Mission Trip Is Fulfilling and Surprising

Three SJMH employees took time out from their jobs to perform wonderful acts of kindness when they went to Belize, Central America, as missionaries. Kate Anderson and Peggy Burkhammer of Rehab and Jake Poling of Surgery made the weeklong trip in October.

The trio traveled with Hands and Hearts for Christ - a missionary group of medical professionals from the central West Virginia area. The group performed surgeries and ran a medical clinic for the locals. This was the fourth trip to Belize for the group.

“As usual, it was a very emotionally and spiritually fulfilling trip,” said Kate, “but this year we had an added bonus.”

The bonus was a newborn baby who traveled back to this area with the missionaries.

“There was a teenager who had her baby at the medical center while we were there. The girl came from a family of 11 children, and the newborn had a skin condition. So the teenager abandoned her baby,” explained Kate.

After jumping through a number of legal hoops, Dr. Susan Long, the surgeon, was granted a medical visa for the baby to bring her back to the U.S.

The baby girl has been named Ariana Faith.

During the week, approximately 48 surgeries were performed, including a number of gallbladder removals, hernia repairs, thyroid removals, lump and bump removals, and hysterectomies due to fibroid tumors. Jake worked in surgery.

Dr. Long, who has made the trip every year, performed the surgeries. Dr. “Okie” of Nigeria conducted the clinic with Kate and Peggy.

Kate noted that some of the surgical patients traveled four to five hours by bus or car to get to the center. Once there, they waited in line to get on the surgery schedule. Unfortunately, once the schedule was full, the patients would have to wait another year for a procedure.

There were about 150 people seen for general medical screenings through the clinic. If one needed physical therapy, Kate and Peggy saw those patients. Kate noted that these patients’ complaints were the same as heard in this country.

Pictured above, left to right, Peggy Burkhammer, Jake Poling, and Kate Anderson take a breather after their six-hour flight to Belize.

AND THEN THERE WERE 23!
Twenty-two Individuals went to Belize but 23 came back to this country.

Pictured above is Kate Anderson, of SJMH’s PT Department, holds one of the patients.
KUDOS TO:

▲▲ Tommy Harris and Bill Czako for the very, very successful Stonewall Jackson Memorial Golf Tournament to benefit the M. William “Bill” Adler Scholarship Fund.

▲▲ Rick Thomason and Tracy McGill, who received a wonderful compliment from one of their MRI patients. The elderly lady noted that she couldn’t breathe lying on her back. Rick went out and got her oxygen during the procedure. She was very complimentary and said that she didn’t realize that young people would pay that much attention to the elderly. She was delighted with Rick’s and Tracy’s compassion.

▲▲ Kim Rush, Libby Brown, Tim Harclerode and Julia Spelsberg for manning the grills during the covered dish cookout in October.

▲▲ Mary Ellen Bragg, Nelson Lough, Rusty Simpson, Jimmy Lattea, Julia Spelsberg, Nick Lin- ger, Pam Thompson, Gay Spaur, Debbie Alkire, Diane Bennett, Dodie Arbogast, and Pat Carder for their help in putting together the perennial flower bed on the island in front of the Hospital. We are eager to see the bed in full bloom come next spring and summer.

▲▲ Vinessia Skinner for all her help to staff in their quest for successful job performance. She also stayed and helped Registration during one of the school bus incidents.

▲▲ Dietary Department staff for their hard work and good attitudes.

▲▲ The Maintenance Department for all their help loading and unloading the truck for the many community activities in which we participate.

▲▲ The Kroger Store for its donation of plants and flowers during the unfortunate strike.

▲▲ Sue Peters, Brenda Gum, and Missy Lattea for their help during the Physician’s Breakfast.

▲▲ Faith Christian Fellowship’s Little Lambs for the contribution of stuffed toys to our ED.

Thanks To
Dear ER Staff,
Thank you for the quick and wonderful care you gave me. I would like to especially thank Bob Mills and Dr. Shreves.

