SJMH Diabetic Education Classes Begin

Stonewall Jackson Memorial Hospital has scheduled (SJMH) a 6-week series of diabetes education classes, which will be held Thursday, August 9, Thursday, August 16, Thursday, August 23, Thursday, August 30, Thursday, September 6, and Thursday, September 13, from 4 to 6 p.m. each day at Criss Manor, 124 First Street in Weston.

Two Stonewall Jackson Memorial Hospital staff members - Population Health Nurse a Sarah Rolenson, BSN, RN, and registered dietitian Pearl Saucier, - who recently received certifications as Peer Educators through the Diabetic Empowerment Education Program, will be teaching the classes.

Diabetes is a disease in which one’s blood glucose, or blood sugar, levels can run higher or lower than recommended values. Glucose comes from the consumed foods and provides fuel our bodies need. Insulin is a hormone that helps the glucose get into the cells to give them energy. With type 1 diabetes, the body does not make insulin. With type 2 diabetes, the more common type, one’s body does not make enough or use insulin well. Without enough insulin, the glucose stays in the blood. A person can also have pre-diabetes. This means that the blood sugar is higher than normal but not high enough to be called diabetes.

Diabetes is a disease in which one’s blood glucose, or blood sugar, levels can run higher or lower than recommended values. Glucose comes from the consumed foods and provides fuel our bodies need. Insulin is a hormone that helps the glucose get into the cells to give them energy. With type 1 diabetes, the body does not make insulin. With type 2 diabetes, the more common type, one’s body does not make enough or use insulin well. Without enough insulin, the glucose stays in the blood. A person can also have pre-diabetes. This means that the blood sugar is higher than normal but not high enough to be called diabetes. Exercise, weight control and sticking to a meal plan can help control diabetes. The patient should also monitor their own blood glucose level and take medicine if prescribed.

Diabetes has escalated to epidemic proportions in West Virginia, where approximately 12% of adults have been diagnosed with diabetes by a health care professional. West Virginians have also experienced higher prevalence of co-morbid conditions such as obesity, physical inactivity, hypertension and hyperlipidemia.

According to the WV Department of Health and Human Resources, there are an estimated 240,626 people in West Virginia who are diabetic. There are 65,210 West Virginians whom are undiagnosed.

As the agency noted, “Access to diabetes education, care and management is limited and/or non-existent in many rural areas of West Virginia. People living in these rural areas are therefore more likely to have devastating diabetes consequences. The social, psychological, physical and economic costs associated with diabetes, create a burden for individuals, families, the state and the nation.”

Please call Susie at 304-246-9864, Extension 3221 to make your FREE 6 week class.
Aliayah’s Walk for Hope Registration Form

- August 18, 2018 – Slanesville Park, Hampshire County, WV 10AM – 1PM
- September 8, 2018 – Lewis County Park, Lewis County, WV 10AM – 1PM

REGISTRATION FEE: $10 PER PERSON (Children 10 and under FREE)

OPTIONAL T-SHIRT: $17 PER SHIRT (T-Shirt Deadline is 2 weeks prior to Event)

MAIL REGISTRATION FEES TO: The Aliayah Lunsford Foundation, 2329 Hickory Corner Rd, Augusta, WV 26704

LAST NAME | FIRST NAME | AGE
--- | --- | ---

MAILING ADDRESS | EMAIL
--- | ---

CITY | STATE | ZIP CODE
--- | --- | ---

CELL PHONE | EMERGENCY CONTACT NUMBER
--- | ---

NAME OF ORGANIZATION (IF PART OF A GROUP)

REGISTRATION | FEE
--- | ---

$10

OPTIONAL T-SHIRT $17 PER SHIRT

TOTAL FUNDS ENCLOSED

In consideration of the furtherance of your purposes, objectives and work, and in consideration of your permitting me to participate in your ALIAYAH’S WALK FOR HOPE, on behalf of myself, my heirs, executors, administrators and assigns, I hereby waive and release any and all rights and claims for damages which I may have against you, the properties through which the ALIAYAH’S WALK FOR HOPE will take place, as well as any person(s) connected with the ALIAYAH’S WALK FOR HOPE, their heirs, executors, administrators, successors and assigns for any and all injuries which I may suffer while taking part in the ALIAYAH’S WALK FOR HOPE, or as a result thereof. I also allow the ALIAYAH’S WALK FOR HOPE and its affiliates the right to publish, print, display, record and use my name, image and likeness while at the ALIAYAH’S WALK FOR HOPE in any and all media now known or hereafter devised.

