New Physician Joins SJMH Staff

A new physician has joined the medical staff at Weston’s Stonewall Jackson Memorial Hospital.

Dr. Muqdad Zuriqat will be practicing internal medicine and pulmonology in the local area. He is board-certified in both of these fields and board-eligible in sleep disorders and critical care. Dr. Zuriqat shares an office with Dr. Ahmed Husari and Dr. Khalid Mahmoud at Physician’s Building Number Two, next to SJMH. As well as working with Weston patients, Dr. Zuriqat will also see patients in Glenville.

Oncologist Opening Office Here

The staff and administration of Stonewall Jackson Memorial Hospital are pleased to welcome an oncologist to the medical staff.

Dr. John Azar will be opening a private practice in Weston on September 15 at Physician’s Building No. Two, next to SJMH.

Dr. Azar is board-certified in internal medicine and medical oncology. After completing his premedical/medical education at the American University of Beirut in Lebanon, Dr. Azar received his fellowship in medical oncology at M.D. Anderson Cancer Center, Houston, TX. He completed his residency in internal medicine at Maryland General Hospital, Baltimore, MD.

Dr. Azar serves as the chairman for the Fairmont General Hospital Inc. Cancer Committee and Tumor Board. His memberships include: American College of Physicians, American Society of Clinical Oncology, and Marion County Medical Society.

Dr. Azar currently serves in numerous positions such as Director of Oncology with Fairmont General Hospital; Medical Oncologist with United Hospital Center, Clarksburg; and Clinical Assistant Professor at West Virginia University, Morgantown. He has held a previous Staff Oncologist position with Louis A. Johnson VA Medical Center in Clarksburg.

Dr. Azar has also received the Military Order of Purple Heart for meritorious and conspicuous service to veterans.

Dr. Zuriqat comes to this area after working at St. Luke’s Hospital in New York, NY. He performed his residency in internal medicine at New York Medical College, Metropolitan Hospital Center. He completed his fellowships, in pulmonology, critical care and sleep disorder, at Columbia University, New York, NY.

He and his wife, Shatha, have a daughter, 2-year-old Farah. The family lives in Buckhannon.
Nehlen to Play in Tourney

Plans are under way for the first Stonewall Jackson Memorial Hospital Charity Golf Tournament. The event will be held Wed., Oct. 8, at the Arnold Palmer Signature Golf Course located at Stonewall Resort in Lewis County. Organizers of the event have been informed that former West Virginia University coach Don Nehlen will be a guest player at the tournament.

Forty-eight golfers have signed up for the tournament. Ballard’s Chevrolet-Olds-Pontiac will be sponsoring the hole-in-one prize.

Dinner will be served lakeside on the patio of Stonewall Resort immediately after the tournament.

For more information or to obtain a brochure call 304-269-8000 and ask for Bill Czako or Tommy Harris.

Registration deadline is Sept. 17.

Cost will be $100 per team member and there will be a shotgun start at 10 a.m.

Proceeds from the event will go to the hospital’s education and scholarship fund.

KUDOS To:

Chuck Simpson for finding the key to the children’s entertainment center.

the physicians and SJMH staff who perform the free physicals for the children of Lewis County who participate in school athletic programs.

the Maintenance Department for their help throughout the summer.

the Dietary Department. The food is getting better all the time. We especially like the pepperoni buns and cinnamon rolls in the morning - we know they aren’t good for us but they taste yummy.

all the SJMH employees who have taken advantage of the TOPS program, Weight Watchers, the Fitness Factory and Curves to lose weight and get healthy. Good Job!

all the SJMH employees who donate their time to fund-raising endeavors for schools, churches, and other organizations.

Rick Tomason, Julie Bush, Kim Rush, Crystal Clem, Denny Marple, Jimmy Lattea, Rosa Thayer, and Julia Spelsberg for their help at the SJMH picnic.

Rick Simpson and Jimmy Lattea for installing the chair rail in the Cardiac Rehab office.

Brandy Burkhammer, Vicki Bowen, Gail Butcher, and Virginia Kelley for their help to Laura Smith.

Carolyn Lunsford for passing her Real Estate license test.

OOPS!

We printed Mr. Shaffer’s Cajun Catfish recipe in the last General. However, we failed to direct would-be chefs on what to do with the ingredients. So here is the recipe again with directions.

