-healthy cookbook donated by the LC Heart Society.

Cardiac Rehab is a program that helps patients improve their heart health by changing their lifestyle. The SJMH program is coordinated by a team of medical professionals specially trained to treat people with heart disease. Patients are taught skills to manage heart disease both now and in the future.

Outpatient Cardiac Rehabilitation starts after a patient has had a heart attack, coronary angioplasty or stents, open-heart surgery, valve repair/replacement or heart transplant.

During the 8-to-12-week program, the staff takes the time to get to know each patient by completing a medical history, conducting diagnostic testing and a physical evaluation, and assessing the patient’s knowledge of his/her condition and heart disease in general. An important part of the program includes setting personal goals. Once goals are set, each patient’s progress is monitored and adjusted as necessary. This ensures that patients receive the education and training most appropriate for them.

Staff members include Kristi Gannon, George Butcher, Leslie Sprouse, Julie Hadix, Peggy Burkhammer, Cheryl Ramey, and Susan Leavitt.

Vicki Bowen, pictured above on left, received a nice welcome from her co-workers when she returned to work recently. Pictured behind the counter are, left to right, Candy Donaldson, Renae Sauerwein, and Penny Cutlip.

**Kids Fair Planned for Sat., Oct. 27**

Organizers of the Kids Safety Fair on Oct. 27 are lining up exhibitors for the event. The Fair will be held from noon to 3 p.m. on the ground floor of Stonewall Jackson Memorial Hospital in Weston. Displays by the Lewis County EMS, Weston Volunteer Fire Department, 911 Center, The Girl Scouts, and Weston Orthopedic and Sports Medicine Clinic will be on hand that day. There will also be informational booths on good hand washing, sun safety, healthy food choices, good dental care, and bike safety. There will be bike helmets available for children. There will also be an appearance by The Snowbird.
Console Operator Margaret Blake was honored with a retirement party on Thurs., June 28, by the staff of Stonewall Jackson Memorial Hospital (SJMH) in the SJMH Boardroom. Members of Margaret’s family as well as many SJMH staff members were present for the occasion.

In remarks to the guests, SJMH CEO Avah Stalnaker said that Margaret was a very pleasant lady who always tried to help others. So many times, when Margaret knew someone was going through a loss or rough time, she would offer her prayers.

Margaret is married to Thomas Blake and is the very proud mother of eight children. All of her sons, a grandson, as well as her husband, served in the United States Marine Corps. The couple’s children include: Fred and Thomas, of Maryland; Rose Anne, of Elkins; Bridget and Margaret, of Fairmont; Theresa and Joseph, of Weston; and James, of Lost Creek.

Anyone who knows Margaret realizes quickly that there are three pillars in her life - her family, her church, and her faith. She loves all three dearly.

She grew up in Fairmont and graduated from St. Peter Catholic School. She worked at the telephone company there. She also was a “film clerk” in Fairmont General Hospital’s radiology department. Despite her Fairmont connection, Margaret’s ancestors are Irish Catholics who farmed and lived in Lewis County.

In 1994, Margaret and her husband drove down from Fairmont and were visiting in Braxton County for a reunion. She asked him to drive through the Goosepen Road area. He was retiring soon and agreed with her that he wouldn’t mind living in Lewis County. In short time, they bought the farm where they live today. The location is just a short distance from the main road but across from St. Bridget Catholic Church. Her great-great-grandparents are buried in the cemetery there. Her Irish heritage and Catholic faith run deep. She noted that her great-great-grandfather, Michael Griffin, built St. Michael Church in Braxton County.

“She built a log church which was St. Michael’s and is now located by the Burnsville dam. However, its present location is not its original location. When the dam was built, the church was moved. As a matter of fact, Whisper Mountain Campground is also my great-grandfather’s home-place,” explained Margaret.

Margaret truly enjoyed her work at the Hospital. She loved the people, the patients, the volunteers, and, most importantly, her co-workers. After working all those years on the 3 to 11 shift, though, she decided to retire. Going home so late at night and then driving the country roads in the winter made the decision a little easier.

One of Margaret’s retirement goals was to once again play the piano. “I took piano lessons from Sister Eileen at the convent at St. Peter’s when I was in school. I also took lessons for a short while when I first moved here. Since I have retired, I now have a piano and a couple pieces of music. I can play ‘In the Good Old Summertime’ and ‘Let Me Call You Sweetheart’,” she said.

“It is also good for me to focus and use my hands. The next step is to get the piano tuned, and I am on a list for that.”

