Joins Weston Orthopedic Clinic

Jessica Johnson Rice, APRN, FNP-BC joined the staff of Weston Orthopedics and Sports Medicine Center this past summer. She works with orthopedic surgeon Doyle Sickles, M.D. at the Weston location.

Jessica is a Braxton County native and her parents, Michael and Kimberly Johnson, live in Frametown.

Jessica’s entire career has revolved around the medical field. She began as a medical assistant, received an LPN license from the Fred Eberle Technical Center, received her nursing degree from Mountain State University, and her post graduate nursing degrees from Wheeling Jesuit University.

She met her husband, Eric, while in LPN school. He works in the Emergency Department at St. Joseph’s Hospital and the couple live in Upshur County.

They have three children – Cole, 17, Easton, 9, and Aspen, 5.

Jessica said that she has done a bit of everything in the medical field but especially loves orthopedic work. Jessica’s experience in orthopedics began around 2005, when she was a LPN. She then carried that experience with her as a scrub nurse in the operating room, and has now returned to her original passion for orthopedics.

“I truly love my work with Dr. Sickles here at the Hospital. I am learning so much from his long wealth of experience in the orthopedic field,” said Jessica.

“Each day is a new experience which makes my work here so interesting.”

Congrats!

The SJMH Wellness Committee is sending a big congratulations to the staff who 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.

The first person we want to highlight is Traci Chapman from Nursing. One of the most compelling comments that Traci made about her smoking was that she has not been hospitalized for breathing issues since she quit smoking in April 2015.

One of her prime motivators for making the choice was when her husband, Keith, had a heart attack a month before she quit. It was then an easy and Traci made the choice to give up tobacco.

She is very happy that she did...as are Keith and their children Kenda and Cory.

Children’s Christmas Party Tonight
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 1, 2018.

Thank You
Just a note to thank you all who participated in my care during my procedure last Thursday. A special thanks to my nurse, Neil, and ot those who took the extra time to fulfill my request for keeping my legs warm with extra blankets. Your kindness was greatly appreciated. My God’s Angles ride on your shoulders as you care for others. Sorry Neil, no pie but I hope you enjoy a cookie.

Bonfire, Fireworks, and Calendar Mark Start of Weston Bicentennial

The Weston Fairs and Festival’s Bicentennial Committee is finalizing the plans for several projects in the next few weeks for the start of the Weston Bicentennial on January 1, 2018.

The first project is the Weston Bicentennial Calendar created by Bruce Adler. The calendar is full of important dates in the history of Weston, accompanied by some rare and unseen historic photos. The calendars will be available for Christmas gift giving and are being ordered at this time. Interested parties can contact Mayor Julia Spelsberg at 304-269-3683 in the evening or the Weston City Building at 304-269-6141 during the week. Each calendar will be $15. They calendars will be a great historic Bicentennial memento celebrating the 200 years of Weston history.

The Committee is also planning a New Year’s Eve celebration of fireworks provided by First Energy, and a gigantic bonfire along the banks of the West Fork beginning at 6 p.m. The Trans Allegheny Lunatic Asylum is allowing the fireworks to be set off on their front lawn by the Weston Fire Department. The Church of God, Marian and Joe Jarrell, and other local organizations will be providing cocoa, cookies, and smores cooking on a fire pit. The bonfire will be lit and people are invited to bring their Christmas trees, and other wood pallets, debris, etc. to make the pile for burning in the days before.

Picture above are members of the Weston Bicentennial Committee with the proposed Weston Bicentennial Calendar. Seated left to right are Fay Bell and Sheila Sayre; standing, left to right, are Bruce Adler, Marian Jarrell, Dr. John Wyllie, and Betty Brooks. Orders are now being taken at 304-269-6141 or 304-269-6141 at a cost of $15 each. The Calendars are full of interesting Weston historic moments and a variety of Weston historic photos. The cost is $15 each and a great gift for extended family and friends.
SJMH  
Christmas Support Project  
Food Donations Here!

If you wish to donate money or if you would like to donate the following food items please drop donations off to Nastausha Hefner (8149) or in the bin by console.

- Boxed stuffing
- Instant potatoes
- Canned vegetables or fruits
- Boxed dessert mixes
- Cranberry Sauce
- Jars or packets of gravy
- Canned evaporated milk

**Deadline is Monday, December 12th**

*Without your generosity and support, none of this would be possible.*
**Please Help...**
Halligan, the Weston Volunteer Fire Department’s mascot, is coordinating a fundraiser for the local animal shelters. You can donate your goods to the Weston Hardee’s. Please be generous this season when the poor animals are looking for a home!

**Food Handlers Card**
The Lewis County Health Department offers the food handlers 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 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 in the Stonewall Resort Spa.