Dave Shaffer’s Famous Cajun Catfish

4 CATFISH FILETS
1/4 CUP MARGARINE (1/2 STICK)
1 TEASPOON SALT
1 TEASPOON ONION POWDER
1 HEPING TEASPOON CRUSHED RED PEPPER
   (OR REGULAR RED PEPPER)
1 TEASPOON BASIL
1/2 TEASPOON GARLIC POWDER
1/2 TEASPOON THYME
1/4 TEASPOON OREGANO (OR MORE IF DESIRED)

Use a frying pan or skillet to melt the margarine and mix all of the herbs in the margarine. Allow the mixture to start bubbling for about five minutes, almost smoking. Then put the catfish in and fry it up. It tastes best when allowed to fry for a while.

Benefits Fair Will Be Nov. 6

The Human Resources Department has announced that the annual Employee Benefits Fair will be held on November 6. Please note that it had been planned for October 23 but due to a scheduling conflict was changed.

To Our Readers

The General is a newsletter for the employees and friends of Stonewall Jackson Memorial Hospital. It is published every two months. If you have any items of interest you would like to share, either call Julia Spelsberg at 269-8167 or put the item in the public relations mail box.
PATIENT SAFETY - PATIENT FALLS

As hospitals continue to be scrutinized more closely because of safety concerns, it is imperative that all of us rededicate ourselves to establishing and maintaining a safe environment for our patients.

The most significant safety problem encountered by hospitals relates to patient falls, the biggest driver of liability claims.

The JCAHO considers a fall a sentinel event, subject to root-cause analysis. According to the JCAHO, the most common cause of falls is inadequate communication: specifically, failure to document properly, to share information at shift changes or transfer, or of a patient’s family to share conditions and history of falling. Additionally, the JCAHO recommends that hospitals counsel all caregivers and educate patients and families about falls.

Patient factors in falls relate to visitors assisting patients, bowel/bladder problems, intentional acts of a patient, call-light not used and confused or disoriented patients. Most falls can be prevented if proper orientation/training and communication with the patient and family is practiced.

SJMH is implementing additional inservice programs to help prevent and manage patient falls in an effort to fulfill our commitment to patient safety. We expect all caregivers to participate and share ideas and experiences in addition to making suggestions so that we may make patient safety our biggest priority.

Our patients demand nothing less.

Annual Gold Sale Planned

The Theresa Snaith Auxiliary has planned its annual Gold Sale on October 23 from 7 a.m. to 7 p.m.

Congratulations

Congratulations to Lab’s Carol Carter for passing her Medical Technologist Board Exam from the ASCP (American Society of Clinical Pathologists).
New Faces at SJMH

June 2003 Orientation Participants
Pictured above, seated, left to right: Pam Broome - Nursing and Serena Bennett - Nursing.

July 2003 Orientation Participants
Pictured at left, left to right: Julie McClain - ICU and Pam Cronin - Nursing.

August 2003 Orientation Participants
Pictured at left, left to right: Lana Craig - Dietary and William LaFavor - Nursing.

Dr. Mahmoud Elected As Fellow To American College of Physicians

Local physician Dr. Khalid Mahmoud, a specialist in internal medicine, has been elected a Fellow of the American College of Physicians (ACP), the largest society of internists in the world. The distinction recognizes achievements in internal medicine, the specialty of adult medical care. Dr. Mahmoud was elected upon the recommendation of peers and the review of ACP’s Credential Subcommittee.

Dr. Mahmoud received his medical degree at Punjab University Medical School in Pakistan. He completed his postgraduate training in London and Manchester in the United Kingdom (Britain). He was awarded Membership of the Royal College of Physicians (MRCP). He relocated to the United States in 1996 and completed his residency at the University of Rochester-affiliated hospitals in New York. The physician has also received the American Medical Association Award for Excellence in Medical Care. Dr. Mahmoud is board-certified in Internal Medicine, and is a member of the American College of Physicians.

The American College of Physicians is headquartered in Philadelphia, and represents about 115,000 doctors of internal medicine and medical students. Internists provide the majority of healthcare to adults in America.

Dr. Mahmoud’s specialty is internal medicine, but he also emphasizes education in his practice.

“I consider my personal goal to be the education of my patients. Education is very important for them as well as their family. Some disease diagnoses may mean the patient needs to modify their lifestyle, so it would be helpful to have the family involved. For example, I would want a patient with lung cancer to give up smoking. It would be good to have the family involved in that sort of lifestyle change,” said the physician.

