KUDOS!

Diane,
Just want to tell you that the sleep technician I had Saturday night for my sleep study was wonderful. She was very personable, helpful and professional. She made me feel very comfortable and I really enjoyed talking to her. I think her name is Rachel but due to my poor memory I could be wrong. I am sure it is on my study who did the test. Anyway, just wanted to let you know I was very blessed to have had her for my sleep technician.

So Nice To Be Remembered
A very happy customer of SJ Home Care gifted two lovely fall arrangements to Charlene Wiant and Vanessa Lloyd, recently. The well-deserving staffers are pictured above.

Materials Management Week Celebrated Here

Members of the SJMH Materials Management department celebrated with food and fun for their week of recognition.

Pictured at left, first row, left to right, Anita Carder, Nick Singleton, Angela Devericks; second row, Josh Moneypenny, Michael Bennett, and Karen Kefover.

Many thanks to those who celebrated with us.

More pictures on pages 9-10.
My Story
My name is Sandy Smith.
In January 2018 I found a lump in my right breast and went to my family doctor. Miral Gibson examined me and said we needed an ultrasound right away. She found a large lump so they ordered a biopsy. Then we had Dr. Pearson take a biopsy on January 19 and had to wait two weeks for the results.

I had an appointment on January 29, 2018, and was told that I had breast cancer - Lobular Carcinoma of the right breast. The size of it was 5 centimeters and the doctor recommended that we should do a complete mastectomy for the best results. I was devastated and couldn’t believe what I was just told. My boyfriend, Roger Goldsmith was with me. He just held me. He was with me through it all... he was my rock.

You never think it will happen to you! Why? I was in denial and I had Roger drive me to Dr. Snuffer. He was a great help to me and tried to help calm me down, and make me understand that what we have to do is remove it and fight it with treatment.

God answered prayers and I found out that same month that I was going to be a grandmother for the first time. My daughter, Demi and her boyfriend, Christian, gave me a sweet blessing and made me fight that much more to meet my new baby. She was due in September.

I went through the five stages of grief - Denial, Bargain, Anger, Depression, and Acceptance and I remember them well. I had to put it in God’s hands and we began the fight.

The doctor ordered a bone scan and CT scan and put a port in. I prepared for surgery and received my insurance approval.

On March 16, 2018 I had the mastectomy of the right breast at SJMH by Dr. Ron Pearson and went home the next day to recover. We found it was 8 centimeters by the time it was removed and out of nine lymph nodes they took, only two had cancer still within the
That made it a stage III. Oncologist Dr. Ali, said I would have to have chemo and radiation therapy. This was a real tough time for me and it got me down but my family, friends and co-workers at Stonewall Jackson Home Care/SHOT office were always there for me and helped cover for me when I was off work. Coworkers, friends and family did fundraisers for me and I can’t explain how much that meant to me and helped me so much.

I worked when I could and pushed myself to get there. I keep moving and do not let it get the best of me.

I had to go through four rounds of Chemotherapy - once every 3 weeks and it was a hard couple of months. Chemo made me sick and I had terrible bone pain. The girls at SJMH Infusion center were all so supportive and helpful when I needed it. They made my experience so much easier. April 24 was my first chemo treatment. June 26 was the last chemo treatment. It was the worst pain I have ever experienced but God and prayer gave me the strength to make it through.

Of course I lost all my hair and that was hard to deal with and my strength level really weakened but I made it through.

I took a few weeks off to recover. Then there were 25 Radiation treatments day after day for five weeks but on the last week of treatment I developed 2nd degree burn on my right chest and had to have wound care to get it healed. It is getting much better now but taking so long to heal as the treatment did. I will have to take Anastrozole daily for at least the next five years and get my regular checkups.

I will be meeting with a plastic surgeon soon to see about the possibility of reconstruction.

I’m getting stronger everyday and I feel I’m winning this battle and pray for more women to beat this disease. My granddaughter is perfect and was born Sept. 18, 2018. Now I have her to focus on and life is getting better.

We are waiting on a Pet Scan and hope and pray we are cancer free.

My advice is to always self examine yourself and catch it early. Life is worth living and we have to fight to stop letting cancer win. I pray one day we have a cure for breast cancer.

