Vaccinating for Influenza - A Smart Move for Your Health

Adults may not realize that a person needs vaccines throughout his/her life, and they need to keep their vaccinations up to date because immunity from childhood vaccines can wear off over time. One can also be at risk for different diseases as an adult. Vaccination is one of the most convenient and safest preventive care measures available. Stonewall Jackson Memorial Hospital (SJMH) has some suggestions for our patients’ better health. SJMH is providing information about vaccinations as we celebrate National Immunization Awareness Month in August.

Mary Ann Edward is the Hospital’s Infection Prevention/Employee Health nurse for the 70-bed hospital. She said that hand hygiene is the single most important measure in infection control however vaccination is another important component for staying healthy. The flu vaccination is such an important issue that SJMH has instituted a new policy to insure that our patients are kept safe. Edwards explained, “Stonewall Jackson Memorial Hospital recognizes the flu as a threat not only to its employees, but the community as well. Therefore this year, we are requiring all employees to receive the flu vaccine.”

She further explained that Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and can lead to hospitalization and death. Every year in the United States, millions of people are sickened, hundreds of thousands are hospitalized and thousands or tens of thousands of people die from the flu.

Anyone can get the flu (even healthy people) and serious problems related to the flu can happen at any age, but some people are at a higher risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as diabetes, asthma, or heart disease), pregnant women, and young children.

The best way and most important step to prevent the flu is by getting a flu vaccine each year. CDC recommends that everyone six months of age and older should receive a flu vaccine each year. Flu vaccination can reduce flu illnesses, doctors’ visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

Note: For the 2016-2017 season, CDC recommends use of the flu shot (inactivated influenza vaccine or IIV) and the recombinant influenza vaccine (RIV). The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used during 2016-2017. Important Information when considering whether to receive the flu vaccine.

• Flu vaccination can reduce the risk of flu-associated hospitalization, including among children and older adults.

A 2014 study* showed that flu vaccine reduced children’s risk of flu-related pediatric intensive care unit (PICU) admission by 74% during flu seasons from 2010-2012.

Another study published in the summer of 2016 showed that people 50 years and older who got a flu vaccine reduced their risk of getting hospitalized from flu by 57%.

• Flu vaccination is an important preventive tool for people with chronic health conditions.

Vaccination was associated with lower rates of some cardiac events among people with heart disease, especially among those who had had a cardiac event in the past year.

Flu vaccination also has been shown to be associated with reduced hospitalizations among people with diabetes (79%) and chronic lung disease (52%).

• Vaccination helps protect women during and after pregnancy. Getting vaccinated can also protect a baby after birth from flu. (Mom passes antibodies onto the developing baby during her pregnancy.)

A study that looked at flu vaccine effectiveness in pregnant women found that vaccination reduced the risk of flu-associated acute respiratory infection by about one half.

There are studies that show that flu vaccine in a pregnant woman can reduce the risk of flu illness in her baby by up to half. This protective benefit was observed for up to four months after birth.

• Flu vaccination also may make your illness milder if you do get sick.

• Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.
Benefit for Med/Surg’s Mary Kelley
Friday, August 25
HOT DOG SALE
11 a.m. to 1 p.m. on ground floor
$4
2 Hot Dogs, Drink, Chips
Bake Sale beginning at 8 a.m.
For more information or to contribute call 269-8026
We are pleased to announce our partnership again this year with Sam’s Club® to bring you the benefits of Members Through their Partner Membership Program. By purchasing a Partner Membership, we are offering you, our valued employees, a way to save on personal items for yourselves and your families.

Already a Sam’s Club Member? Our Partner Membership Program enables us to renew your current membership for 12 months under the Partner Membership Program rate!

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

Forms Must Be Returned to Finance Department August 25
Payroll Deduct Will Be September 7

Our visit gets you an exclusive instant savings package valued at $100

Sam’s Club Partner 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: ___________________________

If you hold any type of professional license, are a notary, own farm land, or have a personal business, you are eligible to sign up for a Sam’s Club Business Membership. A Sam’s Business Membership is the same price as a savings membership but gives you more benefits such as; an extra $400 in instant savings, early entrance, tax exemption, business member events, and add up to eight people under your membership.