Tommy Harris

Thank You
A special thank you for all the excellent care our father received from his many stays at SJMH and

The Staff.
for making his last days comfortable. A very special thank you to Ellie, Susie and Ruth,

Sincerely,
The family of Clarence Finster

Hospital Olympics Set For Nov. 19
In 2002, the SJMH celebrated its 30th anniversary. One of the Anniversary activities held at that time was the Hospital Olympics. It was found to be so much fun that the SJMH Soc/Rec Committee decided to have a second Olympics this year on November 19. This year, each team/department should choose a country for their team to represent in the Olympics. For example, the Maintenance Department could be the team from Greece. (Get it?) Or perhaps the Dietary Department would be the team representing Hungary. So when you sign up for the contests, be sure to have a name picked. Perhaps you can even make up a country to represent.

Suggested games will be jacks, hoola hooping, musical chairs, ambulance, eggs in the spoon, name that tune, and wheelchair races. Winners will receive a trophy for their department and a gift certificate for each team member to a local restaurant. Maximum of four members per team. Call Public Relations at 8167 with your team members and name.

ENJOY LIFE EVERYDAY!
**Patient Education System: Just What the Doctor Ordered**

The Theresa Snaith Hospital Auxiliary has provided Stonewall Jackson Memorial Hospital with many wonderful gifts throughout the years. They have bought a sliding door for the ground floor entrance, new recliners for the patient rooms, equipment for cardiac rehab and surgery.

However, the gift that has benefited both patients and employees the most is the X-Plain Patient Education system, located in the second-floor classroom. It consists of a Dell computer loaded with hundreds of medical conditions and information; a monitor; a keyboard; and a printer. The entire system is on a mobile cart which can be wheeled into the patient’s room up to the bedside.

A patient or employee can access the information from the system with either a computer mouse or, for the less computer-savvy, a touch tone screen. There are audio prompts for those who can’t read. These will take the patient through the information and test.

The X-Plain system is a very consumer-friendly computer program. The main menu offers the staff/patient the option of selecting from 10 fields: surgery and bones, heart and circulation, general surgery, cancer, OB GYN, anesthesia, surgery of the blood vessels, urology, eye care, and living healthy. There may be as many as 40 other conditions found under one of the main menu topics.

A consumer can type in a medical condition under the “SEARCH” option to find the needed information more quickly.

“Computers can be a blessing and this is one of those occasions where a computer will be of great benefit to our staff and patients,” noted Julia Spelsberg, PR director at SJMH.

“Literally hundreds of medical books have been condensed into the information that can be found on this system. It should be able to answer most of our patients’ questions.”

The X-Plain Patient Education system can also be accessed from one’s home by logging on to SJMH’s website at www.stonewallhospital.com and opening up “links”.

**From The Executive Corner**

By David D. Shaffer

**Adler Scholarship Fund Off and Running**

Without question, the Adler Scholarship Fund has made gigantic strides since its inception. The success of the first annual SJMH sponsored golf tournament was instrumental in providing funds for this worthy program. We anticipate additional funds from contributions by the friends and former associates of Bill Adler.

William “Bill” Adler was an integral part of the SJMH family, having served on the Hospital’s board for more than a quarter century. He passed away in November 2002, leaving a void in many lives. Bill was a mentor to many and appreciated the importance of education for success in life. It was perfectly clear that a Hospital scholarship would carry his name.

The Scholarship Fund was established to help finance the education for selected applicants choosing a health care field.

Decisions awarding scholarships will be made by a committee of hospital representatives including two of Bill’s sons, Jonathan and Billy. The goal of this committee is to increase the value of the fund and provide as many scholarships as possible.

Interested applicants should contact the SJMH Public Relations Department for more information.

“Literally hundreds of medical books have been condensed into the information that can be found on this system. It should be able to answer most of our patients’ questions.”

The X-Plain system is not to be a substitute for the advice of a doctor or health care professional or a recommendation of a particular treatment plan. Like any printed material, it may become out of date over time. It is important to rely on the advice of a doctor or health care professional for your specific condition.
The first Stonewall Jackson Memorial Hospital Golf Tournament took months of planning and it paid off. The tournament was a huge success for co-chairs Bill Czako and Tommy Harris of the Hospital.

“You couldn’t have asked for a prettier day,” said Bill Czako, co-chair for the SJMH golf tournament. “It was a beautiful spring-like day in the fall.”

