Mon Health and SJMH Announce Intent to Partner

Mon Health and the Stonewall Jackson Memorial Hospital announced today they have signed a Letter of Intent to pursue a combined integrated health delivery system designed to complement and enhance healthcare for patients in Lewis County and the surrounding region.

When the transaction is finalized, Stonewall will join Mon Health which includes Mon General Hospital in Morgantown, Preston Memorial Hospital in Kingwood, a physician network with over 100 providers in 23 locations across the region, including locations in Morgantown, Core, Mannington, Kingwood, Fairmont, Reedsville, Elkins, Fellows ville, McHenry, MD, and Waynesburg, PA.

The decision marks the culmination of Stonewall’s 12-month process of identifying a health system partner. The relationship combines Stonewall Jackson’s healthcare resources and great reputation as a community provider with those of Mon Health, a leading regional provider.

“The partnership between Mon Health and Stonewall underscores our commitment to enhancing the health and access to quality care in the communities we serve,” said Darryl L. Duncan, FACHE, President and Chief Executive Officer of Mon Health. “Our collective patients and communities will benefit greatly from our combined efforts, enhanced services, and extensive care options.”

“We are very pleased our patients will have access to the expertise of one of the best regional providers in our state,” said Avah L. Stalnaker, MHA, Chief Executive Officer of Stonewall Jackson Memorial Hospital. “For Stonewall the goals of this partnership are to eventually be able to invest in a replacement hospital facility, recruit additional providers to the area, and enhance the high quality services and excellent care we provide to our patients close to home.”

In the next several months, Stonewall and Mon Health will begin planning the terms of their potential transaction. A formal closing date is expected before the end of 2017.
Thanks From An Employee

Everyday we work together side by side with departments, outside of our own and never experience the quality of care that is delivered by those departments to our patients on a day by day basis. I have always said you see the hospital and services in a completely different light when you are the patient.

On 1/11/17, I was scheduled for a procedure in outpatient services. My experience was nothing short of feeling completely and extremely satisfied and cared for. From the moment I arrived, pre-op activities conducted by Vicki and Candy were outstanding. They followed all required protocols, explained all the next steps I was about to go through and cared for all my needs.

Next Larry and Tanya arrived to explain my procedure, delivering me to the OR and began administering anesthesia. They, too, were very caring for any of my needs.

Dr. Galloway met with me during pre-op and post-op to communicate information on my procedure and to make sure I did not have any questions that went unanswered. In post-op I also received a visit from Mark Casto who checked to make sure I was completely satisfied with the services his staff provided.

Although pre-and post-op activities occur in a semi-private atmosphere I did find that beneficial in the fact I was able to see that not only did I receive the fore-mentioned level of care so did the patient next to me.

Sometimes I briefly feel undergoing certain healthcare procedures in the same place I work can feel a little difficult with respect to privacy. I can tell you those feelings do not linger or stick around long once the patient care begins here at SJMH.

I am thankful to have the care that is delivered by our SJMH staff.

SJMH Love Yourself and Others Challenge

Beginning February 1, 2017, and continuing through February 28, 2017, the SJMH Wellness Committee is sponsoring the 1st Annual Love Yourself and Others Challenge. This 28-day challenge will be good for your heart and your feelings. Stop by the administration office between January 15, 2017, and January 25, 2017, to sign up and collect your challenge calendar. Don’t forget to document your efforts for each day’s challenge on the back of the form. Turn completed forms in not later than March 3, 2017, to be entered into a drawing for a $100.00 Visa Gift Card!!!
Heart Disease is Number One Killer in WV; SJMH to Conduct a Mini Health Fair Feb. 14

In 2013, Stonewall Jackson Memorial Hospital (SJMH) and the Lewis County Health Department cooperated to create a Community Health Needs Assessment (CHNA) for Lewis County. The top five concerns expressed by survey participants were:
1. Obesity (58.5%)
2. Cancer (36.8%)
3. Heart Disease (31.5%)
4. Diabetes (29.8%)
5. High Blood Pressure (29.2)

In the most current CHNA, drug addiction is at the top of the list and followed by their previous concerns.