Walkers under the age of 13 must be accompanied by an adult.
Walkers under the age of 18 must have this application signed by a parent or guardian.

WALKER’S SIGNATURE

PARENT OR GUARDIAN (IF UNDER 18)

IMPORTANT: Walkers under the age of 18 must have this application signed by parent or guardian.
By now, you should have received or will soon your 2nd Quarter 2018 Pension &/or 403B Plan Statements.

Lee Edmondson, the investment advisor for the hospital sponsored retirement accounts will be here Thursday, August 16, 2018. Lee will be available for meetings in the Chapel at 7:30am, 10:30am, 1:30pm and 4:30pm, but will also be here the entire day for others to trickle in around the meetings in the cafeteria.

Please feel free to bring your statements and speak with him about any questions or concerns you have regarding your investments.

7/1/2018

Stonewall Jackson Memorial Hospital

Emergency Codes

<table>
<thead>
<tr>
<th>Activate Emergency Operations</th>
<th>Internal or External Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active Shooter</td>
<td>Active Shooter</td>
</tr>
<tr>
<td>Code Amber</td>
<td>Missing Child</td>
</tr>
<tr>
<td>Code Black</td>
<td>Bomb Threat</td>
</tr>
<tr>
<td>Code Gray</td>
<td>Security Needed</td>
</tr>
<tr>
<td>Code Orange</td>
<td>Hazmat Spill (internal)</td>
</tr>
<tr>
<td>Code Pink</td>
<td>Missing Infant</td>
</tr>
<tr>
<td>Code Red</td>
<td>Fire</td>
</tr>
<tr>
<td>Code Severe Weather</td>
<td>Impending Severe Weather</td>
</tr>
<tr>
<td>Elopement</td>
<td>Missing Adult Patient</td>
</tr>
</tbody>
</table>
Learn to control your DIABETES

Are you a person with Medicare who has diabetes or know someone who does? Sign up today for a FREE 6-week class in your area.

Class Location:
Criss Manor, 124 1st St., Weston

<table>
<thead>
<tr>
<th>Session #1: Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>THURSDAY, AUG 9</td>
<td>4:00 PM  - 6:00 PM</td>
</tr>
<tr>
<td>Session #2: Date</td>
<td>Time</td>
</tr>
<tr>
<td>THURSDAY, AUG 16</td>
<td>4:00 PM  - 6:00 PM</td>
</tr>
<tr>
<td>Session #3: Date</td>
<td>Time</td>
</tr>
<tr>
<td>THURSDAY, AUG 23</td>
<td>4:00 PM  - 6:00 PM</td>
</tr>
<tr>
<td>Session #4: Date</td>
<td>Time</td>
</tr>
<tr>
<td>THURSDAY, AUG 30</td>
<td>4:00 PM  - 6:00 PM</td>
</tr>
<tr>
<td>Session #5: Date</td>
<td>Time</td>
</tr>
<tr>
<td>THURSDAY, SEPT 6</td>
<td>4:00 PM  - 6:00 PM</td>
</tr>
<tr>
<td>Session #6: Date</td>
<td>Time</td>
</tr>
<tr>
<td>THURSDAY, SEPT 13</td>
<td>4:00 PM  - 6:00 PM</td>
</tr>
</tbody>
</table>

Register by Contacting:
Susie at 304-346-9864 ext. 3221
Senator Manchin visited Lamberts Winery on Wednesday, August 8. Pictured at left are, left to right, are Gayle Manchin, Nastausha Hefner, and Nate Cogar. Pictured above are Julia Spelsberg and Dr. Catherine Grant.

Meet & Speak to vendors with any benefit questions or concerns.

Come register to win one of the many DOOR PRIZES

Benefit Fair

Friday, August 17 from 7am to 2pm
Outside on Ground Floor

Open Enrollment changes must be made online in Paylocity Portal—Web Benefits Menu Link
During the following dates: 8/10 12:01 am – 8/24 11:59 pm

No Changes to Benefits? Do nothing, everything remains the same.
Please verify your beneficiaries in Web Benefits, are they accurate?

Meet & Speak to vendors with any benefit questions or concerns.

