The West Virginia Hospital Association (WVHA) recently recognized Stonewall Jackson Memorial Hospital for their outstanding work in the Commitment to Excellence Honors Program and their commitment to the following topic areas:

- Antibiotic Stewardship
- Breastfeeding Initiative
- Care Transitions
- Emergency Department Information Exchange (EDIE)
- Hospital Improvement Innovation Network (HIIN)
- Influenza Vaccination
- Opioid Stewardship
- Tobacco Cessation Assistance
- WVHA Discharge Data Program

SJMH CEO Avah Stalnaker was pleased with the designation.

She noted, “Stonewall Jackson Hospital’s mission is to provide excellent care to all we serve. Our commitment to quality is demonstrated everyday in all that we do. Participation in the WVHA’s Commitment to Excellence Honors Program is one example of this commitment. We are pleased that the physicians and staff were able to obtain gold honors in all nine of these areas.”

The West Virginia Hospital Association (WVHA) is a not-for-profit statewide organization representing 63 hospitals and health systems across the continuum of care. The WVHA supports its members in achieving a strong, healthy West Virginia by providing leadership in healthcare advocacy, education, information and technical assistance, and by being a catalyst for effective change through collaboration, consensus building and a focus on desired outcomes.

Members of the Association believe it is essential, in the interest of West Virginia citizens, to have a strong healthcare system that supports and improves the health status of those people served by our hospitals, as well as the economic condition of the state. West Virginia’s hospitals seek to establish and maintain trust among providers, policymakers and the public through actions, sensitivity, professionalism and community-minded commitment to service.
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
  - 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/
SJMH Upcoming Events

October 27 – Safety Fair at Weston Fire Department, 11 a.m. to 1 p.m.

October 28 – Pet Costume Contest at 4 p.m., Pumpkin Drop at 5 p.m. at Middle School Parking lot

November 4 – 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 14 - Employee Christmas Buffet, each shift is served

December 15 - Cocoa and Cookies Walk Run at SJMH, 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

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
Childrens’ Christmas Party
at the Weston Volunteer Fire Department
Meet Santa and Mrs. Santa • Refreshments
Facepainting and Balloons!

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 - 12:00-1:45 Compliance, ICU, ED, OR and MedSurg

Monday, November 5 - All 4 Apples - 7:00-10:00 Compliance, Ultrasound, IT, Cardiac Rehab, IT and Radiology

Tuesday, November 6 – PItfall Pitas - 7:00-10:00 Compliance, Laboratory, EVS, Registration, Respiratory, Billing and Snuffler

Wednesday, November 7 - Comfort and Care - 6:00-10:00 Compliance, SHO/Home Care, EMR, Garfield Plaza and Lively

Thursday, November 8 – Fruits and Follies - 6:00-10:00 Compliance, OR, HV, Dietary, Infusion Center, ED, MedSurg and ICU

Friday, November 9 - Hershey’s HIPAA - 5:30-6:30 Compliance, Maintenance, ORTHO, OB, Mahmoud, Kurdi, Edwards, MHC

Saturday, November 10 - Bribery Brie - 6:00-7:00 Compliance, ED, MedSurg, ICU and Registration

Rotary Blood Screening

Saturday, November 10
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.

All participants should fast for 12 hours.

Anemia Panel-Comprehensive $30
Includes: Iron/TIBC, Ferritin, Folate, B12, Reticulocyte

Arthritis Panel-Comprehensive $30
Includes: CRP Standard, Rheumatoid Factor, ANA

Comprehensive Health Test Panel - $50
Includes: CBC, Comprehensive Panel, Lipid, Thyroid Panel (T4 AND TSH)

Basic Healthy Heart Panel $60
Includes: CBC, Comprehensive Panel, Lipid, Magnesium, High Sensitive CRP, C

Male Wellness Panel $140
includes: CBC, Comprehensive Panel, Lipid, iron, Thyroid Panel (T4 and TSH), Magnesium, CRP Standard, PSA, A1C, Vitamin D, Testosterone

Female Wellness Panel $140
Includes: CBC, Comprehensive Panel, Lipid, Iron, Thyroid Panel (T4 and TSH), Magnesium, CRP Standard, A1C, Vitamin D, Estrogen

Stonewall Jackson Memorial Hospital
230 Hospital Plaza, Weston, WV
304-269-8000
Saturday, October 27
SJMH Children’s Halloween
Wellness and Safety Fair
11:00 a.m. to 1:00 p.m.
Weston Volunteer Fire Department • Center Avenue • Weston
Free Refreshments • Free Giveaways
Halloween Costume Contest with age brackets of: 0-3, 4-7, 8-10, 11-13
Most Original, Scariest and Funniest. Lots of Safety Games and Displays

Sunday, October 28
Trunk or Treat at
RLBMS Field
Sponsored by H&M Motors, and Weston Fairs and Festivals Committee
4 p.m. – SJMH Halloween Pet Costume Contest
5 p.m. – SJMH Pumpkin Drop
6 to 7:30 p.m. – Trunk or Treat
7:30 p.m. - Magician

