The 2004 Relay for Life raised $52,000 during the annual event held June 12-13 at the Lewis County Athletic Field in Weston. Due to inclement weather on Fri., June 11, organizers moved the event to Saturday evening. The move impacted the number of participants, but overall, it was a very successful Relay. Co-chairwomen for 2004 were Jackie Fealy and Beth Gregory.

The money raised during the Relay helps the ACS fund research and aids in providing a variety of programs for survivors, such as Look Good Feel Good, Dietitian on Call, etc. The ACS also helps educate residents about issues regarding the prevention of cancer.

During the opening ceremony at the LC Relay, cancer survivors were invited to receive a medal and recognition for their fight. Janet Lockard provided the medals and gave them to each survivor as his/her name was called. Survivors associated with SJMH include Lois Lamb, Sally Frazee, Martha Queen, Janet Lockard, Donna Myers, Joan Riffle, and Geraldine and Robert Marsh.

The corporate sponsors for this year’s Relay included Charter Communications, Family Medical Clinic of Jane Lew, Sterling Legal Services and Vaidhyaa Paediatrics, KFC, Piercy Auto, Weston Democrat, Weston Wal-Mart, Stonewall Jackson Memorial Hospital, Stonewall Jackson Home Care, and WHAW Radio.

SJMH again sponsored the reception for survivors held before the kickoff at 7 p.m. Survivors were invited to a lovely repast of croissant sandwiches, fresh vegetables, fruit salad, cake, and punch.

Scholarship Winners Named

Stephanie Bean and Corey Casto, of Lewis County High School, were the first winners of the M. William “Bill” Adler Healthcare Scholarship presented by Stonewall Jackson Memorial Hospital.

The scholarship was named in honor of the longtime SJMH board member and Weston businessman.

Bill’s youngest son, Jonathan Adler, made the presentation during ceremonies at LCHS in May.

Both recipients were valedictorians for Lewis County High School’s Class of 2004. Each young lady has also been accepted into the West Virginia University School of Nursing.

The Healthcare Scholarship is funded by the Hospital’s Charity Golf Tournament. This year the event is planned for Wednesday, September 15, at Stonewall Resort. There will also be a Charity Auction, the evening before, at WVU Jackson’s Mill.

Jonathan Adler makes a few remarks before awarding the first M. William Adler Scholarships at an awards ceremony in May at LCHS.
David Watson, M.D., Opening Clinic at Jane Lew

The newest medical enterprise in the Lewis County area will be the Lake Country Physician Group Clinic opening at Jane Lew in August. David Alan Watson, M.D., is medical director of the new venture. The clinic will offer primary care to area residents. The office has both laboratory and radiology capabilities.

Dr. Watson noted that, “Lewis County is a very nice place and I very much look forward to meeting as many people here as I can. I really want to become part of the County.”

Dr. Watson presently lives in Fairmont with his wife, Valerie, who is a senior lecturer in microbiology at the WVU Medical School. He graduated from Fairmont West High School. He attended Fairmont State College and attained a degree in English and a minor in Philosophy. He then spent several years in business in the Fairmont area and later moved to Virginia.

“You know, like so many other West Virginians, I had the opportunity to move out of state for my job. But after I did, I just wanted to move back home,” he said.

Upon his return to West Virginia, he decided to investigate the possibility of a career in the medical field and began studies at WVU. Dr. Watson received a medical technician degree from the University before his acceptance at the Marshall University School of Medicine. He performed his residency at WVU. He has worked at the Fairmont Clinic as well as a clinic affiliated with Preston Memorial Hospital in Kingwood.

Dr. Watson has a 19-year-old son, Eliot, who is at WVU studying engineering.

Making A Difference

Big Brothers Big Sisters of North Central West Virginia is committed to providing children with positive caring adult mentors. There are three ways for adults to be Bigs:

COMMUNITY BASE MENTORING

This is where you and your Little share activities you both enjoy on your own schedule.

To Attend Tournament

Mary Ann Heaster will be attending the U.S.A. National Karate Championship in New Orleans on July 16-17.

She has been competing in Karate for the past three years under the tutelage of Sinsel Bill King of Weston. Currently, Mary Ann holds a black stripe belt and will test for her black belt in the Fall.

This is the third Nationals she has attended. In the past, she has brought home first place in Fighting and first place in Weapons.

Everyday activities that do not cost money, such as bike riding, playing board games, baking cookies, walking or hiking, or going to a local ball game. To build a solid friendship, you and your Little see each other several times a month.

