Dr. Charles Lively Retires from Lively Healthcare Center

It was a sad day for all of us when Dr. Charles Lively decided to retire from Lively Healthcare Center. After practicing medicine for 50 years in Weston, the kind doctor decided to “hang up the stethoscope.”

What can be said about Dr. Lively?

If you mention his name to a Lewis Countian, the response will be immediate. Words like “kind”, “caring”, “compassionate,” and “a doctor’s doctor” are quickly uttered. His office staff idolized him; the SJMH staff loved him; his patients respected him.

Donna Brooks, his receptionist of 25 years, will tell you that he is the best boss that she ever had. “He is very caring and such a gentleman. There is no one else like him,” she said.

Linda Burns, a 15-year veteran of his office, said, “I could not have worked for anyone as exceptional as he is. He puts everyone above himself. He is thoughtful and generous, and never said a cross word to us. He is such a wonderful person.”

Rachel Brown, his clinical assistant of three years, put it very succinctly, “He is one of the most wonderful people I have ever met.”

Dr. Lively is embarrassed by any praise. The humble physician seems to think that he is like everyone else, but the people around him know that is wrong.

In March, patients and staff were asked to write something positive about a physician to be posted in the SJMH lobby as part of a Doctor’s Day celebration. Not surprisingly, Dr. Lively had the most comments.

At his retirement, Dr. Lively was still caring for patients who began coming to his office in the 1950s.

Ginger Simmons Bailey is one of them.

“We moved here when I was three years old and I always seemed to be sick,” she explained. “Dr. Lively was kind, caring, and so considerate of me and I think the world of him. Plus, he was always so knowledgeable and kept up to date on everything.”

Besides being compassionate, he has been inspirational in ways that even he didn’t know.

Several years ago, a former patient...
More on Dr. Lively

Continued from Previous Page

sent the Hospital an e-mail noting that because of Dr. Lively, she had chosen a career in nursing and was in school to be a nurse anesthetist. She wrote because she just wanted him to know how much he had inspired her.

Dr. Lively was born in Weston but moved to Charleston with his family when he was three years old. However, he still had a strong connection to the town since his aunts lived in the family home on Main Avenue, where he now lives.

“I used to come up to Weston in the summer to visit my aunts,” he said. “I would get the street car at the Traction Building (now the law offices of Weber and Weber) and ride to Jackson’s Mill. I would swim in the pool there and then ride back home. Weston had several movie theatres, too, which made it fun for me.”

The Lively home was built in 1882 by his grandfather, William E. Lively. The small brick building in the side yard was his law office, which was built in 1886. There is a small cottage on the back of the yard, which was the original home. It was moved to the back of the lot when the large, two-story Victorian was built.

His father, Charles, was postmaster in Weston. After the family’s move to Charleston, he became clerk of the WV Senate and compiled the first WV Blue Book for the State. After that position, Mr. Lively became executive secretary for the West Virginia Medical Association.

Dr. Lively went to school in Charleston and eventually headed to Morgantown for the University’s two-year medical school program. He then finished his training at the Medical College of Virginia. Early in his studies, he had planned to go into internal medicine. There were several of his high school friends who planned to become internists and build a joint practice in Charleston. That was the plan - but sometimes things change.

“After I went to my residency in Massachusetts, I fell in love with family practice,” he recounted. Again, Dr. Lively’s plans didn’t work out... lucky for us.

“The hospital there wouldn’t give me privileges, so we decided to come to Weston,” he said. In 1956, when he arrived, there were five other doctors practicing here including: Doctors Pertz, Fisher, Trinkle, Corder, and Snaithe. The hospital, however, was owned by two of the doctors, who could decide which physicians would have privileges to practice. Eventually, the people of Weston decided that it was important for the growth and progress of the community to buy the hospital and begin plans for a new one. Eventually, Stonewall Jackson Memorial Hospital would be the result.

Things have changed somewhat over the years. For example, his first office was in a two-story duplex located across the street from Saint Patrick School on Center Ave., just a few hundred feet from his office today. There have also been great changes in the technology of medicine.

“When I started in medicine, there were eleven antibiotics available. Now there are hundreds of them,” he explained. “I also kept files with information from the New England Journal of Medicine as a reference.”

In those early years, Dr. Lively made house calls, a practice unheard of today. Normally, he would not get home until 10 p.m. each night because he could be traveling to Roanoke or Pickle Street to see patients. He also made the mistake of buying a Jeep because of the tough terrain he might encounter on his calls. The other doctors in town took notice, so when they were called on to make a rural house call, they would refer the patient to Dr. Lively.

