SJMH Continues To Promote Community Wellness

Stonewall Jackson Memorial Hospital is an important part of the local community on many levels. For years the local healthcare facility has educated the public about healthy eating and physical fitness. The hospital provides important educational outreach at health fairs and community gatherings.

SJMH’s current goal is to educate local Medicare patients about the importance of the Medicare Annual Wellness visit which is a health screening offered free to beneficiaries. This screening allows your primary care provider to get a comprehensive look at your health, vaccination status, pinpoint any preventative screenings recommended for the patient based on risk factors and age guidelines.

This visit includes a review of your medical and social history related to your health and education and counseling about preventive services. This screening should be done yearly for all Medicare recipients. Sarah Rolenson, BSN, RN, the Hospital’s Population Health Nurse is leading the effort locally.

As part of this wellness initiative SJMH is also offering Chronic Care Management services for Medicare recipients with two or more chronic diseases. Examples of chronic diseases patients may find themselves needing help managing are diabetes, hypertension, COPD, Congestive Heart Failure, obesity, heart disease, and arthritis just to name a few. As a participant in the Chronic Care Management program the patient would create a personalized care plan with a trained registered nurse, have additional access to their primary care provider thru that nurse, and potentially reduce trips to the ER and unnecessary expense.

Patients could expect to experience better overall health and symptom management while being supported along their journey by a professional health care team.

For more information contact your primary care physician. Presently, Cristy Carpenter, FNP, Dr. Pauley-Persinger, Dr. Orvik, Dr. Snuffer, Elizabeth Boram, PA, Dr. Mahmoud, and Dr. Hess are providing Wellness Visits by appointment.

Ice Cream Social
Wednesday, July 11
1 to 2 p.m.
at the Arbors
on John Street, in Weston
sponsored by Stonewall Jackson Memorial Hospital

Information will be provided by Population Health Nurse Sarah Rolenson on Medicare Annual Wellness Visits; Chronic Care Management; and Preventative Services.
SJMH Plans First Fireworks 5K Trail Walk/Run for July 14 at Resort

Encouraging healthy lifestyle choices through better food choices and exercise opportunities has been a goal of Stonewall Jackson Memorial Hospital’s (SJMH) outreach efforts. When the local community Hospital studied health issues in the 2013 Community Assessment obesity and issues associated with it topped the list of concerns for local residents. Providing physical fitness opportunities was a natural solution.

On July 14, there will be a Fireworks 5K Trail Walk Run at Stonewall Resort. The event is organized by SJMH employees Rachelle McIntyre-Nicholson and Nastausha Hefer. It will be a scenic event over a trail at Stonewall Resort. Dogs are allowed but there will be no t-shirts awarded. Applications are available at the Hospital website – www.stonewallhospital.com on

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Pictured above are Stonewall Jackson Memorial Hospital employees Rachelle McIntyre-Nicholson and Nastausha Hefer who are planning the first Fireworks 5K Trail Walk Run on July 14 at Stonewall Resort.
the front page at the “Walk Run” but-
ton. The cost is $10 pre-registration and $15 on the day of the race.

The Hospital began a healthy 5k Walk Run in 2008 in collaboration with Saint Patrick Church and School and the City of Weston. The Hospital has decided to expand that effort by working with groups to organize a monthly Walk Run in Lewis County. In February, 16 people came out in 16 degree weather to participate in the first Ground Hog Walk/Run. SJMH is looking for other groups who would like to create Walk Runs to add to the calendar of Walk Run events. Call 304-269-8167 for information.

SJMH began a number of projects to combat this serious health problem. The first project was the working with local volunteers and the City of Weston to create a commercial playground located at the site of the old Polk Creek School playgrounds. Residents Connie (an SJMH employ-
ee) and John Rif-
fle have taken a field of weeds and turned it into one of the most popular playgrounds in the area. The next project was the Willow Park Natural Playground and Outdoor Classroom under the management of volunteer and SJMH em-

ployee Nastausha Hefner. In 2017, an Urban Orchard was planted with 50 fruit trees and 20 fruit bushes with a grant written by SJMH employee Julia Spelsberg. In 2018, ten elevated gardens were installed for the residents at The Ar-
bors on John Street. SJMH Cardiac Nurse Kristi Gannon is part of the project, along with SJMH dietitian Pearl Saucier. All of these projects provide healthy lifestyle choices that are important in the fight against obesity.

