Stonewall Jackson Memorial Hospital (SJMH) welcomes nurse practitioner Cristy Carpenter, to Lively Healthcare Center, in Jane Lew.

Carpenter received her nursing degree from Alderson Broaddus College. She was a nurse for ten years in a cardiac care unit before attaining her Nurse Practitioner degree in 2015. She attended West Virginia Wesleyan for a master degree.

Cristy explained that her career choice was based on the goal to bring healthy habits to the community.

She noted, “I chose healthcare as my career to help those in my community and communities around me to live healthy, fulfilling lives.”

Cristy will be establishing new patients and will also be scheduling Annual Wellness Visits for patients.

Cristy is an Upshur County resident, married to Travis Carpenter. The couple has two children – Brady, 14, and Breanna, 3. Cristy refers to her family as “the joys of my life.”

The family enjoys the outdoors by being in nature or working in the garden. Most importantly, they enjoy having family time with each other. The family attends Pleasant Dale Community Church.

Lively Healthcare’s office is open Monday through Friday, 8 a.m. to 6 p.m. and on Saturday and Sunday from 10 a.m. to 3 p.m.

The Respiratory Department has put together a family Fun Basket to raffle off to help out co-worker Sherry Stover and her family. Her husband, Brian, just had a double lung transplant and will be in the hospital for an extended amount of time. The tickets are $1 each or 6 for $5. Some of the items included: blankets, movies, water guns, popcorn, Chef Boyardee pizza maker kit, cookies in a jar mix, movie night candies, board games, card games and other items.
Carolyn Sue Peters, 70 of Clarksburg passed away on Tuesday May 29, 2018 at United Hospital Center. She was born July 22, 1947 in Butcher Forks, Gilmer County, daughter of Wilbur and Mae Frashure Sprouse. Carolyn graduated from Sand Fork High School. She retired as Dietary Supervisor from Stonewall Jackson Hospital with over twenty five years of service. She was a member of the West Milford Senior Center and the Rock Road Baptist Church. Carolyn loved to cook. She is survived by her husband of fifty years, Richard Lee Peters; two sons, Mark Allan Peters and wife Katina, Jane Lew, Adam Bryan Peters, Clarksburg; one granddaughter, Meghan Peters; one brother, Jim Sprouse, Weston; several nieces and nephews. In addition to her parents, she was preceded in death by four brothers, Willie, Harold, Sherwood, and Leo. Private graveside services will be held at Rock Grove Cemetery in Lewis County. Online condolence can be sent to www.davisfuneralhomewv.com.

Mary Ellen Villers, 76, of Elkins, WV, formerly of Weston, went home to be with her Lord and Savior on Tuesday, May 22, 2018. She was born March 12, 1942 in Weston: the daughter of the late Troy H. and Beulah A. (Warner) Fisher. On September 25, 2000, she was married to Jack L. Villers, who preceded her in death on May 10, 2005. Mary Ellen is survived by one step daughter: Phyllis K. Villers and fiancé Roger McIe of Weston. Also surviving are one brother: Charles W. Fisher (Charlotte A. Bostic) of Sebastopol, CA, one niece: Caryn L. Fisher of Bodega, Bay, CA, one nephew: Charles H. “Chip” (Becky) Fisher and two great nieces: Sophia L. Fisher and Adaline Fisher all of Sebastopol, CA.

Mary Ellen Villers was a member of the Murphy’s Creek Baptist Church earlier in her life with Pastor Wease Day as her minister. She was later a member of the First Baptist Church of Weston and attended the Otterbein Methodist Church in Elkins after she moved there. She was active in the Lewis County Senior Center prior to moving to Elkins, where she joined the Randolph County Senior Center. She sang with the Lewis County Senior Choir and the Buckhannon Choral Society.

Family and friends will be received at the Hardman-Paletti Funeral Home 730 N. Main Avenue Weston on Saturday, May 26, 2018 from 11 a.m. until 1 p.m. Funeral services will be held on Saturday at 1 p.m. from the Hardman-Paletti Funeral Home chapel with Pastor Wease Day officiating. Burial will follow in the Broad Run Cemetery of Jane Lew, WV. On-line condolences and life stories in memory of Mary Ellen may be expressed at hardman-paletti funeralhome.com.

Remembering Past Employees
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.

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?
- 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.
- 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.

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 heat exhaustion it is very important to cool them down.
- Do NOT pour cold water on them though.
- 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.