Not surprisingly, resident’s concerns of obesity, diabetes, and high blood pressure are contributors to the high rate of coronary disease in Lewis County and in the State. The leading cause of death in West Virginia (at 23%) is heart disease.

“Education is knowledge” and members of the SJMH Cardiac Rehab Department, together with other SJMH staff members will have a mini-health fair on Wed., Feb. 14, from 7 a.m. to 10 a.m. in the SJMH lobby. One of the goals is to educate our residents about heart disease.

SJMH Cardiac Rehabilitation Nurse Manager, Kristi Gannon explained, “The Screenings for blood glucose, blood pressure, body mass index, pulse oximetry, bone density, and weight will be available that day. All of this effort is to provide the public with the information they need about heart disease. These screenings are very important in providing our residents with the information they need to fight this “killer.”

Not many people realize that heart disease is the number one killer of adult Americans. More surprising is the fact that more women then men have died from it. However, an individual can take steps to lower a chance of an attack by changing the risk factors associated with heart disease. According to Web MD a person can reduce his/her risk of heart disease with the following suggestions:
• Quit smoking. Smokers have more than twice the risk for heart attack as nonsmokers and are much more likely to die if they suffer a heart attack. If you smoke, quit. Better yet, never start smoking at all.
• Improve cholesterol levels. The risk for heart disease increases as your total amount of cholesterol increases. A total cholesterol level over 200, a HDL, or “good” cholesterol level under 40, or a LDL, or “bad” cholesterol level over 160 indicates an increased risk for heart disease. Of course, interpretation of cholesterol values must be individualized.

Heart Disease is Number One Killer in WV; SJMH to Conduct a Mini Health Fair Feb. 14

Healthy Heart Fair
Tuesday, February 14
7-a.m. to 10 a.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 great information.

National Wear Red Day
Friday, February 3, 2017

Call Julia or Kristi at 304-269-8167 or 304-269-8099 for information.
taking into account all of your risk factors for heart disease. A diet low in cholesterol and saturated fat will lower cholesterol levels and reduce your risk for heart disease.

• Control high blood pressure. Over 50 million people in the U.S. have hypertension, or high blood pressure, making it the most common heart disease risk factor. One in four adults has systolic blood pressure (the upper number) over 140, and/or diastolic blood pressure (the lower number) over 90, which is the definition of hypertension. Like cholesterol, blood pressure interpretation should be individualized, taking into account your entire risk profile. If treatment is warranted, today's blood pressure medications are effective, safe, and easy to take.

• Get active. Many of us lead sedentary lives, exercising infrequently or not at all. People who don't exercise have higher rates of death and heart disease compared to people who perform even mild to moderate amounts of physical activity. Even leisure-time activities like gardening or walking can lower your risk of heart disease.

• Eat right. Eat a heart-healthy diet low in fat and cholesterol. Try to increase the amounts of vitamins you eat, especially antioxidants, which have been proven to lower your risk for heart disease.

• Achieve and maintain a healthy weight. Excess weight puts significant strain on your heart and worsens several other heart disease risk factors such as diabetes. Researchers now know that obesity itself increases heart disease risk. By eating right and exercising, you can lose weight and reduce your risk of heart disease.

• Manage stress and anger. Poorly controlled stress and anger can lead to heart attacks and strokes. Use stress and anger management techniques to lower your risk.

• Control diabetes. If not properly controlled, diabetes can lead to significant heart damage including heart attacks and death.

Heart Disease
From last page

Health Ambassador Program
Students Begin Shadowing

Pictured above are Lewis County High School students, left to right, Carlee Burnside, Sammy Brooks and Emily Hawkins, who were at SJMH to shadow employees in various departments as part of the Hospital’s Ambassador Program.

For the second year, the staff of Stonewall Jackson Memorial Hospital (SJMH), in Weston is collaborating with Lewis County High School and 4-H for the Hospital’s Health Ambassador Program. The project brings high students to the Hospital so that they can shadow SJMH healthcare employees and find out about future careers in the field.

Nastausha Hefner of SJMH Administration, and Breanna Mazzella, a Human Resources intern, are coordinating the program. During the next few weeks 54 students will rotate through SJMH in the shadowing program. Students pick a profession and are paired with an appropriate SJMH employee to shadow.

