Stonewall Jackson Memorial Hospital has officially joined Mon Health.

Approval of a Certificate of Need by the West Virginia Health Care Authority to allow Mon Health to become the sole member of Stonewall Jackson Memorial Hospital occurred in September. The transaction was finalized effective Oct. 1.

In addition to Stonewall Jackson Memorial Hospital, Mon Health includes Mon Health Medical Center in Morgantown, Mon Health Preston Memorial Hospital in Kingwood, and a physician network with more than 100 providers in 23 locations across the region, including locations in Morgantown, Core, Mannington, Kingwood, Fairmont, Reedsville, Elkins, McHenry, Md, and Waynesburg, Pa.

“The partnership between Mon Health and Stonewall underscores our commitment to enhancing the health and access to quality care in the communities we serve,” said Darryl L. Duncan, FACHE, President and Chief Executive Office of Mon Health. “Our collective patients and communities will benefit greatly from our combined efforts, enhanced services and extensive care options.”

Now that Stonewall Jackson is part of Mon Health, work will begin to coordinate the care and services available through Mon Health and Stonewall.

“We are very pleased our patients will have access to the expertise of one of the best regional providers in our state,” said Avah L. Stalnaker, MHA, Chief Executive Officer of Stonewall Jackson Memorial Hospital. “For Stonewall, the goals of this partnership are to eventually be able to invest in a replacement hospital facility, recruit additional providers to the area, and enhance the high quality services and excellent care we provide to our patients close to home.”

Stonewall Jackson Memorial Hospital is a 70-bed general medical and surgical hospital in Weston, WV. It primarily serves Lewis, Gilmer, Braxton and Upshur Counties.

About Mon Health

Mon Health is the parent company of Mon Health Medical Center, a 189-bed acute care hospital in Morgantown, WV; Mon Health Preston Memorial Hospital, a 25-bed critical access hospital in Kingwood, WV; and Stonewall Jackson Memorial Hospital, a 70-bed hospital in Weston, WV. It was formed in 1982 to aid in strategic planning and to manage all of its affiliated entities under a common philosophy. Affiliates include Mon Health Emergency Medical Services, Mon Health Equipment & Supplies and Mon Health The Village at Heritage Point. In addition, Mon Health Primary Care includes a number of physician and specialty practices in Morgantown and the surrounding region. For more information, visit monhealth.com.

Make sure to vote tomorrow
Road To Prosperity Bond is on the ballot
Caplan’s Jewelry Store and Theresa Snaith Hospital Auxiliary’s Gold Sale

Thurs., Oct. 26  7 a.m. to 6 p.m.
Stonewall Jackson Memorial Hospital Boardroom, Rt. 33 West of Weston
Outstanding Values on Diamonds, Gemstones, Black Hills Gold, 14K Gold Chains, Vera Bradley, Watches and More!

Halloween Activities in Lewis County on

Saturday, October 28
4-H 5K Walk Run @ 9:30, WVU Jackson’s Mill

Children’s Halloween 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
Categories will be Most Original, Scariest and Funniest.

Trunk or Treat Halloween Party
@ 4 p.m. H&M Motors.
RLBMS Football Track

4 p.m. – Halloween Pet Costume Contest
5 p.m. – Pumpkin Drop
6 to 7:30 p.m. – Trunk or Treat
7:40 p.m. – Magic Show

Benefiting: Weston Volunteer Memorial Hospital, The City of Weston Parks and Recreation Committee, Weston Rotary Club and H&M Motors
Employee Dashboard

The EWS Navigation Changes and Employee Dashboard is scheduled to relaunch next Wednesday night (10/11) for NOVAtime 5000 Farm1 clients. **According to our record, you database is hosted in the NOVAtime 5000 Farm1 and your employees will see the new navigation and UI on and after the system update on Thursday, October 12th.**

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**What You Do Matters**

You know more about your child than anyone! But there may still be times when you have questions ... about what’s going on in his brain ... about his development ... or about things you can do together to help him grow and learn.

During this six-week series, you’ll learn how play and everyday interactions help your child’s development. There will be time to share your own experiences, ask questions, and try out activities you can do together at home.

**Week 1 “Your Child’s Brain and Its Amazing Potential”**

All children grow at their own pace, but we'll explore the overall patterns in their head-to-toe development. You’ll see videos and do activities that show how our brains work.

**Week 2 “Movement and Motion”**

Your child’s body is made to move! As he rolls, runs, or eats with his fingers, he’s also taking in information through all of his body’s parts. Find out how all the input and output comes together through your child’s brain.