Enjoy the summer!!! Stay cool and stay hydrated!!
Many thanks to the Lewis County Farm Women’s Bureau for their contribution of lovely fleece blankets to the Stonewall Jackson Memorial Hospital medical/surgical department, outpatient department, and emergency department. Pictured at left with the blankets are Leona Swisher, SJMH’s Vickie Bowen, Cheryl Boner, Erin Adams, Tucker Adams, and Helen McClain.
Madge Diane Cain, 52, of Weston passed away on Monday, June 4, 2018 at her home following an extended illness. She was born in Weston on September 28, 1965: daughter of the late Jimmie J. Ables and Mary Jean (Robinson) Ables. On August 14, 1987, she married Robert “Brian” Cain, who survives.

Mrs. Cain is also survived by two sons: Robert Adam Cain and Colton Chase Cain both of Weston. She is also survived by two sisters: Alice Marie Taylor and Connie Jean Huff both of Weston and several nieces and nephews. In addition to her parents, Madge was preceded in death by one brother: Freddie Lee Ables.

Mrs. Cain had worked for Stonewall Jackson Memorial Hospital in registration. She was a member of the Murphy’s Creek Baptist Church. Madge enjoyed ATV riding. Madge loved her family and they always came first with her.

Family and friends will be received at the Hardman-Paletti Funeral Home 730 N. Main Avenue Weston on Thursday, June 7, 2018 from 4-7 p.m. Funeral services will be held on Friday at 1:00 p.m. from the Hardman-Paletti Funeral Home chapel with Pastor Wease Day officiating. Interment will follow services in Forest Lawn Memorial Gardens of Jane Lew, WV. On-line condolences in memory of Madge may be expressed at hardman-palettifuneralhome.com.

Remembering Past Employees

Many thanks to the Theresa Snaith Hospital Auxiliary for purchasing the badges for our employees. Pictured above is Mary Ann Edwards with the new badges.
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 7/1994 AG


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
Stonewall Jackson Memorial Hospital (SJMH) has provided approximately $2100,000 over the past fourteen years to students pursuing higher education in healthcare. The William Adler Scholarship program was started after the passing of Mr. Adler, who as a board member at SJMH, and a great proponent of education. The scholarship program is funded by the annual charity golf tournament. Students should have at least a 3.0 GPA in their high school career and have been accepted into a West Virginia school.

This year ten new students from both Lewis County and Gilmer County were awarded scholarships. In Lewis County Kaytely Carpenter, Amber Gaines, Katelyn James, Robert Mitchell, Claire Moneypenny, Jenna Sprouse, and Abby Watson were awarded $1000 for their first year of school. In Gilmer County, Sada Wright won the scholarship. Kendra and Austin Lee are already in school and also received scholarships.

Kaytely Carpenter, daughter of Scott and Amy Carpenter, plans on attending WVU with an interest in pharmacy. She was a very active member of Lewis County High School having been a member of National Honor Society, Health Ambassadors, Chemistry Club, and Botany Club. She also took more than 30 hours of college classes while in high school.

Amber Gaines, the daughter of the late Priscilla and Robert Gaines, will be continuing her education at the Fred Eberle School in Buckhannon to become an LPN. She was a class officer in Health Occupations at Fred Eberle as well as belonging to the National Technical Honor Society there. She lettered in academics at Lewis County High School. One of her references noted, "Over the years I have seen people come and go in the healthcare field. Some are excellent at what they do and then there are some who truly stand out with their abilities and caring nature. Amber is one of these."

Katelyn James is the daughter of Danny and Sonja James, of Roanoke. She plans on attending West Virginia Wesleyan to become a nurse. She noted that she has wanted to be a nurse since she was a little girl. She was a member of the band, Rotary Club, had lead roles in theater, and was flag co-captain. She attended the American Legion’s Girl’s State. She is a blood donor; is CPR certified; is a nursery worker.

Continued on next page
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.
Adler Scholarship

at her church; and sings at nursing homes.

Austin Lee, son of BJ and Andrew Lee of Saul’s Run Road, has completed one semester at West Virginia Wesleyan, and will be receiving the Adler Scholarship for the first time for the fall semester. While at Lewis County High School he was involved in the LCHS Sports Pep Club. He was Student of the Month; earned the WV Education Performance Award; was a member High School Track Varsity; was a member of: Honor Society, Weston Central Neighborhood Watch, Adopt A Highway, National Night Out. While at Wesleyan he became a member of the WVWC Track and Field team.

