Highmark Blue Cross Blue Shield West Virginia has recognized Stonewall Jackson Memorial Hospital (SJMH) with a Blue Distinction® Center for Maternity Care designation as part of the Blue Distinction Specialty Care program. Blue Distinction Centers are nationally designated hospitals that show expertise in delivering improved patient safety and better health outcomes, based on objective measures that were developed with input from the medical community.

OB Nurse Manager Robin Drake noted, “It is an honor to have our facility receive designation as a Blue Distinction Center for Maternity Care. Healthcare is dynamic. Implementing and maintaining best practice standards can prove to be a challenge in healthcare today. I’m proud to say our physicians and nursing staff work diligently to ensure delivery of safe, quality care to the women and newborns we serve.”

Nearly four million babies are born in the U.S. annually, making childbirth the most common cause of hospitalization, and cesarean sections the most common operating room procedures, according to National Centers for Health Statistics and the Agency for Health care Research & Quality (AHRQ). Reducing early elective delivery is an area of focus for the American College of Obstetricians and Gynecologists (ACOG) and the American Academy of Pediatrics (AAP). According to Health Affairs, elective inductions result in more cesarean deliveries and a longer maternal hospitalization.

Stonewall Jackson Memorial Hospital is proud to be recognized by Highmark BCBS West Virginia for meeting the rigorous Blue Distinction Center quality selection criteria for maternity care set by the Blue Distinction Specialty Care program.

Robert Harris, M.D., obstetrician/gynecologist at Mountaineer Healthcare for Women was very complimentary of the designation and said, “This...”

Continued on Next Page
SJMH Recognized

designation is very appropriate for our Hospital. In my short time here, I am extremely impressed with our staff’s experience."

Obstetrician Tanya Wynn, M.D., was equally complimentary and noted, “This designation is a great opportunity to show the community the quality of care and how well we work to provide the best care possible for our patients.”

“The Blue Distinction program gives Highmark Blue Cross Blue Shield West Virginia members the ability to choose their Providers based upon reliable quality and safety information. It also provides a pathway for exceptional Providers to demonstrate their value, and delivers the kind of transparency necessary for members to make informed value-driven healthcare decisions. We congratulate our Blue Distinction Specialty Care Providers on their accomplishment and thank our members for choosing Highmark BCBS West Virginia”, said Dr. Charles DeShazer, Vice President and Executive Medical Director, Clinical Services, Medical Policy & Quality. Blue Cross and Blue Shield (BCBS) companies across the nation have recognized more than 1,000 hospitals as Blue Distinction Centers for Maternity Care. Hospitals recognized with this designation are assessed using a combination of quality information supplied by hospitals and cost measures derived from BCBS companies’ medical claims.

Since 2006, the Blue Distinction Specialty Care program has helped patients find quality specialty care in the areas of bariatric surgery, cancer care, cardiac care, maternity care, knee and hip replacements, spine surgery and transplants, while encouraging health care professionals to improve the care they deliver. Research shows that, compared to other hospitals, those designated as Blue Distinction Centers demonstrate better quality and improved outcomes for patients. Both Dr. Wynn and Dr. Harris see patients at the Mountaineer Healthcare for Women’s office in Weston. Dr. Wynn also sees patients at the SJMH office on 132 Cinema Circle, in Buckhannon.

For more information about the program and for a complete listing of the designated facilities, please visit www.bcbs.com/bluedistinction.

About Highmark Blue Cross Blue Shield West Virginia
Highmark Blue Cross Blue Shield West Virginia serves approximately 290,000 members through the company’s health care benefits business and hundreds of thousands of additional members through the Blue Card program. With offices in in Parkersburg, Charleston and Wheeling, it employs more than 750 people. Highmark West Virginia is an independent licensee of the Blue Cross and Blue Shield Association. For more information, visit www.highmark.com.

About Blue Cross Blue Shield Association
The Blue Cross and Blue Shield Association is a national federation of 36 independent, community-based and locally operated Blue Cross and Blue Shield companies that collectively provide health care coverage for one in three Americans. BCBSA provides health care insights through The Health of America Report series and the national BCBS Health Index. For more information on BCBSA and its member companies, please visit bcbs.com. We also encourage you to contact us on Facebook, check out our videos on YouTube, follow us on Twitter and check out our blog.

