Good Job!

Congratulations to the staff of the Dietary Department and Anita Carder for their bake sale and hot dog sale to help a co-worker. We have never seen so much in the way of baked goods (more than three tables); and the staff ran out of hot dogs during the Hot Dog Sale!

Great Job and you all have big hearts!
2016 Employees of the Month

1. Connie Sears  
   January 2016

2. Brenda Weaver  
   February 2016

3. Ben Riley  
   March 2016

4. Sean Hamner  
   April 2016

5. Mary Welch  
   May 2016

6. Candy Donaldson  
   June 2016

7. Amanda Bonnett  
   July 2016

8. Sandy Smith  
   August 2016

9. Christian Conner  
   September 2016

10. Lisa Barrett  
    October 2016

11. Sharon McHenry  
    November 2016

12. Jennifer Romans  
    December 2016

Match the Baby Picture With the Employee....win $100!
Just number your paper 1 through 12 for each employee...then assign the letter to correspond to the employee. Our trick is that one of the baby pictures is missing and we have one employee in a family picture....get your entries to marketing by March 17, and we will draw the winning entry at the awards dinner.
Scholarship Deadline is April 1

Deadline for the Stonewall Jackson Memorial Hospital's (SJMH) Healthcare Scholarship is April 1. Seniors can call the Marketing Department at SJMH, 304-269-8167 for more information. Students who attend either Lewis County High School or Gilmer County High School are eligible for the scholarship. Students must plan to attend a West Virginia school, and to graduate in a healthcare field to be eligible. More than $200,000 has been given to over 90 students pursuing advance degrees.

Join Us For A MONOPOLY® Tournament

Sunday, March 19
Beginning at Noon
$10 - Adult Entry, $5 - Child's Entry
at the Fire Department, Center Avenue
Using MONOPOLY® Tournament Rules
90 Minute Sessions

A group of citizens is trying to help raise money for the 70th Annual Weston Fire Department Fourth of July Fireworks Display

Upcoming 2017 SJMH Events

March 15 - Kick Butt Day
March 18 – Awards Dinner, employees cannot bring liquor to event
March 30 - Doctors’ Day Breakfast - 7 to 9 a.m.
March 30, 6 to 8:30 – Skating Party at Skateworld
April 1 and 8 - Rotary Blood Screening
April 8, at 8 a.m. – Weston Cleanup of town and playgrounds
April 8, at 6 p.m. – Egg Hunt at Lewis County Park
April 22 at 10 a.m. – Weston 5K – SJMH employees are free
April 25 - Auxiliary Getting To Know You Dinner - 6 p.m.
May 7-13 – Hospital Week
July 20 – Afternoon/Evening – SJMH Picnic/Pool Party
October 19 - Annual Golf Tournament
November 24, - Weston Christmas Parade – Electric Light Floats, theme is Christmas Around The World
Many Thanks...

Yesterday my son Dylan had to have his tonsils out and what could have been a terrible experience for him and us but it wasn’t. I just wanted to let you know how wonderful the staff was from the time we arrived yesterday morning at 6:30 to the time we left at 5:30. Dylan was treated wonderfully. The nurses from the outpatient department and surgery department knew he was very nervous about having an IV started and took great care making sure he was comfortable and assured him they would wait until he was asleep to start the IV.

Once we made it through surgery and recovery and were moved up to the second floor for the rest of his stay we had wonderful care from the nurses and aides. Not only did they take care of Dylan but were ready and willing to help out us as well. They made sure that he was comfortable and brought him all the popsicles and ice cream he wanted. Dylan said, "I'm never leaving here. I have a cool bed, whatever I want to eat, and a good view."