**Week 3 “Now Hear This!”**

Language has two parts: what your child produces and what your child understands. He starts listening long before he starts talking – find out what happens in between.

**Week 4 “Feelings”**

Babies use emotions and social interactions to help them figure out what’s going on in their world. Over time, they learn to understand and control their own emotional responses – but it’s not always easy, even for their parents!

**Week 5 “What Do You Think?”**

Your child’s thinking abilities – to remember, imagine, and figure things out – are making huge leaps during these early years! There’s so much you can do to help, and play is a big part of it.

**Week 6 “Making It a Routine”**

Think about how what you do at home has changed because of what you learned about your child’s development. How can you keep building on this in the future? What are some ways you can share this information with your child’s other caregivers and teachers? What do they matters too!

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Parents as Teachers

Open to the Community

Pre-Registration Required

Free of Charge

Childcare Provided

Six Course Series

60 Minutes Each

October 13, 2017
November 10, 2017
January 12, 2018
February 9, 2018
March 9, 2018
April 13, 2018

To register, contact:
Lewis County FRN
304-269-4000
Ocheltree Undergoes Breast Cancer Treatment While Continuing To Work

Diane Ocheltree has been the head of the Respiratory Therapy Department at Stonewall Jackson Memorial Hospital (SJMH) since 1992 and employed there since 1978. She is accustomed to the highs and lows of healthcare. She was also very aware of guidelines for breast cancer screenings prescribed by various health groups. Diane made a point to always receive her yearly mammogram...almost.

“I had missed my mammogram one year. So I had my next one on January 22, 2016 to catch up. It was a surprise when midwife Vicki Smith called several days later to tell me that there was a highly suspicious area found and recommended a biopsy,” explained Ocheltree. Fortunately for her, the process went quickly and she had her first surgery on Friday, January 29. After that surgery, testing found that there were still some cancer cells on the borders of the specimen so Diane underwent a partial mastectomy on February 12.

“I felt pretty good about everything because I had only missed my mammogram for one year,” she explained. Ultimately, she found that with her particular cancer she would not have been able to feel a lump in self-examination.

Continued On Next Page

Breast Cancer Awareness Day

in Lewis County

Thurs., Oct. 12 at Noon
at Broad Street UM Church Hall

There is limited seating for lunch, so please reserve your spot by Mon., Oct. 9, by calling Julia at 304-269-8167.

Unfortunately, Lewis County has the second highest rate of breast cancer in the state. This is a troubling statistic. We need to make sure that our friends, our mothers, our sisters, our daughters, and our neighbors all know that early detection saves lives.
Ocheltree

From Last Page

Pictured above are Debbie Friedmann and Diane Ocheltree (seated).

Ocheltree

From Last Page

As Diane had thought the cancer was in its early stages. She was able to resume her work on March 1. On March 14, 2016, she began her radiation - undergoing sixteen treatments. She would work at the Hospital in the morning and go to radiation in the afternoon. After her treatments were done she was delighted to find that she did not have to undergo any drug treatments and she declined to take hormone treatment.

Her cousin, Debbie Alkire Friedman was instrumental in Diane’s journey. Debbie was with Diane for several of the surgeries and various visits. Diane suggests that it is so important to have someone with the patient during this trying time.

“I don’t remember some of the things that Dr. Pearson told me after he told me I had breast cancer. That is why it was wonderful to have Debbie there because she remembers all the stuff that I didn’t remember,” said Diane.

The cancer experience was also a wake-up call for Debbie.

“Diane’s experience really made me think about making sure to get my mammograms done...this was such an eye opener for the whole family,” explained Debbie.

Diane was very happy with her treatment at SJMH and explained that Dr. Pearson was extremely compassionate and clearly explained everything to her.

That is why she was able to make the informed decisions she chose for her treatment regimen.

Diane noted that she had quit smoking two decades before her diagnosis. She has restless leg syndrome and fibromyalgia, which causes fatigue, but always felt fine.

Only about 5% to 10% of breast cancers are thought to be hereditary, caused by abnormal genes, which have been passed from parent to child. Most inherited cases of breast cancer are associated with two abnormal genes: BRCA1 (BReast CAncer gene one) and BRCA2 (BReast CAncer gene two).

Though Diane’s mother had a series of cancers, breast cancer was not one of them.

In retrospect, Diane has some deep thoughts on the subject of breast cancer.

“I never thought about dying. I knew that I had to stay positive and just kept thinking about the progression of what was happening and how fast could I get back to work,” she said.