**SJMH CHRISTMAS BUFFET**
Each shift will be served in the Cafeteria and can eat in the SJMH Board Conference Room. Lunch is 11 a.m. to 1:30 p.m.; dinner from 5 to 6 p.m.; and night shift will be served at 11 p.m. To-go orders need to be given to Nastausha or Julia by Dec. 13.

**Ugly Sweater Contest!**
Wear your ugliest sweater; we will take a picture and put them up for voting by the SJMH staff. You must wear the sweater on December 14 to be eligible. Voting will last from December 14 to December 21. You will be able to email Nastausha at nhefner@stonewallhospital.net to vote or by calling 8149.
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.

You Are Invited

Children’s Christmas Party, at the
Lewis County Senior Center, Fri., Dec. 8, beginning at 6:00 p.m.
If you want a picture with Santa, you should be there at 6!
Weston Fairs and Festivals Presents
the Small Business Passport
December 4 through
December 23, 2017

GET YOUR PASSPORT
Stamped Here

Downtown Home & Lark
304-269-8622
123 Main Avenue • Weston, WV

Capitol's Jewelry Store
304-209-2638
58 Main Avenue • Weston, WV

City of Weston
304-209-6041
202 West Second St. • Weston, WV

Deb's Diner
304-209-0740
630 East Second Street • Weston, WV

Firestone Vending
304-209-0737
123 Main Avenue • Weston, WV

Friend 2 Friend Hearing Center
304-209-2405
37 Garvin Plaza • Weston, WV

Giovanni's Restaurant
304-209-4563
451 US Highway 33 • Weston, WV

Fast and Friendly Pharmacy
304-209-3223
4 Garvin Plaza • Weston, WV

Hickory House
304-209-3373
1137 US 19 • June Lea, WV

Lambert's Winery
304-209-3973
190 Vineyard Drive • Weston, WV

Lewis County Liquor Store
10 Garvin Plaza • Weston, WV

Lewis Family Printing
304-209-5404
303 John Street • Weston, WV

Museum of American Glass
304-209-5006
210 N Main Street • Weston, WV

Museum of Fine Glass Therapy
304-209-3700
Market Place Mall • Weston, WV

The Coffee Bar
510 Vanhoven Pike • Weston, WV

Thyme Bistro
304-209-7177
Main Avenue • Weston

Transformations Salon
304-209-4650
21 Garvin Plaza • Weston, WV

Theresa Health Hospital Bell Wing
304-209-3344
930 Hospital Place • Weston, WV

Today's of Weston
304-209-4837
861 US Highway 33 • Weston, WV

Western Harter
304-209-4614
303 Main Street • June Lea, WV

WINTER HAVEN RESTAURANT

5701 Main Street • June Lea, WV

#SHOPSMALL
Just In
Time For
Christmas....

The Theresa Snaith Hospital Gift Shop is raffling a lighted primitive church for Christmas. Drawing will be December 22, 2017. Only one dollar per tickets or six for five dollars.

Stonewall Jackson Memorial Hospital
LIFE'S A GIFT. GIVE MORE OF IT. DONATE BLOOD.

Blood Drive
Stonewall Jackson Memorial Hospital
Bloodmobile Donor Bus
230 Hospital Plaza
Weston, WV
Thursday, January 4
8:30 AM to 2:00 PM

Please call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org and enter: sjmh to schedule an appointment.

Free long-sleeve Red Cross T-shirt when you come to donate Dec. 21-Jan. 7, while supplies last!

Download the Blood Donor App | redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767

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DBSA-WV

DBSA support groups help people maintain better mental health. Group meetings focus on mutual aid strategies for living the fullest life possible. Members continually seek to provide hope, reassurance and encouragement for one another.

**DBSA Meetings are Free, Peer Lead and Confidential**

*At a DBSA meeting you will find:*

- Understanding
- Bipolar Support
- Depression Support
- Veteran Support
- Family Support
- Free Literature
- And a sharing of ideas

*Check the [www.dbsawv.org](http://www.dbsawv.org) for meetings in your area*

*Facebook: DBSA West Virginia*

The Path to Mental Health Begins with Knowledge

People who have mood disorders can more readily achieve wellness when they recognize the symptoms and understand the issues related to this spectrum of conditions. DBSA educational materials help people with diagnoses and their loved ones to know what mood disorders are, what can be done for treatment and management.

Depression and Bipolar Support Alliance WV is a non-profit organization for persons living with mood disorders and their support person. Meetings are FREE and confidential.

**DBSA-WV STATE OFFICE**

*Brown Bag by the Bridge*

Monday thru Friday
11:00-2:00pm
61 Marion Street
Buckhannon, WV 26201
304-609-2662

*Bring your lunch and join us!*

Free water and coffee