The Board and staff of Stonewall Jackson Memorial Hospital (SJMH), in Weston were pleased to learn of the election of SJMH CEO Avah Stalnakaer, MHA, as the chairwoman for the 2018-2019 year for the West Virginia Hospital Association. She has served as the CEO at SJMH since January 1, 2012.

John Law, president of the SJMH Board of Directors, was pleased that the Association was honoring Stalnaker in this way. He noted, “The SJMH Hospital Board, and myself, are very, very proud of this honor for Avah. We know that she will represent us well.”

Avah’s career in healthcare began in May 1973 when she began working as a nurse’s aide at SJMH. After graduation from West Virginia Wesleyan College (Buckhannon) in 1977, she was employed full time at SJMH as a staff nurse. Before her promotion to CEO, she gained a wealth of experience in all aspects of healthcare, including:
• clinical instructor for nursing students

Continued On Next Page

Stonewall Jackson Memorial Hospital is pleased to announce and welcome the newest member of the Hospital’s staff of compassionate physicians - Harini “Rathina” Rathinamanickam, M.D.

Dr. Rathina specializes in internal medicine for patients 18 years and older. She is trained to deal with adult medical disorders such as: diabetes, hypertension, COPD, and thyroid disorders.

She is a native of Chennai, India and received her medical degree at Kilpauk Medical College in India. She received her residency training in internal medicine at Texas Tech University, and fellowship in gastroenterology at West Virginia University, in Morgantown. She is American board certified in internal medicine and gastroenterology.

Dr. Rathina noted that she is very pleased to be back in the Mountain State.

“She truly enjoyed working at WVU several years ago,” noted the doctor. “It is exciting to be able to come back to the State of West Virginia because I really liked it when I was living here before. Being able to work in a small community will be extremely fulfilling for me because it gives me the opportunity to connect with my patients. I understand that one of the Hospital’s themes...”
Avah Stalnaker
Continued From Last Page

at Salem College,
• staff nurse in the SJMH medical, surgical, emergency, and obstetrics units;
• supervisor of medical and intensive care units;
• nursing supervisor and IV therapist supervisor;
• assistant director of nursing, and
• acting director of nursing.

From 1988 to 1991 Avah earned a Master Degree in Health Care Administration from the University of Minnesota, having completed her thesis on the impact of Medicare DRG's on the stability of hospital patients at discharge.

During her 21 years as Associate Administrator at SJMH Avah recruited 30 new physicians; managed physician offices, six clinical departments, and five ancillary departments, and oversaw three hospital renovations and two smaller projects. She served the hospital’s Board of Directors as a member of the marketing, ethics, finance, medical executive, Joint Commission, HIPAA, and corporate compliance committees.

As a member of the WV Hospital Association, she serves on the WVHA Board of Trustees, and as a member of the quality and compensation committees. She serves as an AHA Section for Small or Rural Hospitals delegate and member of the Regional Policy Board 3. She coordinated the annual Weston Rotary Club blood screening for years and served as a member and officer of the Lewis County Chamber of Commerce. Avah was a Lewis County United Way board member and chairwoman of the annual campaign. She served on the Lewis County Economic Development Authority. In 2013, she was honored with the West Virginia Wesleyan Alumni Achievement Award and was honored by the Lewis County Chamber of Commerce as 2016 Business Woman of the Year.

The West Virginia Hospital Association (WVHA), representing 63 acute care and specialty hospitals and health systems in West Virginia. The other recently-elected WVHA Officers include:
Chair-Elect: Kevin Fowler, President and CEO, Cabell Huntington Hospital, Huntington;
Treasurer: Albert Wright, President and CEO, West Virginia University Health System, Morgantown;
Immediate Past Chair: Jeff Lilley, Chief Executive Officer, Princeton Community Hospital, Princeton; and

Dr. Rathina
Continued from front page

is ‘our family cares for yours’ and that is what I look forward to doing.”