About Blue Distinction Centers
Blue Distinction Centers+ (BDC) met overall quality measures for patient safety and outcomes, developed with input from the medical community. A Local Blue Plan may require additional criteria for providers located in its own service area; for details, contact your Local Blue Plan. Blue Distinction Centers+ (BDC+) also met cost measures that address consumers’ need for affordable health care. Each provider’s cost of care is evaluated using data from its Local Blue Plan. Providers in CA, ID, NY, PA, and WA may lie in two Local Blue Plans’ areas, resulting in two evaluations for cost of care; and their own Local Blue Plans decide whether one or both cost of care evaluation(s) must meet BDC+ national criteria. National criteria for BDC and BDC+ are displayed on www.bcbs.com. Individual outcomes may vary. For details on a provider’s in-network status or your own policy’s coverage, contact your Local Blue Plan and ask your provider before making an appointment. Neither Blue Cross and Blue Shield Association nor any Blue Plans are responsible for non-covered charges or other losses or damages resulting from Blue Distinction or other provider finder information or care received from Blue Distinction or other providers.
Groundhog Day 5K Brings 17 Participants

Seventeen hardy walkers and runners came to the First MonHealth Stonewall Jackson Memorial Hospital Groundhog Day 5K on Saturday, February 3 in the back parking lot of the Hospital. The temperature was below twenty degrees but the bundled-up participants enjoyed the first race of the year.

Local runners Keefe and Kevin Kiser took first and second place, followed by Emiliy Maddow of Manning. Jalen Sprouse was the winner in the under 18 category.

“Our ultimate goal is to have a 5K each month of the year,” noted Stonewall Jackson Memorial Hospital employee Julia Spelsberg. “On April 14, we will have our 11th annual Weston 5K so this was a fun day to have people start the season a little early.”

Cardiac Rehab Nurse Kristi Gannon brought French Creek Freddie to the event who awarded the groundhog trophies to Kiser and Sprouse.

“Anytime we can get people out and active is a good day for us. I am delighted that we had this many people weather the cold to participate. It can only get better,” concluded Gannon.

Third, second, and first place winners in the SJMH Groundhog Day 5K are pictured at right with French Creek Freddie and include: Emily Maddow, Kevin Kiser, and Keefe Kiser.

11th Annual Weston 5K Walk/Run
Saturday, April 14, 2018, at 10 a.m.
Wee Run at 11 a.m.

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
We can help those experiencing these symptoms:

- Varicose veins
- Aching, fatigue or heaviness in legs
- Throbbing or burning leg pain
- 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.

**NEW MEDICARE CARD MAILING STRATEGY**

The Centers for Medicare & Medicaid Services (CMS) is required to remove Social Security Numbers (SSNs) from all Medicare cards by April 2019. A new, unique Medicare Number will replace the SSN on all Health Insurance Claim Numbers (HICNs) on each new Medicare card. Starting April 2019, CMS will begin mailing new Medicare cards to all people with Medicare on a flow basis by geographic location and other factors.

These mailings will follow the sequence outlined below. Additional details on timing will be available in the mailings progress. Starting in April 2018, people with Medicare will be able to check the status of card mailings in their area on Medicare.gov.

**New Medicare Card Mailing Waves**

<table>
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<tr>
<th>Wave</th>
<th>States Included</th>
<th>Cards Mailing</th>
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<tr>
<td>1</td>
<td>Delaware, District of Columbia, Maryland, Pennsylvania, Virginia, West Virginia</td>
<td>April – June 2018</td>
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<tr>
<td>2</td>
<td>Alaska, American Samoa, California, Guam, Hawaii, Northern Mariana Islands, Oregon</td>
<td>April – June 2018</td>
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<tr>
<td>3</td>
<td>Arkansas, Illinois, Indiana, Iowa, Kansas, Minnesota, Nebraska, North Dakota, Oklahoma, South Dakota, Wisconsin</td>
<td>After June 2018</td>
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<td>4</td>
<td>Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island, Vermont</td>
<td>After June 2018</td>
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<tr>
<td>5</td>
<td>Alabama, Florida, Georgia, North Carolina, South Carolina</td>
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<tr>
<td>6</td>
<td>Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Texas, Utah, Washington, Wyoming</td>
<td>After June 2018</td>
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<td>7</td>
<td>Kentucky, Louisiana, Michigan, Mississippi, Missouri, Ohio, Puerto Rico, Tennessee, Virgin Islands</td>
<td>After June 2018</td>
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**Your Heart Needs to Stay Healthy**