Margaret received a number of lovely gifts for her retirement. As well as a retirement check, SJMH also bought her a garden angel. Her co-workers also bought her a cross, a plaque, a bracelet, a necklace, and a Snoopy mug. Margaret has chosen to work one day a week. So you can see her smiling face every Thursday afternoon at the Console.
Tina Waugh is Choice for July

Tina Waugh, of the Stonewall Jackson Memorial Hospital Physician Billing Office, has been named the July 2012 Employee of the Month.

She began work at SJMH in October 2008. She is a Lewis County native and attended Lewis County High School. She and her husband, Rodney, live at Walkersville. The couple has two children – Isaac, 18, and Ashley, 11.

Tina had four separate nominations for the honor. In part, the first nomination read, “Tina is always willing to help and never complains about it. As a co-worker she is always friendly and willing to help with questions when we need help.” Another nominator wrote, “Tina is a great co-worker. She is always willing to help with anything you ask. She is a very caring person… anyone would be proud to work with her. She has been a great blessing to me.” Another wrote, “Tina is a hard worker who helps everyone in her office. She is willing to do whatever is asked of her without complaint. She will put her own work on hold to help others catch up or help with issues which need immediate attention. She stays on task until the task is done. Tina deserves to be recognized for her hard work.” Co-worker Amanda Boyd wrote, “Tina is the most helpful, hard-working person I have met. She takes her work seriously and puts forth 110% every day. Not only is she an excellent worker but a wonderful friend, mother and wife. I feel truly blessed to work with her and have her in my life.”

Tina was equally complimentary of her co-workers and said, “I love what I do…we make a great team. We are not only co-workers but also friends. Everyone helps one another and we all work great together.”

August’s Employee is Paula Donaldson

Paula Donaldson, of the Console, has been selected as the Stonewall Jackson Memorial Hospital (SJMH) Employee of the Month for August 2012.

She started work at SJMH in September 2010. Paula was also a Theresa Snaith Hospital Auxiliary member before working here, an activity that she really enjoyed. “I just loved being an Auxiliary member,” she commented.

Paula received very positive remarks on the nomination submitted for her.

The nominator noted, “Paula always jumps in and helps the entire business office when they need help. She never wants to be without work. She is always pleasant to our customers, even with all of the activity going on throughout the hospital.”

Paula and Rick Donaldson, who works in the oil and gas industry, live at Jane Lew. They have one son, Wesley, and daughter-in-law, Rebecca.

Paula is very passionate about everything she does. She said, “I love being a console operator and have learned so much since starting here. I enjoy all of my co-workers.”

Paula is an avid walker but has also begun participating in 5K and 10K races. Another one of her favorite activities is shopping.
October Employee is Rick Thomason

Rick Thomason, R.T.,(R),(MR), of Stonewall Jackson Memorial Hospital’s Radiology Department, has been selected as Employee of the Month for October 2012. He has been employed by the Hospital since 1994. He serves as the assistant director for his department.

Rick is a Lewis County native. He graduated from Lewis County High School. He and his wife, Tammy Lucas Thomason, are the parents of a delightful 10-year-old son, Austin. Tammy is a U.S. Public Health Corps officer. The family lives in the Walkersville area.

He is the son of Sally Frazee, who also worked at SJMH, and Harley Thomason, of Elkins.

Rick received an associate degree from Fairmont State University. He was in the United States Army from 1985 to 1999. During that time in the military, he was trained as a medic, lab technician, and radiologic technician. He served in a Reserve unit at Fairmont from 1988 to 1999.

Rick’s nominator wrote, “Rick is a hard worker. He is always willing to help wherever he is needed. He is kind and compassionate to all of his patients.”

One of his patients noted that when the patient was having a difficult time undergoing a procedure in the MRI, Rick was immediately aware of the patient’s stress and handled the situation with the utmost professionalism and concern. He made a very difficult situation bearable.

Rick enjoys his work at SJMH. He said that since he is from the area, he knows many of the patients whom he serves here.

“I like to think that I am really contributing to the community by working here,” he explained.

Rick is very involved with his son’s activities, serving as coach for his son’s youth wrestling and Pony League teams.

He loves spending time with his family and doing other outdoor activities such as hunting and fishing.
Brenda,

I wanted you to know how much you meant to me in the hospital. You are meant to do the job you do. It is a job for you, because you put your heart and personality in it. That is why you are special. I had to let you know...Well keep up the good work, keep the beautiful smile as I will always remember them.

Julia,

Just a note to let you know how pleased I was to receive the SJMH General. It was nice reading the articles and seeing photos of people I used to work with.