Thank you for reading my story.
SJMH Upcoming Events

October 10 – Breast Cancer Awareness Day
October 18 – Caplan Jewely Sale at SJMH and Golf Tournament at Stonewall Resort
October 20 – Weston Bicentennial Parade
October 27 – Safety Fair
October 28 – Pumpkin Drop, Pet Costume Contest
November 4 - Vein Screening
November 23 – Christmas Parade/After Parade Party
November 24 – Small Business Saturday
December 15 - Cocoa and Cookies Walk Run

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
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.

Golf Tourney Planned for Thurs., Oct. 18
The annual Stonewall Jackson Memorial Hospital William Ad- ler Charity Golf Tournament will be held on Thursday, October 18, at Stonewall Resort.

The tournament provides tens of thousands of dollars to local students who are pursuing higher education in the healthcare industry. The students must also be attending school in West Virginia.

In the 2017-2018 school year, more than twenty students received $1,000 for the school year. Since its inception the scholarship has given over $220,000 for higher education.

“We have students attending Wesleyan, Marshall, WVU, Pierpont, Fairmont State and radiology schools,” said Crystal Frazier, co-chair of the SJMH scholarship program. “All of the money that we make at the golf tournament goes directly to the students. We take out nothing for overhead. The money is strictly for the students.”

Other scholarship committee members include Bruce Adler and Julia Spelsberg.

High school seniors attending school in Lewis and Gilmer Counties are eligible to apply for the scholarship. Children of SJMH parents and grandparents are also eligible to apply.

For more information on the scholarship, please call Julia Spelsberg 304-269-8167.

4TH ANNUAL 4-H 5K RUN/WALK & CLOVER FUN RUN
October 13, 2018
WVU Jackson’s Mill

RACE INFO: Jonelle Swiger -- 304-884-8065 or Jonelle@ckspipeline.com
REGISTRATION INFO: Kristi Gannon – 304-871-3912 or kristigannon@hotmail.com

Mail registration forms to: 4-H 5K, c/o Erin Hawkins, 3177 Life’s Run Road, Jane Lew, WV 26378
Checks payable to Lewis County 4-H Leaders’ Association.

All Participants (5K or Clover Fun Run) $15 by September 25 ($20 on race day)
Children are welcome to run the 5K in addition to the fun run at no additional cost. Please mark registration properly. T-shirt guaranteed to pre-registered runners. A very limited quantity will be available race day.

Approximate Schedule:
- Race Day Registration is 8-9 a.m.
- 5K Race starts at 9:30 a.m.
- Clover Fun Run starts immediately following the 5K (approximately 10:45 a.m.)
- Awards Ceremony following the 1/2 mile Clover Fun Run

Participant Information:
Please select all that apply: ________ 5K (open to all ages for walk or run)
________ 1/2 Mile Clover Fun Run (3rd grade and younger)
Name: _______________________________________________________________________
Complete Address: _______________________________________________________________________
Phone: ___________________________ Cell: ___________________________
Date of Birth: ___/___/____ Age on 10/01/18: ________ Gender: ________Male ________Female
Shirt Size: Youth XS (2-4) ___ Youth S (6/8) ___ Youth M (10-12) ___ Youth L (14-16) ___ Youth XL (18) ___
Adult S ___ Adult M ___ Adult L ___ Adult XL ___ Adult 2X ___

WVU Waiver: In consideration of West Virginia University, the WVU Extension Service and the Lewis County 4-H Leaders’ Association’s allowance of my participation in this event, I agree to the extent permitted by law, to indemnify, release, forever discharge and covenant not to sue any aforementioned party, its governing board, officers, agents, employees and volunteers acting as employees, from and against any and all liability for any, injury, damage, claims, demands, actions, causes of action, costs and expenses of any nature which I may have or which may thereafter accrue to me, arising out of or in connection with any accident or injury, including but not limited to suffering and death that may be sustained by me or any property belonging to me in connection with my participation due to my own negligence or from incidents not specifically attributable to the negligence of WVU, WVUES or Lewis County 4-H Leaders’ Association, their employees, and officers or agents of any of the foregoing. I understand that my participation is voluntary, and I recognize that there are risks and hazards inherent in my participation and to others, and I assume all responsibility and full risk associated with my participation.

