Weather Doesn’t Dampen Walk Run Spirit

One hundred and eight people finished the 10th annual Weston 5K on Saturday, April 22 in downtown Weston. The event is a collaboration between the City of Weston, Stonewall Jackson Memorial Hospital, and Saint Patrick School/Church.

Several members of the SJMH family participated in the race and pharmacist Andrew Bleigh’s better half, Britta came in third overall in the women’s category.

Storeroom employee Keefe Kiser came in first in the men’s 20-29 age group, followed by his brother Kevin Kiser. Console operator Paula Donaldson placed second in the 50-59 category. Mandy Empoules’ children came in first in the under 11 category. Radiology’s in-laws Dale and Mickie Snyder were third and second, respectively in their over 70 age group.

Many thanks to the SJMH dietary department, PT’s John Weber, Mary Hendricks of Saint Pat’s and the staff from the City of Weston for all their hard work on the race. The results are as follows.

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Annual Auxiliary Dinner Held April 25

Members of the Theresa Snaith Hospital Auxiliary met for their annual “Getting To Know You Dinner” on Tuesday, April 25, at the Broad Street Church Hall. The Auxiliary provides help to Stonewall Jackson Memorial Hospital and guests for the dinner included CEO Avah Stalnaker, Assistant CEO Kevin Stalnaker, Dr. Thomas Benz, and IT Consultant David Hodges. Long-time member Susan Hull coordinated the dinner for the group. Auxiliary volunteer Connie Sherrell provided the dinner prayer. The group was treated to a delicious dinner of chicken, mashed potatoes, rolls, and green beans, topped off with homemade apple or cherry pie.

Auxiliary president Julia Spelsberg spoke to the group about the importance of volunteerism and the wonderful people with whom she had become acquainted over the years.

She noted, “People like you make a place like the Hospital, a place like Weston, a place like Lewis County a loving and delightful place to live. You are the volunteers...you are the positives in our lives.”

She paid special homage to volunteer Ursula Latell who is moving to California and presented her with a fresh cut rose. Spelsberg then thanked Sue Brannon, one of the Auxiliary’s original charter members, along with Karen Ralston. Brannon served as the Auxiliary’s treasurer for decades before retiring in 2016. She was presented with a flower arrangement.

As the conclusion of her comments, she had eight of the auxiliary members read thoughts on volunteerism from famous individuals such as Winston Churchill and Martin Luther King.

Then all of the dinner attendees were invited to stand and introduce themselves to the group.

SJMH CEO Avah Stalnaker provided the group with an overview of the pending collaboration with Mon Healthcare Systems of Morgantown. Stalnaker noted the positives associated with this collaboration. She thanked the auxiliary members for all of their hard work during the year includ-

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ing the volunteer work provided for the Hospital and most importantly the work in the Gift Shop, which funds many of the projects at the Hospital.
CORE Has Flag Raising and Ceremony at SJMH

Christy Conley is the community outreach director for CORE – Center for Organ Recovery and Education for this area. She recently coordinated a Flag Raising for CORE at Stonewall Jackson Memorial Hospital (SJMH), in Weston to encourage the education of local residents about the importance of organ donation. Highlight of the raising were the comments from two organ donor recipients who benefited from the donation of a heart and two lungs, respectively.

Heart recipient Cindy Osbourne is a Clarksburg resident married to Tammy Ruble. The couple has two children – Vasa and Lucy Ruble-Osbourne.

Osbourne has an interesting perspective because she is also a physician. When she began experiencing signs of illness in 2009, she had some tests performed and found she was in serious heart failure. She was fortunate that she was only on the waiting list for a heart for about six months.

The other story came from a double-lung transplant recipient. Brian Stover related the long journey he has undergone since his transplant and the issues he now faces since the lungs are being rejected. He will soon be on a waiting list again. His wife, Sherry Stover, works in the Respiratory Care Department at SJMH. His extended family was also present for the ceremony.

One of the more memorable statements he made was that “when you are an organ donor, you become immortal.”