Brought to you by: Stonewall Jackson Memorial Hospital, The City of Weston Fairs and Festival Committee, St. Patrick School, Weston Rotary Club, and H&M Motors

NEEDED....
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 REVIEW BOARD SELECTIONS FOR
OCTOBER 1, 2018 to SEPTEMBER 30, 2019

<table>
<thead>
<tr>
<th>Name</th>
<th>Department</th>
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<tr>
<td>RUSTY SIMPSON</td>
<td>IT</td>
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<td>AMANDA BALL</td>
<td>MED/SURG</td>
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<td>MICHAEL BENNETT</td>
<td>MAT. MGMT</td>
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<td>SARAH BROWN</td>
<td>MED/SURG</td>
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<td>SHARON CUPPETT</td>
<td>MED RECORDS</td>
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<tr>
<td>RICHARD MONEYPENNY</td>
<td>MAIN/SEC</td>
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<tr>
<td>KELLIE WILFONG</td>
<td>P-PERSINGER CLINIC</td>
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Thanks to all for another successful Uniform Sale at SJMH. Pictured above are Charlene Wiant, Sandy Smith, and Carrie Mace who manned the sale. Thanks so much to the SJMH Maintenance Dept. and other SHOT members for their hard work.
NOTICE

Just a reminder that the renewals for nursing licenses are due by October 31. If the license is not renewed an employee cannot work.

Halloween Dress-Up Day

SJMH Employees are invited to dress up for Halloween on Wednesday, October 31. The only request is that the costumes not offend or scare our patients or co-workers.

Have a good time...it is Halloween!
FACTS about your Prescription Drugs (those with SJMH Medical Insurance only):

1. The Plan never lost Rx coverage, only reduced pricing.
2. SJMH is not currently associated with the reduced cost 340B Drug program and will not be until January 1, 2019
3. SJMH was unable to work out a contract with a local pharmacy for reduced pricing, therefore....
4. PURCHASE YOUR PRESCRIPTIONS AS YOU ALWAYS HAVE – from the Home Host Pharmacies.

What does all this mean for you? The 340B pricing reduced the cost of the overall drug often reducing the amount that both you and SJMH had to pay. The Generic Co-pay for a 30-day supply is $15.00. With the discounted 340B pricing, your Co-pay may have been less than $15. Without the discounted 340B pricing, you may have to pay the full $15. The remainder of the increased cost will be paid by SJMH.

Please refer to the eligible pharmacies and the Co-pay benefits to the right:

| Prescription Drugs – Benefits available up to a 90 day supply at the following pharmacies only: | Kroger Pharmacy |
| - 80 Skyline Plaza, Buckhannon, WV 304-472-0715 |
| - 198 Emily Drive, Clarksburg, WV 304-523-1482 |
| Wal-Mart Pharmacy |
| - 110 Berlin Rd, Weston, WV 304-269-2443 |
| - Rt. 33 W, Buckhannon, WV 304-472-0834 |
| CVS – 250 Court St., Weston, WV 304-269-1125 |
| Fast & Friendly Pharmacy – Weston, WV 304-269-3737 |
| Rite Aid/Walgreens |
| - 218 E. 3rd St., Weston, WV 304-269-7963 |
| - 902 N. Lewis St., Glenville, WV 304-462-4438 |
| - 168 Main St., Sutton, WV 26601 304-765-2562 |
| - 71 W. Main St., Buckhannon, WV 304-472-0150 |

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

Mon., Nov. 19 thru Fri., Nov. 23
Medicare’s Annual Open Enrollment Period is
October 15 – December 7, 2018

Medicare

OPEN ENROLLMENT

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
SJMH Sponsoring Thanksgiving Walk/Run in Downtown Weston

Stonewall Jackson Memorial Hospital, in collaboration with Pace Yourself Lewis County, is sponsoring the Weston Gobble Gallop on Thanksgiving Day beginning at 9 a.m. close to the Weston Fire Department.

Race day registration will be available beginning at 8:00 a.m., but pre-register by November 1 to guarantee a T-shirt! To download a registration form, visit www.stonewall-hospital.com and click on the “walk/run” button. Return the application to SJMH, 230 Hospital Plaza, Weston, WV 26452. Call 304-269-8167 for more information. There will be awards for top three male/female finishers.

Participants should walk/run up Center to 6th, make a left on 6th, another left on Main. Run south all the way down Main, turn left at the “Y” so you’ll be back on Center. Proceed north on Center past the start line and do the loop again. The finish line will be near the Military Museum (which will be just a few steps in as if you were starting the lap for a third time).

SJMH has been collaborating with local non-profits such as the American Cancer Society, Saint Patrick School, and the City of Weston to create a walk/run in each month of the year. The goal of the collaboration is to encourage people to walk/run for their health. West Virginia and Lewis County have very poor health statistics and organizers hope to encourage people to give up their sedentary ways to get out and walk and become healthier.