My congrats to Avah! I am sure she is doing a fabulous job. I was saddened to read of Bunny's and Ellen's passings. I have fond memories of both of them.

Again, thank you for sending the newsletter. I still miss working and all the great people I knew at Stonewall.

Helen Henthorn

To Brenda,

So often we don’t get compliments and that is the reason for this correspondence. I came in Thurs., July 31, 2012 to have my mammogram. The technician was very kind, considerate and professional. It is also such a relief to have the results back in such a timely manner. Thanks

Thanks Gang,

My son finally got a birth certificate and corrected with male. You all did it by going deeper into the birth records. Thanks again.

We finally got phone service back today and at 10:40 p.m., power was restored. Hope you and your families and friends had a happy fourth. God Bless you all. Marsha and Michelle WOW!!! Thank You cannot fully express the gratitude for all your efforts in providing vital information regarding my mom’s health.

To SJMH,

I would like to say a special thank you to the second floor and ER. Dr. Harris was great on Sunday night. Dr. Gregory was also great on Monday and he really made me smile. My two night stay was nice on the second floor with Nurse Diane, Nurse Laura, Mal-lory who got me ice cream, straws and checked on me all the time. Now Greg was really cool and funny. He got me a game system to play and movies to watch. Also, a sweet woman came and gave me checkers, pickup sticks, stuffed animal, and coloring sheets. Thanks for having nice people to make me feel good there. Thanks so much.

To the Board of Directors, Medical Staff, and Employees of Stonewall Jackson Memorial Hospital,

Thank you for the beautiful arrangement. Thank you to all of the staff on Med/Surg for taking such great care of our mother during her past few days. You all kept her as comfortable as possible. Thank you for picking up my slack at work when I was unable to be there.

Just received a very nice telephone thank you from an older patient who was here on our Med/Surg Unit. He wanted to thank everyone here from the kind “little girl” in the dietary department to the staff from Physical Therapy who came up to help him. He said that he couldn’t have received better treatment anywhere. He was very, very pleased.

To SJMH Cardiac Rehab,

Thank you so much! Your expertise, thoughtfulness and encouragement during my rehab made the time enjoyable, as well as beneficial. I will continue my rehab at home, using the exercises and knowledge you taught me. I will think of all of you when I exercise and smile.

Intercepted Mail

Dear Hospital Administrator,

I had a total knee replacement, on 13 August 2012, at Stonewall Jackson Memorial Hospital. Dr. Sickles was my surgeon. Although I am 79 years of age, this is the first surgical procedure I have ever had. I had heard very good reports about Dr. Sickles and also about this hospital, which is why I came there for this surgery.

From the moment I went to be registered, had blood work, etc., I was treated very professionally. Everyone was very helpful. The nurses and techs were wonderful and went out of their way to ensure my comfort throughout my stay. Even the cleaning crew was exceptional. I very much enjoyed the meals served me. The therapy I received had me up and walking the day following my surgery. I was on the second floor during my stay.

The reports I had heard before my surgery were the wonderful attitudes of the employees and the cleanliness of the hospital.

Thank you for everything. Please convey my appreciation to the staff.

Many thanks to all the staff at SJMH who ordered food and helped during the benefit for my sister-in-law, Georgia Hefner, on Oct. 7. Special thanks to Penny Cutlip for delivering the food. Thanks again!

Kathy Daley and the Hefner Family

Joins SJ Home Care

Physical Therapist Kathyrn “Kak” Estelle Ralston joined the staff of Stonewall Jackson Home Care, in Weston, recently. She is a Weston native, the daughter of Karen and Minter Ralston, II. She spent more than two decades working in the Northwest before returning to the Weston area so she could help her family here.

She graduated from Lewis County High School in 1984. She received degrees in athletic training and secondary education in biology. Her physical therapy degree is from Ohio University.

She has worked in a very wide range of medical areas including sports medicine, nursing home care, aquatics, home health, hospital acute care, and administration. She is also a certified specialist the McKenzie method.

Kak is very happy to have returned home and to work with clients in the Lewis, Gilmer, Braxton County areas.

“There is so much satisfaction helping people here. I am always amazed to see the creativity of some patients in their efforts to adjust so that they can stay in their own homes,” she explained. “They are very sweet and kind. It is also fun to run into so many people who know my family or me from years ago.”