Eighty-eight golfers took to the Arnold Palmer Signature Golf Course at Stonewall Resort on Wed., Oct. 8. Twenty-two teams participated in the 18-hole tourney. Special guest at the event was former WVU Coach Don Nehlen. His appearance was made possible by the efforts of local Weston businessman Larry Bennett.

Beneficiary of the event is the M. William “Bill” Adler Scholarship. The scholarship will help Lewis County High School seniors who are interested in a career in health care.

The winning teams were: first place - team of Crestview Manor/Blackwater Environmental - Dave Gallien, Pat Carrick, Rick DeGroff; second place - team of H.L. Heaster - Steve Heaster, John Rappold, J. Smith, and PJ Kelley; third place - team of Don Nehlen, Larry Bennett, Tim Harclerode, and Brian West.

Bill Czako commented that Coach Nehlen was told that he was starting the tourney with a handicap of two.

Former WVU Coach Don Nehlen was the celebrity golfer at the tourney. He is pictured above with Weston businessman Larry Bennett, who invited Nehlen.

Zimmer Mid-Atlantic.

Birdie sponsors were Associated Architects, Inc., and Crestview Manor Nursing and Rehabilitation.

The Tee sponsors were Robert Ramsey Insurance Services, Inc.; Caplan’s Jewelry Store; Crestview Manor Nursing and Rehabilitation; US Foods; Janet and Chick Lockard; ECHOLAB; Ballard’s Chevrolet-Olds-Pontiac Co., Inc.; Honeywell; Custom Signs and Graphix; and Keegan and Associates.

Other sponsors included The Players Sports Club; Bee Tee Sports; Jane Lew All Star; Alkahn Silk Label; Stonewall Resort; and

Continued on next page
Golf Tournament A Great Success; Benefits Scholarship

Continued from previous page

Mountain State Air Gas.

None of the 88 golfers made the hole-in-one to win the car from Ballard’s Chevrolet-Olds-Pontiac Co., Inc.

After the tournament, the golfers headed to the Stonewall Resort Lodge for a picnic on the Maple Patio. They were served hamburgers, hot dogs, Italian sausage, corn on the cob, potato salad, baked beans, and brownies.

At that time, a special recognition plaque was given to George Ball of Champion Industries for his contributions to the event.

Perhaps the true

GOLFGIRLS. Helping register golfers during the tournament were: above, left to right, Diane Ocheltree, Mary Ellen Bragg, Kim Rush, Lisa Carr, and Brenda Smarr

mark of the tourney’s success was that many of the players said they looked forward to coming back and playing again next year.

Good job, Bill and Tommy!

Ballard’s Chevrolet sponsored the hole-in-one contest for the tournament. Pictured above, left to right, are David Shaffer, SJMH administrator, Denny Ballard, SJMH’s Bill Czako, and Ballard’s Darrell Dawkins.

Pictured above, Don Ables enjoys the ride with Bill Czako at the wheel.

Craft Show on Nov. 20

Seventeen individuals have signed up to participate in the SJMH Soc/Rec’s Craft Show on Nov. 20. The craft tables will be set up in both the Hospital Board Room and Classroom. The Sale will begin at 8 a.m. and run until 5 p.m. There will be a variety of goods, from knives and swords to earrings and other holiday crafts. Some individuals will be selling apple butter, hardtack, and peanut brittle. The Fast Fannies Relay for Life Team will be selling hot dogs and nachos.

Covered Dish Luncheon

SJMH employees were treated to a “Welcome Fall” covered dish cookout on October 9. The Soc/Rec Committee served hot dogs, hamburgers, and potato salad. Employees brought a wide array of foods for the luncheon. Pictured above are members of the business office.
Lewis County Community Educational Outreach Service (CEOS) clubs held a Breast Cancer Awareness Day ceremony at the Lewis County Senior Center on Monday, October 6.

SJMH’s obstetrician/gynecologist Tony Naim was to speak on women’s health. Because of a last-minute emergency, Dr. Naim could not make the ceremony. Radiologist Wilson Tan stepped in and presented a short talk on the importance of early breast cancer detection.