SCHOOL-BASED MENTORING

In the Bigs in Schools program, you meet your Little each week at his or her school, during lunch or after school. This is your chance to build and share a friendship with a child within a structured setting. Your activities are whatever interests you both, but focus primarily on tutoring and other academic assistance.

MENTORING FOR THE DAY

In this program, groups such as schools, churches, and organizations help organize, implement, and financially support activities for children on the waiting list.

For more information and eligibility on how to volunteer or to enroll a child, please contact Jaclyn Sylvia, Case Manager for Harrison, Lewis, Upshur, and all other counties, telephone 623-5437, or e-mail her at bbbscw@labyrinth.net.

Track Champ

Congratulations to Linda Weaver, RN, for her son’s great showing in the WV State Track Meet at Charleston in May.

Her son, Keith, placed first in the 200-meter dash. He ran the event in 11.47 seconds. Prior to the event he was ranked tenth in the state. Good job, Keith!
Thank You, Lillian!

All of us were saddened by the passing of former Auxiliary president Lillian Marsh in May.

She was a gem of a lady and provided leadership for the Auxiliary as president and board member. Despite her recent illness, Lillian maintained a sweetness that was unequalled. During one of the annual dinners, Lillian attempted to thank Susan Hull for the lovely decorations at the dinner. She took one look at Susan and said, “Honey, I am sorry, but I forget your name.” It brought the house down.

She and her husband celebrated their 70th wedding anniversary shortly before her death. That, in itself, indicates what a remarkable woman Lillian was. Her daughter, Sandra Carpenter, is a nurse here at SJMH.

So, Lillian, wherever you are, thank you for being a lovely person and a great inspiration!

Golf Tournament Planned for Sept.

Plans are under way for the second Stonewall Jackson Memorial Hospital Charity Golf Tournament. The event will be held Wed., Sept. 15, at the Arnold Palmer Signature Golf Course located at Stonewall Resort in Lewis County.

In conjunction with the tournament, there will be a charity auction on Tues., Sept. 14, at the West Virginia Building at Jackson’s Mill. SJMH board member and auctioneer John Spiker will be providing auctioneer services for the event, which will also benefit the scholarship fund. Organizers are looking for donations of unique items for the event. To make a donation or request information, call Julia Spelsberg at 269-8167.

Soc/Rec Plans

The annual SJMH picnic will be Friday, July 16, at the Lewis County Park. SJMH family and friends are invited to enjoy the day of golfing, swimming, volleyball, and horseshoes.

Deadline for tickets for the Kennywood trip, on August 7, is July 28.

The Committee has chosen the James Madison/WVU game on Sept. 25 at Morgantown as our football outing. If interested in these activities please call Public Relations at 8167.

Mr. and Mrs. Danny G. Sprouse of Jane Lew announce the birth of their first child, a little girl, Jalen Daneal. She was born June 18 here at SJMH. She weighed seven pounds, five ounces.

Her mother is the former Leslie Rumbach. She is a registered nurse in SJMH’s ICU unit. Her father is a system technician at Charter Communications. Maternal grandparents are Dick and Wanda Graff of Burnsville and James and Pam Rumbach of Jane Lew. Paternal grandparents are Vincent and JoAnn Sprouse of Weston.

From The Executive Corner

By David D. Shaffer

GOOD LUCK TO DR. PASCASIO

A couple of weeks ago Dr. Pascasio announced that he would be closing his practice and giving up his medical staff privileges. Indeed, it hurts all of us to see a long-time friend retire due to the cost of malpractice insurance. He is living proof that the malpractice crisis is alive and well in our state.

I first met Rudy in February of 1975 when I came to SJMH. He and Emma were among the first to befriend Linda and me and I remember a lot of good times. There were the Greek dances, the Christmas parties and, of course, the Crystal Ball. How time flies - seems only yesterday.

Rudy was Chief of Staff in 1977 when both of us travailed our first JCAHO survey. I think Rudy smoked a pack of cigarettes that morning waiting for the surveyors. We were well prepared. The JCAHO gave us outstanding reviews during the exit interviews. Rudy and I were both proud and it felt sooo...good! Oh yes, we did celebrate.

Rudy was one of seven members of the medical staff when SJMH was constructed some thirty years ago. He practiced general surgery for most of his career until the tort lawyers forced him into family practice. His devotion to his patients (and vice-versa) has been remarkable and his cooperation with and commitment to the hospital has been unquestionable. His roots in Weston are deep and the community has benefited significantly from his presence.

So, good luck dear friend. May God bless.