Stonewall Jackson Memorial Hospital
Stonewall Home Oxygen Therapy

Lumin™
CPAP Sanitizing System

The healthy choice in CPAP accessory disinfection with simple one-touch operation.

Lumin is the easiest and fastest way to disinfect a CPAP mask, reservoir and other accessories. The Lumin uses UV-C light to safely sanitize and works with a disinfection cycle time of 5 minutes, no harmful ozone, and 99.9% kill rate for harmful bacteria, viruses, mold and fungus. It is the ideal system for daily sanitizing of your CPAP equipment.

$259

SHOT now offers CDL CPAP downloads from Respironics machines required for some drivers. The cost is $50.00 to download and the patient receives a paper copy of the download while at the office.

Stonewall Home Oxygen Therapy

Market Place Mall - I-79 and Route 33, Weston
Phone 304-269-0100
Open 8 to 5 - Mon.-Fri.
16th Annual SJMH Golf Tourney Planned for Thurs., Oct. 18

The annual Stonewall Jackson Memorial Hospital William Adler Charity Golf Tournament will be held on Thursday, October 18, at Stonewall Resort.

The tournament provides tens of thousands of dollars to local students who are pursuing higher education in the healthcare industry. In the 2018 school year, more than twenty students received between $250 and $1,000 for the school year. Since its inception the scholarship has given over $220,000 for higher education.

“We have students attending Wesleyan, Marshall, WVU, Pierpont, Fairmont State and radiology schools,” said Crystal Frazier, co-chair of the SJMH scholarship program. “All of the money that we make at the golf tournament goes directly to the students. We take out nothing for overhead. The money is strictly for the students.”

Walgreens LIVE
You may now begin using Walgreens in Sutton, Glenville, Buckhannon, and Weston.
(Previously Rite-Aids)

We Are Creating a Welcome To Lewis County Gift Bundle
for newcomers to our County

AMISH COUNTRY OHIO BUS TRIP
Amish country Ohio bus trip to benefit the Lewis County Relay for Life. Dinner included at the Dutch Valley Restaurant.

Depart from Kohl’s at 8:00 A.M. on October 20th.

The stops include:
Walnut Creek Flea Market,
Holmes County Flea Market,
Walnut Creek Cheese,
and ’Tis the Season.

Other stops can happen based on time.

$100.00 per person

$50.00 due by August 20th. Remainder due by September 15th.

For more information please call or message Susan Thompson – 304-871-9086
Forward deposit to Susan Thompson, 40 Irene Drive, Weston, WV 26452

For more information on the project contact the Stonewall Jackson Memorial Hospital Marketing Department - Julia Spelsberg 304-269-8167 or Nastasha Heiner at 304-269-8249.
Hurry and Order Your Tickets Soon...Deadline is August 17

WEST VIRGINIA
MEDICAL APPRECIATION
FOOTBALL DAY

WVU 9.22.18 K-STATE

EVENT PRICE: $55/TICKET
EVENT DETAILS: SPECIAL DISCOUNTED PRICING FOR ALL MEDICAL EMPLOYEES, FAMILIES & FRIENDS
ORDER DEADLINE: AUGUST 17TH, 2018

FOR QUESTIONS: JULIA SPELSBERG JSPELSBERG@STONEWALLHOSPITAL.NET
Excellent Emergency Care
Every Patient. Every Time.

At Stonewall Jackson Memorial Hospital, we are at the heart of this community’s care. We’ve responded to its needs and have restructured our Emergency Department to include a local team of physicians and providers that can be counted on every day to provide high quality care when emergency strikes. Our goal is to deliver excellent care to every patient, every time. You deserve it. Our team is ready to deliver.

Stonewall Jackson Memorial Hospital

Watch for a Social Recreation Hospital Event Survey on line (Survey Money) and in paper form in HR or at the Benefit Fair. We would like your opinion on outside activities in which you would like to participate.

Congratulations to Chelsea Knicely, of Radiology, who was named Employee of the Month for August.
Hello...

Stonewall Jackson Memorial Hospital and the Lewis and Gilmer County Health Departments are again piloting the survey to survey local residents on their healthcare needs. Residents can access the survey on the web at https://www.juniorsurveypanel.com or by filling out a paper survey found here. The more people who take the survey, the better for all of us.