For your appointment, please call Dr. Rathina’s office at today 304-517-1120. Her new office is located at 251 West Second Street, next to Stonewall Jackson Memorial Hospital’s Physical Therapy Building in Weston.

Marketing Power Point
The Marketing Department has created a Power Point presentation that should be viewed by each SJMH Employee. We have decided to make sure that our first round of presentations is at the monthly department meetings. So we encourage each department head to make sure that we have appeared before your staff. After that hurdle, we will then have staff meet with us individually for the presentation. This is an important part of our Community Hospital Campaign and we know that our staff understand its importance.
Rotary Blood Screening

Saturday, November 10
7 am. to 10 a.m.
Ground Floor of SJMH

This service is provided by the Weston Rotary in association with Stonewall Jackson Memorial Hospital. All participants should fast for 12 hours.

<table>
<thead>
<tr>
<th>Panel Type</th>
<th>Cost ($)</th>
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<tr>
<td>Anemia Panel-Comprehensive</td>
<td>$30</td>
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<tr>
<td>Includes: Iron/TIBC, Ferritin, Folate, B12, Reticulocyte</td>
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<td>Arthritis Panel-Comprehensive</td>
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<td>Includes: CRP Standard, Rheumatoid Factor, ANA</td>
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<td>Comprehensive Health Test Panel -</td>
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<td>Includes: CBC, Comprehensive Panel, Lipid, Thyroid Panel (T4 AND TSH)</td>
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<td>Basic Healthy Heart Panel</td>
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<td>Includes: CBC, Comprehensive Panel, Lipid, Magnesium, High Sensitive CRP, C</td>
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<tr>
<td>Male Wellness Panel</td>
<td>$140</td>
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<tr>
<td>Includes: CBC, Comprehensive Panel, Lipid, Iron, Thyroid Panel (T4 and TSH), Magnesium, CRP Standard, PSA, A1C, Vitamin D, Testosterone</td>
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<tr>
<td>Female Wellness Panel</td>
<td>$140</td>
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<tr>
<td>Includes: CBC, Comprehensive Panel, Lipid, Iron, Thyroid Panel (T4 and TSH), Magnesium, CRP Standard, A1C, Vitamin D, Estrogen</td>
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Stonewall Jackson Memorial Hospital
230 Hospital Plaza, Weston, WV
304-269-8000

Join Us For The Annual Weston Christmas Parade
Friday, November 23, 2018
Starting at 6:00 p.m.

call 304-269-6141 for more info

Followed by the Stonewall Jackson Memorial Hospital Children's Christmas Party at the Weston Volunteer Fire Department
Meet Santa • Refreshments • Facepainting and Balloons • Shentel is providing the Popcorn!

SJMH Upcoming Events

November 5 - Vein Screening, 3 to 5 p.m. in Vein Center

November 10 - Rotary Blood Screening, 7 to 10 a.m. on ground floor

November 22 - Gobbler Gallop, 9 a.m. at Weston Fire Dept.

November 23 – Christmas Parade/After Parade Party, 6 p.m. in Weston

November 24 – Small Business Saturday at St. Pat’s, 10 a.m. to 3 p.m.

December 7 - Foodhandlers Class, noon in Boardroom

December 7 - Children’s Christmas Party, 6 p.m. at LC Senior Center

December 13 - Deadline for Salvation Army Angel gifts to be returned

December 14 - Employee Christmas Buffet, each shift is served

December 15 - Cocoa and Cookies Walk Run at SJMH, 10 a.m. on the back track

January 12 - Winter Fun Run, 10 a.m. on the back track

February 2 - 2nd Groundhog Day Walk Run at SJMH, 10 a.m. on the back track

March 30 - Awards Dinner at Resort, at 6 p.m.