Please fill out the information above as well as the information below for a business membership.

Business Name: ___________________________ Date Established: ___________________________
Job Title: ___________________________ Type of Business: ___________________________

FORM MUST BE FILLED OUT FOR ALL NEW AND RENEWED MEMBERS
ORDERS MUST BE IN BY AUGUST 25

MEDICAL EMPLOYEE APPRECIATION NIGHT

WEST VIRGINIA MOUNTAINEERS VS TEXAS TECH RED RAIDERS

10.14.17
MILAN PUSKAR STADIUM - MOUNTAINEER FIELD

EVENT PRICE: $55/PERSON
EVENT INCLUDES: SCOREBOARD RECOGNITION A CHANCE TO WIN PRE-GAME FIELD PASSES
ORDER DEADLINE: AUGUST 25TH, 2017

FOR QUESTIONS: LEE HARRIS | 304.293.8641 | LEE.HARRIS@MAIL.WVU.EDU
Great Contest at Ortho!

When the heat was oppressive several weeks ago, the staff at Weston Orthopedics and Sports Medicine decided to have some fun. They tried to beat the heat by freezing t-shirts...the first one to thaw their shirt won...and the winner was Giselle Snyder.

Famly Day and Movie Night at Polk Creek Community Park Saturday, September 16 beginning at 6 p.m.

Games Several Fire Departments will be there Facepainting by Paint Misbehavin’

Shentel will present the Children’s Movie at dusk “FINDING DORY”

Healthnet will be there

Presented by Connie and John Riffle
Weston Parks and Recreation Committee
Stonewall Jackson Memorial Hospital

We Deliver the Future Here

There is nothing more precious than a child. Helping to bring newborn life into the world is one of the most special things we do at Stonewall Jackson Memorial Hospital. Meet the newest obstetrician-gynecologist on our team, Tanya Wynn, MD. Contact her today for obstetric care from a physician devoted to your special delivery.

Tanya Wynn, MD Obstetrics & Gynecology

66 Hospital Dr. Suite 104 • Weston • 304-259-3108
322 Cinema Circle • Buckhannon • 304-473-0670
StonewallJacksonHospital.com
IMPORTANT INFORMATION

INSURANCE CHANGES FOR PLAN YEAR 9/1/17 - 8/31/18

MEDICAL RATES FOR THE PLAN YEAR WILL NOT CHANGE!

Some ways to keep high Medical costs down is to be sure and utilize all of your Preventative screenings to avoid higher costing problems. In-network, Preventative (wellness) visits are not subjected to the Deductibles or Co-Pays, in other words FREE TO YOU/FAMILY.

<table>
<thead>
<tr>
<th>NON-TOBACCO USER RATES</th>
<th>SJMH PAYS</th>
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<tbody>
<tr>
<td></td>
<td>SEMI-MONTHLY</td>
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<td>FULL-TIME MONTHLY</td>
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<td>FULL-TIME SEMI-MONTHLY</td>
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<td>PART-TIME MONTHLY</td>
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<tr>
<td></td>
<td>PART-TIME SEMI-MONTHLY</td>
</tr>
<tr>
<td>SINGLE</td>
<td>$ 114.00</td>
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<tr>
<td>FAMILY</td>
<td>$ 300.00</td>
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ENJOY THE DISCOUNT AGAIN THIS YEAR!

<table>
<thead>
<tr>
<th>TOBACCO USER RATES</th>
<th>SJMH PAYS</th>
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<td>SEMI-MONTHLY</td>
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<td>FULL-TIME MONTHLY</td>
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<td>PART-TIME MONTHLY</td>
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<td>PART-TIME SEMI-MONTHLY</td>
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<tr>
<td>SINGLE</td>
<td>$ 160.00</td>
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<tr>
<td>FAMILY</td>
<td>$ 390.00</td>
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Medical, Dental & Vision, Voluntary Life, AD&D and other Voluntary benefit premiums are only withheld the first & second pay periods of each month (24 pays), same as other Voluntary benefits. Only FSA & 403B is taken every pay(26).