Births

LILLIAN MARSH
Stonewall Jackson Memorial Hospital held a reception to honor longtime employee Helen Henthorn who has chosen to retire. Cake, punch, and desserts were served to Helen’s friends and co-workers.

Helen received a silver charm bracelet as a gift from the Hospital.

Acting Chief Nursing Officer Mary Ellen Bragg was very complimentary of Helen.

“Helen has a wonderful and funny personality. She always had a great relationship with her co-workers, patients, and their families. She will be missed.”

Helen has been with the Hospital since 1982.

Helen received her training at WV Northern Community College, where she received her nursing degree.

Helen is originally from New Martinsville. She graduated from Magnolia High School. She said that after receiving her RN diploma, she was looking for a job.

“One of my sons lived in the Clarksburg area and brought me around to different hospitals here. I saw Stonewall and said to myself, ‘That’s where I want to work.’” She has been here ever since. Helen noted that “The people have been great here.”

Helen has five children: Steve Sidell and Jeff Sidell of New Martinsville; DeDe Coffield and Kim Lapp of Washington, PA; and Greg Henthorn of Pittsburgh, PA. She has eight grandchildren.

Helen will be leaving the area and going to live near her daughters in Pennsylvania. Her address there will be: 645 E. Maiden St., 4-B, Washington, PA 15301.

Dietary’s Lisa Carr and Joan Rohm Leaving SJMH

Two longtime Dietary managers left SJMH on July 2.

Lisa Ashcraft Carr has taken a position closer to her home in Harrison County, and Joan Rohm is retiring.

Though Lisa is an employee of the Dietary Department’s management company, Keegan and Associates, she was a sweet co-worker and friend. She has been the clinical dietician here since 1996.

“I will truly miss the staff here at the Hospital,” she said. “But special to my heart is the gang in the Dietary Department. They always worked hard and did their best. They should be proud of what they provide our patients.”

Lisa’s undergraduate degree is from WVU and she received her Master in Nutrition and Foods from there in 2000.

She is married to Rick Carr and the couple reside at Bridgeport.

Joan Rohm has been at SJMH since 1999. She related that she came to work only a month for Keegan and Associates and has been here five years.

Joan was born in Dublin, Ireland, but moved to Liverpool, England, as a child. She met her husband, Raymond, a member of the U.S. Air Force, in England, was married, and spent the last 50-some years here in America. Her husband passed away in 1988.

“I have enjoyed working here with all the gals and guy in the department. I wouldn’t have stayed that long if I didn’t enjoy it here,” she said.

Now that she is retiring permanently, Joan plans to travel and see relatives in South Carolina, Maryland, and England.

Many improvements have been seen in the department and the two will be missed. A farewell party was held for them at the end of June in the cafeteria.

They will be missed by staff who worked with them.

Health Talks at SJMH

SJMH’s Cardiac Rehab Dept. is offering the following subjects at 15-minute health education sessions held every Wed., at 11:45 in the Hospital classroom. The following are the August topics.

Topics for August
Aug. 4 Benefits of Regular Activity
Aug. 11 Easy Food Tips for Heart Healthy Eating
Aug. 18 Pump Up Your Metabolism
Aug. 25 Managing Your Weight

Interested employees can also walk with the Cardiac Rehab nurses every Mon., Wed., and Fri. Just meet them at 11:30 a.m. at the back entrance of Cardiac Rehab.
KUDOS TO:

▲▲ the Hospital’s Relay for Life teams who participated in the 2004 Relay. Thanks to the corporate sponsors and teams for raising over $50,000 for the American Cancer Society and the effort to “Find A Cure.”

▲▲ the Soc/Rec Committee for the covered dish dinner held in June.

▲▲ the Hospital for the events held during Hospital Week in May. It could not have been accomplished without the great help of the dietary department.

▲▲ the physicians and members of the physical therapy department who gave their time to provide free physicals for school students.

▲▲ all the kind people who baked and donated money for the Junie Coffield bake sale here at the Hospital in June.

▲▲ all the employees involved with the preparation for JHACO survey in Fall 2005.

THANKS

Dear members of the M. William Adler Scholarship Committee;

I wish to thank you for selecting me as a recipient of your scholarship. Although I never had the opportunity to know Mr. Adler, I have heard from many people what a great person he was. I am honored to have been one of the first students chosen to receive a scholarship in his honor.

I am currently at WVU where I am attending HCOP. HCOP (Health Career Opportunity Program) is a six-week program designed to help students who are entering the health career field to become familiar with college life. Emphasis will be on math, chemistry and biology as well as learning good study skills and how to write college lab reports. Hopefully, I will come home at the end of July with lots of valuable “college knowledge.”