April 27 - Annual 5K Walk Run, 10 a.m. in Weston
16th Annual Charity Golf Tournament Held on Oct. 18

One hundred and two golfers took to the course on Thursday, October 18 for the 16th annual Stonewall Jackson Memorial Hospital’s (SJMH) Charity Golf Tournament. Proceeds from the event are used to fund the M. William Adler Healthcare Scholarship Program for students pursuing degrees in healthcare. The tournament was held at Stonewall Resort, a partner in the annual event.

The scholarship program was named after the late William Adler, who was a long-time SJMH board member and great believer in the importance of education. Since its inception, the program has provided approximately $220,000 to one hundred students from the area.

“We are very proud of this program here at SJMH,” said golf tournament co-chair Julia Spelsberg. “After expenses, all of the proceeds go directly to students continuing their studies in healthcare at a West Virginia school. We have been able to help so many students in a variety of health fields. It is very satisfying for all of us.”

The first place team was K&R Medical with members Rick Thomason, Russ Wilka, Michael Nesbitt, and Kevin Nesbitt who shot a 55. The second place team was H&M Motors with the members of Heath Haddix, Ty Bennett, Brian Bailey, and Alex Nicholas and a score of 57. P&R Development took third place with a 57. The team was made up of Mike Johnson, Daron Washington, Harold Barner, and Chris Bowers.

For the second year in a row the Hospital invited the Lewis County High School Golf Team coached by Mark Workman and Kenny James to participate in the tournament. The students were delighted to play. Coach James noted, “We are very pleased that Stonewall Jackson Hospital invited us again to play in the annual tournament. The kids had a blast in supporting the Bill Adler scholarship. We know that all of the proceeds help high school students just like them.”

The Theresa Snaith Hospital Auxiliary provided the hole-in-one contest with a prize of $10,000.

Other tournament sponsors included Champion, Comprehensive Pharmacy Services, Dominion Energy, J&M Graphix, Jenkins Ford, K&R Medical, LabCorp, Mark Joseph, CPA, PLLC, Morgan Stanley, PRN Solutions, Steptoe and Johnson, PLLC, P&R Development, Radiological Physician Associates, and USI Insurance Services, LLC

Eagle and Birdie Sponsors include: Atlanticon, Central Atlantic Legal Group, Hart Office Solutions, Health South, Pickering and Associates, Theresa Snaith Hospital Auxiliary, SHOT, ISS Solutions

Coffee was provided by Robin Poling and SJMH provided the boxed lunches.

Students from Lewis and Gilmer County are eligible for the scholarship. The children and grandchildren of SJMH employees are also eligible for the awards. For more information about the scholarship, please contact Spelsberg at 304-269-8167.
The Social/Recreation Committee is looking for someone to head up the annual Christmas Parade float for SJMH. The parade is the day after Thanksgiving, November 23 in Weston. The theme for this year’s parade is “Christmas Cartoon Characters.” Please contact Julia or Nastausha to volunteer.

(employee of the month)

You are invited
To honor the October Employee

Diana Daugherty
on
Wednesday, November 7

Come to Stonewall Home Oxygen Therapy at 1 p.m. to congratulate Diana and have cake and ice cream.

(Adler Healthcare Scholarship Tournament)

Pictured above are the first place winners of the 16th annual Adler Healthcare Scholarship Tournament held on October 18, sponsored by Stonewall Jackson Memorial Hospital. The team of K&R Medical included, left to right - Russ Wilka, Michael Nesbitt, SJMH CEO Avah Stalnaker, Rick Thomason, and Kevin Nesbitt. This was the second year in a row that the K&R team took the top honor.

(Christmas Angels)

Needed...
We have received twenty Salvation Army Angels for adoption from Our Neighbor. The children’s needs and requests are listed on the cards and are available in Marketing.

(Stonewall Jackson Memorial Hospital)

Christmas Is Around the Corner!

More of the Charity Golf Tourney
The second place winner of the annual Adler Healthcare Scholarship Tournament, sponsored by Stonewall Jackson Memorial Hospital on October 19 at Stonewall Resort was H&M Motors, which included, left to right, Ty Bennett, Alex Nicholas, Brian Bailey, and Heath Haddix.