Her journey began on January 22, 2016 and by April 6, she was back to work full time. She said that the whole experience was like a bump in the road. She was even able to take herself to treatments on her own.

In conclusion Diane’s advice is pretty clear... Don’t miss one’s mammograms (she feels they should be done yearly) and stay positive.

“I was very lucky because it was caught early. Everyone needs to remember that early screening saves lives,” she concluded.

Cookout on October 26!
Sarah Rolenson, SJMH Care Coordinator Passes First Stage for Diabetes Educator

Stonewall Jackson Memorial Hospital’s Sarah Rolenson, RN Care Coordinator, recently passed the first testing for becoming a diabetic educator. In Rolenson’s current position, she focuses on goals for SJMH’s Accountable Care Organization (ACO) designation including: preventative services, comprehensive medical screenings, managing chronic conditions, and keeping patients healthy. She began working at SJMH March 2016 and is a 2010 graduate of Alderson – Broadus College with a Bachelor of Science in Nursing.

She is married to Thomas Rolenson, and the couple has one daughter Emma. They live in Buckhannon close to both families, and she noted that she and her husband try to be very involved in her daughter’s school and the community.

Sarah is very involved in her work and noted, “My passion lies in helping others and building people up by providing education and tools for them to succeed. I have always adored the geriatric population, and I feel strongly about better serving them. I’ve heard way too many times that the golden years are not so golden but I believe by better managing their symptoms, screening and catching diseases early on we can reduce suffering. Our area has a very large and growing population of diabetics and to aid one of our greatest needs I am furthering my education to better serve our patients, and our community.”

Sarah finished the Diabetes Educator Level 1 Certificate Program through the American Association of Diabetes Educators on September 21, 2017. She explained that this level of provider has sufficient knowledge to provide accurate safe-care information to the diabetic patient. The Level 1 diabetes educator can instruct the patient on simple nutrition guidelines, record keeping and the importance of attending DSME classes.

The educator’s focus at this level is on transmitting knowledge.

On Next Page

Hearing Loss Awareness

Did you know...?

Noise-induced hearing loss can be caused by a single exposure to an intense sound, or by repeated exposure to loud sounds over time. Your hearing may be at risk from daily exposures such as loud music, lawnmowers, noisy machinery and vehicles, and occupational noises.

Hearing loss from daily exposures can be prevented by:
• Understanding which noises cause damage
• Wearing ear protection
• Avoiding overexposure to loud noises

Schedule an appointment with your audiologist for your annual hearing screening and to learn more about hearing loss prevention.

Call Dr. Diana Daugherty at Weston Audiology (304) 517-1401.

Information and design provided by Phonak | POS102b MS051879
Vacation Pay-Out  Available Soon

The SJMH Human Resources Department announces a very helpful holiday benefit for our employees. SJMH will allow employees to trade vacation time for a cash-payout twice a year. It will be available in November (deadline November 1) and in May (deadline of May 1). The fulltime employee can trade from one hour to 37.5 hours at their regular rate of pay. One requirement is that the employee must have at least 37.5 hours left in their vacation bank after the cash payout. Part-time employees can request from one to 25.25 hours of payout and must leave at least 25.25 hours in their vacation bank after payout. There is a request form available from HR. The forms will soon be available on the SJMH Intranet.

LEARN ABOUT HEART HEALTH & GAME WARDENS COUNTRY ROADS

WV Division of Natural Resources Police Officer to talk about hunting season rules and governance of Natural Resources (what you need to know to turn in people who dump trash on your road)

Peal Saucier, Dietitian, Stonewall Jackson Hospital Weston will talk about diet and heart healthy habits

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Halloween Costume Contest
For Your Pets!
Sat., Oct. 28 @ 4 p.m.
at
RLBMS Parking Lot, next to H&M Motors, in Weston
during the Monster Mash Bash
Bring goodies for the animals at the shelter as your entry fee
Call SJMH Marketing for more info
304-269-8167
Breast Cancer Awareness Celebrated

The Lewis County Commission proclaimed October as Breast Cancer Awareness Month, and October 12 as Breast Cancer Awareness Day. Pictured left to right are: Cindy Rowan, Agnes Queen, Rod Wyman, Pat Boyle, Nastausha Hefner, Julia Spelsberg, and Rebecca Young. SJMH and the Lewis County CEOS clubs are coordinating the October 12 luncheon in Weston.

Weston Rotary Blood On November 4 Here

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 Multi-phasic Blood Screening coordinated by the Weston Rotary Club and Stonewall Jackson Memorial Hospital (SJMH), in Weston. The date for this year’s fall screenings is Saturday, November 4, from 7 a.m. to 10 a.m., at SJMH, located on Route 33 west of Weston.