Continued on Next Page
More on Dr. Lively

Continued from Previous

because their cars wouldn’t make it out in the country. Or so they said.

“I really enjoyed making house calls because I got to know the patient and they were very appreciative,” he said. “I did have the black bag filled with everything I needed, including placebos (sugar pills). Sometimes there were few things that you could do for a patient but a placebo pill would make them feel better.”

Though house calls seemed like a good practice at the time, he felt that treating a person in their home wasn’t fair to them. As medicine became more refined, it was important for an ill person to be seen in the hospital or at the office.

During his career, he has worked with all of the physicians here. He said that even though he didn’t know her for long, he learned quite a bit from Dr. Theresa Snaith, a pediatrician. He would also assist Dr. Elden Pertz at the State Hospital.

“We would go there every Friday for surgeries. They actually had a very good medical unit there. There were only two or three doctors for a population of 2,000 patients, so we would be called for consults,” he explained.

He said that he felt like every patient was a part of his family.

“I loved the counseling part of medicine. That I would be willing to talk and listen to the patient got around and people would come to me because I was willing to listen. I enjoyed the relationship with my patients,” he said.

He doesn’t know how many babies he delivered but he knows that there were quite a few. He is such a compassionate man that the outcome of a birth was worrisome to him.

“You shared with the family, whether it was bad or good,” he said.

Retirement was a tough decision, but he plans on taking it easy for a while and then traveling to visit family. Though the couple had no children, he said that the nieces and nephews were like children to them. Plus, there were the dogs.

Since living here, there have been seven dogs in the family. The first was a Basset Hound by the name of Cotton. Then he and his wife Joanne changed their preference to Cairn Terriers. Most of the dogs lived to the age of 14 to 17 years old. He could still name them - Quince, Corky, Casper, Henry, Sadie, and Vince, the dog who accompanies him now.

“The interesting thing about Sadie is that we didn’t pick her out the way we did the others. Arch Warren (a Weston insurance agent, now deceased) brought his dog, Sadie, to play with our dog one day,” said Dr. Lively. “Well, he just never came back to pick her up, so we had another dog.”

Visitors to the home today are surrounded by mementos of Dr. Lively’s and Joanne’s lives. Many of the knick knacks are physician-oriented.

There are pictures of his grandparents, who built the house, and lots and lots of art throughout.

He said thoughtfully, “It has been a nice life, and this home reflects what our life is like.” Sadly, Joanne died in December 1997.

Retirement will be quite a transition for someone who has worked so long in the field that he loves so much. Fortunately, he will remain on the SJMH board, a seat that he has held since the Hospital’s founding. That means we will still get the opportunity to see his smiling face.

When asked what he thought happiness was, he replied, “Knowing I could make someone feel better.”

Happiness for his patients here was knowing that he would be there to make us better.
Scenes from the ACS Relay for Life

It was a rainy evening for this year’s Relay, but the weather cleared up for the Survivors Recognition and Survivors Lap. SJMH provided a Reception for the survivors, too. Here are some pictures from the event. Starting at top and going clockwise: Nick Bakas and Denny Marple; the reception; Sissie Riley and Lois Holden; Sally Frazee and Gloria Shaffer; Willadean McQuain and Janet Lockard; Hannah and Angela Hinter and Tommy Bragg. More than $70,000 was raised at this year’s relay.
KUDOS TO:

ss the people and businesses who participated in Relay for Life.

ss A “Special Thank You” to Keith Chapman, Chrystal Skinner, Judy Burr, Kim Ables, Alisa Sisley, and Sally Frazee for helping Lisa Cogar out in the ICU on an extremely hectic day. Thanks for pulling together as a “team” to help our patients and staff.

ss the Soc/Rec Committee and volunteers who gave us the annual picnic and healthy snack day. Thanks for all your work!!!

Congrats, New Nurses!!!

Congratulations to Kim Koert, who graduated with a nursing degree and is now working in SJMH’s Intensive Care Unit.

Judy Barnes, who graduated in nursing. She is working on Med/Surg.

Congrats to Dusty Hall for passing his nursing boards.

Thanks

Mr. Shaffer, Julia, Mary Ellen, and Diane,
Many thanks for the wonderful food on 6/16/06. Midnight shift really appreciated it.

Sincerely,
Judy Riley, RN, Night Shift

SELF-MASSAGE

If you are unable to work in a professional massage, you can practice some simple massage techniques on yourself that can have great benefit in releasing tension and promoting relaxation.

