Mary Welch was honored with a reception on Tues., July 12, in the Stonewall Jackson Memorial Hospital (SJMH) Boardroom for her retirement from the Hospital. Her SJMH co-workers are saddened to see Mary leave after 25 years.

SJMH CEO Avah Stalnaker welcomed staff and Mary’s family to the retirement party. In her remarks to the crowd Avah noted that Mary, who works in environmental services, was an employee who was very dedicated to her work. She had many certificates for faithful attendance during her years at SJMH. She was so dedicated to her job that there were occasions when the creek water was high but Mary would still make sure that she was at work.

“Mary always has a smile on her face and truly cares about her patients and her co-workers in the department,” said Stalnaker. “She is known as the mother of the housekeeping department and she really keeps a good watch on her friends there.”

Mary was chosen as the Employee of the Month twice at SJMH - once in 2001 and most recently in May 2016. She began employment at the Hospital in 1991 in the laundry department. Eventually she moved to the housekeeping department.

Mary’s supervisor, Ronda Brown, noted that Mary was truly the mother of the department who took care of everyone and was so sincere in taking care of her patients. She didn’t want to fail at any part of her job because she thought that would affect her patients adversely.

Ronda continued in her praise and said that Mary knew what all of her co-workers liked from food to house decorations and would do anything to help them. Ronda also pointed out that Mary transitioned easily from laundry to environmental services when others didn’t make it.

“She is just a sweet lady and loves her family dearly,” concluded Ronda.

Mary is married to Benny Welch and the couple has two children – Paula and Chad Welch, as well as one granddaughter – Chelsea Lattea. Benny is retired from Weston Transfer. Mary is the daughter of the late Herbert and Grace Sprouse, and the youngest of nine children. She has two broth-
Please join us at the
SJMH Picnic
Lewis County Park
FRIDAY, July 15, 2016
• Lunch-11 a.m. to 1 p.m. • Dinner-4 p.m. to 5 p.m.

Swim throughout the day and participate in the Evening Swim.

Employees participating in the Picnic will have their names included in a drawing and be eligible for a cash prize that will be drawn every hour from Noon through 6 p.m.

Those bringing a homemade covered dish will be entered into a drawing, too!

If you wish to bring a covered dish, bring an item from the list below based on the first letter of your last name.

A – F: salad • G - K: vegetable • L - O: appetizer • P - T: fruits • U - Z: dessert

Face Painting Noon to 2:00 p.m.
By Kristy Aldridge

Annual Picnic on July 15

The annual SJMH picnic will be on Fri., July 15 at the Lewis County Park. The day will start off with a picnic lunch from 11 a.m. until 1 p.m., with delicious hamburgers, chicken, and hot dogs. Four to 5 p.m. will be dinner. Employees participating in the picnic will have their names included in a drawing and be eligible for a cash prize that will be drawn every hour from noon through 6 p.m.

Those bringing a homemade covered dish will be entered into a drawing, too! If you wish to bring a covered dish, bring an item from the following list based on the first letter of your last name. A – F: salad • G - K: vegetable • L - O: appetizer • P - T: fruits • U - Z: dessert

We will have cornhole boards available and a volleyball for those who wish to play. Noon to 2 p.m. will be face painting by Kristy Aldridge. Swimming is free for our employees, families, and friends, as well as putt putt golf. You can also swim in the evening as our guests.
WEST VIRGINIA

MEDICAL EMPLOYEE APPRECIATION NIGHT

EVENT INCLUDES:
- SPECIAL PRICE FOR MEDICAL EMPLOYEES
- LIMITED PRE-GAME FIELD ACCESS PASSES
- SCOREBOARD RECOGNITION

EVENT PRICE:
- $55

ORDER DEADLINE:
- FRIDAY, AUGUST 26TH

FOR QUESTIONS: LEE HARRIS | 304.293.8641

Order Through Soc/Rec by Wed., Aug. 24 - $55 a ticket
Mary Welch
Continued from Page 1

ers – Vincent, who lives at Homewood, and Harvey, who lives in Texas. She also has a sister – Pauline Horn er, who lives up Murphy’s Creek.

Mary plans on taking it easy after retirement and to be there for her hus-

band, who broke his hip in May. She laughingly said that she still might get up and try to come to work after all these years.

“My years here at SJMH have been great. I hope I have made a difference in everyone’s life,” she said. “I take one day at a time and try to keep a smile on my face...a smile makes all the difference for other people.”

She continued, “My hus-

band is quite happy that I am going to be home...I am sure that he wants me to take care of him.”

When nominated for the Employee of the Month honor in May, Mary re-

ceived quite a few nomi-

nations.

One of her nominators wrote, “Mary is so pleasant to work with and does an amazing job. It is so great seeing her smiling face in the Hospital. She will always help in any way she can.”

Another co-worker said, “Mary is so cheerful as she goes about her work. She is always willing to go the extra mile to get the job done. I love chatting with her when she is in the office ... she is always so pleas-

ant.”

Other nomination comments were, “Mary is very deserving. This is not the first time she has been nom-

inated and she always has a smile on her face.”