Kathy Helmick of the WV Breast and Cervical Cancer Screening (WVBCCS) program spoke about programs available to help women detect cancer in its early stages.

Radiology’s Mary Jane Parker and Tracy McGill received two wreaths to be displayed at the Hospital in conjunction with the ceremony.

Breast Cancer Awareness Month (October) is an opportunity to encourage women to find breast cancer early by doing monthly self-examinations; having a health professional check one’s breasts every year; and having regular mammograms. Experts agree that yearly mammograms are the most important detection for women over 50.

The WV Breast and Cervical Cancer Screening Program offers free or low-cost mammograms, breast exams, and Pap tests to women who qualify. Information about this program can be obtained through the Lewis County Health Department.

Coordinators of this year’s Breast Cancer Awareness Day also sponsored an awareness/fund-raising program with an unusual twist. Interested parties sent $5 and an old bra to event organizers. The bras were dyed pink and hung outside the Senior Center during the ceremony. The proceeds from the fundraiser went to women who couldn’t afford cancer screenings.

SJMH FACTOID

Lisa Cogar of ICU last took a sick day on January 21, 1998. ED’s Diane Bennett’s last sick day was March 5, 1998. What healthy young women.

Kim Rush keeps approximately 30 to 35 bottles of nail polish in her top desk drawer. You never know when you might need that much.

Pictured above, Mary Jane Parker and Traci McGill display the Breast Cancer Awareness wreaths to be used at the Hospital during Breast Cancer Awareness Month. The wreaths were given to SJMH at the Breast Cancer Awareness ceremony in October.

What’s In Our Mailbox?

The website for SJMH gets many “hits” during the month. But the site is also a spam collector. For those unfamiliar with internet lingo, spam is unsolicited e-mails which arrive uninvited and unannounced on the SJMH website.

For example, on Monday, November 3, there were 183 e-mails in the Hospital mailbox. The last time the mailbox was checked was on Friday, October 31. Therefore, SJMH receives an average of 60 e-mails a day. Unfortunately, most of the mail is spam. There were seven “real” e-mails in that box of mail.

Spammers advertise everything under the sun. Ironically, there were e-mails on how to stop spam in the Hospital mailbox!

For the heck of it, PR decided to count which categories produced the most spam. Surprisingly, the largest number of e-mails concerned ordering medicines online (40). There were a number of e-mails advertising Viagra, etc. (38). Erasing credit card debt and making money were also popular spam.

DON’T FORGET...

The SJMH Children’s Christmas Party is Friday, December 5, and the Employee Christmas Buffet is December 18. Both of these events are brought to you by the SJMH Soc/Rec Committee.
WEBER IS SEPTEMBER CHOICE

John Weber has been selected as Stonewall Jackson Memorial Hospital’s Employee of the Month for September 2003. He has been employed at SJMH since 2000 and works in the Physical Therapy Department.

John is a native of Miami Shores, FL. He received a bachelor’s degree in biology at Wheeling Jesuit University. He received his master’s in physical therapy from the same institution.

John’s nomination was signed by five of his co-workers.

“John is extremely efficient and is helpful while working. He is always courteous and professional. He is willing to help and lend a hand even if you don’t ask him. PLUS he does all the paperwork for college students, physicals and so much more,” wrote the nominator.

John was also complimentary of his fellow employees.

“I really enjoy working with a staff which is patient-oriented,” he said. “We work as a team. I also find it enjoyable to work with patients who wish to get better. My job gives me an opportunity to work with a very wide variety of patients,” he said.

John is very active in Saint Patrick Catholic Church in Weston. He is on the Pastoral Council and is an active member of the Bible Study group.

He is married to the former Rachel Garton. The couple live in Buckhannon. John loves the outdoors and spends time hiking and biking.

BROOKS PICKED IN OCTOBER

Donna Brooks has been selected as Stonewall Jackson Memorial Hospital’s Employee of the Month for October 2003. She has been employed at Lively Healthcare Center since 1981.

She is a Lewis County native and a graduate of Weston High School. She noted that she was in the last class to graduate from that institution. She is the daughter of the late Arnold and Jean Oldaker of Weston.

