SJMH Physical Therapy Educates With Strategy to Relieve Pain

Stonewall Jackson Memorial Hospital’s Physical Therapy (PT) office, located on west Second Street in Weston, celebrated national PT month with a project suggested by the American Physical Therapy Association (APTA). Physical therapist Sara Giebell, led the project, which promoted the use of physical therapy instead of opioids for pain control.

The staff provided a “goodies” table and a raffle basket with a number of fitness-themed products. Patients were encouraged to provide a post-it note with the positive outcomes received using physical therapy.

“We are all quite aware of the opioid epidemic which affects so many people, especially here in West Virginia,” Giebell explained. “APTA provided a wealth of information on the issue while explaining how a patient could find more relief from physical therapy than pain pills.”

Giebell also explained that using opioids for pain management has created a national crisis, noting that opioid prescription rates have quadrupled since 1999. In 2016, the Centers for Disease Control and Prevention (CDC) released guidelines to reduce opioids in favor of safer alternatives such as physical

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You Are Invited

Children’s Christmas Party,
at the
Lewis County Senior Center,
Fri., Dec. 8,
beginning at 6:00 p.m.
If you want a picture with Santa, you should be there at 6!
Influenza Vaccination

All employees and individuals with medical staff privileges must receive the “flu shot” as a condition of employment/affiliation. The only time a mask may be worn is if the individual receives a medical or religious exemption from receiving the “flu shot”. If an exemption is warranted, the mask must be worn at all times.

Salvation Army Angels Are Ready To Be Adopted.... See Julia in Marketing!

Halloween Dress-up At SJMH
From SJMH Safety Fair
More Halloween Dress-up At SJMH
And the Winners Are:

Winners from the SJMH Halloween Activities Included:
Costume Contest at Safety Fair
Ages 0-3
Minny Mouse – Khloe Henline
Joker – Emmitt Clark
Dorothy –Ariana Knight
Deer – Kaisleigh Hamlin

Ages 4-7
Scariest
Clown – Gabe Craig
Bride – Bianca Lorentz

Ages 4-7
Original
Astronaut – Grady Helmic
Captain Jack Sparrow – Jackson
Mason

Ages 4-7 Funniest
Scarecrow – Zaylee Wagner
Ninja – Kyle Goodwin

Ages 8 – 10 Year old
Moana – Isabelle Cedeno
Blue Ninja – Wyatt Moore
Ninja Turtle – Christopher
Walton

Pumpkin Drop
1 -Joel Chenweth
2 - Kristy Aldridge
3 - Kyrston Lipps

Pet Show Winners
April Hurst and Peanut dressed as Mommy’s Little Boo in the matching category; Travis Simpson’s Evee dressed as Sir-acha-To-Go; and Kattie Lantz’s Peacock dog – Maggie.

October was national physical therapy (PT) month and the staff from Stonewall Jackson Memorial Hospital’s PT department is pictured above. Seated, left to right, Trish Anderson, Brigetta Fisher, Kate Anderson; standing, left to right, Veena Mazza, Brenda Murphy, Lauren Siers, Hannah Sias, Sara Giebell, Sean Hamner, Debbie Gum, Matt DeGarmo. Not pictured are: Kathryn Ralston-Fealy, John Weber, and Leeann Coffield.

The Pumpppkin Drop Winners are shown above.
Many Thanks!

Many thanks to the kind people of Lewis County for their donations to the annual Community Baby Shower. Organizer Dee Evans brought out a whole crate of new baby clothes for the new moms here at SJMH’s OB Department. Evans pointed out that the Broad Street Church always keeps a large inventory of baby items to supply SJMH’s needs.
Friday, November 10
in the Stonewall Jackson Memorial Hospital Lobby
8 a.m. to 4 p.m.

You Are Invited To A
Showing and Sale
of the Original Artwork
of SJMH Employee
Joyce Greenlief

PLUS
A Bake Sale by the
Waldeck Church Ladies

PLUS
Cookies by
Josh Moneypenny
ROTARY

Blood Screening

All participants should fast for 12 hours.
There will be 51 different tests performed in the health fair panel.

Other tests available are: PSA that aids the physician in the detection of prostate cancer; TSH and T4 for thyroid screening; and HEMOGLOBIN A,C, which measures cumulative glucose values. Vitamin D is a good screening tool for osteoporosis and will aid in determining whether vitamin D supplements may be necessary. Rheumatoid arthritis can help aid in the diagnosis of rheumatoid arthritis and other autoimmune disorders. The Urine Test can help determine infection, metabolic disorders, and other disorders such as liver disease. All test results will be mailed to the participant.

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Saturday, November 4, 2017
7 a.m. to 10 a.m.
Ground floor of SJMH

This service is provided by the Weston Rotary in association with Stonewall Jackson Memorial Hospital.
Flu Shots will also be available.
As part of the American Cancer Society's 80% by 2018, a project to encourage early screening for
good colon health, SJMH will provide free fecal occult blood tests for interested parties.
Benefit for Urology's Lydia Selmon
Friday, November 17
HOT DOG SALE
11 a.m. to 1 p.m. on ground floor
$4
2 Hot Dogs, Drink Chips
Bake Sale beginning at 7am
Call Josh Moneypenny in Materials
304-269-8134 for Questions or to contribute.