When it came time to leave Kathy (our nurse) knew Dylan was very nervous about having the IV taken out, so she let him "assist" in the removal and everything went very smoothly. She was wonderful at calming his fears and reassuring him that it wouldn’t hurt. But the care didn't stop there. After getting to the pharmacy to fill Dylan's prescription we encountered a major problem. The pharmacy didn't have the medication that Dr. Pearson had prescribed and none of the pharmacies in the surrounding area had it either. I made a phone call to Rose, the charge nurse on the floor, and within 15 minutes she had the pharmacy with a new prescription.

I wanted to make sure I shared with you how wonderful our experience was.

Thank you,
Michelle Droppleman

Lewis County Students Can Register for $3 For 10th Annual Weston 5K Run/Walk April 22

When organizers of the Weston 5K Run and Wellness Walk planned the first event in 2008, the goal was to encourage people to appreciate the joy of physical fitness. There have been some great successes with several racers who began their fitness road that first year and are still staying fit. Last year about 230 people registered for the event. This week it will be held on Saturday, April 22.

Saint Patrick Church/School, SJMH, and the City of Weston have cooperated on the event since that first year. Other corporate sponsors have also helped the cause including WHAW Radio and WDTV Channel Five. This year race sponsors are again making an effort to pickup more sponsors so that Lewis County students grades K through 12 can have scholarships for the race. Several area businesses have signed up to sponsor the scholarships. With the help of the sponsors, students here will only have to pay $3 to pre-register for the race. The hope is that lowering the registration for students will help more of them become involved. Organizers also want students to enjoy the benefits, which accompany great exercise.

The registration form can be found at www.stonewallhospital.com or at www.cityofwestonwv.com.
Dear Participant of SJMH Pension &/or Voluntary Contribution Plans,

Some of the investment selections for both the SJMH Pension Plan and the Voluntary Contribution Plan (403B) are changing. Please review the attached documents for the details.

If you are currently participate in one of the funds being eliminated you can either:
1. Do nothing and your investments will automatically transfer to the respective replacement fund.
2. Transfer your investments to one of the other available funds that is not being eliminated.

The reason for these changes is to replace a Fund with higher fees to a Fund with lower fees but similar risk and return values.

If you have questions, you may contact our Investment advisor, Lee Edmondson with Morgan Stanley or Steven Mandelberg with CDM Retirement

### NOTICE TO PARTICIPANTS OF THE Stonewall Jackson Memorial Hospital Employees’ Pension Plan

<table>
<thead>
<tr>
<th>Plan Sponsor</th>
<th>SJMH Pension Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employer Tax Identification Number</td>
<td>95-0422958</td>
</tr>
<tr>
<td>Plan Number</td>
<td>80</td>
</tr>
<tr>
<td>Notice Date</td>
<td>2/27/2017</td>
</tr>
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The Plan Sponsor has elected to make some changes to the mutual fund choices available for the Plan. Six existing funds will be removed from the options available to you and replaced by six new funds. An outline of the deletions and additions, along with important fund information and the timing of the changes, is shown below.

The following existing fund(s) will be replaced by the corresponding replacement fund(s):

<table>
<thead>
<tr>
<th>Existing Funds</th>
<th>Replaced Funds</th>
</tr>
</thead>
<tbody>
<tr>
<td>NYDAX</td>
<td>MEPIX</td>
</tr>
<tr>
<td>NYDXX</td>
<td>MEPIX</td>
</tr>
<tr>
<td>RSQXX</td>
<td>DELUX</td>
</tr>
<tr>
<td>QLAX</td>
<td>HBSPX</td>
</tr>
<tr>
<td>GEQRI</td>
<td>NDGIX</td>
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</table>

