The risk of shingles and post-herpetic neuralgia (PHN) increases as one ages. The Centers for Disease Control (CDC) recommends that people 60 years old and older get shingles vaccine to prevent shingles and post-herpetic neuralgia (PHN). Stonewall Jackson Memorial Hospital (SJMH) is providing information about the shingles vaccination as we celebrate National Immunization Awareness Month in August.

Shingles vaccine has been used since 2006. Zostavax® is the only shingles vaccine currently approved for use in the United States. This vaccine reduces the risk of developing shingles by 51% and PHN by 67%. It is given in one dose as a shot, and can be given in a doctor’s office or pharmacy.

Kelly Bowman, an administrative assistant, at SJMH is not a typical example of a patient who has endured the illness...not once but nine times.

“My first event was when I was twenty years old,” she explained. “All I knew was that my skin became sore and it hurt to even touch it. Then it began to burn and eventually turned to welts and blisters. A few days later the blisters began to drain and that is the time when the patient is extremely contagious. Eventually it all disappears but it can take weeks to months to fully recover.”

Bowman is quite a bit younger than the suggested age for people to start receiving the vaccine. SJMH’s Infection Control and Employee Nurse Mary Ann Edwards suggested, “People 60 years of age or older should get shingles vaccine. They should get the vaccine whether or not they recall having had chickenpox, which is caused by the same virus as shingles. Studies show that more than 99% of Americans aged 40 and older have had chickenpox, even if they don’t remember getting the disease. There is no maximum age for getting shingles vaccine.”

Bowman said that her shingles occur in the same place every time. “It will start at my back along my spine and then spread to the front of my body,” explained Bowman. “I have picked it up from my child and also from children who were receiving the chickenpox vaccine. Apparently I am too young to get the vaccine so I just try to be careful about who I am around.”

The CDC also noted that even if a person has had shingles, he/she can still receive shingles vaccine to help prevent future occurrences of the disease but some physicians don’t want to provide it to a patient who is young, like Bowman. There is no specific length of time to wait after having shingles before receiving shingles vaccine, but generally one should make sure the shingles rash has disappeared before getting vaccinated. The decision on when to get vaccinated should be made with one’s healthcare provider.

The shingles vaccine is approved by the Food and Drug Administration for people aged 50 years and older. However, CDC does not have a recommendation for routine use of shingles vaccine in people 50 through 59 years old. Protection from shingles vaccine lasts about 5 years, so adults vaccinated before they are 60 years old might not be protected later in life when the risk for shingles and its complications are greatest. Adults 50 through 59 years who have questions about shingles vaccine should discuss the risks and benefits with a healthcare provider.

Talk with one’s healthcare provider with questions about shingles vaccine.
The 2017 Lewis County High Golf team will be playing in the annual Adler Healthcare Scholarship Tournament on October 19, at Stonewall Resort, thanks to a donation by Stonewall Jackson Memorial Hospital, in Weston. The team is pictured left to right, front row, Haley Smith and Ryanne Garrett; second row, left to right – Coach Kenny James, Hunter Skinner, Aden Wyckoff, Kole Bozic, Jacob Gragg, and Coach Mark Workman. Interested parties should contact Julia Spelsberg at 304-269-8167 for more information on the tournament. Over the past 15 years, the Hospital has raised over $200,000 to help students pursue advance degrees in healthcare.
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 event, 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...THIS FRIDAY

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
At SJMH we promote health and wellness to all of our employees. We want SJMH employees to have a place to exercise and gain strength and endurance. To help with security and safety, we have a process that we want all employees to follow.

1. Gain access to Cardiac Rehab by signing out the key at the Console.
2. Have SJMH Name Badge
3. Clean equipment after use with the wipes that are available
4. Return Key when done exercising

If you have any questions, suggestions or problems please call Kristi Gannon at X8099

**Pats On The Back**

To Melody Butcher
Mel is an extremely hard worker. She goes above and beyond her work duties to help patients and her co-workers. If we can’t figure something out, she is always there to get the job done.

To Kathy Marsh – Great Job!
Kathy warmly welcomes patients and visitors with her cheerful and friendly attitude and bright smile. She politely interacts with patients, never shows up late, nor leaves the front desk unattended. She has adopted all with the challenges of Cerner. She goes above and beyond as noted by picking up activities for children. For example, she brought and gave color books and crayons to help entertain children during parent office visits, which I thought was fantastic. I have often hear her close or patient encounters by saying “It was our pleasure to serve you today”... which I love.
# 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.

### NON-TOBACCO USER RATES

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>$114.00</td>
<td>$57.00</td>
<td>$440.00</td>
<td>$220.00</td>
<td>$238.87</td>
</tr>
<tr>
<td>Family</td>
<td>$300.00</td>
<td>$150.00</td>
<td>$1,020.00</td>
<td>$510.00</td>
<td>$589.68</td>
</tr>
</tbody>
</table>

**ENJOY THE DISCOUNT AGAIN THIS YEAR!**

### TOBACCO USER RATES

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>$160.00</td>
<td>$80.00</td>
<td>$500.00</td>
<td>$250.00</td>
<td>$238.87</td>
</tr>
<tr>
<td>Family</td>
<td>$390.00</td>
<td>$195.00</td>
<td>$1,200.00</td>
<td>$600.00</td>
<td>$554.68</td>
</tr>
</tbody>
</table>

