Stonewall Jackson Home Health Nationally Recognized for Cardiovascular Achievement

Stonewall Jackson Home Care (SJHC) was recently recognized as the seventh home health agency in the United States to achieve a key milestone in the Home Health Quality Improvement (HHQI) National Campaign’s Cardiovascular Health Improvement Initiative, designed to prevent heart attacks and strokes among all home health patients nationwide.

SJHC recently met Milestone 4 in HHQI’s Cardio Milestone program, which means that they are at the forefront of preventing heart attacks and strokes among Home Care patients.

With thousands of home health agencies participating in this initiative for more than three years, it’s quite notable for Stonewall Jackson Home Care to be just the seventh home health agency nationwide and the first home health agency in the state of West Virginia to accomplish this key project milestone.

Jane Eisenbeis is director for the agency, and Becky Davis is the Clinical Supervisor. Maria Potter RN, is the Clinical Quality Coordinator, and momentum behind achieving this milestone.

“As the Quality Coordinator, I am always looking for different ways to improve patient outcomes and how we can prevent hospitalizations and readmissions. I found the HHQI resource and saw their campaign on cardiovascular improvement and I decided this was a project that would serve our agency well,” noted Potter.

According to the CDC, heart disease is the number one cause of death in the United States. As part of the initiative, Stonewall Jackson Home Care is taking a preventative approach to cardiovascular care.

The home health setting is an ideal setting to provide education to the patient and their family on disease management and prevention. There are three main areas of focus: aspirin as appropriate, blood pressure control and smoking cessation.

Becky Davis explained, “Our agency was able to communicate with the HHQI project leader and Maria has been using the various resources their website has to offer and has been able to tailor the education program we need to better serve our patients. We are looking forward to achieving the 5th and final milestone to ensure we are providing the best care possible to those we serve.”

Currently there is only one home health agency nationwide that has reached the 5th milestone.

Stonewall Jackson Home Care is affiliated with Stonewall Jackson Memorial Hospital and provides professional healthcare services after experiences, such as hospitalization, a nursing home stay, or outpatient surgery. This affords patients in Lewis, Gilmer and Braxton counties the comfort of recuperating in their own homes, along with an on-call nurse who can be reached for emergencies 24 hours a day, 7 days a week.

The HHQI National Campaign is a quality improvement initiative of the Centers for Medicare & Medicaid Services (CMS) that offers evidence-based educational resources, individualized data reports, networking opportunities and assistance for providers to improve the quality of care provided to their patients. Presently, nearly half of all Medicare-certified home health agencies are participating in the voluntary initiative. To learn more about the HHQI National Campaign, visit www.homehealthquality.org.

HHQI is led nationwide by Quality Insights, based in Charleston, West Virginia with offices throughout the Mid-Atlantic region. Quality Insights is a regional and national resource for health care quality improvement, specializing in measures development and maintenance, data collection and analysis, learning and diffusion, health information technology, and practice transformation. Its 300+ employees and contractors support quality initiatives for the Veterans Health Administration, Centers for Medicare & Medicaid Services, state governments, private payers and more. To learn more, visit www.qualityinsights.org.
Match the Baby Picture With...

Just number your paper 1 through 12 for each employee...then assign the letter to correspond to the family picture....get your entries to marketing by March 17, and we will draw the winning entry at the 2016 Employees of the Month

Connie Sears
January 2016

Brenda Weaver
February 2016

Ben Riley
March 2016

Sean Hamner
April 2016

Mary Welch
May 2016

Candy Donaldson
June 2016

Amanda Bonnett
July 2016

Sandy Smith
August 2016

Christian Conner
September 2016

Lisa Barrett
October 2016

Sharon McHenry
November 2016

Jennifer Romans
December 2016
Match the Baby Picture With the Employee....win $100!

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.
**NOTICE**

March 10 is the deadline to turn in your SJMH Awards Dinner reservation card. You may return these to either Julia or Nastausha.

If you wish to stay overnight for our Annual Banquet you need to make your reservations prior to the end of day on March 6th. You may call (304) 269-7400 to make your reservations.

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**Upcoming 2017 SJMH Events**

- **March 10** - Deadline for Awards Dinner Reservations
- **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

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**UNITED WAY OF GILMER, LEWIS & UPSHUR**

**$1,000 Drawing**

Friday, March 10, 2017
Stonewall Resort Roanoke WV
Social 6:30 – Dinner 7:00 – Drawing 8:00

$35 Donation - Per Person

Ticket holder entitled to one admission, one dinner

See Diane Ocheltree or Derek Garrett for tickets!
Benefit for Dietary’s Faith Forge
Friday, March 10
HOT DOG SALE
11 a.m. to 1 p.m.
on ground floor
$4
2 Hot Dogs, Drink Chips
Bake Sale beginning at 8 a.m.