As well as working with Weston patients, Dr. Mahmoud also spends three days a week in Glenville.

Dr. Mahmoud resides in Weston with his wife, Huma, and sons, Usman and Farhan.

CONGRATULATIONS

Congratulations to our new nursing graduates. Genifer Robinson and Katherine Ramsey graduated from WV Tech with a bachelors of science in nursing. Both nurses passed ACLS in March. Tiffany Moore graduated from Fairmont State College with an associate’s nursing degree and passed PALS in June.

HOSPITAL OLYMPICS

We had such a good time last year during the first SJMH Hospital Olympics that the Soc/Rec Committee is doing it again.

November 19 will mark our 31st year in this building and that will be the day for the events.

As you may know, the Business Office won the trophy in 2002, but there is still some dispute about the judging of an event. The Maintenance Department perhaps should have won. However, they exhibited very poor sportsmanship when they stole the trophy. All of us will get our chance during the second annual event.

SJMH and the American Cancer Society sponsor a Look Good, Feel Better Program at SJMH. The program is normally held once a month from 6 p.m. to 8 p.m. in the second floor classroom at the Hospital. Call to find out the next date. You must preregister!!! This is an opportunity for cancer patients to learn beauty techniques taught by a trained cosmetologist. Free beauty kits will be provided by the ACS. Call Julia Spelsberg @ 269-8167 to register.
New Equipment

SJMH’s lab recently received two new pieces of equipment, which are chemical analyzers. Pictured above are left to right, SJMH lab employees Carol Carter and Lisa McClain, and senior chemical applications specialist Julia Hare of Dade Behring, manufacturer of the equipment.

Our Sincere Condolences
to these members of our SJMH family on their losses:
Diane Ocheltree on the passing of her father;
Mary Ann Gibson on the passing of her nephew;
Mary Dillon on the passing of her mother;
Tim Ruble on the passing of his grandmother;
Linda Corley on the passing of her mother;
Sandy Smith on the passing of her father;
Liz Rinehart on the passing of her uncle;
Cheryl Blake on the passing of her aunt.
We offer you our sympathy.

Horseback Riding was Fun!
Thirty SJMH employees and family members participated in horseback riding at a local riding facility in August. Pictured clockwise from top are: Jeb Tonkin, Brenda Moody’s son; Mary Ann Heaster, Johnathan Spelsberg, Julia Spelsberg’s son; and to right, Cassie Heaster, Mary Ann’s daughter, and Thomas Law, Tom’s son. The outing was planned by Kim Rush of Soc/Rec.
The annual SJMH picnic was held on Friday, July 18, at the Lewis County Park. There was a wonderful turnout with several hundred SJMH family members and friends enjoying the day.

During the afternoon, 110 golfers took to the putt-putt golf course. Seventy-seven swimmers enjoyed a wonderful warm day at the pool.

Perhaps the high point of the day was the triumphant win of Rick and Chuck Simpson in the annual SJMH Horseshoe Pitching Contest. Veteran champs Rick Thomason and Jimmy Lattea were unable to bring back the gold as they have done in years past.

SJMH’s Soc/Rec Committee provided hot dogs, hamburgers, and barbecued chicken for the picknickers. SJMH’s Dietary Department provided baked beans, cole-slaw, and potato salad.

Evening activities started with Karaoke provided by QI’s Bill Czako. Bill got out one song about Associate Administrator Avah Stalnaker. Apparently, the rain gods didn’t care much for his singing because a GIGANTIC storm swept through the grounds. The heavens opened and it was truly a deluge. Due to the rain, the evening swim was cancelled until later in the summer.

Roger Brown took straight aim as he tried his best in the Horseshoe Pitching Tournament.

Earnie Greenlief enjoyed the picnic and brought his mother to lunch.

The girls from Physical Therapy stopped by for lunch, and as you can see, Brigetta Huntz didn’t stop wolfing down the food for anything - even a picture.

Carol Goldsmith’s little girl, Kristen, really enjoyed the baby pool on a hot summer day.

Denny Marple and Jimmy Lattea did a wonderful job cooking for the picnic.
Leatha Irvin Is July Choice

Leatha Irvin, LPN, was selected as Stonewall Jackson Memorial Hospital’s Employee of the Month for July 2003. She has been employed at SJMH since 1998 and works on the Med/Surg Unit.

She received her training at the Fred Eberle School in Buckhannon and was employed at Holbrook Nursing Home before coming to SJMH.