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>VSP DIRECT VISION - Base Plan</th>
<th>Monthly</th>
<th>Semi-Monthly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>6.78</td>
<td>3.39</td>
</tr>
<tr>
<td>Single + Spouse</td>
<td>10.78</td>
<td>5.39</td>
</tr>
<tr>
<td>Single + Child(ren)</td>
<td>11.00</td>
<td>5.50</td>
</tr>
<tr>
<td>Family</td>
<td>15.34</td>
<td>7.67</td>
</tr>
</tbody>
</table>

### VISION - Premier Plan

<table>
<thead>
<tr>
<th></th>
<th>Monthly</th>
<th>Semi-Monthly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single</td>
<td>9.40</td>
<td>4.70</td>
</tr>
<tr>
<td>Single + Spouse</td>
<td>16.60</td>
<td>8.30</td>
</tr>
<tr>
<td>Single + Child(ren)</td>
<td>16.96</td>
<td>8.48</td>
</tr>
<tr>
<td>Family</td>
<td>23.44</td>
<td>11.72</td>
</tr>
</tbody>
</table>
LEARN ABOUT PERSONAL SAFETY FOR WOMEN
CUPCAKES & CRIME

CUPCAKES & CRIME

WESTON URBAN RENEWAL AUTHORITY
• SUNDAY, AUG 27, 2017
GLASS MUSEUM
2PM TO 4PM

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)

Commercial sponsors: Oriental Trading Company, Coca-Cola Bottling Co Consolidated,

Nice Thank You!
Hi Avah,
I just wanted to let you know about the excellent care that I received when I had my rotator cuff surgery. Dr. Persinger performed the surgery and he did an excellent job and is a very caring and nice physician. My nurse that day was Robin Couch and I received such good care from her. She was very kind and caring and considerate even after surgery, I was in a lot of pain and was not at my best. My CNA, I believe is her title, was Angie Hinter and she was so nice and kind to me also. My OR nurses were Tonya Stewart and a young nurse who just married Hunter McWhorter last summer and I can’t remember her first name but when I told her I was nervous, she held my hand until I was given the anesthesia. I would just like to praise all these individuals who made a difficult situation when I was very nervous about into a calming and reassuring experience. I believe that I have gotten along better with my recovery than a lot of patients who go elsewhere to have this type of orthopedic surgery done and all of this is due to the excellent care that our employees at SJMH deliver. I am now starting PT and doing very well with that and I continue to get the same excellent care from my therapists, Lauren Siers and Shawn Hamner. If you could please let these departments and individuals know how much it meant to me to be cared for in such an excellent manner I would really appreciate it.

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

Contact Info
304-269-6141
Weston City Building
Door Prizes

COME JOIN US FOR A CAR WASH & BAKE SALE
CAR WASH BY DONATION
TO BENEFIT RLBMS FOOTBALL
AUGUST 26TH - FROM 9:00-5:00
AT TRACTOR SUPPLY IN WESTON

COME JOIN US FOR A CAR WASH & BAKE SALE
CAR WASH BY DONATION
TO BENEFIT RLBMS FOOTBALL
AUGUST 26TH - FROM 9:00-5:00
AT TRACTOR SUPPLY IN WESTON

COME JOIN US FOR A CAR WASH & BAKE SALE
CAR WASH BY DONATION
TO BENEFIT RLBMS FOOTBALL
AUGUST 26TH - FROM 9:00-5:00
AT TRACTOR SUPPLY IN WESTON

COME JOIN US FOR A CAR WASH & BAKE SALE
CAR WASH BY DONATION
TO BENEFIT RLBMS FOOTBALL
AUGUST 26TH - FROM 9:00-5:00
AT TRACTOR SUPPLY IN WESTON
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
Employee Perks

Employee Discounts on Purchases
- Uniforms & other retail items @ Stonewall Home Oxygen Therapy – Market Place Plaza
- Stonewall Café
- Gift Shop
- Diapers – Materials Management
- Ensure - Pharmacy

Local Discounts - 10% off any day with SJMH ID badge
  - McDonald’s
  - Pizza Hut
- Dominos-Pizza Payday-45% off on Payday-Pizza only Excludes Artisan
- IronWorks Gym-Weston, WV
  - 50% off enrollment fee
- South Side Fitness-Weston, WV
  - 50% off enrollment fee
- Anytime Fitness- Buckhannon, WV
  - 50% off enrollment fees
  - Monthly rate of $29.99 on 12 month deal (A $60 Savings)
  - (1) Free Month. 13 months for the price of 12!
  - Free 7-Day guest passes will be honored for those who bring proof of their current or past employment to Anytime Fitness in Buckhannon (one pass per person). Contact club for details.
  - 10% off tanning, hydro massage packages.
- Mountaineer Mart-Weston, WV
  - $0.05 off/gallon – not available with Pay at Pump, must go inside to show ID Badge

Cellular Wireless Discounts
- AT&T – 25%
- Verizon – 20%

---

MAGWV Charity Auction
September 23, 2017
230 Main Avenue
Weston, WV 26442

Auction begins at 5:00 PM.
Food will be available for sale at the Museum beginning at 3:30 PM. Online bids will also be able to taken up to 3:30 PM on Sep 23rd, the day of the auction using the Charity Auction Website Auction.com.
If you would like to leave a bid, go to https://charityauction.bid/magwv. MAGWV will either ship the winning items (shipping costs will be the responsibility of the bidder), or the winners can arrange pickup at the Museum.
Auction items are currently on display at the Museum.
Family Day and Movie Night
at
Polk Creek Community Park
Saturday, September 16
beginning at 6 p.m.

Family Resource Network will provide refreshments

SJMH will provide ice cream, fresh fruit, ice tea, and water

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

Shentel will present the Children’s Movie at dusk

“FINDING DORY”

Paint Misbehaving will be providing facepainting

Healthnet will be there

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