### Existing Funds to be replaced:

<table>
<thead>
<tr>
<th>Existing Fund</th>
<th>Ticker</th>
<th>Expense Ratio</th>
<th>YTD Return</th>
<th>3 Year</th>
<th>5 Year</th>
<th>10 Year</th>
<th>Annualized Returns*</th>
</tr>
</thead>
<tbody>
<tr>
<td>NYDAX</td>
<td>01/31/17</td>
<td>NovaStar Value Opportunity A</td>
<td>1.15</td>
<td>1.14</td>
<td>7.95</td>
<td>7.34</td>
<td>7.29</td>
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<tr>
<td>NYDXX</td>
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<td>NovaStar Funds U.S. Small Cap Myth R4</td>
<td>0.96</td>
<td>0.50</td>
<td>0.01</td>
<td>0.00</td>
<td>0.00</td>
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<td>RSQXX</td>
<td>01/31/17</td>
<td>Royal Special Equity Consult</td>
<td>2.18</td>
<td>-2.72</td>
<td>5.78</td>
<td>6.85</td>
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<td>QLAX</td>
<td>01/31/17</td>
<td>Federal Capital Preservation Fund SP</td>
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<td>10.24</td>
<td>8.13</td>
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### Replacement Funds:

<table>
<thead>
<tr>
<th>Replacement Fund</th>
<th>Ticker</th>
<th>Expense Ratio</th>
<th>YTD Return</th>
<th>3 Year</th>
<th>5 Year</th>
<th>10 Year</th>
<th>Annualized Returns*</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEPIX</td>
<td>01/31/17</td>
<td>MPS Value R3</td>
<td>0.96</td>
<td>1.14</td>
<td>7.98</td>
<td>8.21</td>
<td>7.29</td>
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<td>MEPIX</td>
<td>01/31/17</td>
<td>MPS Value R3</td>
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<td>0.94</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
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<td>DELUX</td>
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<td>Arkansas Capital Preservation Fund SP</td>
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<td>10.48</td>
<td>12.28</td>
<td>6.78</td>
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<tr>
<td>HBSPX</td>
<td>01/31/17</td>
<td>Hartford MidCap R4</td>
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<td>2.59</td>
<td>8.87</td>
<td>14.94</td>
<td>8.31</td>
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<tr>
<td>NDGIX</td>
<td>01/31/17</td>
<td>Neuberger Berman Genesis Adv</td>
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<td>11.26</td>
<td>8.42</td>
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<tr>
<td>GTDX</td>
<td>01/31/17</td>
<td>Invesco Developing Markets A</td>
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<td>5.12</td>
<td>1.98</td>
<td>11.50</td>
<td>6.85</td>
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</tbody>
</table>

### Limited historical performance data and expense ratios are listed below. Comprehensive fund information, including fund objectives and risk profiles, is available in the fund prospectuses and should be considered before making any investment decisions. You may view each fund prospectus online by visiting www.accesscdm.com.

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Conversion Process:
The assets you have invested in the Exisiting Funds will be liquidated Tuesday, April 11, 2017 and invested into the corresponding Replacement Funds. In addition, any future contributions you select to be invested in the above referenced funds will be invested in the Replacement Funds for all payroll deferrals invested after Friday, April 07, 2017. If you do not want to have these changes automatically take place you must reallocate your funds and/or future contributions via the Voice Response System (888.203.4015) or the website (www.accesscdm.com). This must be completed on or before 4 p.m. EST Friday, April 07, 2017, for those funds from 4 p.m. EST Friday, April 07, 2017 through Wednesday, April 12, 2017. If you do not want to have these changes automatically take place you must reallocate your funds and/or future contributions via the Voice Response System (888.203.4015) or the website (www.accesscdm.com). This must be completed on or before 4 p.m. EST Friday, April 07, 2017 as the Voice Response System and website will not be accessible for those funds from 4 p.m. EST Friday, April 07, 2017 through Wednesday, April 12, 2017. *On rare occasions, these dates may be subject to extension due to changes or delays encountered relating to the new account setup.

Questions:
Please contact the Plan’s financial advisor, Lee Edmondson at 304-353-9053 with any questions that you may have.

