Dr. Hess Helping Music Students

Michael R. Hess, M.D., is not just a family doctor who works at the Lively Clinic, in Jane Lew (a department of Mon Health Stonewall Jackson Memorial Hospital). He is the son of the late Robert D. and Alice Jo Hess of Bridgeport. Alice Jo was born and raised in Weston, went to St. Pat’s and worked at Adler’s prior to moving to Bridgeport to start her family. Robert was a family doctor in the Bridgeport area for over 50 years and the couple was the family friends of the late Dr. Charlie (and his wife, Joanne) Lively, the Lewis County physician for whom the clinic is named.

Robert was also an accomplished pianist. This had a great influence on young Dr. Mike who started piano, guitar and percussion all in the fifth grade. Dr. Mike has performed as a studio musician, written songs and video soundtracks and performed all over West Virginia. One might say that music is his other passion as he continues playing and performing for various groups and orchestras today.

To honor his parents, Dr. M. Hess started a charity - Children’s Instrument Recycle Program (CHIRP) - which recycles used band instruments and gives them to qualifying 5th to 8th graders who can’t afford to buy, rent or buy an instrument. Hess believes it’s the principles he learned in band and studying music, which “got him through medical school.”

He laughed when he said, “I was never number one in my class but I could hoe to the end of the row.”

Learning music interpretation, memorization and theory helped him with comprehension and problem solving complex tasks.

“I think it has helped me with compassion as well,” he added.

Dr. Hess wants all students to stay in band for these reasons.

The CHIRP program accepts used instrument at Bandland Music and Percussion Center, in Clarksburg, and uses funds from both the Harrison County and West Virginia Young Musicians Fund, Inc., as new company started by Hess to expand the program to all 55 counties in the state. “We started in Harrison County and over the last 5 years have donated instrument to qualifying students in 11 counties—we have given two instruments here in Lewis County, where I practice.”

CHIRP is a 501c3 charitable organization recognized by the Internal Revenue Service of the United States Government. Both financial and instruments are tax deductible. The folks at Bandland would gladly assist donors and can be reached on the web at bandlanmusic.com or by calling (304)-622-1171. Dr. Hess recently put up a Facebook page and is in the process of website and video production. Plans are in the early stages for fundraising events coming in April. He will keep the public posted.

He concluded, “This program has helped 40 kids so far stay in music programs at their schools. Hopefully, no child in West Virginia will have to drop band because they can’t afford an instrument.”
The winner of the Fitbit drawing from the Healthy Heart Fair was Linda Weaver. Congratulations to her! The cards that were used to collect the results, were used to draw for the Fitbit, however, if you would like to have that card back, please contact Cardiac Rehab by March 1st.

**Walgreens Buys Rite Aid**

Due to Walgreens purchase of Rite Aid, our 340B prescription arrangement we had with Rite Aid ended. SJMH is currently working on a similar arrangement with Walgreens. If you are in need of a new Rx or a re-fill within a week or two, we suggest transferring your records to another participating pharmacy. We will let you know immediately when we have Walgreens ready to take our insurance. We apologize for the inconvenience this has caused anyone especially our Braxton & Gilmer county residents.

KROGER
- 80 Skyline Plaza, Buckhannon 304-472-9775
- 198 Emily Dr., Clarksburg 304-623-1482

FAST & FRIENDLY
- Garton Plaza, Weston 304-269-3737

WALMART
- 110 Berlin Rd., Weston 304-269-2443
- Rt 33W, Buckhannon 304-472-0834

CVS - Weston
- 250 Court St., Weston 304-269-1125

First grade students at Saint Patrick School in Weston sent a donation of baby needs to the office of Mon Health Stonewall Jackson Memorial Hospital’s Mountaineer Healthcare for Women, recently. Pictured above with the donation, left to right, are Shelby Thompson, of the office, Saint Patrick’s Kay Droopleman, and office manager Debbie Orsburne. The students provided goods for both a female and male baby.

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**ST. PATRICK SCHOOL CAFETERIA**

5:00 TO 7:30 p.m.
FEBRUARY 16, 23
MARCH 2, 9, 16, 23
**DINE IN OR TAKE OUT**

**FISH FRY**

- Platter with Cod Fillet, Coleslaw, Beans, Hushpuppies, Roll, Dessert & Beverage

**ADULTS $12 • KID’S (Mac&Cheese) $6**
PLEASE Leave Room For The Walking Trail

We have a wonderful walking track in the back of SJMH which encircles the parking area. Recently a 5K race was held there.

However, it is important for walkers and runners to be able to use the walking area without impediment.

When you park there, please make sure that you do not park your car or truck over the front lines so that the walking trail can not be navigated.

This is a wonderful community service and we want to make it as usable as possible for our own employees and the community at large.

NOTICE

Please contact Rachelle if you are interested in purchasing tickets for the Black Bears game; there are only 50 tickets being sold. Please see ticket and deadline information below.