I have read and understand the contents and the consequences stated in this notification.

Signature: __________________________ Date: __________

***Parent/Guardian must sign if participant is under 18 years of age.**
The Theresa Snaith Hospital Auxiliary at Stonewall Jackson Memorial Hospital is teaming up with Caplan’s Jewelry Store in Weston to bring the annual jewelry sale to the local Hospital...just in time for the holidays. The sale is held at the Hospital as a convenience for employees but the public is also invited. This year, the sale will be held on Thursday, October 18 from 7 a.m. to 6 p.m. in the SJMH boardroom.

The Theresa Snaith Hospital Auxiliary has been helping the staff of Stonewall Jackson Memorial Hospital (SJMH) for more than 50 years. The Auxiliary was established in 1962 after women who had volunteered at Clarksburg’s United Protestant Hospital (the forerunner of the United Hospital Center) decided to provide help for their local Hospital. Before SJMH, the hospital was called “the City Hospital” and was located on Main Avenue, in Weston.

Over those many years, the group has donated hundreds of thousands of dollars in help for the Hospital. Some of the larger purchases have included bariatric equipment for patients, sleeping sofas for the Special Delivery Unit, and equipment for the Dietary Department.

Most recently, the group purchased a special lab chair, automatic doors for the chemotherapy department and the orthopedic clinic.

They have decided to purchase equipment for the Special Delivery Unit and chairs for Dr. Mahmoud’s office. They have also created a lovely garden outside of the chemotherapy clinic with special plantings and a pergola.

Great Time to Shop for Your Special Christmas Gifts

Caplan’s Jewelry Store and Theresa Snaith Hospital Auxiliary’s Jewelry Sale

Thurs., Oct. 18 7 a.m. to 6 p.m.

Stonewall Jackson Memorial Hospital Boardroom, Rt. 33 West of Weston
Weston Rotary Blood Screening Planned for Saturdays, October 20 And November 10

The old adage "an ounce of prevention is worth a pound of cure" is relevant to many parts of our lives. Those individuals concerned with their health can have that ounce of prevention at a low price when participating in the Multiphasic Blood Screening coordinated by the Weston Rotary Club and Stonewall Jackson Memorial Hospital (SJMH), in Weston. The dates for this year’s fall screenings are Saturdays, October 20 and November 10, from 7 a.m. to 10 a.m., at SJMH, located on Route 33 west of Weston.

Guardian’s Exclusive College Tuition Benefit

Participants of Guardian’s Dental plan can earn 2,000 Tuition Rewards® annually for each type of Guardian insurance they elect that includes College Tuition Benefit. (DENTAL) The rewards grow each year and can be used at close to 400 colleges and universities. Registration can include children, grandchildren, nieces & nephews. Watch this video to see the value this benefit brings to members and the steps to register. It’s a great tool to help employees better understand the program. Check your stonewallhospital.net emails for list of colleges. 

https://glic.westa合唱ton.net/college

Added News About the College Tuition Benefit

When you enroll in this benefit, Guardian will give you credit for all the years for which you were eligible and qualified. Meaning for all the years you were enrolled in the Dental Benefit.

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.

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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 SJMH lobby. Awards for top three male/female finishers.

Sponsored by Stonewall Jackson Memorial Hospital

Bicentennial Parade
Saturday, October 20 at 1 p.m.
Make sure that you have the year of your company or organizations beginning to put on the float/car. Call 304-269-6141 to sign up

Uniform Sale
Thurs., Oct. 25 and Fri., Oct. 26
7 a.m. to 4 p.m. 7 a.m. to Noon
SJMH Board Room
Stethoscopes, Pen Lights, Lanyards, Donna Sharp Handbags, Kleo’s Gray’s Anatomy, Skechers andDansko Shoes, Wide variety of Uniforms, Therapeutic Socks in Assorted Colors

Stonewall Home Oxygen Therapy
304-269-0100
Rotary Blood Screening

Saturday, October 20
7 a.m. to 10 a.m.

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/TBC, 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, CK

- **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
Celebrating Materials Management Week at SJMH

Our favorite little Debbie Cake!

I will wipe you clean to upstairs.

We have gone paperless...now sign these 12 forms.
More Pics from Materials Week

We supply the good stuff.