Another related that Mary al-

ways has a positive outlook, “She is always polite and smiling. She knows her job and goes above and beyond each and every day. I love this lady.”

Members of the administrative staff also nominated her and wrote, “Mary is more than deserving of this honor. She is always smiling and ready to help. She represents the SJMH mission very well. I have never heard her complain no matter what she is asked.”

Mary is also known for her love of writing poetry and many times she honored friends and family mem-

bers with her words. One of those poems found in the archives was written in 2006 to honor one of her co-workers.

Our Friend
In memory of Donna Sue Myers

She came into our lives
A little spitfire of a girl.
When Donna Sue was around
She brightened up our world.

It just seems like yesterday
When we were all together.
When Donna Sue was around
She made our lives seem better.

She was a true and loving friend
In her very caring ways.
Her jolly, happy attitude
Always brightened up our days.

It makes us sad you went away
But in our hearts you’ll always stay.
We miss you now. We miss you then.
Our little buddy and our friend.

By Mary Welch
Community Needs Assessment

Close to Completion by Marketing

Every three years SJMH creates a Community Needs Assessment (CNA), as mandated by the federal government, to gauge the healthcare needs for the local community. The SJMH Marketing Department has been working with the Lewis County Health Department to complete the 2016 Assessment by the end of July.

The CNA is a three-part document including the background health statistics for West Virginians and Lewis Countians; the in-county surveying completed in 2015; and the suggestions for attacking the health problems highlighted in the local survey.

Unlike three years ago, when obesity led the concerns of local citizens, drug abuse is now at the top, followed by obesity, diabetes, COPD, and heart disease. One of the leading reasons that SJMH has been instrumental in the creating playgrounds in Weston was a result of the 2013 Community Assessment and the need to provide healthy physical activity for residents. Once completed, the CNA will be viewed by the SJMH Board, approved and distributed to the community.

IMPORTANT NOTICE UPDATE

As of July 5, Country RX, of Jane Lew will no longer accept our 340B drug program. Also, be aware that KROGER has terminated the 340B drug program with Stonewall Jackson Memorial Hospital permanently. If you previously used Kroger for your SJMH Health Insurance prescriptions, you will need to move your Rx’s to one of our other participating pharmacies in order to have insurance coverage. They include:

Fast & Friendly - Garton Plaza, Weston 304-269-3737

RITE AID
218 E. 3rd St, Weston 304-269-7963
902 N. Lewis St., Glenville 304-462-4438
168 Main St., Sutton, WV 26601 304-765-2562
71 W. Main St., Buckhannon, WV 26201 304-472-0150

PLEASE NOTE: We still have not received notification that CVS & WALMART are ready to accept our 340B Prescriptions. We are hopeful it will be very soon, but unfortunately it is out of our hands. We will send out a notice as soon as we receive notification of completion.
**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

**Wed., Aug. 3, 2016**

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.

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**Join Us for a**

**Farm-To-Fork Buffet**

**Sat., July 30**

6 p.m. - Reception 7 p.m. - Dinner

Prepared by Chef Geoff Kraus using locally produced products at The Glass Museum on Main Avenue

If the weather permits we will eat outside; if not we will dine on the inside of the Museum.

**$40 per person**

benefitting The Depot Farmers Market and Glass Museum

Make checks payable to: The Museum of American Glass

Tickets available at Marian’s Boutique, Chamber of Commerce, Lewis County CVB, Municipal Building

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**Volunteers Needed**

The Theresa Snaith Hospital Auxiliary is always looking for new volunteers to help with activities at SJMH. One of the most important jobs for the group is to man the Hospital Gift Shop. If there are people who would be interested in joining the Volunteers, please contact the SJMH Marketing Office at 269-8167.

**WVU Game Planned**

Members of the Social/Recreation Committee are planning a trip to WVU for a game in October. The annual Medical Employee Appreciation Night will be Oct. 22, WVU versus TCU with a cost of $55 per person. Reservations should be made and paid by August 24.

**Annual Golf Tournament**

The annual SJMH charity golf tournament is planned for Tues., Oct. 11, at Stonewall Resort. The tournament has been the funder for over $200,000 in scholarships to students pursuing degrees in healthcare.
Don’t forget the annual Benefits Fairs is August 19. The SJMH Relay for Life team will be having a fundraiser that day, also.

SJMH will be providing a piece of wholesome, fresh fruit for each child, who visits the Market.

Open Every Saturday through the summer

THE DEPOT FARMERS MARKET

10 a.m. to 2 p.m.
Call Geoff Kraus - Market Master 269-7177
or the City Building 304-269-6141
located at 102 West Second Street, Weston
Facebook: The Depot Farmers Market
You can also leave your donations at our front console!!!

School Supply Drive for Flood Victims

Lewis County Girl Scouts would like your help collecting SCHOOL SUPPLIES for all of the students and teachers affected by the recent flooding. With a new school year just around the corner, let’s do our best to GIVE THEM THE BEST START WE CAN!


Items will be collected until July 30th and may be dropped off during regular business hours at the following Locations:

Lewis County Park Office ~ Lewis Bennett Public Library
Saint Patrick Church Office ~ Citizens Bank of Weston