While living in the Northwest, Kak also became very interested in environmental issues such as recycling. She also became very “fitness” oriented having participated in numerous half marathons and two marathons. She climbed Mount Hood and Mount St. Helens. Kak’s other passion is her pets: Stella, a black lab; Gertrude, and English bulldog; Turtle, a Corgi mix; and three cats – Beatrice, Bailey, and Balou.
Celebrating Lewis County High School

In an effort to promote Lewis County High School’s sports and academic programs, SJMH is partnering with the high school. During football season, SJMH employees can wear Blue and Gray gear, LCHS shirts, etc. on the Fridays during football season. We will have some high school stickers, buttons, etc. for our employees.

SJMH Starts Wellness Committee; Walking Program to Start

Stonewall Jackson Memorial Hospital is creating a Wellness Committee to encourage SJMH employees to get fit and healthy. The group met on Thurs., Sept. 27 to discuss future plans for the group.

Some of the best news is that the Hospital will be making equipment in the Physical Therapy (PT) Department available for SJMH employees to use for exercise. The Department will be open from 5 a.m. to 7 a.m., and 6 p.m. to 9 p.m., Mon. thru Fri. A decision about weekend use is pending.

Employees must sign up in the PT Department to participate. Even if you do not plan on using the equipment, you should sign up to provide the committee with your information and interests. Kristi Gannon, Cardiac and Pulmonary Nurse supervisor, along with PT Director Matt DeGarmo, are spearheading the wellness effort.

During the initial phase, employees will also be asked to complete a survey about their own attitudes about health and wellness. This survey will be available online and in paper form. To access it online, just put the following address in your web browser - https://www.surveymonkey.com/s/69DGP7L

Kickoff for the wellness effort will coincide with the beginning of the “Lewis County on the Move” program on October 15, administered by the SJMH Marketing Department. SJMH employees interested in joining the walking program should call Julia at 304-269-8167. There will be a prescreening for blood pressure, blood sugar, weight, and waist circumference on Oct. 15 and Oct. 18, from 8 a.m. to 2 p.m. Then, participants will participate in a 6-week walking program, until Dec. 1. The following week, Dec. 3-7, participants will be postscreened to evaluate the effectiveness of the walking program.

Happy Birthday!

Two SJMH board members were honored at a recent board meeting on their birthdays. Pictured above, seated, is Roy “Chick” Lockard, one of the honorees, with Jean Bennett on his right. Standing left to right are, Janet Lockard, Mike Hager, Robin Poling, Denver Turner (the other birthday honoree), and Gerald Wood; last row, John Wylie, M.D., Russell Furr, Dave Gallien, and John Law.
The staff of Respiratory Care prepared a great informational board on environmental issues which cause breathing problems. Pictured above are staff members Stephanie Smith and Sharon Campbell. The board was created by Smith and Emily Clayton.

**Rotary Club/SJMH Blood Screening Sat., Nov. 3**

The Weston Rotary Club has served the citizens of Weston since 1918. It is one of those organizations that does many good works but is humble in its efforts. The organization’s funding of these projects would not be possible without the group’s annual Blood Screening held at Stonewall Jackson Memorial Hospital. The Screening is one of the largest fundraisers for the organization. The 2012 Fall Screening will be held on Sat., Nov. 3, on the Hospital’s ground floor. The screening is scheduled from 7 a.m. to 10 a.m.

Local residents who have never participated are encouraged to support the Rotary and have the beneficial testing for themselves. Participants, who would normally spend hundreds of dollars on the testing, receive a very low-cost rate for the screening.

There are 33 different tests done for the blood panel, including: albumin, alk phosphatase, three blood indices, calcium, chloride, cholesterol (total), creatinine, globulin, glucose, GGT, hematocrit, hemoglobin, HDL cholesterol, LDH, phosphorus, potassium, RBS, SGOT, SGPT, sodium T4, total bilirubin, total protein, triglycerides, uric acid, VLDL cholesterol, LDL cholesterol, LDA/HDL ratio, A/G ratio, BUN/creatinine ratio, WBC, and WBC differential. The regular screening panel will cost $35.

Three other tests will be offered for an extra charge, including a PSA panel for $24.00 to detect prostate cancer; TSH for $11, is a thyroid screening; and one of the newer tests - hemoglobin HAI1C - which measures the cumulative glucose values for diabetics, for $14. There will also be flu shots available for blood screening participants at a cost of $20.

**SJMH Fared Well During June/July Power Outage**

On Friday, June 29, 2012, an area stretching from the Midwest to the East Coast was undergoing a record-setting heat wave. It was the perfect condition for severe weather. A row of thunderstorms crossed the country for a 600 mile trip. At times, the wind reached 80 miles an hour. This row of fast-moving, large and violent thunderstorms is known as “derecho.” The storms hit the Lewis County area at 7:30 p.m. that evening and the damage was devastating.