His message was simple and clear. Please make arrangements to be an organ donor via a driver’s license or on-line registration.

Many people have questions concerning organ, eye and tissue donation. Currently there are 119,000 men, women and children on the national transplant list. Twenty-two people die each day waiting for a transplant. While 95% of U.S. adults support organ donation, only 48% actually sign up as donors. Every ten minutes another person is added to the donor waiting list. Surprisingly, one person can donate up to eight life-saving organs including the heart, two lungs, liver, pancreas, 2 kidneys and the intestines.

**How do I become a registered donor?**

- Online at www.donatelifewv.org
- Sign a Uniform Anatomical Gift Card and return it to for entry in the West Virginia Donor Registry
- Say “yes” when receiving or renewing your driver license or state ID at the West Virginia Department of Motor Vehicles

Members of the Brian and Sherry Stover (seated in middle) family were on hand for the CORE Flag Raising.
The Staff of Weston Hardees
Is Having A
GIGANTIC FUNDRAISER
Saturday, May 6 - 8 am to?
Lewis County Park
to help raise money for Halligan
and the Weston Fourth of July Fireworks Fund

• Yard Sale
• Bake Sale
• Specialty Baskets

Please call with your donations of baked goods or yard sale items.

Contact Michelle at 997-5254 or Debra at 269-5044 to donate
All donations are greatly appreciated... come out and support our Weston Fire Department and the Fourth of July Celebration!
Buy Your Tickets For Some Beautiful Baskets

The Weston Hardee’s staff is going all out to raise money for the Weston Volunteer Fire Department’s Fourth of July Fireworks Display. On May 6, there will be a giant yard sale, bake sale, and a number of lovely baskets for raffle. Tickets can be bought at Hard-ees and at the Stonewall Jackson Memorial Hospital Gift Shop. All Baskets are now displayed at Hard-ees. Here are the numbers associated with each basket and please put your number on the ticket for the basket you wish to win. The themes are:

1. Halligan’s Pet basket
2. Avon
3. Primitive
4. Glass Bulb
5. TALA
6. Napa Detailing bucket
7. Fishing
8. Miscellaneous - windshield shades, feed bucket, frost guard, $50 oil change pricetown automotive, $25 gift card oil spot
9. Kids
10. Mother’s day
11. WVU

Judy Kincaid is kind enough to be selling the tickets here.

On Missionary Trip

Physical therapist Kathryn Ralston-Fealy is leaving today, Friday, April 28 from Weston for her departure on Saturday morning, April 29, for a missionary trip to Belize in Central America. The trip is coordinated by Hands and Hearts for Christ – a missionary group headed by Buckhannon physician Susan Long.

“I understand that there will be 43 healthcare workers on the trip. The group is made up of people from all across the country,” explained Ralston-Fealy.

Kathryn will be doing physical therapy for the group. She will also be the unofficial photographer. Other professionals include a dentist and oral surgeon. The group will be able to perform general surgery and other procedures such as gallbladders and hernia surgery.

When the group arrives at their destination on Sunday, they will set up for the rest of the week and probably work from 7 am to 11 pm daily. Local villagers will provide the meals.

Kathryn explained that this trip is one of the fulfillments for her “bucket list”.

“I always wanted to do a missionary trip like this,” she explained. “It was by accident that I ran into someone who was planning for the upcoming trip and was able to become part of the team. It is very exciting.”

If you can bake something or donate yard sale items for the gigantic fundraiser on May 6, please contact Julia in Marketing. The goal is to raise enough money to make the Weston Fire Department fireworks free for the entire community on Tuesday, July 4. The sale will be held at the Park.
Weston 5K Walk and Run Results and Pictures!