Leatha’s nomination was signed by several of her co-workers. “Leatha is always willing to help and works wonderfully with her co-workers. She NEVER complains and is very compassionate with her patients. She is very thorough and efficient and always works more than her share. There are not enough words to describe her,” wrote the nominators.

She was equally complimentary of her fellow employees. “There is such a nice bunch of people who work here that make my job enjoyable. It is great to work with these people.”

Passes Exam

Housekeeping’s Crystal Clem has received notification that she has successfully passed the WV Nurse Aide Written and Skills Performance Examination. Congratulations Crystal!

OPEN ENROLLMENT THROUGH SEPTEMBER

Employees who are interested in participating in the SJMH health benefit plan should contact the Human Resources Department during the month of September. Employees who wish to make changes to their plan should also do it during this time. Human Resources can also advise the employee of eligibility requirements.

LEATHA IRVIN

nurses and aides who really care about the patients,” she said.

Leatha lives in Buckhannon with her husband, Rodney. The couple have three children: Betty, 20, a student at Fairmont State College; Bobbie Jo, 18, a high school senior; and Rodney, Jr., 16, a high school freshman. Her parents are Gerald and Jean Childress of Buckhannon.

In her spare time, Leatha enjoys teaching Sunday School, crocheting, and homeschooling her children.

Will Present Program

Dr. Sabbagh will present a program on the important implications in the treatment of hypertensive coronary artery disease. The program will be held on Mon., Sept. 15, at SJMH from 5:30 p.m. to 6:30 p.m.

The program is suggested for physicians and other primary care providers in family medicine, general practice medicine, emergency medicine, and osteopathy. CEUs and CMUs will be awarded to physicians and nurses. Dinner will be provided.

Snyder Picked for August

Donna Snyder has been selected as Stonewall Jackson Memorial Hospital’s Employee of the Month for August 2003. She has been employed at SJMH since 2000 and works in the Radiology Department. This is the second time Donna has been employed at SJMH. She was also here in the late 1980s.

She received her training at the United Hospital Center School of Radiologic Technology and is a Lewis County High School graduate.

Donna’s nominator was very complimentary of her work ethic and skills. “Donna is always very well prepared. She knows how to get relevant histories from the patients on the floors and is always informed about past tests or preventative lab studies. She has great technique using all modalities especially CT. She has mastered the new scanner but she is also very accomplished with plain films and mammograms as well as fluoros. She does first-rate work at all times and is very courteous and professional with patients.”

Donna was complimentary of her fellow employees.

Donna Snyder has been employed at Holbrook Nursing Home in Buckhannon and was employed at the Fred Eberle School in Buckhannon.

In her spare time, Donna enjoys teaching Sunday School, crocheting, and homeschooling her children.

“After leaving for eleven years, I really enjoyed coming back here to a lot of old friends and a lot of new ones. As honored as I am with this, I know that it takes teamwork to make it all happen and I am just a small part of it all.”

Donna is married to Johnny and the couple have one daughter, Samantha, 14. She enjoys crafting and any kind of comedy. She also took up turkey hunting recently.

“I truly enjoy South Park, which says a lot about me. My daughter is Eric Cartman (one of the South Park characters),” she commented. “My husband and I both have a bizarre sense of humor, which is one of the reasons we get along so well.”

BELIZE-BOUND

Kate Anderson, Peggy Burkhammer, and Jake Poling will be leaving on October 2 for a trip to Belize as medical missionaries. The group organizing the trip is Hands and Hearts for Christ.

Kate and Peggy work in the Physical Therapy Department and Jake works in Surgery.

The missionary group performs surgery for the underserved in third world countries. Kate has made another trip to Guatemala.

“As soon as we get there, we will set up triage to see who needs what,” she said. “The first day is devoted to dividing the patients into two groups - those with complaints of aches and pains and those who need surgery.”
New Security System Ready at SJMH’s Special Delivery Unit

Infant abduction from a hospital is an infrequent yet devastating event for all involved. While abduction is a common concern, it is not a common problem. From 1983 to 1998, 177 infants were abducted, according to the national Center for Missing and Exploited Children. Of that total, 100 babies were taken from healthcare facilities and 94 were recovered.

An infant abduction has never taken place in this area in recent memory. However, Weston’s Stonewall Jackson Memorial Hospital has prepared for years to prevent such an occurrence from happening. Hospitalwide drills are performed twice a year to train staff about such an occurrence.