Self-Massage Techniques

- Scalp Soother – place your thumbs behind your ears while spreading your fingers on top of your head. Move your scalp back and forth slightly by making circles with your fingertips for 15-20 seconds.

- Easy on the Eyes – close your eyes and place your ring fingers directly under your eyebrows, near the bridge of your nose. Slowly increase the pressure for 5-10 seconds, then gently release. Repeat 2-3 times.

- Sinus Pressure Relief – place your fingertips at the bridge of your nose. Slowly slide your fingers down your nose and across the top of your cheekbones to the outside of your eyes.

- Shoulder Tension Relief – reach one arm across the front of your body to your opposite shoulder. Using a circular motion, press firmly on the muscle above your shoulder blade. Repeat on the other side.

NOTICE

The annual orientation for the Auxiliary and Chaplains will be held on Wed., Sept. 6, in the SJMH second floor classroom.

NOTICE

The annual Soc/Rec Craft Sale will be held on Fri., Nov. 3, in the Boardroom and Classroom.

The Annual Gold Sale will be held Oct. 12.
Joyce Greenlief is May

Joyce Greenlief, administrative assistant/credentialing coordinator, was named employee of the month for May 2006 at SJMH. Joyce has been employed here since July 1997. She was also honored as employee of the month in April 2001.

Joyce is married to Steve and the couple lives in Burnsville. She has two sons: Ian, 23, is a first-year law student at the University of Louisville; Corey, 21, is employed by Stalnaker Energy Corporation in Glenville.

Joyce’s nominator was very complimentary of her.

“Joyce never says ‘no.’ She always makes time to help anyone who comes to her office. She is an untapped resource for our hospital. More importantly, she is a great employee and is respected by all who know her,” the nominator wrote.

Joyce’s supervisor, Associate Administrator Avah Stalnaker, also had words of praise.

“Joyce is very efficient and dependable. She helps several departments and her work is always excellent. She is a self-starter and independent worker. She also performs all credentialing duties; prepares contracts; takes minutes of meetings and is my right-hand man.”

Joyce was equally complimentary.

“I am very honored to have been nominated and chosen as employee of the month. I really enjoy working with everyone at the hospital. I have a variety of responsibilities for many departments, which helps keep my job interesting. It also helps to have a boss as wonderful as Avah.”

Joyce is a graduate of Braxton County High School and Glenville State College. She is the daughter of the late John McNemar of Buckhannon and Judie McNemar of St. Stephens Church, VA. Joyce enjoys reading in her spare time.

Lisa Cogar is Honored in June

Lisa Cogar, of SJMH’s Intensive Care Unit, was selected as SJMH’s employee of the month for June 2006. She has been employed at SJMH since 1995 in ICU. She is the nurse manager for that department.

She is a resident of Gassaway but graduated from Webster County High School. She received her training from Manatee Community College/University of South Florida in nursing and respiratory care. Presently, Lisa is working on a master of science in nursing from WVU.

Her parents are Dana Cogar of Grassy Creek and Marie Cogar of Jumbo, in Webster County.

Her nominators were complimentary of Lisa.

“Lisa should receive this honor for several reasons. She is interested in educating all of the staff on important issues. She is fair to her staff and is working to improve relations with them. She is also trying to improve the level of patient and physician satisfaction in the department,” the nominators wrote.

Lisa truly enjoys her work in ICU/Telemetry.

“I love the nursing profession and feel that we have terrific doctors, staff, and patients here. I love the people with whom I work. Our ICU/Telemetry gives great care and I am happy to be a part of the department,” she said.

Lisa has worked with Healthnet at CAMC. She was featured on the group’s annual calendar. In her spare time, she enjoys sightseeing and has traveled extensively. In September, she plans a trip to hike the Grand Canyon, which will take a week.

THANKS!!!

To the staff of Stonewall Jackson Memorial Hospital,

I would like to thank everyone for the good and professional treatment which I received as a patient in the facility. I want to especially thank Keith Chapman, Dr. Gregory and all the staff in the emergency room. Also I want to thank all the staff on second floor for their good care. I especially want to thank Bunny Corathers. Again thanks and God Bless you all!!!

Helen
Surgery’s nurse manager, Edith Wendell, RN, was selected as employee of the month for July 2006. She has worked at SJMH since 1980.

Edith is originally from New York State but moved to West Virginia in 1975. She began here as an LPN and graduated from nursing school in 1989.

Edith and her husband, Ed, have two children – Roy, a student, and Sarah, a public relations specialist at a hospital in Virginia. Sarah and her husband, Shawn Yonker, have a little boy Kason - Edith’s first grandchild. In her spare time, Edith enjoys working on the couple’s 60-acre farm at Kincheloe. She also enjoys camping, hiking, and gardening.