A recent survey distributed to employees asking what activities they would like for social recreation members to plan was a Black Bears game. $25.00 per ticket

Home Run Suite
WV Black Bears v. Brooklyn Cyclones
Friday, July 27 7:05 p.m.
Firework Night

11th Annual Weston 5K Walk/Run
Saturday, April 14, 2018, at 10 a.m.
Wee Run at 11 a.m.
corner of East 2nd and Center Avenue in Weston, WV

Top Three Male and Top Three Female Finishers $150 - First; $75 - Second; $25 - Third

Nine age groups - under 11; 11-15; 16-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+

Pre-registration $15 Race day $20
Only $3 Pre-registration Fee for Lewis County K-12 Students.
First 200 receive shirt.
Registration includes champion chip and post race activities
Forms at www.stonewallhospital.com or cityofwestonwv.com
For more info call 304-269-8167

Coordinated by The City of Weston:
Saint Patrick School and Stonewall Jackson Memorial Hospital

Mon Health™
Stonewall Jackson Memorial Hospital
304-269-8000 P
www.stonewallhospital.com
4th Annual
1000 EGG HUNT
Saturday, March 31, 2018 @ 1pm
Lewis County Park – Mini Golf Course
For the Children of Hospital Employees

Sponsored by SJMH Social/Recreation Committee

Mon Health Stonewall Jackson Hospital

Park Cleanup Day
We are needing help to clean, mulch, etc. our parks including:
Willow Creek Park, Polk Creek Park, the Urban Orchard, and Lively Park.
Saturday, April 7 from 8 a.m. to ?
Call MonHealth Stonewall Jackson Memorial Hospital’s Marketing Department to volunteer - 269-8167 or 269-8149.
We can help those experiencing these symptoms:
- Varicose Veins
- Aching, fatigue, or heaviness in legs
- Throbbing or burning pain in legs
- Cramping, swelling, or numbness in legs

FREE SCREENING
February 26, 2017
3:00 p.m. - 5:00 p.m.
Vein Center, First Floor
Stonewall Jackson Memorial Hospital

Improved well-being is a call away.
Register for your screening at 304-517-1272.

VENOUS DISEASE IS TREATABLE

See Diane Ocheltree
304-269-8094 or Derek Garrett
997-8642
for your ticket to the annual United Way Elimination Dinner

Experienced OB/GYN Care from a team you can trust

Mon Health
Stonewall Jackson Memorial Hospital

Call today to make an appointment.
801 Hospital Dr., Clarksburg, WV 26523 | 304-269-9100
1651 Church Cir., Martinsburg, WV 25404 | 304-269-9185
3702 Chase Cir., Morgantown, WV 26501 | 304-572-2800
StonewallJacksonHospital.com

For Information Contact:
Rosa Thayer (687)
Diane Ocheltree (8094)
Benefit for SHOT’s Sandy Smith
Thurs., March 29

Bake Sale
from 7 a.m. to ? in front lobby

Hot Dog Sale
2 Hot Dogs, Drink, Chips
$5

11 a.m. to 1 p.m.
on ground floor

Mon Health
Stonewall Jackson Hospital
The annual Health Heart Fair held at Mon Health Stonewall Jackson Memorial Hospital (SJMH) provided 48 screenings to participants on Valentine’s Day, February 14, in the Hospital lobby.

“We were delighted with the turnout”, noted Cardiac Rehab Nurse Kristi Gannon. “This year we provided several extra screenings including one for depression. After seeing the numbers for that screening I feel that we have a need for mental health help here.”

The other screenings included bone density, blood pressure, blood glucose, height, weight, and pulse ox. SJMH employees were provided the opportunity to have EKGs.

Many thanks to the Hospital Auxiliary for the wonderful treats on Valentine’s Day for our staff and visitors... thanks so much!
Please view the URL below for further information and instructions on how to apply for the Loan Repayment assistance.


Am I Eligible for Loan Repayment?

Review the following NURSE Corps Loan Repayment Program requirements to find out.

I am a:

- licensed registered nurse;
- advanced practice registered nurse, such as a nurse practitioner; or
- nurse faculty member with qualifying nursing debt.

I received my nursing education from:

- an accredited school of nursing located in a U.S. state or territory.

I work full-time in:

- an eligible Critical Shortage Facility in a high need area (for RNs, APNs)
- an accredited school of nursing (for nurse faculty).

We give funding preference depending on your financial need.

- “The Loan Repayment Program enables registered, advanced practice registered nurses and nurse faculty to pay off a portion of their student debt.

  If awarded, you can pay off up to 85% of your nursing education debt. The program will pay off 60% of your unpaid nursing student loans in exchange for 2 years of service. If you commit to a third year of service, the program will pay an additional 25% of your original balance.”

- They are accepting applications through Thursday, March 8 at 7:30 p.m. ET. Apply now.

Review the Application and Program Guidance (PDF - 378 KB) before beginning the process.

YOU WILL NEED YOUR BIRTH CERTIFICATE, YOUR OFFICIAL TRANSCRIPTS AND YOUR LOAN INFORMATION DURING THE APPLICATION PROCESS!
# 2018 Certification Courses

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<th>Course</th>
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Class Scheduling Email: StaffEd@Stonewallhospital.net
Relay For Life Bus Trip
Niagara Falls, New York

- **$350.00 a person (Age 21-105)**
  Includes $50.00 Free Slot Play, $20.00 voucher for food at casino, Free Breakfast upon arrival at Casino

- **$350.00 a person (Age 18-20)**
  Includes Breakfast upon arrival at Casino

- **$150.00 a person (Age 17 & under)**
  Includes Breakfast upon arrival at Casino

Hotel Stay based on Double Occupancy

Bring a passport if you want to visit the Canadian side of Niagara Falls

Room includes luggage bell staff who will pick up and drop off luggage to our rooms.

**For information or to mail payment please contact:**

**Susan Thompson**
40 Irene Drive
Weston, WV 26452
304-871-9087 after 4:00P.M.

Angie Burkhart
304-838-5792

July 18-20th, 2018

Pickup at Kohls Parking Lot

Depart Wednesday, 10:00 P.M.
Arrive at Niagara Falls Seneca Casino Thursday at 7:00 A.M.
Depart Friday, 11:00 A.M. From Casino
Arrival 8:00 P.M. at Kohls Friday Night

**Deposits due according to Schedule**
March 15th - $100.00
April 15th - $100.00
June 1st - $150.00

We are staying at the Seneca Niagara Casino, the only AAA Four Diamond Award Winning Hotel in Niagara Falls

All proceeds benefit the American Cancer Society Relay For Life