The second place winner of the annual Adler Healthcare Scholarship Tournament, sponsored by Stonewall Jackson Memorial Hospital on October 19 at Stonewall Resort was H&M Motors, which included, left to right, Ty Bennett, Alex Nicholas, Brian Bailey, and Heath Haddix.

Third-place winner at the Stonewall Jackson Memorial Healthcare Scholarship Tournament was the team from P&R Development. Pictured above, and included Mike Johnson, Chris Bowers, Daron Washington, SJMH CEO Avah Stalnaker and Harold Barner.

Do you know these past employees?
I have retirement paperwork to send to them, but I do not have current addresses or phone numbers. Please let Rhonda at extension 8060 know if you can assist.

1. BEVERLY CARPENTER
2. AMY DILLON
3. JESSICA HUGHART
4. AMY MOORE
5. LAURA PADGETT
6. MISTY REXREAD
7. TRESSA TUGWELL
8. RALPH UTZMAN
9. REBECCA WRIGHT

40% off Uniforms Purses Shoes
Clearance Uniforms marked down to
$1250

Mon., Nov. 19 thru Fri., Nov. 23

Stonewall Home Oxygen Therapy, Inc.
Market Place Mall - I-79 and Route 33
Open 8 to 5 - Mon. - Fri.
Phone 304-269-0100
Closed Thanksgiving
Gobble ... Gobble!

Kate Anderson is doing a terrific job organizing our first Gobble Gallop on Thanksgiving Day here in Weston. The 5K should be a breeze for walkers and runners. Find an application at the hospital website and return to Marketing.

NOTE OF THANKS

Dear Emergency Department,

Just a note to thank you for the wonderful care we had during our stay. Many thanks to all the staff, emergency crew, nurses and Dr. McMillion. Thank you for your care and prompt attention. Your kindness will not be forgotten and will always hold a special place in our hearts. May God bless you all!

Medicare’s Annual Open Enrollment Period is
October 15 – December 7, 2018

WV SHIP provides free, objective, and confidential help to Medicare beneficiaries and their families.

Your Medicare plans are subject to change every year without notice. Your monthly premium could be raised, you may have a plan that is not renewing or one of your prescriptions could be dropped from coverage in your plan.

Plans Change, People Change, Shop and Compare... You may even save money!

A WV SHIP Counselor will be at

Stonewall Jackson Memorial Hospital

November 13, 2018 11:00 am - 1:00 pm

Contact your local SHIP Counselor at 1-800-296-5341 for more information.

The Weston Gobble Gallop
Thanksgiving Day 5k Run/Walk
Thursday, November 22, 2018
9:00 am at Weston Fire Department

Registration $20

Race day registration will be available beginning at 8:00 am, but pre-register by November 1 to guarantee a T-shirt! To download a registration form, visit www.stonewallhospital.com and click on the "walk/run" button. You may also pick up a registration form in the SHIP lobby. Awards for top three male/female finishers.

Sponsored by

Stonewall Jackson Memorial Hospital

The Weston Fairs and Festivals Committee presents:

A RE CREATION OF WESTON’S FAMOUS
BAILEY HOUSE DINING ROOM
Wednesday, November 7, 2018
opening at 5:00 p.m. for dinner – reservations required
102 Main Street, across from Stonewall Jackson Hospital

Where the public may enjoy a re-created dinner in the 18th century manner prepared by Thomas Bailey’s outstanding daughter, Cornelia, who has created an event worthy of the finest colonial and revolutionary American dining in the form of the original Bailey Dinner.

“Colonel” Bailey House Food Choices

Roast Turkey in Mashed Corn
Mashed Potato, Green Beans
Apple Dumplings with Cider

Feast in a Fantasy setting
for local and out of town visitors.

Refreshments: “The Evening with Adam & Eve”
Bread/Butter/Chutney, to lead off dinner and to serve after, wine and cheese. There, after distribution in “Champagne” of their open wine "Victoriana".

