The Weekly General
Volume 5, Number 39, November 9, 2018
Weekly Newsletter for the Staff of Stonewall Jackson Memorial Hospital

First Thanksgiving Gobble Gallop Held

Stonewall Jackson Memorial Hospital (SJMH) physical therapist Kate Anderson coordinated the first Thanksgiving Day Gobble Gallop through downtown Weston. Twenty-five participants pre-registered, but 54 walkers and runners started the race.

Winners in the men’s division were Jacob Moore, Keefe Kiser, and Mason Schoonover - first, second, and third places respectively. Women’s winners were Rebecca Schoonover, Jamie Donaldson, and Rachel Weber.

Pictured above are several of the winners from SJMH’s Gobble Gallop held on Thanksgiving. Left to right are, Jacob Moore, men’s first place, Keefe Kiser, second place, race coordinator Kate Anderson, Jamie Donaldson, women’s second place, and Rachel Weber, third place.

Kate Anderson, pictured at right, shows off the Gobble Gallop medals awarded to the top three finishers in both the men’s and women’s category.

SJMH is helping coordinating a walk/run a month. The next one will be on Saturday, December 15, in the SJMH back parking/trail area. There will be no cost for the Cookies and Cocoa Run. The registration can be found at www.stonewallhospital.com.

Thanks to the SJMH employees who came out on the holiday to make this such a great success...Many thanks to the Weston Fire Department, Weston Fire Department, and Weston Street Department, including Bryan Reed....it would be impossible without the great cooperation of all these entities!
This is a business that I hope to bring to Lewis County in the upcoming years. This will be a small food service business. I am taking inspiration from both my mother and late grandmother. Everything they made used one special ingredient: Love. I hope to put a little bit of their love as well as my own into every portion of my business. For the event on Nov 24th at Saint Patrick's Gym in Weston, I will be serving the following items:

**Cabbage Roll Soup** – Hearty soup made with beef broth, ground beef, cabbage, tomato juice, diced tomatoes, rice, and various spices/seasonings.

**Potato Soup** – Creamy with potatoes, onions, celery, and served with or without cheese.

**Chicken Noodle** – Home cooked chicken with chicken broth, noodles, and various veggies.

All soups are $1.00 per bowl and come with one sugar cookie. Sugar cookies can be purchased for 25¢.

I hope to see everyone there. I hope that I can make you happy with food just like both of the strongest role models I have in this world.

Josh Moneypenny
Future owner/operator

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Stonewall Academy was held November 19 through 21, at SJMH.

After three days of education, career shadowing, and CPR certification twelve Robert Bland Middle School students graduated from the Academy. The goal of the project is to help students pick his/her career path for high school.

Amanda Landis coordinates the career project for SJMH. Highlight of the session was graduation in the SJMH Board Conference Room attended by SJMH staff, Academy student parents, and Lewis County Board of Education personnel.

The Academy sessions were held from 8 a.m. to 4:30 p.m. each day. The students learned basic medical skills; were given assistance with career planning; and the opportunity to shadow in different departments.

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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!

Greenlief and Moneypenny at Local Craft Shows
Joyce Greenlief, executive secretary and credentialing specialist, is well-known at SJMH for her beautiful original paintings. She and materials' Josh Moneypenny will be bringing their wares to the Small Business Market on Saturday, November 24 at the St. Pat’s Gym in Weston, as well as having their own display in the SJMH lobby on Thursday, November 29.
Josh will be creating his Mountain Momma Cafe with specialty soups and goodies.

SJMH Upcoming Events
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
Bell Ringing on Dec. 13-14; Salvation Army Angels Available from Marketing

Stonewall Jackson Memorial Hospital will again participate with the Salvation Army in bell ringing at Shop N Save food store on December 13 and December 14 from 10 a.m. to 8 p.m. each day.

This money goes towards the providing gifts and food for the less fortunate during the holidays. It would only take an hour of your time to participate!

There are approximately 14 Angels from Our Neighbor who can be adopted for Christmas. Please see Marketing for both projects.
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. Here is a study guide for people interested in taking the test. Social/Rec will pay for the cards.

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.

Testing will be Friday, December 7 at noon for your Food Handlers Card!

PHYSICAL STRUCTURE
Walls, floor, ceiling and attached equipment (lights, fans, etc.) are to be kept clean and in good repair.

REFUSE (garbage)
Indoors—stored in approved containers and covered when not in continuous use or contain food residue. Outdoors—stored in approved containers with tight fitting lids and doors.

SEWAGE
Any liquid waste containing animal or vegetable matter in suspension or solution and may include liquids containing chemicals in solution. This also includes mop water. Sewage must be disposed of in an approved manner (sanitary sewer).

INSECT & RODENT CONTROL
Insect & Rodent Control can be accomplished by using screens in windows; keeping doors and windows closed when not in use; and fixing holes in walls.

POISONOUS, TOXIC MATERIALS
Medicines are considered toxic and poisonous materials. Poisonous and toxic materials are to be separated and identified by common name. Stored so that they are not stored above food, equipment, utensils, linens, and single service or single-use articles.

TEMPERATURE DANGER ZONE
The temperature danger zone is 41 degree F to 135 degree F. Potentially Hazardous Cold foods have to be maintained at 41 degree F or less. Potentially Hazardous Hot foods have to be maintained at 135 degrees F or greater.

LEFT OVER FOODS
Left over foods must be reheated rapidly to 165 degrees F, and then maintained at the holding temperature of 135 degrees F.

FOOD HANDLERS
Any food handler experiencing vomiting, diarrhea, jaundice or sore throat with a fever must tell supervisor and not work with the food.

ACCORDING TO LEWIS COUNTY CLEAN INDOOR AIR REGULATIONS, SMOKING IS NOT ALLOWED INSIDE ANY RESTAURANT OR WITHIN 15 FEET OF ANY EXTERIOR DOORS

Lewis County Cards are $5 for a 1-Year Card, $10 for a 2-Year Card, and $15 for a 3-year card. State Wide Cards are $15 for 1-year Card, $20 for 2-year Card and $25 for a 3-year Card.
Pat on the Back to Kevin Stalnaker

“At the drop of a hat Kevin came to help us when he heard we were in need. When dealing with a psych patient Kevin was cool, calm, and collected – helping calm and direct the patient. He was a tremendous help to us – we appreciate you, Kevin, more than you will ever know.”

Christmas Is Around the Corner!

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.

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

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