In closing, I would like to thank you again for believing in me. I hope to one day make a difference in the lives of others just as Mr. Adler seemed to have done. I will keep you updated with my progress. Until then...

Thanks again!
Corey Casto

Dear Staff,

Thanks for your wonderful care. You’ve all been great!

Love Ya,
Mary McQueen Fury

Inducted Into Phi Theta Kappa

Two students with ties to SJMH were recently honored. Joan Riffle, wife of Maintenance’s Nelson Riffle, and Terilyn Tenney, of Dr. Naim’s office, were inducted into the Phi Theta Kappa International Honor Society of Fairmont State Community and Technical College. Joan is a technical studies/paralegal major, and Terilyn (Terri) is a provisional nursing major. Phi Theta Kappa has recognized academic excellence for two-year colleges since 1918 and has become the largest and the most prestigious honor society serving two-year colleges around the world.

FROM STAFF

• General Orientation for new employees will be held on the following days -
  - Mon., July 19 @ 8:30.
  - Mon., August 2, and Mon., August 23 @ 8:30;
  - There will be no orientation on August 9.
  - Tues., September 7, and Mon., September 20 @ 8:30;
  - Orientation is from 8:30 a.m. to 4:00 p.m. in the second-floor classroom. Those needing lab work or physicals should report at 8 a.m. to Registration. If at all possible, please schedule all new employees on these days.
  - CPR recertification will be held on Tuesday, July 13 @ noon (please note time change), and Tuesday, August 10, and Tuesday, September 14 @ 1 p.m. You must be signed up in advance. Call 8119. All clinical staff are required to have a current card.
  - End of Life Care training will be held Sept. 16 @ 4:30 p.m.
  - There is still room in the PALS course scheduled for October 16-17. There is also room in the ACLS course scheduled for Nov. 13-14. Employees must be signed up in advance and must have a CPR card to participate.

DEVELOPMENT

CARE LEARNING HIGHLIGHTS

• Your carelearning must be completed by the end of your birthday month;

• Courses will be position-specific this year. This means that you may have more modules or less modules than other SJMH employees.

Materials Management Manager Tommy Harris helped cook up hamburgers and hot dogs during the Soc/Rec Committee’s covered dish luncheon in June.
Board Reinstated

John Azar, M.D., is reinstating the Tumor Board at SJMH. The first meeting will be on July 26, from noon to 1 p.m. in the Board Conference Room. Physicians who have a case they would like to have presented should contact Dr. Azar at either 366-0111 or 269-3252. All physicians and interested staff are encouraged to attend.

From The Suggestion Box...

A suggestion recently pulled from the second floor box noted, “My suggestion is to put clocks by sinks so we know how long 20 seconds is to wash hands.”

Rather than doing that, another suggestion is for the hand-washer to sing “Happy Birthday” twice. That is about the correct amount of time to wash one’s hands.

Another timing device is to say the ABCs while washing. That also provides the correct length of time for maximum cleaning.

Employees participated in a number of activities held during Hospital Week at the beginning of May at SJMH.

On Tuesday, May 11, Cajun catfish and barbecued chicken were served to employees during the annual Cookout. The dietary department provided a wonderful repast which included iced tea, baked beans and potato salad. The meal was topped off with brownies.

On Wednesday of that week, a reception was held at Dr. Thomas’ office to welcome the new surgeon. The event provided an opportunity for employees to meet the physician.

The Health Fair was held on Thursday, May 13, and was well attended by employees. The Public Relations Department, in cooperation with the Rural Health and Education Partnership, and the Lewis County Tobacco Prevention Coalition, provided a number of displays and activities for employees. Blood glucose testing, body mass indexes and blood pressure screenings were available for participants.

Orientation for new Theresa Snaith Auxiliary members was held in June. Attending the orientation were: pictured at left, seated left to right, Betty Montgomery, Janice Light; standing, Lois Henry.

Don’t Forget...

All clinical personnel must have a CPR card. The CPR class is held monthly in the classroom. Pictured at left are Jane Eisenbeis of Home Care and Brigetta Huntz learning how to use a defibrillator.

Great Grades!!

Betty Irvin, daughter of Rodney and Leatha Irvin of Buckhannon, completed her freshman year at West Virginia Wesleyan College. She had a 3.75 grade point average and was on the Dean’s List. Leatha is a very proud mother, and also SJMH’s Employee of the Year for 2003.
EMPLOYEES OF THE MONTH FOR MAY AND JUNE

Wingfield Chosen for May

Lorrie Wingfield has been selected as Stonewall Jackson Memorial Hospital’s employee of the month for May 2004. She is a nurse in the Intensive Care Unit at the Hospital. She has been employed here since September 2001. She received her nursing degree from Davis and Elkins College in 1994.