For more information or to contribute call Anita Carder in materials at 8134.
Notice to Fiduciary of the Stonewall Jackson Memorial Hospital Voluntary Contribution Plan

The below fund(s) are scheduled to be added to the Stonewall Jackson Memorial Hospital Voluntary Contribution Plan on 4/11/2017. Please see the below exhibit outlining the 'indirect compensation' CDM Retirement Consultants Inc. (CDM) may receive from the funds being added as well as their overall expense ratios.

CDM is not affiliated with the mutual fund companies making these payments. The above mentioned form of "indirect compensation" is referred to as a Sub-Transfer Agent or Sub-TA payment. These payments are part of the expense ratio of the mutual fund and do not represent an additional expense to the Plan. These payments compensate CDM for maintaining and servicing individual participant accounts in the Plan.

Sub-TA payments are most often calculated as a percent of assets. Accordingly, these payments will increase with rising markets and decrease with falling markets. These payments vary as the composition of Plan assets change. Alternatively, some funds calculate a Sub-TA based on the number of participants invested in the fund.

MG Trust Company, LLC (MG Trust) provides custodial services to the Plan pursuant to a "Custodial Agreement" entered into between the Plan Sponsor and MG Trust. The compensation paid to MG Trust for providing custodial services is made pursuant to a "Services Agreement" between CDM and its subcontractor, MG Trust. CDM compensates MG Trust an annualized fee of .03% - .05% of plan assets. Alternatively, if a plan utilizes the CMFG Life Insurance Co. Guaranteed Account CDM compensates MG Trust an annualized fee of .02% of plan assets. Additionally, MG Trust receives transaction based fees of $5 - $20 for distribution processing.

The payments to MG Trust Company are not an additional expense to the Plan. The payments are an expense incurred by CDM.

<table>
<thead>
<tr>
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<tr>
<td>Invesco</td>
<td>Invesco Developing Markets A</td>
<td>GTDAX</td>
<td>1.44%</td>
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</tr>
<tr>
<td>Federated Funds</td>
<td>Federated Capital Preservation SP</td>
<td>N/A</td>
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<td>Delaware</td>
<td>Delaware Small Cap Value A</td>
<td>DEVAX</td>
<td>1.21%</td>
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<tr>
<td>Investments</td>
<td>Hartford MidCap R4</td>
<td>HFWSX</td>
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<tr>
<td>Hartford</td>
<td>MFS Value R3</td>
<td>MEHIX</td>
<td>0.98%</td>
<td>0.25%</td>
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<td>Neuberger Berman</td>
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"Expense Ratios" are based on readily available public information which is subject to change without notice at the discretion of the mutual fund companies. All reasonable efforts have been made to ensure their accuracy.

This notice serves as an addendum to CDM's annual Description of Services & Compensation report which is intended to satisfy CDM's disclosure requirement under Code section 408(b)(2) of ERISA.
Notice to Fiduciary of the Stonewall Jackson Memorial Hospital Employees' Pension Plan

The below fund(s) are scheduled to be added to the Stonewall Jackson Memorial Hospital Employees' Pension Plan on 4/11/2017. Please see the below Exhibit outlining the 'Indirect compensation' CDM Retirement Consultants Inc. (CDM) may receive from the funds being added as well as their overall expense ratios.

CDM is not affiliated with the mutual fund companies making these payments. The above mentioned form of "indirect compensation" is referred to as a Sub-Transfer Agent or Sub-TA payment. These payments are part of the expense ratio of the mutual fund and do not represent an additional expense to the Plan. These payments compensate CDM for maintaining and servicing individual participant accounts in the Plan.

Sub-TA payments are most often calculated as a percent of assets. Accordingly, these payments will increase with rising markets and decrease with falling markets. These payments vary as the composition of Plan assets change. Additionally, some funds calculate a Sub-TA based on the number of participants invested in the fund.

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<td>MFS</td>
<td>MFS Value R3</td>
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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 I-79 and Route 33, Weston
Phone 304-269-0100 Open 8 to 5 - Mon.-Fri.

www.shotoofcolors.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

Social Recreation is paying for SJMH Employees Pre-Registration...Thank You!
SJMHSKATING
PARTY

March 30

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

As a reminder there is a PALS course being offered on Tuesday and Wednesday, March 7th and 8th for anyone needing the class. There is also a class on March 24th and 25th but there is minimal space remaining in that one. If you or any of your staff are interested please get in touch with me and I will get the study materials to the appropriate people.

Thanks - Evelyn McCourt, RN
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 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 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

Registration fee: $15  □ paid  $20 on race day □ paid