December 15, 2017

Dear Employees:

This is a wonderful time of year. The fall of each year shows us the beautiful West Virginia fall colors and reminds us to give thanks for our many blessings – family, friends, jobs, benefits and each other. Even with individual struggles, we remember that there are those people who still need our help.

As the Christmas holiday approaches, I am filled with hope and joy. Hope that there is someone greater than us who can guide us to make the right decisions and remember the reasons for the season in our own special way. The New Year holiday sets our goals for the next year.

I recently read a book entitled, “The Paper Bag Christmas,” by author Keven Alan Milne. If you have an opportunity to read this book, I highly recommend it. It will show you the miracle of Christmas through the eyes of children and the true Christmas spirit. I do not want to say more and spoil the story. Maybe after Christmas someone will want to share their “book report” on this story and Julia will publish it in an edition of The General.

Thank you for your care of our patients, but especially each other. In a time of need, you epitomize the true spirit of Christmas by your ongoing generosity.

Merry Christmas and Happy New Year!

Avah

AS/jag
Congrats!

The SJMH Wellness Committee is sending congratulations to the staff which have been able to quit smoking. Tobacco is one of the most difficult of habits to quit and the Committee wants these employees to know how happy we are for them. They even received a little bag of goodies, thanks to Kristi Gannon and the Marketing Department.

Our second staff member we wish to congratulate is Carl Gable, of the SJMH Respiratory Department, who smoked for several years before deciding it was time to quit. Unlike other people who chose the “cold turkey” method, Carl used Chantix.

“It was sort of surprising that it only took me five days to quit with Chantix,” explained Carl. “What made it easier was that the insurance paid for it and I quit on November 9. I am lucky that I am not craving them and hopefully, I don’t go back.”

Carl also said that he was spending about $170 a month for tobacco and was even using coupons. Without the coupons, he guesses his cigarette bill would have been over $200 a month...enough money to buy a car.

“Another side effect of cigarettes, which I never thought about was the smell of smoke on my clothes. My family smokes and when I go to visit them now, I can really smell the smoke... and it can be offensive,” concluded Carl. “I am pleased I was able to do this and encourage other employees to take this step, too. It will save you money and most importantly your health.”

Many thanks to Alice Templeton who, with the help of her church, brought bears to all of our patients here at SJMH on Thursday, December 14 as a Christmas present. She is pictured with console operator Paul Donaldson.
FSA Open Enrollment is Coming!!
December 1 through December 15

If you currently have Flexible Spending Accounts (FSA-M or FSA-D on your check stub) and wish to continue this benefit in 2018 – YOU MUST COMPLETE THE OPEN ENROLLMENT TASK. This benefit is elected new each year. NOTE: Only $100 of your 2017 balance will roll-over into 2018.

Who May Participate?
All Full Time and Part Time employees and PRN employees working 20+ hours per week. For PRNs the key is that you receive a check each pay in order for the selected amount to be deducted.

How do I sign up?!
Go to your Paylocity Portal. Top left hand corner, hover over “Web Pay” and three boxes will appear on menu. Click on “Enterprise Web Benefits”. See below. This will take you directly into benefit site where you will click “Begin Enrollment” and choose the amount you would like annually. Click “Complete Enrollment” and your deduction will begin on January 11, 2018.

NOTICE
CEO Avah Stalnaker has approved a WVU Pride Day on December 26. You can wear your WVU apparel that day because WVU is in a Bowl Game and here is the lowdown from The Bleacher Report.

Zaxby’s Heart of Dallas Bowl:
Utah (6-6) vs. West Virginia (7-5)
Game info: Tuesday, Dec. 26, 1:30 p.m. ET (ESPN)
West Virginia receiver David Sills told reporters he’s unsure quarterback Will Grier (broken finger) will recover in time for the bowl game. And if the quarterback is out, we can’t trust the Mountaineers offense. Utah is also dealing with injury concerns behind center, but the difference between Tyler Huntley and Troy Williams isn’t major as long as the Utes ride Zack Moss anyway.