Visit us at the

**Healthy Heart Fair**

Wednesday, February 14, 2018
7a.m.-10a.m.

The public is invited to come to the SJMH Lobby for healthy heart screenings including: blood pressure, weight, body mass index, bone density, pulse oximetry, blood glucose and other great information.

Call Julia or Kristi at 304-269-8167 or 304-269-8099 for information
Fourth Annual Chocolate Lovers Feast

Feast Sat., Feb. 10, 1 to 3 p.m.

The 4th Annual Chocolate Lovers Feast will be held this coming Saturday, February 10 from 1 to 3 p.m. at the West Virginia Glass Museum on Main Avenue in Weston. The event is being coordinated by volunteers Sheila Sayre and Fay Bell, of New Image Salon, in Weston. They have been collaborating on this fundraiser for the Glass Museum from its inception in 2015. The idea was the brainchild of local glass master Dean Six.

“This year we expect at least 50 different chocolate desserts and delectables, and will probably have many more people showing up with items besides what we have been told,” said Sayre. “We are also receiving help from the Interact Club at the High School and the members of the Glass Museum will also be helping with the event.”

Chocolate donations will be provided by: Sheila Sayre, Fay Bell, Terry Clevenger, Liz Bradford, Becky Berlin, Kimmy Smith, Jenny Hardman, Kathleen Fury, Michelle Brooks, Julia Spelsberg, Karen Ralston, Michelle Evans, Mary Lynn Shamblin, Tanya Lucas, Sherry Rogers, Jane Horn, Sheila Rexroad, Eleanor Nickelson, Sandi York, Delores Thompson, Marry Rittenhouse and Roberta, Michelle Atchisson, Dena Casto,

Chocolate hearts have long been a staple of Valentine’s Day, and while the best part of the delectable may be its heart-warming taste, many steps and technologies are involved in bringing that yummy to your tummy.

Womens’ lives are precious. They are the givers of life: people who nurture, support and encourage others. Dr. Tanya Wynn and Dr. Robert Harris are devoted to caring for them through every stage of womanhood, delivering excellent care to every patient – every time.

Services include:
- Annual gynecologic exams
- Family planning
- Prenatal care
- Labor & delivery
- Ultrasounds
- Referrals to Certified Lactation Counselors
- Gynecologic surgery

Experienced OB/GYN Care from a team you can trust

Call today to make an appointment.
66 Hospital Dr., Ste. 104 | Weston, WV 26452 | 304-269-3108
132 Cinema Circle | Buckhannon, WV 26201 | 304-473-0670
StonewallJacksonHospital.com
Free Vein Screening Set for Feb. 26

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

During the screening, patients will first view a short video and hear a presentation by the screening physician. 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 at 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.

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.

<table>
<thead>
<tr>
<th>TOTAL BODY HIT</th>
<th>CARDIO</th>
<th>REST</th>
<th>ABS &amp; ARMS</th>
<th>LOWER BODY</th>
<th>CARDIO</th>
<th>REST</th>
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<tr>
<td>WEEK 1</td>
<td>High Intensity HIIT</td>
<td>HIIT the Treadmill</td>
<td>Rest</td>
<td>Summer Arms</td>
<td>Abs. Bottom &amp; Legs</td>
<td>Ya Gotta Tabata on the Treadmill</td>
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<td>WEEK 2</td>
<td>20 Minute Total Body Tabata</td>
<td>HIIT the Treadmill</td>
<td>Rest</td>
<td>The Ultimate Abs Workout</td>
<td>On-the-Mat Bubble Bottom Workout</td>
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<td>Summer Arms</td>
<td>Abs. Bottom &amp; Legs</td>
<td>Ya Gotta Tabata on the Treadmill</td>
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**High Intensity HIIT:** 1. Mountain Climbers; 2. Walking Lunges; 3. Squat Jumps; 4. Reverse Crunch; 5. Up & Down Plank; 6. Reverse Lunge with Front Kick (Right Leg); 7. Reverse Lunge with Front Kick (Left Leg) -- Perform each move for 45 seconds and rest for 15 seconds in between. Complete all moves and repeat for a total of 4 rounds, resting 30-90 seconds in between rounds.