Edith enjoys working at SJMH, which she feels provides a more personal and intimate atmosphere for patients and staff than larger facilities.

She was complimentary of her staff.

“I have worked in a larger facility but much prefer the atmosphere here. It makes for a more pleasant working situation with staff,” said Edith. “I have a great staff and I am very lucky to have them.”

Edith’s nomination was signed by several employees and noted, “Edith is a good supervisor. She works hard at her job and puts up with a lot. She is dedicated to her job and is very professional. Edith is always ready to work and works well with her staff. She knows her job duties and follows them well,” they wrote.

Treat your co-workers, patients, and visitors with respect at all times!

Keith Chapman, of the SJMH Emergency Department, has been selected as the employee of the month for August 2006.

He is a Lewis County resident and graduated from Lewis County High School in 1988. He has a degree in chemistry from West Virginia University. He graduated from Excelsior College in 2004 with a nursing degree. He began employment here at SJMH in 2002 as a monitor tech in the Intensive Care Unit.

Keith is married to Traci, who also works at SJMH. The couple has two children - 10-year-old Kendra and 13-year-old Cory.

Nine employees signed Keith’s nomination, which read, “We wish to nominate Keith because of his tireless energy and his pleasant attitude towards the patients. He never complains and willingly works anywhere he is required. He is a pleasure to work with and has learned critical care quickly and with ease.”

Keith was also complimentary of the staff with whom he works.

“I really enjoy my job here and couldn’t imagine doing anything else,” he said. “I work with a very good group of people.”

In his spare time Keith enjoys going to the movies and being with his family.

Cessation Classes Forming at SJMH

People interested in trying to quit tobacco can participate in a four-session tobacco cessation class at SJMH. Call Julia Spelsberg at 269-8167 or Sheila Spears at 269-8099 for more info.
**Winners Announced And Recipe Given Here**

Winners of the Cooking Contest during the Soc/Rec Covered Dish Luncheon in June were:

**DAY SHIFT**  
Susan Leavitt  
Linda Weaver

**EVENING SHIFT**  
Sue Clem  
Linda Long

**NIGHT SHIFT**  
Tammy Taylor

Here is Dave Shaffer’s Cajun Catfish recipe:

**CAJUN CATFISH**

- 4 catfish filets
- 1/4 cup margarine (1/2 stick)
- 1 teaspoon salt
- 1 teaspoon onion powder
- 1 heaping teaspoon crushed red pepper
- 1 teaspoon basil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon thyme
- 1/4 teaspoon oregano (can use more if desired)

Heat all the ingredients (except fish) in a 10-inch skillet for five minutes on low or medium heat. Cook fish in above mixture for 15-20 minutes on each side.

**Baby Announcements**

Vanessa Lloyd and her husband, Tim, announce the birth of their second child, a little boy, on June 20, 2006. The baby’s name is Braden Samuel. He weighed seven pounds, thirteen ounces, and was twenty inches long. Vanessa is the infection control nurse here at SJMH and her husband is a department manager at Wal-Mart. Braden has a very happy big sister by the name of Claire.

**Congratulations To A Proud Momma!!!**

Jeffrey Allen Mick, son of Jean in Registration and Willie Mick, graduated from West Virginia University’s Pharmacy School in May 2006. His proud Mother said that his grade point average was something like a 3.9999999999999999999. He only got one “B” in six years. Everything else was an “A”. Jeffrey is now working at the Weston Wal-Mart.

**BIGGEST LOSER!!!**  
Thanks to Hope Bailey, 18 SJMH employees are battling it out to lose the most weight by the beginning of Sept. Each one put $10 in the pot, so it will be a nice payoff.

**Provides Program at Senior Center**

Pulmonologist Muqdad Zuriqat, M.D., presented a program at the Lewis County Senior Center on asthma, sleep apnea, and lung disorders, on June 13. Dr. Zuriqat is Board Certified in Internal Medicine, Pulmonology Disease, Critical Care, and Sleep Medicine. He is the medical director of the pulmonary rehabilitation department here at SJMH.