Trees were ripped from the ground, electrical lines came down, and the power was gone. Despite the problems associated with the blackout, Stonewall Jackson Memorial Hospital continued operations without a hitch...a testament to the loyalty of the SJMH staff. A Code Yellow was called and the disaster plans were put into place with an incident command center staged in Room 116. The disaster ran from Fri., June 29, until Tues., July 3.

Assistant Maintenance Director Edsel Smith held a debriefing after the disaster to evaluate the disaster procedures and was very complimentary of the SJMH staff. “A lot of people gave up a lot,” said Smith. “It was certainly a heck of an effort. The situation brought problems to light that we don’t think about. For example, how would people get back and forth to work without gasoline for their vehicle? The community has really learned from this.”

CEO Avah Stalnaker noted that this particular disaster was especially difficult. “It was a fluid situation. Nothing ever seems to be black and white. You can plan, but every situation is different.”

The immediate problem associated with the disaster was the loss of electrical power. Loss of power meant no phones, no air conditioning, no internet, the eventual loss of cell phone communication, no shopping by credit or ATM cards, and gas stations with gas but no electric to pump the gas.

However, the SJMH staff was able to provide care for the patients who were here during the disaster. The emergency systems within the hospital functioned correctly. Other area hospitals fared less favorably than SJMH. The lab in one area facility had to close and some hospitals considered evacuation of patients because of the disaster.

John Law, president of the SJMH Board of Directors, sent a letter to employees thanking them for the work during the outage.

“All the emergency planning and education that has been done helped with a smooth transition during this time. It is employees like you who allowed SJMH to continue to serve our patients without any problems. Thank you for all your hard work,” he wrote.
Marple Returns from Studying in Japan

Dennis Marple, Jr., of Weston just returned from ten months of study at Niho University College of International Relations in Mishima, Japan. Dennis is the son of Dennis, Sr. and Joyce Ann Marple, of Weston. He also has a twin sister, Deanna Jean, and brother-in-law, Chris Che- noweth, of Fairmont.

He graduated from Lewis County High School. While there, he became interested in Japanese and took the language via the high school’s long-distance learning system.

“I took Japanese at LCHS because I thought it sounded so unique,” he explained.

He began his college studies at Fairmont State before transferring to Marshall University. Dennis, Jr. will be returning to Marshall University for his senior year in a few weeks.

He also worked at Stonewall Jackson Memorial Hospital’s Maintenance Department, as well as Weston Shop N Save. As his mother noted, “Dennis has supported himself all through school. We have also helped him, but he has really accomplished what he set out to do. We are very proud of him.”

Besides making numerous friends, learning to eat with chop sticks expertly, and visiting a variety of famous places, Dennis said that one of the most memorable things he did in Japan was to climb Mount Fuji.

“It took us six hours to climb up the mountain but it was actually more difficult coming down. It also seemed like it took longer to descend the hill. One of the goals when you climb Mount Fuji is to make sure that you get there so that you can see the sunset,” said Dennis.

He has done very well in his studies and was at the top of his class during the past year at Niho. He also took some very interesting classes, including Japanese culture, Islamic culture, and a class on the comparison of America and Japan.

One thing that he had to get used to was the difference in food. Japanese are very fond of seafood, unlike Americans who love red meat. He learned to love the Japanese version of home-made noodles, or ramen. Unlike the prepackaged ramen noodles that people love here, the Japanese version is much more flavorful and delicious. There are American franchise restaurants in Japan such as Burger King and McDonalds, but he noted that the portions were much smaller than here.

Another major difference is the Japanese dependence on mass transportation. Dennis either walked or rode his bike to school.

He has some very important goals after his year in Japan.

“I would like to go back to Japan and get more experience. I really would like to become an interpreter or translator as a business,” he said.

His mother said that Dennis has always followed through on any goals he has set for himself. He is on his way to accomplishing an important one.
SJMH Renovations Culminating in Remodeled Cafeteria

Since 2010, SJMH has been planning and implementing renovations to bring the 40-year-old hospital up to 2012 standards. One of the departments which looked its age is the SJMH cafeteria. But beginning on Sept. 22, the old was replaced by the new. Tentative plans will have the opening of the new cafeteria on Mon., Oct. 15. Pictured are the plans for what it will look like. Many thanks to all of the participants who have worked hard to make this happen, including the Maintenance Dept., Dietary Dept., Housekeeping, Infection Control, Materials, and of course Administration.

New SJMH Cafeteria Plans