Stonewall Jackson Memorial Hospital (SJMH) created two community assessments – one in 2013 and the other in 2016 – which gauged the public’s perception of health and wellness in the area. High on the list of concerns for local residents was the problem of obesity, and the diseases associated with it such as high blood pressure, diabetes, and heart disease. Obesity is a statewide problem as indicated in a recently released report by the Robert Wood Johnson Foundation. West Virginia is now ranked as the most obese state in the Union with 37.7% percent of our residents officially obese.

It is suggested that the two of the factors contributing to the obesity epidemic are poor food choices and the lack of physical activity. In an effort to combat obesity in the local community, SJMH collaborated with volunteers, non-profits, and the City of Weston to create playgrounds for children over the past several years. By providing healthy outdoor play opportunities the Hospital was making an effort to encourage more physical activity. The playgrounds at Polk Creek and Willow Creek have been well received with lots of good healthy play. As well as promoting physical activity, another contributing factor to obesity is the food that is consumed. Learning to eat healthy in a fast-food nation such as America is difficult for young and old.

The U.S. Department of Agriculture (USDA) reports that the average American ate almost 20% more calories in the year 2000 than they did in 1983, thanks, in part, to consumption - such food makes up about 11% of the average American diet.

In an effort to combat poor food choices, SJMH is helping bring fresh produce “to the table” for residents. As well as being a supporter of the local Riverfront Farmers Market, the Hospital provides fresh apples, oranges, bananas, and grapes for a variety for groups and activities during the year. In the spring of 2017, Lewis County High School students were able to assist in the planting of a 50-tree orchard to provide healthy foods for local residents and food pantries as a result of a Hospital grant.

The most recent grant award received by SJMH and written by Julia Spelsberg will be to build a high-tunnel at the Arbors to provide fresh produce for those residents who will take care of the project.

All of these efforts are made to provide healthy foods along with great physical activity—the two most important ingredients in driving down the obesity rate. Unfortunately for adults, obesity has been rising in West Virginia. In 2016, the state had the second highest adult obesity rate in the nation, according to The State of Obesity: Better Policies for a Healthier America released September 2016. But as of August 31, 2017, the Robert Wood Johnson Foundation has awarded West Virginia the distinction of the highest rate in the country. The adult obesity rate is currently 37.7 percent, up from 23.9 percent in 2000 and from 13.7 percent in 1990. According to the most recent data, adult obesity rates now exceed 35 percent in four states, 30 percent in 25 states and are above 20 percent in all states.

As well as eating more fast foods, consumers should ask what are the other outcomes of the overeating and reduced physical activity. They might include:

- Obesity
- Junk food plays a major role in the obesity epidemic. By the year 2050, the rate of obesity in the U.S. is expected to reach 42 percent, according to researchers at Harvard University. Children who eat fast food as a regular part of their diets consume more fat, carbo-

Continued on Next Page
Leave your donations in Marketing

ANNUAL LEWIS COUNTY Community Baby Shower Collection Event
HELPING LEWIS COUNTIANS GIVE THEIR BABIES A GREAT START

PHONES

donate NEW ITEMS
for newborn to 2 years old
THRU SEPTEMBER 18TH DURING BUSINESS HOURS

$DROP OFF LOCATIONS$:
Brood St. United Methodist Church,
LC Family Resource Network,
Robin’s Nest Travel Center,
Winston Sanitary Board,
St. Paul’s Episcopal Church,
Lewis County Senior Center

suggested items for donation:
DIAPERS, WIPES, BABY SKIN CARE ITEMS, BOTTLES, BIBS, ONESIES & CLOTHING, CRIB SHEETS, STROLLERS, CAR SEATS, DIAPER BAGS, ETC.

Hosted by Broad Street United Methodist Church and Lewis County Pin Parent’s As Teachers

LEARN MORE BY CONTACTING DEE EVANS AT 364-476-2225 OR LC FRN AT 304-269-4000

SJMH Battling Obesity
Continued from Last Page
hydrates and processed sugar and less fiber than those who do not eat fast food regularly.

Diabetes
The insulin levels become elevated when a person eats processed sugars, such as those in soft drinks, white flour and other foods devoid of fiber and nutrients necessary to properly metabolize carbohydrates. Eating junk foods throughout the day causes chronically high insulin levels, which eventually prompts your cells to begin to ignore this important hormone, resulting in a condition known as insulin resistance.

Depression
Junk food may lead to depression in teenagers, according to Andrew F. Smith, author of the book “Fast Food and Junk Food: An Encyclopedia of What We Love to Eat.” Hormonal changes at puberty make teens more susceptible to mood and behavioral swings.

Nutrient Deficiencies
Processing that removes vitamins, minerals and fiber makes junk foods into the sources of empty calories that nutritionists disparage.