Good Morning,
I wanted to thank the hospital for the Children’s Christmas Party that was last Friday night. I took my children and they had a wonderful time. They look forward to this every year. Please thank all who worked on putting this together. It was a fun evening for all!
Karen Hayhurst
Customer Service Technician
Stonewall Home Oxygen Therapy

Thanks for putting together our Christmas dinners. Everyone really enjoyed the meal. Have a wonderful Friday and weekend. Let Jeanie know we’re taking good care of Kelly and she is welcome to come out and check on her when she gets a chance.

Jane Eisenbeis, RN
Director of External Operations

Join Us for An
Employee of the Month Reception
Monday, December 18, 2017 at 3 p.m.
to honor Angie Harper
of Stonewall Medical Group at Garton Plaza
Join us for ice cream and cake and congratulate Angie
**Pats on the Back for:**

Sarah Rolenson  
Comments: I am so thankful SJMH has Sarah as a care coordinator. She is an incredible and much needed resource and patient advocate. Sara has been an invaluable team player as the care coordinator for many of my patients. She is an empathetic and kind-hearted individual perfect for the job! All my patients Sarah works with sing her praise. Thank you Sarah for helping educate them!

Kellie Wilfong, CMA  
Comments: Kellie is an outstanding medical assistant! She is on time, efficient, compassionate, organized, and adaptable. She has excellent communication skills and a wonderful attitude. I am so thankful to have her on my healthcare team. She made a seamless transition.

Victoria Shuman, CMA  
Vicki is an excellent employee! As my former medical assistant, she was an incredible asset to my healthcare team (as I am certain she continues to be) – No task was delayed, missed, too difficult, or not accomplished. She is intuitive and proactive. For those reasons and many more, it was easy to recommend her for promotion. I am thankful her skills are continued with SJMH in any capacity.

**Lost and Found**

A bracelet was found after the Children’s Christmas Party at the Lewis County Senior Center last Friday, December 8. Please call Kim Harrison at 304-269-5738 for information.

**Notice From Relay for Life....**

We need members...if you have money taken from your paycheck you need to go to the Lewis County Relay for Life website and register so that you can get credit for your donations. Call Rosa Thayer for information at 304-997-8641.

**Food Handlers Card**

The Lewis County Health Department offers the food handlers card test every day except Thursday, from 8 until 3 p.m. They are located on Court Avenue in Weston. The cost is $5 per year and you can get it for up to three years. The online test site is [www.statefoodsafety.com](http://www.statefoodsafety.com).

**NOTICE**

Any SJMH Employees can receive 30% off of any service at the Stonewall Resort Spa.

**Christmas Cards**

Ryland Ward, the 5-year-old boy who was repeatedly shot at church during last month’s horrific massacre in Sutherland Springs, Texas, has only one thing on his Christmas wish list as he recovers in the hospital: holiday cards. If you’re interested in sending a Christmas card to Ryland, send it to: Ryland Ward  
P.O. Box 174  
Sutherland Springs, Texas, 78161
Stonewall Jackson Memorial Hospital and HealthFirst Financial Help Patients Receive Affordable Healthcare

Stonewall Jackson Memorial Hospital is teaming up with HealthFirst Financial to provide patients affordable, long-term payment options for out-of-pocket medical expenses. With a HealthFirst payment plan, patients can make monthly payments within their budget over a longer period of time.

Since 2001, HealthFirst has partnered with healthcare providers nationwide helping hundreds of thousands of patients afford care. Robyn, a HealthFirst account holder from Oregon states “I was relieved to have HealthFirst as an option to manage my medical bill. When you have an unexpected medical event, your budget isn’t necessarily ready for this expense. Having an affordable payment plan for my bill alleviated my stress. I’m thankful for HealthFirst.”

Starting January 1, 2018, Stonewall Jackson patients can choose a HealthFirst interest free payment plan for 24 months or a payment plan of up to 60 months that bears a 4% APR with no credit checks and no impact on patient credit scores.

“We are committed to improving the well-being of our community both clinically and financially,” said Joe Barnes, CFO, Stonewall Jackson. “Providing affordable long-term payment plans allows our patients to access the care they need right away without breaking the family budget.”