New last year was an anemia panel for $25, which will again be included this year. Other tests which can be selected in addition to the regular panel and include the thyroid panel for $15; blood typing for $10, hemoglobin A1C for $15; PSA for $20, vitamin D for $30; urine test for $10, and a rheumatoid arthritis test for $10. The health fair panel costs $35 and includes 51 different tests.
Weston Fairs and Festivals Celebrating Small Businesses with Fri.-Sat., Nov. 24-25

For the sixth year, the Weston Fairs and Festivals Committee is sponsoring a Small Business Marketplace at Saint Patrick Gym in Weston. The Committee sponsors the event as an opportunity to provide small businesses, some without brick and mortar storefronts, an opportunity to sell to consumers during the all-important Christmas season. This year the event has been expanded to both a Friday-Saturday, November 24-25 event.

“We have been quite successful with our one-day event,” said Fairs member Fay Bell. “By having it on Friday from noon to 5 p.m., we can have people who are coming to the annual Christmas parade shop before attending the parade. Then of course, we will be open from 10 a.m. to 3 p.m. for our Saturday shoppers.”

Shop Small is a nationwide movement to celebrate small businesses every day and to help communities thrive.

Created by American Express in 2010, Small Business Saturday® is the cornerstone of American Express Shop Small efforts. While Small Business Saturday is highlighted as a special day when shoppers can show support as a nation for small business owners and the local communities, the Shop Small Movement is a year-round campaign to celebrate and support small businesses every day.

Small Business Saturday is a day dedicated to supporting small businesses across the country. Founded by American Express in 2010, this day is celebrated each year on the Saturday after Thanksgiving. Learn more at ShopSmall.com/About. As a consumer, the public is a key part in helping small businesses thrive. By shopping or dining at small businesses throughout the year, residents are showing support for the small businesses in the local neighborhood in the community we call home.

Vendors interested in participating can go to the Weston Fairs and Festivals Facebook page or calling 269-3683 in the evening for an application.

Small Business Market and Craft Show Friday, November 24, 2017 from Noon to 5 p.m. or Saturday, November 25, 2017 from 10 a.m. to 3 p.m.
Saint Patrick School Gym, Court Street, Weston, WV

I am attending ____ - Both days for $25; _____ - Fri. for $15; _____ Sat. – for $15

Contact Name: ___________________________________________________________
Address: ________________________________________________________________
________________________________________________________________________
Phone: __________________________________________________________________
E-mail: __________________________________________________________________
Website: ________________________________________________________________
Brief Product Description: __________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Guidelines:
1. Spaces will be 10 by 10, unless a change request is made prior to the event
2. There is a $25.00 vendor fee for both days. However, if you wish to attend Friday only, or Saturday only the cost will be $15 for each day…Just make sure to mark the days on this application.
3. Kindly, clean up your space before you leave.
4. If you provide a picture of yourself with your product we can use this in our marketing of the event, but it needs to be in as soon as possible to Julia Spelsberg, 426 Center Avenue, Weston, WV or email to mayorjulia26452@aol.com.

Vendor Application Deadline is Nov. 20, 2017.
Make check to Weston Fairs and Festivals, 840 W. 2nd Street, Weston, WV 26452
or Call Julia at 304-269-3683
Why should I get a flu shot?
To prevent from getting the flu and stop the spread of a common virus. It helps protect our family members, co-workers, and patients.

Can the flu vaccine give me the flu?
NO. If you develop flu symptoms, you were most likely exposed to the flu virus prior to receiving the vaccine or have been exposed to another virus, such as rhinovirus, or another strain of the flu virus.

I don’t feel well after receiving the vaccine, is there anything I can do?
Usually this is due to your body’s immune system reacting to the flu vaccine. You may experience a low grade fever or aches for 24-48 hours after receiving the vaccine. Best thing to do is to pre-medicate yourself with either acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) one hour prior to receiving your vaccination. This can help prevent some of the symptoms.

Why do I need to get the flu vaccine every year?
It covers those who receive it during the flu season. Best time to receive the vaccine is in early October, that way you have adequate coverage throughout the flu season. Typically, flu activity peaks between December and February.

What if I have an egg allergy?
You can still get the flu vaccine. It is recommended by the CDC, to get any formulation of the vaccine, as long as you don’t have a severe, life-threatening allergy to eggs. However, a newer formulation called Flucelvax will be available and is not produced in an egg medium.