Sodium
High sodium levels are a defining characteristic of many junk foods and one of the contributing factors to the overconsumption of salt that typifies the Western diet and contributes to high blood pressure and heart, liver and kidney diseases, according to Harvard Health Publications. The average American eats five to 10 times more salt than the 2,300 milligrams per day recommended by the U.S. Dietary Guidelines for Americans.
**LC CEOS and SJMH Planning 22nd Annual Breast Cancer Awareness Day**

Since 1995, members of the Lewis County CEOS have honored breast cancer survivors with an annual awareness event. The late Hovah Underwood, wife of Governor Cecil Underwood was the speaker at that first event. Over the years, the CEOs and SJMH have brought the message of early detection for local women and men. The annual Breast Cancer Awareness lunch will be held at the Broad Street Church on Thurs., Oct. 12 at noon. SJMH will have a mini health fair before the luncheon starts.

Breast cancer is the most common cancer among American women. Getting regular screenings can lower the risk of dying from breast cancer. **If one is 50 to 74 years old, be sure to have a screening mammogram every two years.** If a woman is 40 to 49 years old, they should talk to a doctor about when to start and how often to get a screening mammogram. Those who wish to go to the luncheon should Julia Spelsberg at 304-269-8167 for reserve a spot since seating is limited.

**Sixth Annual Children’s Safety Festival Oct. 28**

The Marketing Department and Emergency Department at Stonewall Jackson Memorial Hospital are again teaming up to have a day of Halloween Fun and Safety at the 6th Annual Halloween Kids’ Safety Festival. It will be held on Sat., Oct. 28 at Weston Fire Department from 11 a.m. to 1 p.m. that day.

“We are really looking forward to this as a way to get the message of safety for children. However, we want to make it a fun day to with Halloween and healthy activities included in our lineup,” said co-chair Julia Spelsberg. “Several local non-profits will be involved with the event. The first hundred children will receive a pumpkin to decorate. There will also be a Halloween costume contest during the fair. Paint Misbehavin’ will be providing great face paintings for children and balloon creations. For more information or to be involved call Spelsberg at 304-269-8167.

**Pumpkin Drop Part of Halloween Celebration in Weston**

The Weston Fairs and Festivals Committee is planning a number of fun activities for Halloween in Weston on Sat., Oct. 28. The group’s Monster Mash will begin at 4 p.m. at the Robert Bland Middle School. One of the highlights of the event will be a Pumpkin Drop. The Weston Fire Department will provide the aerial truck from which to drop the pumpkins. There will be a grand prize of $100 for the pumpkin with the least fractures, or cracks. Rules for the Pumpkin Drop are:

1. The pumpkin must be at least a minimum size of 10 inches in diameter as a standard. Ties in the scoring can be decided by the entry with the largest diameter.

2. The pumpkin and the protective structure combined may not weigh more than 60 pounds.

3. The pumpkin container can have dimensions no greater than 30 x 30 x 30 inches.

4. The pumpkin may not be altered in any way (no freezing or adding chemicals).

5. No packing peanuts or other small, non-biodegradable fillers are allowed.

6. The protective structure should be designed so that judge can open it and remove the pumpkin within 30 seconds.

7. The protective structure cannot hold or use any glass, ceramic, explosives, or other potentially dangerous substance.

Interested participants should call Julia Spelsberg at 304-269-3683 in the evening.
Family Day and Movie Night
at
Polk Creek Community Park
Saturday, September 16
beginning at 6 p.m.

Family Resource Network will provide refreshments
SJMH will provide ice cream, fresh fruit, ice tea, and water

Games
Several Fire Departments will be there
Facepainting by Paint Misbehavin’

Shentel will present the Children’s Movie at dusk
“FINDING DORY”

Paint Misbehaving will be providing facepainting

Healthnet will be there

Presented by Connie and John Riffle
Weston Parks and Recreation Committee
Stonewall Jackson Memorial Hospital
Uniform SALE

Thurs., Sept. 7 - 7 to 4
Fri., Sept. 8 - 7 to noon
Stonewall Jackson Memorial Hospital Boardroom
Stethoscopes, Pen Lights, Bella Taylor Handbags, Klogs, Grey’s Anatomy, and Dansko Shoes, Wide Variety of Uniforms, Therapeutic Socks in Assorted Colors

Stonewall Home Oxygen Therapy
Market Place Mall I-79 and Route 33, Weston
Phone 304-269-0100
Open 8 to 5 - Mon.-Fri.

www.shotofcolors.com
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.
Employee Perks

Employee Discounts on Purchases
- Uniforms & other retail items @ Stonewall Home Oxygen Therapy – Market Place Plaza
- Stonewall Café
- Gift Shop
- Diapers – Materials Management
- Ensure - Pharmacy

Local Discounts - 10% off any day with SJMH ID badge
- McDonald’s
- Pizza Hut
- Domino’s-Pizza Payday-45% off on Payday-Pizza only Excludes Artisan
- IronWorks Gym-Weston, WV
  - 50% off enrollment fee
- South Side Fitness-Weston, WV
  - 50% off enrollment fee
- Anytime Fitness- Buckhannon, WV
  - 50% off enrollment fees
  - Monthly rate of $29.99 on 12 month deal (A $60 Savings)
  - (1) Free Month. 13 months for the price of 12!
  - Free 7-Day guest passes will be honored for those who bring proof of their current or past employment to Anytime Fitness in Buckhannon (one pass per person). Contact club for details.
  - 10% off tanning, hydro massage packages.