**Men 60 - 69**
1. Dale Snyder, 77, Weston, WV 1:15:35 24:23
2. Robert Cole, 82, Buckhannon, WV 47:56 15:28
3. Britta Bleigh, 31, Weston, WV 21:42 7:00

**Men 50 - 59**
1. Bill Yost, 32, Clarksburg, WV 19:25 6:16

**Men 40 - 49**
1. Matt Bright, 30, Kingwood, WV 16:50 5:26
2. Adam Schroer, 28, Morgantown, WV 17:29 5:38

**Men 30 - 39**
2. David Johnston, 13, Weston, WV 26:55 8:41
4. Eythan Wenzel, 15, Jane Lew, WV 30:02 9:41
5. Jared Snyder, 14, Weston, WV 34:05 10:59
6. Zachariah Stalnaker, 11, Weston, WV 34:07 11:00

**Men 20 - 29**
1. Ryan Skidmore, 16 26:40 8:36

**Men 16 - 19**
1. Britta Bleigh, 31, Weston, WV 21:42 7:00

**CLASS**

**Women Under 11**
1. Simon Empoules, 9, Weston, WV 1:08:24 22:04

**Women 60 - 69**
1. Sandy McCorm, 61, Weston, WV 46:53 17:00

**Women 50 - 59**
1. Lisa Alfred, 51, Weston, WV 31:10 10:03
2. Paula Donaldson, 50, Jane Lew, WV 34:16 11:03
3. Patricia Ramsey, 52, Jane Lew, WV 47:00 15:10
4. Anna Morris, 52 59:34 19:13
5. Rhonda Hajer, 59, Weston, WV 1:00:03 19:22

**Women 16 - 19**
1. Shelby Riffle, 19, Weston, WV 1:04:01 20:39
Stonewall Jackson Memorial Hospital (SJMH) has been working on an exciting project to better serve our community with a new electronic medical records system. As part of that project, the Hospital has improved the patient portal system. The new patient portal system will allow you to access your records for both the Hospital and SJMH physician at one location.

Since this is a new patient portal, you will register again as you did originally. You will find extra benefits for the portal as well as the ability to pay your bills through it.

During the registration process, you will be asked if you would like to sign up for the portal. This will happen in both the hospital and clinic setting. Once your e-mail has been entered into the system, you will receive an e-mail within a few minutes to complete the registration process and activate the portal account. If the account is not activated within 7 days, you will receive a reminder e-mail to activate the portal account. At the 30-day mark the temporary account will no longer be active and it will have to be re-established at the next visit.
Jason Anderson in HR got married Saturday 4/22 to Trish Hamilton, who currently happens to be a PT Aide in our PT Dept. (She is also the daughter to Anita Carder in M/M) small world

Please congratulate him/them when you see them. :-)

More Weston 5K Walk Pictures!

Upcoming 2017 SJMH Events

May 14-20 – Hospital Week
July 4 - Weston Community Celebration
July 20 – Afternoon/Evening – SJMH Picnic/Pool Party
August 1 - National Night Out
October 19 - Annual Golf Tournament
November 24, - Weston Christmas Parade – Electric Light Floats, theme is Christmas Around The World
National Hospital Week
May 14-20, 2017
The Healing Heart of Healthcare

Sunday, May 14 - **Pizza** @ noon and 10 p.m.

Monday, May 15 thru Wed., May 17
**Scavenger Hunt** - pictures must be in by Thurs., May 18 at 9 a.m.-$100 prize
**Meatless Monday** in cafeteria

Tuesday, May 16 - **Ice Cream Social** 2 to 4 p.m. in Cafeteria.
Night shift will have ice cream provided
**Tasty Tuesday** in cafeteria-no fried foods

Wednesday, May 17 -
**Joint Commission Trivia Contest** - due Friday, May 19
$100 Prize sponsored by The Quality Department
**Walking Wednesday** - walking at noon

Thursday, May 18 - **Thirsty Thursday** water provided

Friday, May 19 - **Fruity Friday and Hospital Cookout**
Meals will be served 11 a.m. to 1 p.m., 4:30 to 5:30 p.m., and that night at 12 p.m.
Hamburgers • Hot Dogs • and all the fixings
**Cornhole Tournament** starting at 11 a.m.
$75-$50-$25 Prizes