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Please contact the Plan’s financial advisor, Lee Edmondson at 304-353-9053 with any questions that you may have.
Paylocity has sent the CORRECTED 1095C’s. Although there should be a copy in the Tax Forms section of your Paylocity portal, if you would like the Corrected “Paper” version, please see or call HR.

For further information regarding the Investment Fund changes, please go to your Paylocity Employee Portal. Click on “MORE” under the Pay Section to find this and other required notices. You will also find important Benefit Summaries listed under the Benefit Section if needed.

Urban Orchard Coming Soon

Members of the SJMH staff have worked with the Try This Conference for several years with the goal of making adults and children healthier with playgrounds. The newest effort for the Hospital and City of Weston is to create two urban orchards so that healthy fruits will be available for the public and the food pantries in town. One orchard will be at Bennett Avenue and the second one by SJMH. Currently there will be 4 trees at the Bennett Avenue location, while another 41 trees and various fruit bushes will be planted next to the Hospital.

Karen Kefover, of Materials, has made arrangements to involve her daughter’s Girl Scout troop. Monica’ Roger’s daughter, who has an LCHS Botany Club also may be involved with the project. The areas will be limed for proper PH balance, and then the tree holes dug, and wire cages for deer protection will be installed. It may take two years for produce, but we will be healthier for the better!

From HUMAN RESOURCES

Karen Kefover, of Materials, has made arrangements to involve her daughter’s Girl Scout troop. Monica’ Roger’s daughter, who has an LCHS Botany Club also may be involved with the project. The areas will be limed for proper PH balance, and then the tree holes dug, and wire cages for deer protection will be installed. It may take two years for produce, but we will be healthier for the better!
Uniform SALE

Thurs., March 16
7 a.m. to 4 p.m.

Fri., March 17
7 a.m. to Noon
SJMH Board Room

Stethoscopes, Pen Lights,
Bella Taylor Handbags, Klogs, Grey’s Anatomy, and
Dansko Shoes, Wide Variety of Uniforms,
Therapeutic Socks in Assorted Colors

Stonewall Home Oxygen Therapy
Market Place Mall 1-79 and Route 33, Weston
Phone 304-269-0100 Open 8 to 5 - Mon.-Fri.

www.shotofcolors.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 $15 Race day $20

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
Weston 5K Run & Wellness Walk
Sat., April 22, 2017 @ 10 a.m.
Corner of East Second St. and Center Ave., Weston
Return to Julia Spelsberg, SJMH, 230 Hospital Plaza, Weston, WV 26452
Please make checks payable to Weston 5K Run and Wellness Walk

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 ___________________________

Address ________________________________

City ______________ State _______ Zip ________

Phone ___________________ Email ____________________________

(Email used for sending race information only)

T-Shirt Size (Circle one):
Youth: L  Adult: S  M  L  XL  XXL

Volunteers

☐ I am walking and would like more information on volunteering before and after the walk.

☐ I am unable to walk but would like to be a volunteer.

Waiver: I know that running or walking a road 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, and the conditions of the road, 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, the City of Weston, and St. Patrick Church/School for the Weston 5K Run and Wellness Walk, 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 from 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 or any other record of this event for any legitimate purpose. Race will be held regardless of weather conditions. Registration is final, no refunds.

Signature Required

Signature of entrant (Guardian if under 18) and date

______________________________________________/________

Date

Free for SJMH employees who pre-register!!!!!
Shop the Auxiliary Gift
Shop for Great Gifts!

Tanya Wynn, MD
Obstetrics/Gynecology

Stonewall Jackson Memorial Hospital welcomes Tanya Wynn, MD, to its experienced team of OB/GYNs. As a physician skilled in caring for the obstetric and gynecologic needs of women throughout their adult lives, Dr. Wynn is devoted to delivering excellent care to every patient... every time.