VISION RATES WILL REMAIN THE SAME

<table>
<thead>
<tr>
<th>VISION RATES</th>
<th>VSP DIRECT</th>
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<tbody>
<tr>
<td>VISION - Base Plan</td>
<td>MONTHLY</td>
</tr>
<tr>
<td>Single</td>
<td>6.78</td>
</tr>
<tr>
<td>Single+Spouse</td>
<td>10.78</td>
</tr>
<tr>
<td>Single + Child(ren)</td>
<td>11.00</td>
</tr>
<tr>
<td>Family</td>
<td>15.34</td>
</tr>
<tr>
<td>VISION - Premier Plan</td>
<td></td>
</tr>
<tr>
<td>Single</td>
<td>9.40</td>
</tr>
<tr>
<td>Single+Spouse</td>
<td>16.60</td>
</tr>
<tr>
<td>Single + Child(ren)</td>
<td>16.96</td>
</tr>
<tr>
<td>Family</td>
<td>23.44</td>
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</tbody>
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RATES FINAL - Not as high as expected!

<table>
<thead>
<tr>
<th>DENTAL - BOTH NAP &amp; PPO PLANS</th>
<th>MONTHLY</th>
<th>SEMI-MONTHLY</th>
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</thead>
<tbody>
<tr>
<td>SINGLE</td>
<td>$ 26.20</td>
<td>$ 13.10</td>
</tr>
<tr>
<td>SINGLE + SPOUSE</td>
<td>$ 51.36</td>
<td>$ 25.68</td>
</tr>
<tr>
<td>SINGLE + CHILD (REN)</td>
<td>$ 60.88</td>
<td>$ 30.44</td>
</tr>
<tr>
<td>FAMILY</td>
<td>$ 80.50</td>
<td>$ 40.25</td>
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</tbody>
</table>
A big thank you to the folks over in Buckhannon....first of all thanks to Chad Corley and Lowes for the donation of a 10 by 12 building for our playground at Polk Creek Community Park. We had some trouble finding someone to haul it and former Buckhannon Mayor Rick Edwards suggested that we call Mayor Dave McCauley. As soon as Mayor McCauley knew of our needs he directed Buckhannon’s Waste Department to help us. So their staff, and our staff worked to set it up on Friday, August 18, at the park. Pictured left to right are Steve Hudson, Tyler Strader, John Riffle, Bryan Williams, Jeff Wamsley, and BJ Teets. The Weston Parks and Recreation Committee is delighted by the help and donations.

LEARN ABOUT PERSONAL SAFETY FOR WOMEN

CUPCAKES & CRIME

LEWIS County Sheriff’s Department Presents Personal Safety for Women including domestic abuse Laws in WV

Kathy Boyle will demonstrate how to decorate holiday cupcakes (then we’ll eat them)

WESTON URBAN RENEWAL AUTHORITY

SUNDAY, AUG 27, 2017
GLASS MUSEUM
2PM TO 4PM

Please call and register so we’ll know how many refreshments are needed

Contact Info
304-269-6141
Weston City Building

Door Prizes
First Annual Walk for Water September 30, 2017

Water is essential for life, yet 1.8 billion people across the globe wake up every day to a life without safe drinking water. This crisis steals the lives of thousands each day – more than war, natural disasters and hunger combined. Water Mission, a nonprofit Christian based engineering organization in Charleston, SC that designs, builds and implements safe water, sanitation and hygiene solutions in developing countries.

Clarksburg Baptist Church is collaborating with Water Mission to sponsoring the first annual Walk for Water at the Clarksburg City Park in Nutter Fort. Jennifer Barnes, Chief Quality Officer here at Stonewall Jackson Memorial Hospital is looking to put together a team from here to participate. She is looking for 10 people or more to participate. Registration is $25.00/adult; $20.00/college student ages 18-22; $15.00/youth ages 10-17; $5.00/child ages 6-9. This is a walking 3-mile event. For the first 1.5 miles, participants carry and empty bucket, then for the last 1.5 miles participants carry their bucket full of water simulating the trek men, women and children in undeveloped countries do every day. This is not a race.