Lorrie lives in Buckhannon with her husband, Bruce, and three children - Chris, 23; Josh, 20; and Heather, 19.

Lorrie’s nomination came from the family of a patient for whom she cared. “My family wants you to know that we have never in all the years that my immediate and extended family has used your hospital been exposed to the care and compassion that we received from Ms. Wingfield. ... Not only did she care for our father, but she also watched over our Mother and the rest of the family just as if she was a member of our family...Ms. Wingfield went above and beyond her duty and for that, we, as a family will be forever in her debt,” wrote the nominator.

Lorrie enjoys working at SJMH. “Stonewall Jackson is a nice little hospital with very nice people,” said Lorrie. “I enjoy the patients and find that smaller hospitals are very nice.”

LORRIE WINGFIELD

Rinehart Picked for June

Elizabeth “Liz” Rinehart has been selected as Stonewall Jackson Memorial Hospital’s employee of the month for June 2004. Liz is employed as clinical supervisor at Stonewall Jackson Home Care. She also works part time in the SJMH Emergency Department.

She graduated from Magnolia High School in New Martinsville. She received her LPN education from Fred Eberle School in Buckhannon. Liz graduated from Davis and Elkins School of Nursing in 1984.

Liz’s nominator praised her demeanor and work ethic. “Liz is an asset that any department would be blessed to have! Her outstanding ability to organize her position in ways above and beyond her needs and her willingness to make the extra effort of planning ahead and going that ‘one extra step’ makes everyone’s day easier. She is a very dedicated employee, an unselfish co-worker, and a wonderful mother and wife. I admire her loyalty and greatly respect her as a friend, mentor and co-worker. Liz is very deserving of the acknowledgment and I would like to take the time to say ‘Job Well Done’ by nominating her for employee of the month,” wrote her nominator.

Liz was equally complimentary of Home Care and SJMH. “I feel that Home Care and the Hospital are wonderful assets for the community. They are both great employers,” said Liz. “I also feel that both give great care to the patients.”

She has been married to Robert Rinehart for 37 years.

LIZ RINEHART

Our Sincere Condolences
to these members of our
SJMH family on their losses:
Sandra Carpenter on the loss of her mother;
Rusty, Chuck, and Rick Simpson and Cathy Marsh on the loss of their mother;
Rochelle White on the loss of her father;
Lisa McClain on the loss of her mother;
Susie Miller on the loss of her son-in-law;
and Chastity McVay on the loss of her boyfriend.
We offer you our sympathy.

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CODE X
External Disaster

Our Sincere Condolences
to these members of our
SJMH family on their losses:
Sandra Carpenter on the loss of her mother;
Rusty, Chuck, and Rick Simpson and Cathy Marsh on the loss of their mother;
Rochelle White on the loss of her father;
Lisa McClain on the loss of her mother;
Susie Miller on the loss of her son-in-law;
and Chastity McVay on the loss of her boyfriend.
We offer you our sympathy.
THANK YOU
Words cannot express our thanks for your kind thoughts, prayers, cards and monetary contributions during the loss of my sister. Your kindness was greatly appreciated.

God Bless You All!
Regina Taylor and Family

Congratulations!
Congratulations to the following SJMH employees who graduated in May.

Julie McWhorter Bush received her Master degree in Secondary Education.

Denise Hardman graduated as a Nurse Practitioner. Virginia Kelly, Traci Chapman, August Dobbins, Stacy Ratliff, and Linda Zickefoose all attained degrees in Nursing. Congratulations on jobs well done!

Thanks For Everyone’s Great Help

Friends of Junie and Lee Ann Coffield held a special bake sale at SJMH to help raise funds for Junie. More than $700 was raised. Junie has cystic fibrosis, and his physicians have recommended a lifesaving double lung transplant. A total of $100,000 is needed for him to receive the surgery. Junie and Lee Ann are pictured at right with a giant get well card started at the Hospital.

Tax-deductible donations for the fund may be made in person at any Citizens Bank location or mailed to the Children’s Organ Transplant Association, 2501 COTA Drive, Bloomington, IN 47403. Checks or money orders should be made payable to “COTA for Harry C.” with account number 5146194 written in the memo space. Secure credit card donations can be made on-line at www.cota.org.

Thanks again to all who baked, donated, and bought the goods.