When we did the surveying three years ago, we found that “drug addiction” was at the top of the list of concerns for Lewis County. In 2013 the concern was “stability.” We look forward to finding out the major concern will be in this survey.

This will be the first year we have incorporated Gilmer County.

We need your cooperation on this so please make sure people are aware that they can have a survey here. If you run out of surveys please contact Julie Spaiboom at Stonewall Jackson Memorial Hospital, 904-239-8178 or jspaiboom@stjhealth.com at Hudsonville Health, 904-239-8160 or mon@stjhealth.com. Please return, or call for pickup of surveys, by November 1, 2016.

Thank you in advance for your cooperation.

Lewis County and Gilmer County Health Departments
Stonewall Jackson Memorial Hospital

Thank you in advance for your cooperation and interest.

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**MEMORANDUM**

**DATE:** August 7, 2018

**TO:** Board of Directors
Medical Staff
Department Heads
Office Managers
Employees

**FROM:** Avah Stilmaner, M.H.A.
Chief Executive Officer

**SUBJECT:** SJMH Oncology/Hematology Provider

Beginning the first week of September 2018, Veibhav Verma, M.D. will be providing oncology/hematology services at Stonewall Jackson Memorial Hospital (SJMH).

Dr. Verma completed medical school at Dr. Rajendra Prasad Government Medical College in Tanda, India. He completed an internal medicine residency at Nassau University Medical Center, East Meadow, New York, and an oncology hematology fellowship at State University of NY, Downtown Brooklyn Medical Center, Brooklyn, New York. Dr. Verma is board certified in internal medicine, medical oncology and hematology.

Dr. Verma will be at SJMH on Tuesdays to continue to provide these services at SJMH for our patients. We appreciate Dr. Verma working with us so patients can continue their care in their local hospital.

To schedule an appointment with Dr. Verma, please call the SJMH Oncology/Infusion Center at 304-517-1271. To speak with Dr. Verma, please call his office at 304-285-6069.

As/Ag
Sam's Club
SOLD IN FIELD
MEMBERSHIP
PROGRAM

We are pleased to announce our partnership again this year with Sam's Club® to bring you the benefits of membership through their Sold in Field Membership Program. By purchasing a membership, we are offering you, our valued employees, a way to save on personal items for yourselves and your families.

The PLUS MEMBERSHIP is $107 (including tax)
The regular SAVINGS MEMBERSHIP is $48.15 (including tax)

As a thank you for joining or renewing, you will receive an exclusive instant savings package valued at $140. Plus members will receive an additional $100 in savings.

**ONLY NEW MEMBERS WILL RECEIVE A $10 GIFT CARD.**
Forms must be returned to Rhonda Mitchell by August 27th, 2018.
Payroll deduction will be made on your September 20, 2018 Pay.

Sam's Club Sold in Field Membership Program Interest and Enrollment Form

Are you already a Sam's Club Member?  Y / N

Existing members, please enter the last 9 digits of your membership number: ______________________

**Please Print**

Name: ___________________________  Home Phone: ___________________________
Street address: ___________________________  City: ___________________________
______________  Zip: ___________________________
State: ___________________________  Driver's License #: ___________________________
DOB: ___________________________  Email Address: ___________________________

Secondary Cardholder information

Name: ___________________________  DOB: ___________________________

FORM MUST BE FILLED OUT FOR ALL NEW AND RENEWED MEMBERSHIP
# Changes to Your Medical Insurance for September 1, 2018

**Tier 3** is now for Mon-Health System Services

**Tier 4** is now all other providers outside of SJMH & MHS Services

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## Summary of Benefits

<table>
<thead>
<tr>
<th>Effective Date</th>
<th>September 1, 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benefit Period (used for Deductible and Coinsurance limits; and certain benefit frequencies)</td>
<td>January 1 through December 31 (Calendar Year)</td>
</tr>
</tbody>
</table>

**Note:** All services are subject to the Deductible unless otherwise specified. Co-Pays (Fees) do not apply to Deductibles or Coinsurance limits unless otherwise specified.