**FROM STAFF DEVELOPMENT**

- General Orientation for new employees will be held on the following days:  
  - Tues., Sept. 5;  
  - Mon., Sept. 18;  
  - Mon., Oct. 2;  
  - Mon., Oct. 16.  
  Orientation is from 8:00 a.m. to 4:00 p.m. in the second-floor classroom. Physicals and lab work must be completed prior to orientation (five days at least.)
- CPR recertification will be held on Friday, Sept. 8, @ noon, and Tues., Oct. 10 @ noon. You must be signed up in advance. Call 8119. All clinical staff are required to have a current card.
- ACLS Class will be held Sat. and Sun., Sept. 9 and 10, from 8 a.m. to 4 p.m. in the classroom.
- PALS Class will be held on Sat. and Sun., Oct. 7 and 8, from 8 a.m. to 4 p.m. in the classroom.
- Employees having difficulty completing their E-Learning Annual Update or Module Training may call x 8119 to setup an appointment for a session.

Leslie will make arrangements to be here during your scheduled work hours with appointments made in advance.

- There is a staff education bulletin board located on ground floor across from the job postings board. Upcoming classes and seminar information will be posted as it is received. If you have any education information you would like to share with other employees, you may forward it to Leslie to be posted.
CORE Measures Represent The Quality of Hospital Care

Healthcare providers are faced with an increasingly challenging regulatory environment. They need to demonstrate their quality of care to JCAHO and CMS, as well as to a range of pay-for-performance initiatives.

Hospitals can vary in the quality of care they provide. A quality measure is one way to see how well a hospital is caring for its patients. The measures are based on scientific evidence about treatments that are known to get the best results. The CORE measures are a set of quality indicators that determine how often hospitals provide recommended care known to get the best results for most adult patients being treated for a heart attack, heart failure, pneumonia or having surgery. Getting the recommended care means you are more likely to have better outcomes.

Kay Butcher, RHIT, performs comprehensive data extraction to retrieve specific evidence-based standardized performance measures for our hospital’s four CORE measure sets that include Myocardial Infarction, Congestive Heart Failure, Pneumonia and Surgical Infection Prevention. Data collected is entered into the “QI Data Project Center,” who then transmits this information to Medicare and JCAHO. When abstracting a record, Kay utilizes all the information she can find in the medical record. However, too many times, documentation is not sufficient or is absent, causing the record to fail a data set. We can no longer tolerate inadequate documentation. The prevailing rule remains, “If it isn’t documented, it hasn’t been done.”

Providers wishing to survive in this environment need complete, consistent and reliable documentation in the patient’s record. The importance of documentation cannot be overemphasized.

Reimbursement in the future will be based on process-driven performance that demonstrates the use of best practice guidelines. Our future depends on understanding, accepting and embracing the concept that documentation of care is synonymous with care itself, and failure to document implies failure to provide care. We must work to achieve high performance levels and always strive for excellence.

Our Sincere Condolences to these members of our SJMH family on their losses:

Geraldine Marsh on the loss of her mother-in-law;
Kim Rush on the death of her grandmother;
Jean Mick on the loss of her father;
Joyce Greenlief on the loss of her aunt;
Rob Moran on the loss of his uncle.

We offer you our sympathy.

We also offer sympathy to the families of our former employees George Simpson and Sandy Carpenter on their passing.
Service Project Completed by Mormon Church Group

The Theresa Snaith Hospital Auxiliary was delighted to have some help on a project for patients at Stonewall Jackson Memorial Hospital in Weston.

Last year, the Auxiliary’s president, Teresa Moran, and vice-president, Sissie Riley, wished to make fleece blankets for newborns and other patients at the Lewis County hospital. These simple blankets require two pieces of 1.5 yards of fleece, which are backed up to each other. Then cuts around the edges are made, and then tied off with knots. There is no sewing needed, just time.

Moran and Riley started the project last fall and showed Auxiliary members several of the completed blankets at the annual Membership Meeting held in October.

Unfortunately, President Moran passed away in January 2006. Vice-president Riley was at a standstill. She was such a close friend of Moran’s that it was very difficult to continue the project.

In the spring, acting president Julia Spelsberg received a request from the Church of Jesus Christ of Latter-Day Saints, who was looking for a special project. The group would be at the Gilmer County 4-H camp for a week in June for The Young Women Girls Camp. Spelsberg took advantage of the free offer of manpower and decided to continue with the fleece blanket project. The Auxiliary bought enough fleece material to make forty blankets and members of the group took on the task. About eighty teens, ages 12 to 18, were at the camp. Each afternoon, the girls worked on the blankets.

“We are so happy to get the completed blankets,” said Spelsberg. “Though it is summertime, these blankets will come in quite handy when winter rolls around. The baby blankets are a powder pink with a sky blue on the other side. They are absolutely beautiful.”