**HIIT the Treadmill:** After warming up, increase intensity and/or speed for short bursts over a period of 20-30 minutes.

**Summer Arms:** 1. Close Grip Pushup; 2. Chair Dip; 3. Up & Down Plank; Lateral Plank Walk; Inchworm -- Perform each exercise for 1 minute, rest 30 seconds. Complete all moves and repeat for a total of 4 rounds, resting 30-90 seconds in between rounds.

**Abs, Bottom & Legs:** Beginners: 2 rounds, Intermediate: 3 rounds, Advanced: 4 rounds. 1. 30 Mountain Climbers; 2. 20 Sumo Squats; 3. 10 Reverse Lunges with Front Kicks (on each leg); 4. 40 Russian Twists; 5. 10 Squat Jumps; 6. 30 Leg Lifts; 7. 50 Calf Raises -- Complete all the exercises in order without rest in between. Rest for 60-90 seconds, then repeat.

**Ya Gotta Tabata on the Treadmill:** After warming up, increase intensity and/or speed for short bursts over a period of 20-30 minutes.

**20 Minute Total Body Tabata:** 1. Burpees; 2. Sumo Squat to Shoulder Press; 3. Jump Squats; 4. Russian Twist; 5. Mountain Climbers -- Perform each exercise for 20 seconds, and rest for 10 seconds after each one. Repeat this 8 times for each move for a total of 20 minutes.


**On-the-Mat Bubble Bottom Workout:** Beginners: 1 round, Intermediate: 2 rounds, Advanced: 3 rounds. 1. Fire Hydrant with Kick (Right Leg); 2. Donkey Kick (Right Leg); 3. Fire Hydrant with Kick (Left Leg); 4. Donkey Kick (Left Leg); 5. Single-Leg Glute Bridge (Right Leg); 6. Single-Leg Glute Bridge (Left Leg); 7. Plank. Perform each exercise for 45 seconds with 15 seconds of rest in between. Complete all moves in order, rest 30-90 seconds and repeat.

In addition to the above, challengers are encouraged to 1) drink more water (your weight, divided by 2, in ounces – every day); 2) avoid sugar and artificial sweeteners (or cut down by 1/2); and 3) utilize portion control (think salad plate, not dinner plate).

This Personal Responsibility Challenge begins February 9, 2018 and runs for 5 weeks. Challengers are encouraged to weigh and measure themselves to chart progress. No special equipment needed. All treadmill work can be completed on any running surface.
Sweetheart Sale

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February 12-16

Stethoscopes, Donna Sharp Handbags,
Klogs, Grey’s Anatomy,
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Wide variety of Uniforms,
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www.stonewallhospital.com

Bring in this Coupon and Receive

$10 Off
your purchase of $40 or more
during our Sweetheart Sale.
## 2018 Certification Courses

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<td>12/13</td>
<td>PALS</td>
<td>(Recert Course)</td>
<td>8:00 AM</td>
<td>Class Room (Kimble)</td>
</tr>
</tbody>
</table>

### Weston Farmers Market Meeting Will Be at City Building on February 21

The public and other interested parties are invited to the Weston Farmers Market meeting on Wednesday, February 21 at 6 p.m. at the Weston Municipal Building. This is the third year for the Market, which is now headed by Michelle Carpenter. The market has also been moved back to its original location at the Municipal Building. It will be a Saturday morning market open from 10 a.m. to 2 p.m.

Stonewall Jackson Memorial Hospital has been an integral partner for the Market. For more information contact Julia Spelsberg at 304-269-8167.