The Hospital’s Special Delivery nurses are especially vigilant in protecting their patients.

The Hospital’s preventive efforts are being reinforced with the recent installation of a new security system for the Special Delivery Birthing Unit.

SJMH Safety Director Rusty Simpson noted that the installation of equipment is complete.

“The Maintenance Department installed a closed-circuit television monitoring system and Valley Security from Jane Lew installed the automatic doorlock system. We will have it up and in use after we get the word out about the new procedures for visiting new moms and babies,” said Simpson.

Once the system is in place, the doors to the Special Delivery Birthing Center will be locked at all times with magnetic door locks. The cameras placed throughout the unit and Hospital will view anyone who trips the alarm on the system. To enter or leave the unit, a Special Delivery Unit nurse will have to buzz the visitor in and buzz the visitor out of the unit.

Cheryl Davis, nurse manager of the department, explained the changes.

“This special security system is to ensure the safety of our mothers and newborns. The doors can only be opened by staff from the Special Delivery Unit and we ask for your patience. When you arrive at the OB doors, you should press the buzzer and wait for either a reply by the speaker or for a nurse to come to the door,” explained Davis.

Visitors should also be aware that visiting hours are from noon to 8 p.m. Children younger than 12 are not permitted to visit UNLESS they are the brother or sister of the newborn.

Quality Improvement Officer Bill Czako also noted that the new system may seem a nuisance but it all has a purpose.

“We wish to provide a safe environment for our patients and especially our newborns. We will keep them safe and secure,” said Czako. “This system will provide that safe environment. We just ask for the public’s patience when visiting this unit of the Hospital.”

FROM STAFF DEVELOPMENT

• General Orientation for new employees will be held on the following days -
  September 15, 2003
  October 6 and October 20, 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, Sept. 9 and Tues., Oct. 14. 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.

  • Dr. Sabbagh will present a CME lecture on Mon., Sept. 15, @ 5:30 p.m. This lecture is open to all physicians and staff. Call Staff Development to register.

  • GEMS (Geriatric Emergency Medicine) - CREM course will be held Oct. 30, from 9 a.m. to 5:30 p.m. in the classroom.

  • 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.
An evening swim for SJMH employees was held on Thursday, August 14, at the Lewis County Park. The swim was postponed from the SJMH picnic held in July. About 75 SJMH employees and families took advantage of a lovely evening to take a dip in the pool.

Soc/Rec Committee members organized the swim and the games held for the children. Winners of the games included: Kylie Rowan and Matthew Kemper - hula hoop; Johnathan Spelsberg - ten-pound weight pickup; Logan Skinner, Mariah Kemper, Brian Ketron - limbo; Joey Williams, Kayla Weese - cannonball splash; Jeb Tonkin, Brian Ketron - number pick.

Kristi Gannon and her two boys, Kaleb and Kyle, enjoyed the evening.

Brandon Harley Davison, Cindy's son, won the 24-to-36 month-old Pretty Baby Contest at the LC Fair. Cindy said that a week later, he was still carrying the trophy around.

Rick Simpson had a great time playing fish.

New Benefits and Enhancements Offered to SJMH Employees

SJMH employees will be offered new benefits and enhancements for their life insurance needs. National Benefits Partner, a Third Party Administrator for the Hospital-sponsored Group Life, Accidental Death, Disability and Voluntary Term Life Insurance, will be visiting the week of September 22 through September 28.

The crew of individuals will be available for all shifts all seven days in an effort to meet with every employee eligible for the policies mentioned above.

In addition to having each participant complete an updated Beneficiary Form, the team will be presenting new products like Whole Life Insurance and offering enhancements to the existing coversages.

A few such enhancements are lower cost for the Voluntary Term Life Insurance and a guaranteed issue amount of $50,000 for employee spouses.

Additional information will be available in the future. We hope you find these additions and enhancements beneficial.

Skin Cancer Education Presented

Bonita Jackson of the American Cancer Society provided education on skin cancer and its prevention to lifeguards at the LC Park on Tuesday, July 15.