Donna is a newlywed, having married George C. Brooks in 2000. She has one son, Zachary Brumund. She and her husband live on Kuntz Drive.

Donna’s nominator was very complimentary of her and wrote the following.

“Donna, the receptionist/billing clerk, is an exemplary employee of Lively Healthcare Center. She is very devoted and loyal to her position, the patients/families, and her co-workers. She is a very caring and thoughtful person and the patient satisfaction survey from Dr. Lively’s office speaks for itself. (The survey noted that patients’ comments were “Donna is great” and “Donna is the best in the doctor’s office business”). Donna has become proficient in the use of the PC and performing electronic billing as the office changed from a totally manual system to a computerized one.”

Donna enjoys her job and work.

“My job is just wonderful. I enjoy working with people and working here is great. Winning employee of the month is a great honor and it was very unexpected,” she said.

BETTY BROWN

Dietary’s Betty Brown will soon be returning to her old job down in the kitchen. For those of you who didn’t realize it, Betty has been off work due to health problems since July.

In October, she underwent angioplasty and stents were inserted in her abdominal aorta and renal aorta. Apparently, these arteries were blocked 98% and 60%, respectively. Her surgery was performed by vascular surgeon Dr. Oye in Clarksburg.

Before her surgery, Betty was in extreme pain. She suffered from numbness, cold (sometimes blue) feet, and back pain “like you wouldn’t believe.” Her physician told her that the blood was just trickling through the artery; hence, her pain.

Betty is feeling great with the successful surgery. AND she said that she quit smoking after 31 years of the habit.

She would like to thank all of her friends and co-workers for their get well wishes and donations.

“I am proud to be an employee of Stonewall Jackson Hospital and so happy to be coming back to work,” she said. “Thanks to all!”

FROM HUMAN RESOURCES

Staff is reminded that oncologist Dr. John Azar is a member of the SJMH PHO.

FOR SALE: Orange/rust love seat and chair, contemporary style. Call Julia @8167.

FOR SALE: 1978 Chevy pickup, 4X4, 350, 4 speed, runs great, needs new driver side door. $2,500. Call Kim @8149
Hospital Auxiliary Officers Installed At Membership Meeting in October

Install Officers. Pictured above, left to right, outgoing Auxiliary president Teresa Moran, new president Nelva Posey, Ruby Killian, and vice-president Julia Spelsberg during installation of the Theresa Snaith Auxiliary officers.

Nelva Posey, Julia Spelsberg, and Lee Walker were installed as president, vice-president, and secretary, respectively, at the Annual Membership Meeting of the Theresa Snaith Hospital Auxiliary. The meeting was held on Wednesday, October 15, 2003, at 7 p.m. at West Hall in Weston.

New secretary Lee Walker receives congratulations from Ruby Killian at the membership meeting of the Theresa Snaith Auxiliary.

FROM STAFF DEVELOPMENT

• General Orientation for new employees will be held on the following days - Nov. 17, 2003 Dec. 1 and Dec. 15, 2003
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 at 1 p.m. on Tuesday, November 11, and Tuesday, December 9.
You must be signed up in advance. Call 8119. All clinical staff are required to have a current card. The class may be changed to begin at noon depending on class size.

• BTLS (Basic Trauma Life Support) has been cancelled until further notice.

• GEMS (Geriatric Emergency Medicine) has been moved to January 14, 2004.
If you were signed up previously for this, you are still on the signup list. If not, please contact Vinessia in Staff Development. All staff who are participating should notify their supervisor.

• Computers for Annual Update are located in the Classroom. Both the Library and Classroom are open around the clock. Call or stop by for a quick tour of the rooms.

Free Women’s Health Screening Will Be Held In January

Lewis County C.A.R.E.S. is coordinating a Free Women’s Health Screening on Friday, January 23, and Friday, January 30, 2004. The screenings will be held in the offices of OB/GYN Tony Naim and Dr. John Azar in Physician’s Building #1, next to Stonewall Jackson Memorial Hospital, between 8 a.m. and noon each day. C.A.R.E.S. last provided this screening in April 2002.