Carlee Burnside, Sammy Brooks, and Emily Hawkins were the most recent students to visit the local Hospital. Mrs. Lybarger of LCHS is the teacher coordinating the program at the High School.
**Banquet Awards Notes**
The room rate with tax and fees included for the night of the banquet is $111. You have until February 28, 2017 to call the resort and reserve a room. Be sure to mention you are attending the SJMH awards banquet. The photo booth will be back this year! Please feel free to dress as your favorite actor, actress, or character. Hope to see all of you there!

**NOTICE**
Effective Sunday February 5, 2017, Lively Healthcare will be changing our hours of operation.

**New Hours Will Be**
Monday – Friday 8 a.m.-6 p.m.
Sat/Sun 10 a.m.-3 p.m.

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**Christmas And Fall Sale**

75% OFF
in the
Hospital Gift Shop

Excludes Candy and Snack Items
10th Annual Go Red For Women Day is Friday, February 3

From the American Heart Association

In our first 10 years, we’ve changed millions of hearts.
Ten years ago, the American Heart Association discovered that heart disease killed more women than men. And it took more women’s lives than all forms of cancer combined.

So we created Go Red For Women, a network of women dedicated to education, support, and research.

Since then, we’ve educated millions of women on the dangers of heart disease, and made major changes in health care. Over these first ten years, we’ve tracked the progress for millions of women involved, and the improvements within the healthcare industry. Here are ten encouraging accomplishments that make all of those involved very proud.

1. Lives are being saved
34% fewer women now die from heart disease.
More than 627,000 women’s lives have been saved.

2. Overall heart health has improved
Nearly 90% of participants made healthy lifestyle changes.
37% have lost excess weight.
More than half now exercise more.
60% now eat healthier diets.
43% have had their cholesterol checked.

3. Awareness of heart disease has increased
23% increase in awareness that heart disease is the #1 killer of women.

4. Unhealthy lifestyle risks have decreased
Smoking decreased by 15.1%.
Cholesterol levels decreased 18.1%.

5. Diversity challenges have been identified and targeted
Heart disease rates vary by ethnicity, with unique challenges for each.
Targeted efforts are reaching African American and Hispanic women.

6. Grassroots movement has grown substantially
Enrollment has grown from 395,000 to 1,751,512.

Women completing Go Red Heart Check-ups has increased from 127,227 to 1,960,704.
Annual Go Red luncheons/events has grown from 65 to 1,377.
Website hits have grown from 293K to 56.6 M.

7. Advocacy efforts have been successful
Congress passed the Heart for Women Act in 2012, requiring the FDA to report clinical trials based on gender.
We helped increase funding from the Center for Disease Control to provide screenings for low-income women.
We helped pass a law in 2010 to keep women’s health insurance premiums from costing more than men’s.

8. Gender-specific guidelines have been developed for prevention and treatment
We’re helping physicians recognize that women’s heart symptoms and treatment are different from men’s.
Our “Get With the Guidelines” program has helped hospitals provide improved heart treatment for both genders.

9. We’ve helped medical research become gender-specific
Women have been under represented in clinical studies, but the FDA now requires results reported by gender.
Increased gender-based research has revealed important differences in women’s symptoms and response to medications.

10. Gender-specific inequalities are identified and targeted
We’ve discovered that women aren’t receiving the same level of treatment for heart disease as men. But this is changing!
The fight is not over. Heart disease is still the #1 killer of women. But it doesn’t have to be. We’ve made great progress in our first ten years, and with your help we’ll keep work-
FREE Screening
Venous Disease

Symptoms of venous disease include:
• Aching, fatigue or heaviness in legs
• Varicose veins
• Throbbing or burning leg pain; and/or
• Cramping, swelling and numbness in leg

Wednesday, February 8, 2017
3:00 p.m. to 5:00 p.m.
Call for future dates

Registration required.
Call: 304-517-1272

Screenings will be held on the first floor of Stonewall Jackson Memorial Hospital in the Vein Center.

SJMH | STONEWALL JACKSON MEMORIAL HOSPITAL (304) 269-8000 www.stonewallhospital.com
Weston 5K Run
and Wellness Walk

Wee Run (under 11) at 11 a.m.
Sat., April 22 at 10 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 $12 Race day $15
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