Services include:
- Annual gynecologic exams
- Menstrual disorders
- Family planning
- Ultrasounds
- Gynecologic surgery, including laparoscopy, colposcopy and LEEP
- Menopause management

304-473-0670
132 Cinema Circle
Buckhannon, WV 26201

304-269-3108
60 Hospital Drive, Suite 104
Weston, WV 26443

March 30

SJMH SKATING PARTY

Thurs., March 30  6:00 to 8:30 p.m.
Bring your family and friends at no cost to Bridgeport Skateworld

$1.00 a Ticket
Basket Includes:
- Personalized Decor
- Canister
- Glassware
- Pw/Brown Bear Set
- Glove
- Room Spray
- Pot Holders
- Light Up Dragon
- Merry Swag
- Kindle Basket
- AND MORE!!!

Proceeds to benefit Medical Costs for Bill Gabriel
Drawing will be held on March 30th 2017

Shop the Auxiliary Gift
Shop for Great Gifts!
PARKING POLICY - REMINDER

PURPOSE:
It is the policy of Stonewall Jackson Memorial Hospital to provide and allocate parking to those we serve. However, the Hospital assumes no responsibility for the safety of those utilizing hospital parking facilities.

SCOPE:
This policy applies to all hospital employees, contract workers, volunteers, students, and office staff.

GUIDELINES:

a) Employees working normal day shift hours within the hospital and in physician office building 2, Monday through Friday between 7:00am and 4:00pm, are only permitted to park in the primary employee parking lot which is located to the rear of the hospital across the bridge, unless they meet the criteria listed in section (d).

b) Evening shift employees (employees starting work after 2:30pm) may park in the small parking lot across from the main entrance, in the main parking lot in front of the hospital, or along the creek.
   Note: any employee whose shift extends past 4:00pm Monday through Friday is permitted to move their vehicles to the areas previously listed at 4:00pm or after, Monday through Friday.

c) All employees are permitted to park in the main lot in front of the hospital, in the small lot across from the main entrance and along the creek on weekends and holidays.

d) The following employees are permitted to park in the main lot in front of the hospital, along the creek behind the hospital and the small lot across from the main entrance.
   - Employees with a doctor’s excuse requiring them to be closer to the hospital.
   - Employees 62 years of age or older.
   - Employees with a state regulated handicap sticker or placard.
   - Employees working in physician office building 1 (POB 1) must park either behind the physician office building 1 (POB 1) or in the main parking lot. Only Doctors with designated parking spaces may park in front of POB’s 1 and 2 and on the side of POB 1.5.
   - Employees authorized by Administration.
   - Employees with designated parking spaces.

e) Hospital parking is not to be utilized for commuter parking, unless directly related to hospital business.

f) Areas without painted lines are not approved parking areas.

Reserved Parking:
Reserved parking is intended for those patients, staff and individuals that are listed on the individual reserved parking signs. Meeting the requirements listed previously (a through f) DOES NOT give you permission to park in Reserved Parking spaces that are not originally intended for your use.

ENFORCEMENT PROCEDURES:
The Security/Maintenance Department will issue vehicle parking permit tags. Issuance of tags for each vehicle will be at no charge. Parking permit tags are REQUIRED for non-visitor vehicles and all employees parked on hospital property. Any vehicle requiring a parking permit tag and found parked on hospital property without required tag will be ticketed. Individuals requiring an exception, such as for a temporary or rental vehicle, must notify the Maintenance Department.

Security/Maintenance will issue tickets. A copy of all parking tickets will be sent to the Human Resources Department. Human Resources will notify the department director for proper disciplinary course of action. Parking Permit Tags are to be mounted on the internal rear view mirror in plain view. The Maintenance Department will issue Parking Permit Tags to all employees.

Note:
Please drive with care and obey the posted campus speed limits. Park so that driveways and aisles are clear and unobstructed. If you store personal belongings in your vehicle, please lock them in your trunk where they are not visible. Stonewall Jackson Memorial Hospital cannot be responsible for articles stolen from automobiles or be responsible for the automobile.