Respiratory Training Offered at FSU

Diane Ocheltree announces that Fairmont State University has developed a Respiratory Care Program through the College’s Pierpont Community and Technical College. This is an 18-month program in which a student graduates with an Associate degree. SJMH has developed a loan program to help students cover the cost of college. One would need to be accepted to the program before applying for the loan. Applications should be out for the class starting May ‘07 in Dec ‘06.

For any other questions, you may contact Diane Ocheltree, Directory of Respiratory Care, at 8094.

Associate Administrator Avah Stalnaker vacationed out West with her husband, Jerry, and granddaughter, Kayla Hayhurst. Little Kayla couldn’t pass up the opportunity to have a little photographic illusion with a large set of antlers on the wall.
PYXIS
The Pyxis system is now in place and being used throughout the hospital. Some areas, like ER or Outpatient, have been on the system for over a month, while some of the other units, ICU and Med/Surg, have only been up and running for a couple of weeks. An important point to remember is that the system itself is very flexible. We have already worked with several of the departments throughout the hospital to customize its capabilities to suit the needs of an individual unit. If a problem or question arises that needs to be addressed, please speak with your nurse manager, Dan, or any member of the pharmacy staff, and we'll do our best to iron out any wrinkles within the process. We appreciate the help and cooperation we've received from all of the departments affected by this change. It is a very tall order, but in the long run it will provide our patients with timely medication administration and, most important, increase patient safety here at SJMH.

CLINICAL PROGRAMS
Because of the implementation of Pyxis, some of our newer clinical programs have been pushed back until mid to late August. We have not forgotten about these new services, but we want to wait until we have the proper amount of time to dedicate to each one. IV to PO conversions, DVT prophylaxis protocols and drug use evaluations are all programs on the horizon for the pharmacy department. We have been working with the P&T committee not only for approval of these programs, but also for ideas for how best to run each one within our hospital. As more specific information about the timing of these programs becomes available, we will pass it on to the entire staff.

REMINDERS
Please remember, if a product has a charge associated with it, it must be pulled from Pyxis. Please do not keep a “stock” or supply of ANY med outside of the Pyxis, unless pharmacy is aware of this setup. We are working hard to purchase each medication in a “unit of use” container. Multi-dose vials are being used only when a single-use vial is unavailable. As more manufacturers move toward bar-coding and unit-of-use containers, smaller sizes will be easier to purchase. If you have any questions about the size of a vial or the availability of single-dose vials or bottles, please contact the pharmacy.

When entering/charting on CPSI, please remember that after an order is verified it still must be charted to show that a dose was given. Verification is to confirm the correct entry of the order based on the information written by the physician. Charting is the recording of the time, route, etc. that the medication is given.

If there are any problems with par levels, stock outs or Pyxis in general, feel free to contact Dan or any of the pharmacy staff and we will be glad to help.
SJMH employees were asked to answer a questionnaire about their health concerns and suggestions for a wellness program here. The American Cancer Society gave us a breakdown and we are giving you the top vote-getters in each category. The number following the suggestion is the number of people who felt it was important.

SURVEY RESULTS
1) Which of the following health concerns would you like to know more about?
   Stress Management 164
   Nutrition 130
   Men's/Women's Health 125

2) Please mark whether or not you prefer health information from the following sources.
   Pamphlets & Other written materials 167
   Talks by Experts 131
   On-line/Internet 122
   Television, radio 169

3) From which of the following sources do you currently get your health information?
   Newspaper, Magazine 182
   Doctors 170
   Television, radio 169

4) Would you participate in a health program if we offered one?
   Yes 182
   No 46

5) What time would be best for you to participate in a health promotion activity?
   After Work 97
   Lunch Hour 72
   Before Work 41
   0 days 77

6) In which of the following wellness activities would you likely participate, if offered at work?
   Walking Club 159
   Fitness or wellness activities 155
   Annual Health Fair 147
   Weight Management Program 134
   0 days 151

7) Please provide suggestions or recommendations for specific activities to include in a worksite health promotion program.
   Thirty-five people wrote their suggestions for this question. Many of the suggestions were using the equipment in PT, having aerobics and stress management, healthier food choices, a gym for hospital, a place to exercise, organized games such as Frisbee or basketball.

8) Are there aspects of our work environment that should be changed to be more supportive of healthy lifestyles among our employees?
   Staff use of exercise equipment; Less stress; More fresh fruits, low prices in cafe, and fresh salad bar everyday; Discourage smoking by the employees; Encourage weight loss and smoking cessation by employees; This would help the employees and reduce health care costs too; More healthy food choices in cafe. Too much greasy foods on same day. High calorie high fat content.