The lifeguards were provided with t-shirts and bucket hats to protect their skin against damaging sun rays. Laminated posters were also put up on the walls throughout the showers and changing areas at the pool.
**Births**

Vicki and Dana Bowen are the proud grandparents of a little girl born at 7:14 p.m. (California time) on July 29, 2003, to Vicki’s son and daughter-in-law, Chad and Mary Bowen, of San Jose, CA. She weighed seven pounds, eight ounces, and measured 19-1/2 inches long. Chad said that the baby had curly brown hair, a big head, and big feet, and looked just like him. She is the couple’s first child and is named Rory Evelyn. Chad works for KLA, a computer company, as a maintenance tech. He works on machines that make computer chips. Mary is an interior designer for Calico Corners.

Brandy and Chris Burkhammer, of Weston, announce the birth of their second child, Haley Brianne, on August 28, 2003, at SJMH. The little girl weighed eight pounds, six ounces. Her mom works as a CNA at SJMH and her father works at Heartland of Clarksburg.

Donna and Lash Metz II of Weston announce the birth of their first child, a little girl, on August 30, 2003. The couple named the baby MaKenna Danielle. She weighed seven pounds, seven and one-half ounces. Donna works in SJMH’s Dietary Department and her husband is employed by the Weston Street Department.

Jessica and Scottie Conner of Orlando announce the birth of their second child, Colton Brant, on August 21, 2003, at Stonewall Jackson Memorial Hospital. His mother is an LPN at SJMH and his father works at Hydrocarbon. The little boy weighed seven pounds, twelve ounces.

**CLASSIFIEDS**

FOR SALE: Red Pontiac Sunfire SE, 4 cyl, 81,420 miles, AC/AM-FM-CD, auto, power sunroof. Call Julie in Registration 269-8073 or 269-6593 after 5.

NEEDED: Loveseat which converts to twin bed for guests. Would prefer beige or green. Call Julia in PR 269-8167.

FOR SALE: Floral print (light yellow) sofa and chair-EXCEL. COND. Call Julie at 8190.

FOR RENT: 2 BR, 1 bath home in Shadybrook. Cen. air/heat, w/stove, frig, dishwasher, DR, LR, Laundry. $325/mo + $150 sec. deposit. Call Abb or Priscilla 269-1455 or ext. 8056

**“Show Your Support”**

The Lewis County CEOS in cooperation with several Lewis County agencies, will be raising funds, in an unusual manner, to support the WV Breast and Cervical Cancer Program.

Send $5 and old bra to the organization to “Show Your Support”. The bras will be dyed pink, the color for breast cancer awareness, and will be strung together to make a very colorful “banner”.

The money raised will go to help uninsured women get the services needed in the Breast and Cervical Cancer Program.

Women can drop off their money and bras at the WVU Extension Office on Center Avenue or to Stonewall Jackson Memorial Hospital, in care of Julia Spelsberg.

Address Correction Requested
Labor Day Weekend at the Jubilee

SJMH staff enjoyed the weekend at all the activities in Lewis County. Pictured clockwise, beginning at left: Shannon Gissy brought daughters Sarah (in front) and Laura, along with Mackenzie Murphy, for some browsing. Mike and Amy Coffman look all pregnant and happy. The Business Office’s Carol Robinson (in back) enjoyed the evening with Michelle and grandchildren Caden and Abby. Jason and Denise Bennett posed for the camera.

Prayers Needed!

Please keep in your prayers our own Lois Lamb. Lois will be undergoing more testing and possible surgery in the near future.

After 33 Years at the Cashier’s Desk, Ruby Christy Retires

Longtime SJMH employee Ruby Christy retired on Friday, July 18.

Ruby had been with the Hospital since September 1969, beginning her employment at the old Hospital on Main Avenue. She moved into her cashier’s spot behind the glass at SJMH when the new facility opened in 1972 and was there until her retirement.

Ruby said she will truly miss the girls she works with in the business office. “They are wonderful,” she says.

Administrator David Shaffer said, “Ruby’s dedication and commitment to the Hospital should be an example to all Hospital employees. She will be missed.”

Ruby has three children. Her oldest is James Christy. He and his wife, Linda, have two children - David, 18, and Elise, 15.

Her second child is Linda Kelly, who has two daughters, Alicia, 23, and Bobbie, 20.

Her youngest is Eddie Christy, who is married to Laura. They have one child, Andrew, 3.

Her husband, Clyde, died in 2000.

Ruby is a Weston native and graduated from Weston High School in 1951. She is the daughter of Haydie Pumphrey and has five living siblings - Bill and Robert Pumphrey, both of Ohio; Evelyn Titus, Joann Reed, and Janie Pumphrey of this area.