### Healthy Heart Fair On Valentine’s Day

The public is invited to a Healthy Heart Fair on Wednesday, February 14 from 7 a.m. to 10 a.m. in the lobby at Stonewall Jackson Memorial Hospital in Weston. There will be several simple but important health screenings such as bone density, height, weight, blood glucose and blood pressure screenings available at no cost. The SJMH Respiratory Care Department will be offering EKGs during this time from 7 a.m. to 10 a.m. for Hospital employees. It is important to register to receive this benefit.
The Theresa Snaith Hospital Auxiliary is having a **Special Valentine Sweetheart Gift Basket Raffle.**

Buy chances on a Basket Full of Valentine gifts, such as wine, chocolates, and more. Tickets are $1 each or 6 for $5 at the Stonewall Jackson Memorial Hospital Gift Shop. Includes 1 night stay and breakfast for two at Stonewall Resort, primitive quilt from Camden Creek Primitives, $25 Applebees Gift Card, Wine, Champaigne, Candy, Candles, Wine Glasses, Stuffed Bear. Minnich Flowers Gift Certificate, hair wash, blow dry, lotion, tanning from Shear Bliss.

West Virginia Museum of American Glass

**Chocolate Lovers Feast**

- All kinds of chocolate! All you can eat! Live music!
- Takeout is available for an additional cost, starting at 3:00 pm

**Saturday, February 10, 2018**

100 pm - 1:00 pm

- $10.00 per person
- $8.00 when arranged in advance to donate homemade chocolates

ADVANCE TICKETS AVAILABLE at the Glass Museum

304-269-5005

For more information contact Tay Bell or Sheila Sayre

304-269-0821

See Diane Ocheltree
304-269-8094 or Derek Garrett
997-8642

for your ticket to the annual United Way Elimination Dinner
The Theresa Snaith Hospital Auxiliary presents the annual Valentine’s Sweets for the Sweetest.

Formerly the Floating Punchbowl in honor of Valentine’s Day.

Join us in the Lobby from 2 to 4 p.m. that day.

HAPPY VALENTINE’S DAY

The Theresa Snaith Hospital Auxiliary presents the annual

Valentine’s Sweets for the Sweetest

Formerly the Floating Punchbowl in honor of Valentine’s Day

Join us in the Lobby from 2 to 4 p.m. that day.
To Join the Challenge, visit meltdownchallenge.com.

**Optimal Health Challenge**

**FEBRUARY 12TH - MARCH 11TH / LOSE 4% IN 4 WEEKS**

Welcome to the challenge

**HOW IT WORKS**

**Challenge Activity**

**HOW TO PLAY & WIN?**

Everyone who hits their goals splits the winners pool.

**The goal of the challenge is to lose 4% of your starting weight or maintain .3% to 1% and earn at least 85% of the available participation points.**

**WIN**

Earn all your points and reach your weight goal to win the challenge.

**LEARN**

We bring a fun way to learn new healthy habits and transform the way you eat, drink, sleep and stress.

**LOSE**

Losing extra body weight is just one of many benefits our program delivers. The “maintain your weight” option is available if you want to adopt a healthy lifestyle.

**YOU’RE INVITED BY**

Easy Join

**CHALLENGE HOST**

Challenge Host Team

**IMPORTANT DATES**

<table>
<thead>
<tr>
<th>Weight Loss</th>
<th>Last day to invite / Join</th>
<th>Official Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 10th - Feb 16th</td>
<td>Feb 17th 2018</td>
<td>Mar 10th - Mar 16th 2018</td>
</tr>
</tbody>
</table>

**Challenge Details**

- Loss 4% or maintain between .3% to 1%
- Earn at least 85% of the available points
- Learn & earn Healthy Points
- Community Support
- Progress Logs
- Healthy Self-Checks
- Accountability at its best
- Hit your goals and win
- This is not winner takes all challenge

"The Challenge have changed me mentally and physically."

I've taken my health to a whole new level, much closer to optimum health than I have ever been. I've always been passionate about health and fitness and had often encouraged my friends and family to make healthy choices.

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*Healthcare Human Resources Week February 11 – 17, 2018*