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 grumpy

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.
- 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:
- Young kids
- 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 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 stroke.
- 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!!
Please join us at the
SJMH Picnic
Lewis County Park

Thursday, July 26
Dinner served 5 p.m. to 7 p.m.

Play Putt Putt and Swim throughout the day and participate in the Evening Pool Party from 7 to 9 p.m. Just tell them you are from SJMH.

Employees participating in the Picnic, both here and at the Park, will have their names included in a drawing and be eligible for a cash prize. Those bringing a homemade covered dish will be entered into another drawing, both at SJMH and at the picnic. CFO Joe Barnes will be here at SJMH barbecuing for staff that evening.

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


If interested in putting together a group, contact Marketing 8167 or 8149.
Upcoming Events
June 28 – Fundraiser for Sarah Showalter
July 5 – Fundraiser for Brenda Murphy
July 7 – Fourth of July Activities in Weston
    July 11 - Ice Cream Social at Abors
    July 14 – SJMH Fireworks 5K Trail Run/Walk
        July 26 – SJMH Picnic
    July 27 – Baseball Game
August 11 – Movie Night at Polk Creek Park
    August 17 – Books R Fun - Benefits Fair
October 10 – Breast Cancer Awareness Day
    October 18 – Gold Sale and Golf Tournament
October 27 – Halloween Activities/Safety Fair
November 23 – Christmas Parade/After Parade Party

Fireworks 5K Trail Run/Walk
Saturday, July 14
8 a.m. - Registration  9 a.m. - Race begins
$10 - Pre-registration      $15 - Day of Race Registration

UNFORGETTABLE GROUP OUTINGS
Celebrate summer with your group of 15 or more.
Plan your group’s trip today and save up to $20.99 per ticket!

Questions? Contact us at 412.464.9931
or kennywoodgroups@kennywood.com.
and Taco-in-a-Bag Lunch

Thursday, July 5

to benefit PT’s Brenda Murphy

Bake Sale begins at 8 a.m. in the lobby;

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

To pre-order call the Vein Center 517-1272
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

Blood Drive
Stonewall Jackson
Memorial Hospital
Bloodmobile
230 Hospital Plaza
Weston, WV
Friday, July 6
8:00 AM to 1:30 PM
BLOOD DONORS SAVE LIVES
Please call 1-800-REDCROSS (1-800-733-2767)
or visit redcrossblood.org and enter sjmh to schedule an appointment.
Free T-shirt given July 5, July 7 for first 100 donors who
bring in the matching blood type.
Schedule your blood donation appointment today.
#MissingType | redcrossblood.org/donatingsites | 1-800-REDCROSS

Get a SAMSUNG Galaxy S9 for FREE
Buy a Galaxy S9 and get one free when you buy
both on AT&T Next™ with eligible wireless (min. 1st line $45/mo., after discount;
2nd line $20/mo).*
You Are Invited

To Honor This Month’s Employee

Trish Anderson
on
Monday, June 25

Come to the Physical Therapy Office at noon to congratulate Trish and have cake and ice cream.
Mark Your Calendars

Our annual SJMH Picnic at the Lewis County Park will be held on Thursday, July 26. Families and employees can golf and swim throughout the day by telling the Park staff they are from SJMH. The cookout will be that evening from 5 to 7 p.m., with a pool party to follow from 7 to 9. There will be drawing for those attending and for those bringing picnic dishes. CFO Joe Barnes will also be serving food here on the ground floor at the same time for those employees who cannot attend the park picnic.

LPN LICENSES

DEADLINE TO RENEW 6/30/18

NO LICENSE?
NO WORK 7/1/18 & AFTER UNTIL RENEWED

JUNE 30, 2018
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:** SJMH18

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

Keep on smiling and the whole world will smile with you!