### Deductible (Applicable to PHO and All Other Providers)

<table>
<thead>
<tr>
<th></th>
<th>SJMH Hospital and Tier-1 Employed Providers</th>
<th>SJMH Tier-2 Privileged Providers</th>
<th>Mon-Health System Tier-3 for services not available at SJMH (with HR approval)</th>
<th>Tier 4 - All Other Providers (only with HR-approved referral or exception)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$100 a</td>
<td>$250 a</td>
<td>$400 a</td>
<td>$1,000 a</td>
</tr>
<tr>
<td>Family (may be met collectively)</td>
<td>$200 a</td>
<td>$500 a</td>
<td>$800 a</td>
<td>$2,000 a</td>
</tr>
</tbody>
</table>

### Carry-Over Deductible Period

- None

### Coinsurance Limits

<table>
<thead>
<tr>
<th></th>
<th>Individual</th>
<th>Family (may be met collectively)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deductible</td>
<td>Does Not Apply</td>
<td>Does Not Apply</td>
</tr>
<tr>
<td>coinsurance</td>
<td>Does Not Apply</td>
<td>Does Not Apply</td>
</tr>
</tbody>
</table>

### Total Maximum Out-Of-Pocket (Includes Deductible, Co-Pays, & Coinsurance per Benefit Period - Network Only)

<table>
<thead>
<tr>
<th></th>
<th>Individual</th>
<th>Family (may be met collectively)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deductible</td>
<td>$7,150 a</td>
<td>$14,300 a</td>
</tr>
</tbody>
</table>

### Non-Network Liability

- Unlimited

### Lifetime Maximum Benefit for All Covered Services

- Unlimited

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## Benefit Highlights

<table>
<thead>
<tr>
<th></th>
<th>SJMH Hospital and Tier-1 Employed Providers</th>
<th>SJMH Tier-2 Privileged Providers</th>
<th>Mon-Health System Tier-3 for services not available at SJMH (with HR approval)</th>
<th>Tier 4 - All Other Providers (only with HR-approved referral or exception)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Office Visit/Office Consultation - (Includes Specialist Virtual Visit) - Applies to Charges for Vision only; does not apply to other Services received during visit</td>
<td>$10 Primary, $20 Specialist, rest of cost of office visit subject to deductible a</td>
<td>$10 Primary, $20 Specialist, rest of cost of office visit subject to deductible a</td>
<td>$10 Primary, $20 Specialist, rest of cost of office visit subject to deductible a</td>
<td>$20 Primary, $40 Specialist, rest of cost of office visit subject to deductible and 30% coinsurance a</td>
</tr>
<tr>
<td>Coverage after Deductible is met</td>
<td>100% a</td>
<td>100% a</td>
<td>85% a</td>
<td>70% a</td>
</tr>
</tbody>
</table>
# HEALTH PLAN - 2018-2019 SEMI-MONTHLY PREMIUMS (1st/2nd pay periods)

<table>
<thead>
<tr>
<th></th>
<th>FULL-TIME EMPLOYEES</th>
<th>NON-TOBACCO USERS</th>
<th>TOBACCO USERS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 EE Pays</td>
<td>2 ER Pays</td>
<td>1 EE Pays</td>
</tr>
<tr>
<td>Employee Only</td>
<td>$57.00</td>
<td>$238.87</td>
<td>$80.00</td>
</tr>
<tr>
<td>Employee &amp; Spouse</td>
<td>$150.00</td>
<td>$589.68</td>
<td>$195.00</td>
</tr>
<tr>
<td>Employee &amp; Child(ren)</td>
<td>$150.00</td>
<td>$589.68</td>
<td>$195.00</td>
</tr>
<tr>
<td>Employee &amp; Spouse &amp; Children</td>
<td>$150.00</td>
<td>$589.68</td>
<td>$195.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>PART-TIME EMPLOYEES</th>
<th>NON-TOBACCO USERS</th>
<th>TOBACCO USERS</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>1 EE Pays</td>
<td>2 ER Pays</td>
<td>1 EE Pays</td>
</tr>
<tr>
<td>Employee Only</td>
<td>$220.00</td>
<td>$75.87</td>
<td>$250.00</td>
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<tr>
<td>Employee &amp; Spouse</td>
<td>$530.00</td>
<td>$229.68</td>
<td>$650.00</td>
</tr>
<tr>
<td>Employee &amp; Child(ren)</td>
<td>$530.00</td>
<td>$229.68</td>
<td>$650.00</td>
</tr>
<tr>
<td>Employee &amp; Spouse &amp; Children</td>
<td>$530.00</td>
<td>$229.68</td>
<td>$650.00</td>
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</tbody>
</table>