If you know of any civic organization or church group that would like to participate, Jennifer Barnes can supply you with the information on how to set up your own team. If you would be interested in participating on a team comprised of SJMH employees and their families, please contact Jennifer Barnes at 304-269-8533 or at jbarnes@stone-wallhospital.net, or visit www.WVwalkforwater.com
Free Vein Screening On Wed., August 30, at SJMH

Weston’s Stonewall Jackson Memorial Hospital (SJMH) will again offer free vein screenings with testing on Wednesday, July 26, at the Hospital. The screening provides clinicians with information about the vein health of the patient and whether further treatment is needed to alleviate any problems.

SJMH physician Brian Hornsby, D.O., will conduct the screenings.

During the screening, patients will first view a short video and hear a presentation by Dr. Hornsby. Each patient is then taken to an exam room individually for an ultrasound of the legs. From that testing, it will be determined whether the patient should return for a full evaluation.

The screening will be from 3 p.m. to 5 p.m. that day in the Oncology/VEin/Infusion Center located on the first floor of the Hospital. Availability is limited so interested parties should call 304-517-1272 to reserve a spot.

Dr. Hornsby explained the need for the screening, and procedures to relieve the condition.

“Our monthly screenings here provide us with the condition of the patient’s venous problems which develop over a lifetime,” explained Dr. Hornsby. “Once we know the issue we can there take measures to improve a persons’ quality of life such as relieving pain or swelling in the lower extremities.”

More than 45 million Americans suffer from venous disease. Symptoms for the sufferer can include aching; fatigue; heaviness in the legs; pain that is throbbing, burning, stabbing; cramping, swelling, itching, restless legs, or numbness.

Anatomically, a patient’s arteries supply the blood to one’s extremities but the vein system returns the blood to the heart. The difficulty arises when the blood must work against gravity and flow upwards. The valves may not work properly. Other malfunctions may include reflux or other valve obstructions such as a blood clot.

Some people are able to use compression stockings to provide the necessary pressure to keep the blood moving up the their leg. This method alleviates the symptoms but does not correct the condition.

SJMH’s Vein Center can provide patients with an alternative to compression stockings and includes an outpatient procedure called thermal ablation. The procedure takes less than 60 minutes with a 99% success rate and is provided by Dr. Hornsby in the Department.

Thermal ablation is a procedure using heat to remove tissue or to destroy its function. In the case of venous disease, heat is directed through a catheter to close up the targeted vessel. The treatment leaves the problem vein in place so that there is a minimal bleeding and bruising. Many patients find that thermal ablation results in less pain and faster return to normal activities. The goal of the treatment is to reduce symptoms and reduce the risk of complications from venous disease including blood clots. Patients who have large varicose veins, for example, are candidates for this procedure. The procedure takes the place of “vein stripping” in many cases.

To reserve a spot in the next Vein Screening, please call 304-517-1272.

Uniform SALE

Tuesday, August 22
8 a.m. to 4 p.m.
Sharpe Hospital - Weston
Sponsored by the Hospital Auxiliary
In front lobby
Stethoscopes, Pen Lights, Bella Taylor Handbags, Klogs, Grey’s Anatomy, and Dansko Shoes, Wide Variety of Uniforms, Therapeutic Socks in Assorted Colors
Stonewall Home Oxygen Therapy
Market Place Mall 1-79 and route 33, Weston
Phone 304-269-0100
Open 8 to 5 - Mon.-Fri.

www.shotofcolors.com

2017 OPEN ENROLLMENT COMING SOON
AUGUST 11-25, 2017

The Web Benefits site will open for 9/1/17 changes on 8/11/17 and close on 8/25/17.
Don’t forget to make any changes you need to.

BENEFIT FAIR – FRIDAY 8/18/17 outside.