Reservations are required and can be made by phone – 304-295-3153 – or at the City Municipal Building 304-297-4114. Cost per person, $50 per person deposit required. (Deposit not included). Each person will be asked to choose between having fixed choice or select HMF.

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Fall Into Wellness @ SJMH in 2018

Opportunities and Ideas

- Walking Trail in the back lot has been repainted for your fall weather enjoyment during lunch or a break. Get up and Move!!!
- If you’re wanting to stop smoking or looking for ideas to help you quit, reach out to a member of the Wellness Committee or the Respiratory Department
- SJMH’s support of the 5K per month push and Pace Yourself Lewis County has been quite successful. The following are dates for currently scheduled events:
  - Relay4Life 9/29
  - 4-H 5K 10/13
  - Weston Gobble Gallop 11/22
  - Cocoa and Cookie 5K 12/15
  Contact Rachelle @ 8501, Kristi @ 8099 or Kate @ 8097 to sign up or volunteer (needed urgently)
- New Fall/Winter healthy living/competition/challenge opportunity:
  - Register for free online at [www.sparkpeople.com](http://www.sparkpeople.com)
  - Got to the COMMUNITY tab and search for a Spark Team titled Stonewall Jackson Memorial Hospital
  - Join the team and get started!!

- SJMH Fall Fitness Facebook Group – Join and invite your fellow employees
  - [https://www.facebook.com/groups/121587875391104/](https://www.facebook.com/groups/121587875391104/)
Food Handlers Class

The Lewis County Health Department will be at SJMH’s Boardroom on Friday, December 7 at noon, to provide a Food handlers presentation and test for SJMH staff. There will be a study guide available for people interested in taking the test in the next few weeks.

It is very important that our staff/volunteers have food handlers cards when serving food for our activities. This is the perfect opportunity for testing and certification. Since this benefits SJMH, Social Rec will pay for a year card.

Family Practice

Announces New Office Hours to better serve you.

Appointments are available -
Tuesday - 9 a.m. to 7 p.m.
Wednesday - 7 a.m. to 5 p.m.
Phone 304-517-1115

Accepting New Patients:
• Primary care for patients 12 years and older
• Preventive care and screenings
• Treatment of unexpected illnesses
• Management of chronic diseases, including diabetes, hypertension, heart disease, and more
• Referrals to specialists

Compliance Week Activities

Each day, we’ll have treats and fun. Visit the Compliance Office or wait for Compliance to come to you. Your choice!!

Sunday, November 4 – Vegetables and Values – 1245 -1445 Compliance, Lively, ICU, ED, OB and MedSurg
Monday, November 5 – Ask It Apples – 0700 -1600 Compliance, Urology, PT, Cardiac Rehab, IT and Radiology
Tuesday, November 6 – Pitfall Pastries – 0530 – 1600 Compliance, Laboratory, EVS, Registration, Respiratory, Billing and Snuffer
Wednesday, November 7 - Concerns and Colas – 0700 – 1600 Compliance, SHOT/Home Care, ENT, Garton Plaza and Lively
Thursday, November 8 – Fruits and Follies – 0700 – 1600 Compliance, OR, HIM, Dietary, Infusion Center, ED, MedSurg and ICU
Friday, November 9 – Hershey’s HIPAA – 0530 – 1300 Compliance, Maintenance, ORTHO, OB, Mahmoud, Kurdi, Edwards, MHC
Saturday, November 10 – Bribery Brie – 0430 – 0700 Compliance, ED, MedSurg, ICU and Registration

Social Rec will pay for a year card.
Halloween at SJMH
Halloween at SJMH
Small Business Market Craft Show

Sat., Nov. 24 - 10 a.m. to 3 p.m.
Saint Patrick Gym - Weston, WV
Call 304-269-3683 for more information
Greg Wine reminds staff that their shoebox gift boxes should be returned by November 17 for little children in third world countries. Thanks Greg for your kindness!!!!