Joe Barnes Receives Recognition

Joe Barnes, CFO of Stonewall Jackson Memorial Hospital (Weston, W.Va.) was honored recently by Beckers Healthcare as one of the “Top 150 CFOs to Know in the Country.” Mr. Barnes became CFO of Stonewall Jackson Memorial Hospital in 2017 after serving as CFO of Summersville (W.Va.) Regional Medical Center. He also has experience as CFO of Grant Memorial Hospital in Petersburg, W.Va., and is a member of the Healthcare Financial Management Association. In his current role, Mr. Barnes oversees the financial operations of the health system, which includes the 70-bed Stonewall Jackson Memorial Hospital. The health system merged with Morgantown, W.Va.-based Mon Health in October 2017.
• Find a quiet place and get comfortable.
• Breathe in through your nose. Let your stomach fill with air.
• Breathe out through your nose.
• Place one hand on your stomach and the other hand on your chest.
• As you breathe in, feel your stomach rise. As you breathe out, feel your stomach lower.
• The hand on your stomach should move more than the one that’s on your chest.
• Breathe fully into your stomach as it rises and falls with your breath.
• Do this breathing 3 to 10 times.

**BREATHING EXERCISES**

**DEEP BREATHING/ABDOMINAL BREATHING TECHNIQUE**

- Find a quiet place and get comfortable.
- Breathe in through your nose. Let your stomach fill with air.
- Breathe out through your nose.
- Place one hand on your stomach and the other hand on your chest.
- As you breathe in, feel your stomach rise. As you breathe out, feel your stomach lower.
- The hand on your stomach should move more than the one that’s on your chest.
- Breathe fully into your stomach as it rises and falls with your breath.
- Do this breathing 3 to 10 times.

**DEEP BREATHING INCREASES THE SUPPLY OF OXYGEN TO YOUR BRAIN AND PROMOTES A STATE OF CALMNESS.**

**BREATHING EXERCISES ARE A GOOD WAY TO RELAX, REDUCE TENSION AND RELIEVE STRESS.**

Source: www.lifeworks.com
How to recognize and prevent heat illness

Heat Exhaustion

Heat Exhaustion may be caused by sweating profusely or not drinking enough water on hot and humid days.

What are the symptoms of heat exhaustion?
• Heavy sweating
• Feeling very tired or weak
• Fast pulse
• Headache
• Feeling dizzy
• Feeling nauseous
• Vomiting
• Being irritable or grouchy

What should I do if someone has heat exhaustion?
• If someone has heat exhaustion it is very important to cool them down.
• Do NOT pour cold water on them.
• Call 911 and tell them someone you know may have heat exhaustion.
• Get them to a cool shaded area.
• Give them something cool to drink.
• Place a cool moist cloth on the forehead, neck or armpit area.
• Turn a fan toward them.

Exertional Heat Stroke

Exertional Heat Stroke happens in mostly young people who are performing tasks in high temperatures and humid environments.

Exertional heat stroke usually looks the same as regular heat exhaustion.
The people to watch are:
• Farm hands
• People playing summer sports who are not drinking enough fluids
• Children playing summer sports or playing outside and who are not drinking enough fluids

What should I do if someone has exertional heat stroke?
• If someone has exertional heat stroke it is very important to cool them down.
• Do NOT pour cold water on them.
• Get them to a cool shaded area.
• Give them something cool to drink.
• Place a cool moist cloth on the forehead, neck or armpit area.
• Turn a fan toward them.
• Give them something cool to drink if able.
• Keep the person cool by replacing the ice pack and damp cloths with colder ones

Heat Stroke

What are the symptoms of heat stroke?
• The person is in a state of confusion or a state of unconsciousness.
• The person’s skin is HOT and DRY when you think they should be sweating.
• The person is breathing very fast.
• The person has a very fast pulse.

What should I do if someone has heat stroke?
This is a MEDICAL emergency-call 911 at once.
• If someone has heat exhaustion it is very important to cool them down.
• Do NOT pour cold water on them though.
• Get them to a cool shaded area.
• Take off their shirt, socks and shoes, even pants if you can.
• Place a cool damp cloth or ice pack on the forehead, neck or armpit area.
• Turn a fan toward them.

Enjoy the summer!!! Stay cool and stay hydrated!!
Welcome!

Stonewall Jackson Memorial Hospital is pleased to announce our new partnership with TicketsatWork. Now you’ll have access to exclusive savings on movie tickets, theme parks, hotels, tours, Broadway and Vegas shows & more. Be sure to visit often as new products and discounts are constantly being added!

Company Code: SJMH1B

For customer service, please call 1-800-331-6483 or email: customerservice@ticketsatwork.com

Sign Up Today in 60 Seconds!

2. Click on the “Become a Member” box at the top of the homepage.
3. You will then be prompted to create an account with your email address and company code.
4. Or, you can place your order by phone. Call customer service at 800-331-6483. Orders are taken from 8:30am-12am/7 days a week (holidays included). Eastern Standard Time.
Six-Week Diabetic Workshop Sessions Begin

Care Coordinator Sarah Rolenson and Dietitian Pearl Saucier (pictured below) were pleased with the number of participants in the Hospital’s Diabetic Education classes which began on June 12 in the SJMH classroom. There were nine participants for the two-hour class, with five more to go.