9) If SJMH decided to offer incentives to promote participation in health promotion programs and healthy behaviors, what kind of incentives would prompt you to make healthy behavior changes?
   T-Shirt with SJMH Logo, extra paid day off, Massage coupons, possibly $10-$15 gas card; Discounts to health clubs; Wouldn’t need an incentive, life should be enough incentive; Would contribute to our Curves fee; Pools; Vacation days, gift certificates, 1 hr lunch instead of 1/2 hour; Some kind of fitness program; Gift certificates on who lost the most weight within a month; Door prizes, extravacation pay, $100.00 gift certificate to the biggest loser of the year (most weight lost over the period of a year); On site gym available to employees, yoga classes, more varied and healthy menus and if you could change from 2-15 minute breaks and a hour lunch to a 1 hour lunch. Optionally then if you had a gym or yoga class you would have time to do it during lunch; Maybesomethingsimilar to the “Pat on the Back” Program?; Maybesomethingsimilar to the competitions between department? Just for fun!; Healthier foods in cafe; 2 nights get-away for person losing most number in 6 months; SJMH hats or t-shirts/sweat shirts, or scrubs; Days off with pay; gift cards; discount at local merchants; free movie rentals. Cafe to have pre-made sandwiches, veggie plates, salads; Larger Leans in PT; Less stress; More equipment; Less stress; More varied and healthy menus.

10) In the past week, how many days did you accumulate 30 minutes of moderate intensity exercise (e.g. fast walking, easy cycling)?
   0 days 77
   1 day 32
   2 days 33
   3 days 32
   4 days 18
   5 days 27
   6 days 2
   7 days 9

11) In the week, how many days did you accumulate 30 minutes of vigorous intensity exercise? (E.g. running, jogging)
   0 days 151
   1 day 14
   2 days 26
   3 days 17
   4 days 8
   5 days 6
   6 days 2
   7 days 3

12) In the past week, how many days did you eat 5 fruits and vegetables each day?
   0 days 179
   1 day 63
   3 days 12
   4 days 6
   5 days 1
   6 days 1
   7 days 4

13) In the past week, how many days did you have at least 1 drink (for women), or 2 drinks (for men) each day?
   0 days 151
   1 day 14
   2 days 26
   3 days 17
   4 days 8
   5 days 6
   6 days 2
   7 days 3

14) The next set of questions refers to your health.
   a. I practice some type of

Continued on Page 14

Golf Tourney
The annual SJMH Golf Tournament will be held on Tues., Sept. 19, at Stonewall Resort. If you would like to join, please call Julia at 269-8167.
The weather was a little damp at times, but participants who came out to the SJMH picnic on July 19 had a good time. Pictured above, and then clockwise, include: Gloria Shaffer, with her daughter, Lori King, and four grandchildren - Zander, Amber, Courtney, and Sierra; the limbo contest at the baby pool; Mason Arbogast enjoys an Oreo ice cream bar; Melody Butcher and Jodi Daniels came out at lunch time; Jimmy Lattea, along with Rosa Thayer, served up the burgers at lunchtime; retiree Lucille Hicks attended with her granddaughters, McKenzi and Brooklyn Perkey.
Weston Orthopedic and Sports Medicine Center Among First To Offer Minimally Invasive Total Knee Replacement Procedure

Dr. Douglas Tice of the Weston Orthopedic and Sports Medicine Center is offering area residents two advanced procedures for knee replacement and hip implants.

Dr. Tice has been offering patients suffering from joint pain a pioneering minimally invasive surgery (MIS) total knee replacement procedure that may result in quicker recovery time. With the new procedure, a surgeon can replace a knee joint via a 3-to 4-inch cut versus the standard 12-inch incision commonly used in total knee replacement surgery today. This new technique is used in conjunction with new instrumentation developed by Stryker Orthopaedics.

Patients who have had a knee replaced via the traditional approach often spend five to seven days or more in the hospital and the recovery time can take months. With a smaller incision, the kneecap and joint do not have to be dislocated and the quadriceps muscles may be manipulated out of the way rather than cut. As a result, there is typically less trauma to the soft tissue and patients may recover more quickly and may return to independent living sooner, reducing their dependence on friends and family,” said Dr. Tice. “Often, patients can flex their knees, walk unassisted, and may get into and out of bed as quickly as 24 to 48 hours after surgery.”

Dr. Tice is also working with Stryker in making a new hip implant available for patients. The U.S. Food and Drug Administration approved the first ceramic-on-ceramic hip implant to be used in total hip replacement procedures in February 2003. Stryker’s Triden Ceramic Hip System offers a technology solution for active patients requiring hip replacements.