There are many reasons for residents to take up walking as a healthy habit.

It is an unfortunate fact that the walking rate for most Americans has fallen dramatically in the past few decades. For example:

- Among students living within 1 mile of school, the percentage of walkers fell from 90% to 31% between 1969 and 2001.
- According to the CDC, only 13% of children walk to school today compared with 66% in 1970.
- Only 21% to 34% of U.S. adults meet public health recommendations (5 times per week for at least 30 minutes) for physical activity by walking.
- Walking provides a variety of benefits for people. Being consistent in one’s walking exercise routine is one of the most important factors in developing a healthy physical activity program.

- People who walk approximately 20-25 miles per week outlive those who don’t by several years.
- On average, every minute of walking can extend your life by 1.5 to 2 minutes.
- Walking 20 extra minutes daily will on average burn off 7 pounds of body fat per year.
- Longer, moderately-paced daily walks (40 minutes at 60% to 65% maximum heart rate) are best for losing weight.
- Shorter, faster walks (20-25 minutes at 75% to 85% maximum heart rate) are best for conditioning your heart and lungs.
- Walking burns off around 5 to 8 percent of protein, 70 percent of carbohydrates and 15 percent of fat.
- Walking 150 minutes per week and losing just 7% of your body weight (12-15 pounds) can reduce your risk of diabetes by 58%.
- In a study on walking and cognitive function, researchers found that women who walked the equivalent of an easy pace at least 1.5 hours per week had significantly better cognitive function and less cognitive decline than women who walked less than 40 minutes per week.
- Mortality rates among retired men who walk less than one mile per day are twice that among those who walk at least two miles daily.
- Women in the Nurse’s Health Study (72,488 female nurses) who walked three hours or more per week reduced their risk of a heart attack or other coronary event by 35% compared with women who did not.
- Women who brisk walked from one hour and 15 minutes to 2.5 hours per week had an 18% decreased risk of breast cancer compared with inactive women.
Stonewall Jackson Memorial Hospital’s Physical Therapy Department celebrated National Physical Therapy Month with an informative display and plenty of well wishes at their West Second location, in Weston. Local residents, left to right, are Wilbur Swisher, Leona Swisher, and SJMH Board Member Gerald Wood, who were on hand to congratulate the staff for a job well done.

Nice Job Amanda!

Stonewall Jackson Memorial Hospital nurse educator Amanda Landis (pictured at left) provided important first aid education to local Girl Scouts at Saint Patrick School in Weston, recently. The first aid clinic provided the Scouts with the opportunity to obtain their first aid badges.
Stonewall Jackson Memorial Hospital provides a healthcare scholarship annually for local students pursuing degrees in healthcare. The program is funded through the annual Charity Golf Tournament held at Stonewall Resort, recently. For the second year in a row, SJMH was able to invite the Lewis County High School Golf Team to the event. The team is pictured above, front row (L-R) Chase Freeman; Luke Riley; Austin Riley; Coach Mark Workman; back row (L-R) Kole Bozic; Hunter Heath; Ayden Wyckoff; Coach Kenneth James. The event provides an opportunity for the students to participate in local tournaments.

Pictured below are members of the Stonewall Home Oxygen Therapy team who appear to be a little chilly. Left to right are: Amy Burchett, Alderson Burchett, Ed Perrine, and Robbie Shingleton. More pictures will be published next week in The General.
Stonewall Jackson Sleep Lab Receives Program Accreditation

Stonewall Jackson Sleep Lab in Weston recently received program accreditation from the American Academy of Sleep Medicine (AASM).

“The American Academy of Sleep Medicine congratulates Stonewall Jackson Sleep Lab on meeting the high standards required to earn accreditation as a sleep disorders center,” said Dr. Douglas Kirsch, AASM president. “Stonewall Jackson Sleep Lab is an important resource to the local medical community and will provide academic and scientific value in addition to the highest quality care for patients suffering from sleep disorders.”

To receive accreditation for a five-year period, a sleep center must meet or exceed all standards for professional health care as designated by the AASM. These standards address core areas such as personnel, facility and equipment, policies and procedures, data acquisition, patient care, and quality assurance. Additionally, the sleep center’s goals must be clearly stated and include plans for positively affecting the quality of medical care in the community it serves.

The American Academy of Sleep Medicine accredited a sleep disorders center for the first time in 1977. Today there are more than 2,600 AASM-accredited sleep centers across the country.

Stonewall Jackson Sleep Lab is directed by Khalid Mahmoud, MD, and is located at 230 Hospital Plaza. Diane Ocheltree is the Department Director.

Pictured above are members of the Stonewall Jackson Memorial Hospital Respiratory staff who recently met for a Respiratory Week celebration. Seated, left to right, are; Brad Twigg, Stephanie Smyth, Carl Gable, and Rachel Harris. Standing, left to right, are: Amanda Workman, Bobby Bennett, Christie Moore, and Respiratory Director Diane Ocheltree.
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