Lewis County C.A.R.E.S. is dedicated to educating local residents about cancer and its prevention. The free screening is being organized by Stonewall Jackson Memorial Hospital, the WV Breast and Cervical Cancer Screening Program, the Lewis County Health Dept., and the WV Rural Health and Education Partnership.

Women who have not received a pap test in the past two years are encouraged to reserve their spot now. Breast examinations will also be available. Interested women can call the Health Dept. at 269-8218 for a reservation.

There will be other screenings available such as cholesterol, body fat index, glucose test, skin cancer check, and more. It is not necessary to register ahead for these screenings.

Goodies in Time for the Holidays
The Nutrition and Food Service Department is now offering frozen pies, cakes, cookies, cinnamon rolls, and cheesecakes for your holiday celebrations. Orders for Thanksgiving will be accepted until November 13. They must then be picked up on
Poinsettia Sale

The Weston Hospital Revitalization Committee is sponsoring a Poinsettia Sale in time for the Christmas holiday. The flowers are of florist-quality, wrapped in foil, and trimmed with a Christmas bow. The flowers will be available in red, white, pink, or variegated colors.

Delivery of the flowers will begin on November 28. Orders may be picked up at The Grande Old Dame Gift Shop, 115 East Second Street, Weston (United Bank Building). There is free delivery for orders of three or more plants at the same location. All plants must be picked up or delivered by Dec. 13.

Plants 15" with 5 to 7 blooms are $15; 20" with 10 to 15 blooms are $25; and 20"-24" with 15 to 25 blooms are $40.

SJMH employees can find the applications hanging throughout the Hospital. After making her/his selection, please turn them in to Julia Spelsberg in Public Relations.

More Thanks To The Staff...

To the nursing staff in ICU and Telemetry, just a note to thank you for the excellent care I received during my stay at SJMH. I am home now, weak, but recovering again. Your treatment and care given me and my wife takes second place to no one. Keep up the good work.

Mr. and Mrs. Wilson

I want to thank you for saving my life on July 10, 2003. I wish I could meet you all to know your names. I’d come out but am not able. I have known Scott for years and where and when I didn’t know what was going on, it helped me knowing I could trust him. Mike, I can remember things and how you were trying to help me. It just put my mind at ease. I just can’t remember your face...I’ve tried and tried and tried. I am thanking you all for giving me more time with my wonderful family. I love them so very much.

God Bless You All!

Martha Gillis

I would like to thank your Doctors and staff for the excellent care of my daughter and I would like to commend you on your friendly staff.

Thank You,

Michael Keener

Dear Julia

Once again you went beyond the call of duty. The breakfast for new physicians was such a nice gesture to get them to feel more comfortable with our hospital family. Please thank all who assisted you and let them know they’re appreciated. Don’t ever change how you keep our spirits up.

Dr. “C.T”

Thanks for all of your support and care. The staff at SJMH has always given 100% to our group. Words cannot express our appreciation.

The Chemosabies Cancer Support Group
**Children's Oktoberfest A Success; Approximately 500 Participate**

For the second year in a row, Stonewall Jackson Memorial Hospital participated in the Children’s Oktoberfest at Stonewall Resort. This year’s event was held on October 25. More than 500 children and parents attended.

As well as coordinating the kitchen for the event, the Hospital provided two children’s booths. A handwashing station was manned by Nursing’s Pam Cronin. There was also a tooth-brushing game with *SpongeBob SquarePants*. Volunteers Aaron VanBuren and Johnathan Spelsberg helped there. Monica Arbogast and Corey Casto volunteered in the kitchen.

**Births**

Mr. and Mrs. Dana E. (Tigger) Bowen, Jr., announce the birth of their second child on September 23. He was named Joseph Izaiah. Joseph weighed seven pounds, five and one-half ounces. He has one older sister, Victoria Paige. His mother, Samantha, works in Materials Management at SJMH and his father is a utility inspector for the WV Department of Transportation. His proud grandmother is Vicki Bowen in Outpatient.

**FROM RESPIRATORY CARE**

In July 2003 Amy Carter passed her Registry Exam for Respiratory Care. In October 2003, Scott Cawthon passed A.C.L.S.