Mountaineer Mart-Weston, WV
  - $0.05 off/gallon – not available with Pay at Pump, must go inside to show ID Badge

Cellular Wireless Discounts
- AT&T – 25%
- Verizon – 20%

The Museum of American Glass in West Virginia
MAGWV Charity Auction
September 23, 2017
230 Main Avenue
Weston, WV 26442

Auction begins at 5:00 P.M.
Food will be available for sale at the Museum beginning at 3:30 P.M. Online bids will also be able to taken up to 3:30 PM on Sep 23rd, the day of the auction using the Charity Auction Website Auction.com.
If you would like to leave a bid, go to https://charityauction.bid/magwv. MAGWV will either ship the winning items (shipping costs will be the responsibility of the bidder), or the winners can arrange pickup at the Museum.
Auction items are currently on display at the Museum.

At SJMH we promote health and wellness to all of our employees. We want SJMH employees to have a place to exercise and gain strength and endurance. To help with security and safety, we have a process that we want all employees to follow.

1. Gain access to Cardiac Rehab by signing out the key at the Console.
2. Have SJMH Name Badge
3. Clean equipment after use with the wipes that are available
4. Return Key when done exercising

If you have any questions, suggestions or problems please call Kristi Gannon at X8099

Please check your September 7, 2017 paycheck
Many of you made changes to your Benefits during Open Enrollment. This is a reminder those changes will be effective 9/1/17 which means the new amounts will be reflected on the 9/7/2017 check.
IMPORTANT INFORMATION

INSURANCE CHANGES FOR PLAN YEAR 9/1/17 - 8/31/18

MEDICAL RATES FOR THE PLAN YEAR WILL NOT CHANGE!

Some ways to keep high Medical costs down is to be sure and utilize all of your Preventative screenings to avoid higher costing problems. In-network, Preventative (wellness) visits are not subjected to the Deductibles or Co-Pays, in other words FREE TO YOU/FAMILY.

### NON-TOBACCO USER RATES

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<th>FULL-TIME MONTHLY</th>
<th>FULL-TIME SEMI-MONTHLY</th>
<th>PART-TIME MONTHLY</th>
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ENJOY THE DISCOUNT AGAIN THIS YEAR!

### TOBACCO USER RATES

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<th></th>
<th>FULL-TIME MONTHLY</th>
<th>FULL-TIME SEMI-MONTHLY</th>
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Medical, Dental & Vision, Voluntary Life, AD&D and other Voluntary benefit premiums are only withheld the first & second pay periods of each month (24 pays), same as other Voluntary benefits. Only FSA & 403B is taken every pay (26).

### VISION RATES WILL REMAIN THE SAME

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<th></th>
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<th>VISION - Base Plan</th>
<th>VISION - Premier Plan</th>
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<td>SINGLE + Spouse</td>
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<td>Single + Child(ren)</td>
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<tr>
<td>Family</td>
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<td>11.72</td>
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Rates Final - Not as high as expected!
Understanding Cholesterol

Cholesterol is a waxy substance that is made in the liver and found in the bloodstream and all cell walls. Cholesterol is essential to life and is important to cell function as well as the formation of vitamins and hormones. Having too much cholesterol, however, especially LDL (Low Density Lipoprotein), is a major risk factor for coronary heart disease and stroke, so it is important to understand how to effectively manage cholesterol to reduce your risk.

High cholesterol (hypercholesterolemia) can result from factors such as diet and lack of exercise. Processed fats such as trans fat (hydrogenated oils) can increase your LDL-cholesterol, which can then build up on the walls of your arteries. This buildup can harden into plaque, causing narrowed or blocked arteries. The result can be a heart attack or a stroke.

High cholesterol itself does not cause symptoms. Similar to high blood pressure, the only way to know your cholesterol numbers is to have them tested.

A simple blood test can produce this lipid profile:

- **Total cholesterol**
  - Desirable < 200 mg/dL
  - Borderline high 200-239 mg/dL
  - High > 240 mg/dL

- **LDL (bad cholesterol)**
  - Optimal <100 mg/dL
  - Near optimal 100-129 mg/dL
  - Borderline high 130-159 mg/dL
  - High 160-189 mg/dL
  - Very high > 190 mg/dL

These ranges differ for individuals with known cardiovascular disease or diabetes, so please speak with your doctor to evaluate your risk.

While family history has a significant influence, certain lifestyle changes, such as improving your diet, losing weight, and engaging in daily exercise, are key to managing cholesterol. If lifestyle changes are not successful, you should ask your doctor for an action plan that is best for you, including the use of medications when necessary.

Sources:
- [www.nhlbi.nih.gov/chd](http://www.nhlbi.nih.gov/chd)
- [www.medlineplus.gov](http://www.medlineplus.gov)