“The orthopedic industry is being challenged to extend the life of total hip replacement components to address the needs of younger and more active patients,” said Dr. Tice. “Ceramic-on-ceramic hip replacements are expected to provide a significant advancement for improving the performance of total hip replacements.

“Legendary golfer Jack Nicklaus received a ceramic-on-ceramic hip replacement as a participant in Stryker’s clinical study in 1999. Nicklaus emphasized, “I didn’t do this for golf; I did it for my quality of life.” Now, more than five years after his surgery, he is the spokesperson for Stryker’s patient education campaign.

“After almost seven years of clinical trials, the widespread availability of a ceramic-on-ceramic bearing surface for hip reconstruction is a real breakthrough,” added Dr. Tice. “I can now offer my patients who suffer from pain and discomfort an implant option that has been developed to address their lifestyle.”
Stonewall Jackson Hospital Announces Addition of Lithotripsy to Services

Patients suffering from a particular kind of kidney stone will be able to undergo extracorporeal shock wave lithotripsy (ESWL) for kidney stones at SJMH.

Extracorporeal shock wave lithotripsy (ESWL) uses sound waves (also called shock waves) to break up the kidney stone into small pieces that can more easily travel through the urinary tract and pass from the body. Kidney stones are pieces of minerals that form in the kidneys. They form when the normal balance of water, salts, minerals, and other substances found in the urine changes. How this balance changes determines the type of kidney stones one may have.

Most kidney stones are calcium-type—they form when the calcium levels in the urine change. ESWL is usually an outpatient procedure. The patient goes home after the treatment and does not have to spend a night in the hospital. It may take a few days or weeks for all the stone fragments to pass from the body. A patient may have mild pain as the small fragments pass through the urinary tract.

ESWL may be used on people with a kidney stone that is causing pain or blocking the urine flow. Stones that are between 4 mm (0.16 in.) and 2 cm (0.79 in.) in diameter are most likely to be treated with ESWL. The procedure may work best for kidney stones in the kidney, not in the ureter. It may be harder for ESWL to break up a stone that

Happy 40th, Patty Casey...
The staff in administration threw a surprise party for Patty Casey on the occasion of her 40th birthday. She also was treated to a visit from her daughters, Sarah and Emily.

From Human Resources

By Aimee Green

WE’VE MOVED
Some employees still haven’t noticed that Human Resources is now located off the physician entrance hallway. As you exit the hospital, we are the last door on the right. Please stop in to see our new space.

HEALTH PLAN OPEN ENROLLMENT
September is open enrollment month for the hospital-sponsored health insurance plan. Any full-time or part-time employee interested in joining or making changes to family or single coverage may see Aimee or Fran in Human Resources.

BENEFIT FAIR
Thursday, October 19 will be the Seventh Annual Employee Benefit Fair, held in the second floor classroom. Vendors will be on hand to address questions or concerns you might have regarding the benefit plans. Door prizes and giveaways will occur at the end of the fair. Prizes are donated by vendors. Over sixty prizes were distributed in 2005. To win you must register at the fair. Paychecks and stubs will be distributed by Human Resources at that time. Refreshments will be furnished throughout the day. Please plan to attend to make this another successful year!

EXCLUSIVE SHOPPING
Toys-R-Us has invited SJMH employees and families to an exclusive shopping event Sun., Nov. 5, from 6:30 p.m. to 9:30 p.m. What a great way to shop for the children (young and old) on your Christmas list. Employees will be required to present Hospital ID to participate. Door prizes, giveaways and refreshments will be furnished. More news will be provided as the date nears.
Many Thanks From Lois Lamb

Lois Lamb, from the Business Office, would like to thank all of her friends and co-workers for their get-well cards, prayers, and gifts during her recent illness. She sends a special thanks to her co-workers for the donation of vacation days so that she had the time she needed for recuperation from her surgery. Lois has been off the past several months and we are quite happy to have her back.

She also said that she wants her friends to know that she is having a little difficulty speaking because of the surgery. Hopefully, that problem will disappear shortly.

Lois Lamb was treated to a gigantic singing balloon before leaving for surgery in Pittsburgh, courtesy of several SJMH employees. Pictured above, left to right, are Sharon Cuppett, Julie Crowl, Lois, Susie Johnston, and Regina Taylor. We are so happy that Lois is back to work now.

Pictured at left. Heather Yeager stopped by with her baby, Olivya, recently. It was tough to get her to smile, but she certainly is a little cutie!!!

Make sure to eat 5 servings of fruits and vegetables every day.