Robert Mitchell, is the son of Robert and Helen Mitchell, of Roanoke. He plans on attending WVU in pre-med and biology. He was very involved in Lewis County High School as the captain of the varsity wrestling team. He served as library assistant, office assistant, and a member of the Lewis County Warzone. He was prom decorating volunteer and member of the WVU Pumpkin Drop team. His special honors included National Youth Leadership Forum of Advance Medicine, National Honor Society, Sectional Finals in Soccer, Regional Wrestling Champ, Big 10 Wrestling Champ, Academic All State, and Honor Roll. He also volunteered for Red Cross blood drives and was a Pee Wee volunteer wrestling coach.

Claire Moneypenny, is the daughter of Tim and Elizabeth Moneypenny, of Weston. She plans on attaining a degree in biochemistry at West Virginia Wesleyan. She noted in her application that her grandmother, Rose Ann Swiger, and great aunt Teresa Calabrese, RN, were Stonewall Jackson Memorial Hospital employees for over sixty years combined and one of the reasons for choosing a career in Medicine. She was a member of Rhododendron Girls State. Claire lettered on the cheerleading squad and received the FFA Greenhand degree as well as the FFA Chapter degree. She volunteered at the Clarksburg Mission, crocheted hats and blankets for babies in a NICU, participated in community cleanups and Adopt a Highway.

Jenna Sprouse is the daughter of Jason and Erin Sprouse of Weston. She plans on attending Glenville State College in biology. She was a member of Student Council, National Honor Society, and was a football student athletic trainer. Jenna designed a logo for the ProStart simulated work place, decorated the homecoming float, served Thanksgiving dinner at the LC Senior Center, and delivered toys to WVU Children’s Hospital.

Abby Watson, the daughter of Ronald and Stephanie Watson, of Roanoke plans on attending Davis and Elkins College to attain a degree in nursing. She is a member of the National Art Honors Society, Chemistry Club, Rachel’s Challenge, peer tutor, office assistance. She was a Homecoming princess her senior and freshman year as well as Powderpuff for one year. She was on the Honor Roll and lettered for four years in cheerleading and track and field. She is also a member of the Lewis County 4-H, Adopt A Highway Committee, and Salvation Army Shoebox group.

Gilmer County High School graduate Sada Wright, is the daughter of Willard and Virginia Wright of Glenville. She plans on attending either West Liberty or Marshall University in public healthy/biology. She was a member of the National Honor Society, Mu Alpha Theta, GCHS Theatre, and FCA. She was class president for three years and a member of the Regional Math Field Day Team for three years. She was a WV Golden Horseshoe Winner, 2 time Track and Field State Champion, 2017 First Team All-LKC, 2017 AAAW All American, Track and Field Team Captain. She also volunteered for a number of activities.

Thyme Bistro, of Weston, is offering 10% off your bill every Tuesday when you show your SJMH ID.
Make sure to buy your tickets for the Relay for Life Basket Bash
$10 Donation
June 9 – 6 p.m. to Midnight
Robert L. Bland Middle School Field

Here are the basket prizes:
1. Tupperware basket donated by Morgan Lattea and Michelle Gum
2. Ceramic Pot Animals
3. Safari Animal Wreath
4. Primitive Basket – Stonewall Warriors
5. Bird House donated by Bob Taylor
6. Fair Garden donated by Whimisical What Nots
7. Antique Basket from Red Rooster Antiques
8. Spa Basket
9. Book Basket (toddler age)
10. Pet Basket
11. Safari Toys Basket
12. Fir Pit
13. Breast Cancer Awareness Basket donated by Mountain Mamas and Papas
14. Gift Certificate to Lambert’s Winery and Chocolate from Halls Chocolate
15. Mystery Basket by Purple Curestaders
16. Candle Basket by Chera Smith
17. Bathroom Basket by All Americans Team
18. Primitive by Camden Creek Primitive
19. Lottery Basket
20. One Night Stay at WV State Park and Cash donated by Appalachian Glass – must be present to win.
21. Flower Garden Basket
22. Coach Purse with $295 Value... need to be present to win
23. Yard Basket donated by Almost a Hit with one free lawn mowing donated by Eagle Lawn Care - $50 Value
24. Car Wash Basket

You can still sign up to be a member of the Stonewall Warriors by going to:

http://main.acsevents.org/site/TR/RelayForLife/RFLCY18NCR?pg=entry&fr_id=88555