Associate Administrator Avah Stalnaker presents Ruby Christy with a lovely clock as a retirement gift during Ruby’s retirement party.
The Risk of Heart Disease and The Benefits of Cardiac Rehab

The Cardiac Rehabilitation Department at Stonewall Jackson Memorial Hospital specializes in dealing with the underlying causes of heart disease - hypertension (high blood pressure), cigarette smoking, high-fat diet, obesity, excessive stress and a sedentary lifestyle.

Shelia Spears, RN, BSN, Cardiac Rehab Program Coordinator at SJMH, says that the local facility uses a two-pronged approach of education and exercise in Cardiac Rehab.

"Educating a patient about heart disease is the first step in the process. The patient should know and understand the risk factors for heart disease. Exercise comes slowly and at an easy pace and then progresses to as strong as tolerated," explained Spears.

At the top of the list of risk factors for cardiac disease is smoking. Smoking raises blood pressure and makes your heart work harder than it should. Smoking restricts the amount of oxygen that the blood supplies to the body and stimulates the production of blood-clotting factors, resulting in an increased risk that blood clots will form in the coronary arteries.

Smoking is a great health risk for any person, said Spears.

"If a patient smokes, they should stop, and the best advice is not to start smoking at all. We have many patients who quit smoking for at least a short time after a heart attack. So a goal in our cardiac rehab is to help patients quit the habit forever," she noted.

Other high risk factors are family history and whether a woman is in perimenopause (ten year transition before menopause) when estrogen levels begin to decline. More factors are high blood cholesterol, high blood pressure, diabetes, overweight, excessive stress, and physical inactivity.

"Good eating habits would improve a majority of a person's risk," said Spears. "Eating less salt, sodium, foods high in saturated fats and cholesterol is very important. In addition, the patient should eat more fruits, vegetables, and grains."

Risk factors could also be reduced if a person begins physical activity such as walking, dancing, exercising, etc.

The Cardiac Rehab professionals help the patient in this area with the exercise regimen. Over a hundred cardiac rehab sessions are held each month. A patient will come in two or three times a week to work out using a variety of equipment.

One of the newer Rehab patients is Oscar Jones of Burnsville, who suffered a heart attack. Jones began rehab in mid-August and lost four pounds after two weeks. "I enjoy coming here. It has helped me a lot," he explained. "You feel better about yourself. You feel better having people here helping."

The regimen is a combination of aerobic exercises which use the heart and lungs to improve the patient's aerobic capacity. Kristi Gannon, RN, BSN, helps Spears in cardiac rehab and explained more about the exercise component of Rehab.

"Besides the aerobic exercise, here in Cardiac Rehab we also incorporate muscle strengthening and weight-bearing exercise programs which will also help protect you against osteoporosis and some forms of cancer," said Gannon.

Besides the physical problems of heart disease, the patients will have to come to terms with the psychological and emotional problems as well. The fear of chest pain, heart attack, or of dying have to be overcome. These can be addressed with family support, and Cardiac Rehab provides help for the family and patient.

"Our goal at Cardiac Rehab is to lessen your risk for heart disease and motivate you to make the necessary lifestyle changes to keep your heart healthy," explained Spears.

"The patient's goal is to change the risk factors so that they greatly reduce the chance of having a heart attack," said Gannon. "Because a heart attack can result in damage to the heart muscle, the heart attack you want to prevent is the first one."

The American Association of Cardiovascular and Pulmonary Rehabilitation nationally accredits the Cardiac Rehabilitation Department at SJMH.

The department was created more than twenty years ago under the guidance of Dr. Frank Scattaregia, who is still the medical director of the local program.

As well as Scattaregia, SJMH has Drs. Sabbagh and Dr. Yousef Abdulnabi practicing at the local facility. Both physicians recently passed board certification in cardiology. Dr. A Sabbagh was recertified in cardiology and newly certified in interventional cardiology. Dr. Abdulnabi was certified in cardiology. Both physicians are board-certified in internal medicine, also. Other physicians affiliated with the Rehab unit are Dr. Ahmed Husari, Dr. Kahlid Mahmoud, and Dr. Muqdad Zuriqat.

Members of the SJMH Cardiac Rehab staff include Spears, Gannon, Susan Leavitt, Dr. Frank Scattaregia, Shelia Spears. Not pictured is Peggy Burkhammer.

To participate in the cardiac program at SJMH, a patient is required to have an entry-grade exercise test (optional by physician) and a referral from his/her physician.