To sign up for HealthFirst, simply call Stonewall Jackson Business Office at 304.517-1160 and let the representatives know you are interested in the program.

To find out more information about HealthFirst Financial visit www.healthfirstfinancial.com.
Weston Fairs and Festivals Presents the Small Business Passport
December 4 through December 23, 2017

GET YOUR PASSPORT Stamped Here

Dempsey's House and Auto
304-262-5523
128 Main Avenue - Weston, WV

Caplan's Jewelry Store
304-269-2638
69 Main Avenue - Weston, WV

City of Weston
304-269-0141
320 West Second St. - Weston, WV

Deb's Diner
304-262-0740
630 East Second Street - Weston, WV

Joes Real Ale
304-262-3333
213 Main Street - Weston, WV

Elm's Diner
304-262-5021
139 East Second Street - Weston, WV

Friend 2 Friend Hearing Center
304-269-2435
37 Garvan Plaza - Weston, WV

Hickory House
304-269-3773
11c3 / 319 - Jane Lew, WV

Lambert's Winery
304-269-3913
210 Vineyard Drive - Weston, WV

Lewis County Liquor Store
10 Garvan Plaza
304-269-7407
4 Garvan Plaza - Weston, WV

Lewis County Print
304-262-1116
201 Main Street - Weston, WV

New Image Hair Salon
304-269-4514
211 East Second Street - Weston, WV

Main Street Café
304-269-3055
500 Main Street - Jane Lew, WV

Rivertowne Cafe
304-262-5035
120 West Second Street - Weston, WV

Transformations Salon
304-269-4550
21 Garvan Plaza - Weston, WV

Thyman Bistro
304-262-7177
Main Avenue - Weston

The Coffee Bar
530 Buckhamon Pike - Weston, WV

Theresa Health Hospital ER Wing
304-262-9104
200 Hospital Plaza - Weston, WV

Thimil's of Weston
304-269-4821
651 US Highway 33 - Weston, WV

Barnum's Eye Care Therapy
304-269-5700
Market Place Mall - Weston, WV

Barnum’s Eye Care Therapy
304-269-5700
Market Place Mall - Weston, WV

#SHOPSMALL
The Continuing Education Board (CEB) of the American-Speech-Language-Hearing Association (ASHA) notified Diana Daugherty, Au.D., of Weston Audiology that she was granted a 1st Award for Continuing Education (ACE). Speech-Language Pathologists and Audiologists may meet the requirements of ACE by earning seven ASHA Continuing Education Units, which is equivalent to 70 contact hours in a thirty-six month period.

ASHA encourages professionals to continue learning throughout their professional career and to maintain current knowledge and skills. To facilitate this, we approve providers to offer relevant continuing education activities, and we recognize professional participation through the ACE.

Dr. Daugherty joins a select group of individuals who have made a concerted personal effort to continue professional learning beyond and academic degree.
Vote for Your Favorite Bad Sweater by Dec. 22

Here are the Bad Sweater Entries. Vote by putting your favorite Ugly Sweater number in the Marketing Department mailbox, emailing Nastausha at nhfner@stone-wallhospital.net, or placing your vote under the Room 257 Marketing door. You have until Thursday, December 21, at 4 p.m. You can also vote by calling 304-369-8149 or 304-269-8167 and leaving your vote.

The winners for the 2017 Christmas Buffet gifts are: Crystal Skinner, Peggy Smith, Mackenzie Short, Josh Young, Jim Paugh, Amber Reaser, Charlene Messenger, Kristi Gannon, Esther Ramsburg, Danielle Nicholson, Diane Daugherty, Lydia Seimon, Karen Balentine, Kylie Rowan, Kathy Marsh, Lori Swiger, Sherry Cogar, Debbie Randall. Your prizes are in the classroom with your winning ticket attached.
Children’s Christmas Party - December 8, 2017
Many thanks to all who attended. Special thanks to Rosa Thayer who always leads this lovely annual event....also thanks to Brenda Tonkin, Heather Ryan and children, and Julia Spelsberg.