More Pictures From Relay
Mon Health
Stonewall Jackson Memorial Hospital

Employee of the Month Nomination

We would like to recognize our employees that show a caring, concerned attitude toward our hospital and patients. We can do this by honoring an employee each month.

Name of Employee You Wish to Nominate

Department

Date

I wish to nominate this person because:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Please forward Employee of the Month nomination form to appropriate Department Head for comments below.

Should be considered

# of hours employee works per pay period:

Should not be considered

Brief description of employee's duties/responsibilities:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Additional comments:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Dept. Head Signature

Date:

Revised 7/19/04  FJT
Relay For Life Bus Trip

Niagara Falls, New York
Plan your own adventure! We arrange for the hotel and you go where you want to!

- **$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

Deposits due according to Schedule
- June 8th – $200.00
- June 30th - $150.00

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

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

For information or to mail payment please contact:

Susan Thompson, Event Lead, Fundraising
40 Irene Drive
Weston, WV 26452
304-871-9086

Angie Burkhart
304-838-5792

July 18-20th, 2018

Pickup at Kohl’s Parking Lot, Bridgeport, WV

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

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
Join Us For a Fundraiser for
Sarah Showalter
Of the Billing Office
BAKE SALE
June 14 - 9am-1pm
SJMH in the lobby
Hot Dog Lunch
June 28 – 11am-1pm
(2-dogs, chips & a drink $5)
Ground Floor of SJMH
We will be selling raffle tickets for a Summer Fun Basket ($5/each) at both of these events and will draw the winner at 2pm on 6/28/2018
There will be a hike along the Lakdeside Nature Trail on Saturday, June 16, at Stonewall Resort beginning at 8 a.m. The event is sponsored by the Stonewall State Park Foundation. Registration is strongly recommended.
Employee Perks

Employee Discounts on Purchases
- Uniforms & other retail items @ Stonewall Home Oxygen Therapy – Market Place Plaza
- Stonewall Café
- Gift Shop
- Diapers – Materials Management
- Ensure - Pharmacy

Local Discounts
- McDonald’s- 10% off any day with SJMH ID badge
- Pizza Hut- 10% off any day with SJMH ID badge
- Dominos-Pizza Payday-45% off on Payday-Pizza only Excludes Artisan
- Thyme Bistro- 10% off on Tuesdays with SJMH ID Badge
- IronWorks Gym-Weston, WV
  o 50% off enrollment fee
- South Side Fitness-Weston, WV
  o 50% off enrollment fee
- Anytime Fitness- Buckhannon, WV
  o 50% off enrollment fees
  o Monthly rate of $29.99 on 12 month deal (A $60 Savings)
  o (1) Free Month. 13 months for the price of 12!
  o Free 7-Day guest passes will be honored for those who bring proof of their current or past employment to Anytime Fitness in Buckhannon (one pass per person). Contact club for details.
  o 10% off tanning, hydro massage packages.
- Mountaineer Mart-Weston, WV
  o $0.05 off/gallon – not available with Pay at Pump, must go inside to show ID Badge

Cellular Wireless Discounts
- AT&T – 25%
- Verizon – 20%
STONEWALL ACADEMY
Stonewall Academy is a new program SJMH is starting. This program is designed for 7th and 8th grade students. It is to help them pick their career path for high school.

The Academy is a three-day session from 8am-4:30pm. Each day we teach them skills, help with career planning, and allow them to shadow in different departments.

Our first session will be June 26th, 27th, and 28th, Tuesday thru Thursday. The next session scheduled will be July 24th, 25th and 26th Tuesday thru Thursday.

Please be encouraging to these student, they could be the future of SJMH.

Fireworks 5K Trail Walk/Run
Saturday, July 14, 2018 @ 9 a.m.
Stonewall Resort, Roanoke WV
Return to R. McIntyre-Nicholson, SJMH, 230 Hospital Plaza, Weston, WV 26452
Please make checks payable to SJMH Wellness Committee

Complete this form and sign the waiver. (PLEASE PRINT)

___ 5K Run ___ 5K Walk Date of Birth: (mm/dd/yy) ___________________ Age: __________
Gender ___ M ___ F
Last Name: ___________________________ First Name: ___________________ Middle: ______
Address: _______________________________________________________________________
Phone: _______________________ Email: ___________________________________________
(Email used for sending race information only)

VOLUNTEERS
___ I am participating, and would like more information on volunteering before and after the race.
___ I am unable to participate, but would like to be a volunteer.

WAIVER: I know that running or walking a trail race is a potentially hazardous event, and I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run or walk. I assume all risks associated with running or walking in this event, including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, the conditions of the road, flora and fauna risks, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Stonewall Jackson Memorial Hospital Company, Lewis County, WV, and Stonewall Resort for the Fireworks 5K Train Walk/Run, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of a negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, records and any other record of this event for any legitimate purpose. Race will be held regardless of weather conditions. Registration is final, no refunds.

SIGNATURE of ENTRANT (Guardian if under 18) and date
(Signature) ________________________________________ (Date) __________________

Registration Fee: $10 ___ paid $15 on race day ____ paid