The Physical Therapy Department of Mon Health Stonewall Jackson Memorial Hospital recently unveiled a new piece of equipment for patients needing to relieve the weight of their body during a rehabilitation session. Some of the patient conditions that would benefit from this device may include joint osteoarthritis, ACL reconstruction, low back pain, geriatric gait abnormalities, lower extremity amputations and various neurologic injuries including traumatic brain injury, stroke, Parkinson’s disease, cerebral palsy, and multiple sclerosis.

The Biodex NxStep™ Unweighing System enables partial weight-bearing therapy with open access to the patient by the therapist allowing one-on-one cueing and care. Relieving a percentage of the patient’s body weight enables early rehabilitation while providing a safe environment for the patient and therapist. The NxStep device allows the Physical Therapists at SJMH to focus on treating their patients by manually facilitating lower extremities while the device decreases the forces of gravity through the dynamic, single-point suspension which accommodates pelvic rotation and vertical displacement. This encouragement of proper mechanics in an unweighing system allows functional gait patterns to be practiced much earlier than with the standard treatment methods.

“This equipment is a great addition to our 8000 square foot facility,” noted Physical Therapist John Weber. “We have truly grown since we moved to our West Second Street location in May of 2013. But our true goal is to better meet our community and this equipment will serve this purpose.”

The Physical Therapy Department at SJMH includes seven physical therapists, three therapist’s assistants and four support staff members. The Physical Therapy Department at SJMH treats a variety of patient conditions from orthopedic to neurologic to sports medicine to wound care for patients of all ages.
Employees of the Month 2017

Marcie Stump
Infusion/ChemoCenter
Employee of the Month
January 2017

Karen Hayhurst
SHOT
Employee of the Month
February 2017

Heather Lantz
Infusion/Chemo Center
Employee of the Month
March 2017

Kelli Frazier
ICU/Telemetry Department
Employee of the Month
April 2017

Connie Riffle
Physician Offices
Employee of the Month
May 2017

Bryanna Crislip
Surgery
Employee of the Month
June 2017

Wanda Couthart
Registration
Employee of the Month
July 2017

Amelia Boggs
Laboratory
Employee of the Month
August 2017

Steve Harker
Maintenance
Employee of the Month
September 2017

Kathy Marsh
Stonewall Medical Group
Employee of the Month
October 2017

Amy Burchett
SHOT
Employee of the Month
November 2017

Angela Harper
Stonewall Medical Group
Employee of the Month
December 2017
Benefit for SHOT’s Sandy Smith
Thurs., March 29

Bake Sale
from 7 a.m. to 1 p.m. in front lobby

Hot Dog Sale
$5
2 Hot Dogs, Drink, Chips

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

Mon Health Stonewall Jackson Hospital
Shop Our Gift Shop For Easter!

Note Change of Location

4th Annual

1000 EGG HUNT
Saturday, March 31, 2018 @ 1pm
Polk Creek Park
For the Children of Hospital Employees

Sponsored by SJMH Social/Recreation Committee
You Are Invited
To Honor February’s Employee
Rosa Thayer
on
Wednesday, March 14

Come to the SJMH Billing Office at 3 p.m. to congratulate Rosa and have cake and ice cream.
MARCH IS NATIONAL NUTRITION MONTH®!

What is National Nutrition Month®?

Initiated in 1973 as National Nutrition Week, the public education campaign became a month-long observance in 1980 in response to growing interest in nutrition.

The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

"Go Further with Food" is the theme for 2018, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling up before a 5K, the foods you choose can make a difference. Preparing foods to go further at home and within the community can have a positive impact, as well. As nutrition experts, dietitians can help people adopt healthier eating styles, while reducing food loss and waste.

Stay tuned to The General for upcoming articles throughout the month of March outlining some of the goals and practical advice from the Academy of Nutrition and Dietetics that you can use and incorporate into daily life to help you reach your nutrition goals and live a healthier lifestyle.

Also, there will be games and prizes during the month of March and participation is encouraged! I will be present in the cafeteria during lunch hours every week for informational sessions regarding this year's theme. I look forward to seeing you all and having some fun!

Pearl Saucler MS, RDN, LDN
Weston 5K Run & Wellness Walk

Sat., April 14, 2018 @ 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 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
The City of Weston provided two proclamations for the Mon Health Stonewall Jackson Memorial Hospital’s Cardiac and Pulmonary Rehabilitation Departments recently. Cardiac Rehab Week was in February and Pulmonary Rehab Week is this coming week. Pictured at left are Kristi Gannon, nurse manager for the department, and Julia Spelsberg Weston mayor.

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**Park Cleanup Day**

We are needing help to clean, mulch, etc. our parks including Willow Creek Park, Polk Creek Park, the Urban Orchard, and Lively Park.

Saturday, April 7 from 8 a.m. to ?

Call MonHealth Stonewall Jackson Memorial Hospital’s Marketing Department to volunteer - 269-8167 or 269-8110.

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**Mon Health Stonewall Jackson Memorial Hospital**

Join Now Stonewall Warriors Team
Payroll Deduction Available

For Information Contact:
Rosa Thayer (687)
or
Diane Ocheltree (8094)

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**NOTICE**

Effective March 28, 2018, Stonewall Pediatrics, office of Pragneshkumar Mistry, M.D. will be closing. You are urged to promptly arrange for your future pediatrics care needs with one of the following physicians:

- Bennett Crvlt, M.D.
  25 Garlon Plaza
  Weston, WV 26452
  304-269-6620

- Dana Pauyer Persinger, D.O.
  25 Garlon Plaza
  Weston, WV 26452
  304-517-1115
  (Will see children 12 years and older)

- Robert Strasser, D.O.
  402 Medical Park Drive, Suite 100
  Weston, WV 26452
  304-269-3929

- Michael Hess, M.D.
  533 Hackers Creek Road
  Jane Lew, WV 26538
  304-904-0941
  (Dr. Hess will see children age 10 and older)

- Michael Gregory, D.O.
  Lively Healthcare Center
  (Dr. Gregory will see children of all ages)

Physical custody of your medical records will remain with Stonewall Jackson Memorial Hospital (SJMH). To obtain a copy of your medical records, or to have a copy of your medical records forwarded to a physician not on this list, please call 304-269-0160 for further information and to arrange for execution of a written authorization and request.
Uniform Sale

Thursday, March 22  Friday, March 23
7 a.m. to 4 p.m.  7 a.m. to Noon

SJMH Board Room

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

304-269-0100 P
Mark Your Calendar
For Our Upcoming Events

March 17 – Awards Dinner @ Resort
March 22 - Skating Party at Buckhannon
March 22 – 23 – Uniform Sale at SJMH
March 26 – Vein Screening
March 29 – Sandy Smith Fundraiser
March 31 - Easter Egg Hunt @ 1 p.m.
April 6 – Flag Raising for CORE
April 7 – Cleanup Day at the Parks
April 14 – Weston 5K @ 10 a.m.
April 21 & 28 – Rotary Blood Screening
April 24 – Auxiliary Dinner/Focus Group
May 2 – 10th Anniversary Celebration at Weston ENT
May 6 thru 12 – Hospital and Nurses’ Week
June ? – Relay for Life of Lewis County
July 26 – SJMH Picnic
August 11 – Movie Night at Polk Creek Park
August 17 – Books R Fun
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

CORE Campaign until May