Greg St. Clair New Board Member

Greg St. Clair, of Smith Run Road, Weston, has been selected as a member for the Stonewall Jackson Memorial Hospital (SJMH) Board. He is married to Allison Shea St. Clair and the couple has two children. Their daughter Lauren, and her husband John Gibble live in Chambersburg, PA, with their three children – Evan, Elise, and Levi. The couple’s son Tim and his wife, Heather Longenecker St. Clair, live in Baltimore with their two children Grady and Maxwell.

Greg’s parents are the late Gary St. Clair and Barbara St. Clair Godfrey. Greg explained that he was born in Salem, Illinois. His father worked in the oil/gas industry and the family moved several times throughout the country before finally settling back in West Virginia.

Greg’s father also owned a gas station at the south end of Main Avenue, in Weston, where Greg worked during high school, before graduating from Nashville Auto Diesel College. He worked for Halliburton for several years before beginning a long career with Mountain State MACK, which eventually became Worldwide Equipment.

“I worked for Worldwide from 1975 to 1989, took several years off to run the family’s Western Auto, and then went back to work for Worldwide from 1993 to 2015. I started as a mechanic and then went up the ladder – shop foreman, service manager, operations manager, and ultimately division manager,” explained St. Clair.

He has been involved in a number of other activities including numerous organizations through his church,

Continued on Next Page
Greg St. Clair Continued from Last Page

St. Matthew United Methodist Church. He coached sports and was involved with the WV Motor Truck Association. He has been a member of the LC Chamber of Commerce, the LC Development Company, and Lewis County United Way as a member and a chairman. Perhaps the most meaningful membership, was in the Boy Scout troop led by his father.

“We started Troop 105 at St. Matthew with about eight of us that first year...many who also went on to become Eagle Scouts. By the second year we had about 30 boys in the troop and then my father took over and ran the organization for the next 37 years.

Greg is also an accomplished musician who is involved with music programming for the annual Jubilee at Jackson’s Mill. He plays guitar, mandolin, and the upright bass...a talent he developed as a teenager.

St. Clair is happy in his new position with the SJMH board and noted, “It is an exciting time to be asked to serve on the Board and I am looking forward to being part of the hospitals future plans in serving the area.”

ANNUAL LEWIS COUNTY
Community Baby Shower Collection Event

Leaving your donations in Marketing

3rd Annual Weston Pumpkin Drop
Sat., Oct. 28 @ 5 p.m.

The Weston Fire Department will provide the aerial truck from which the pumpkins will fall. There will be a grand prize of $100 for the pumpkin with the best decoration or color which is dropped from the ladder.

Notes for the Pumpkin Drop are:
1. The pumpkin must be at least a minimum size of 12 inches in diameter as a standard. Further scoring can be awarded to the entries with the largest diameter.
2. The pumpkin and the protective structure combined may not weigh more than 50 pounds.
3. The protective structure can have dimensions no greater than 3.5 feet (108 inches)
4. The pumpkin must not be sterile or have been chemically treated.
5. No packing materials or other small, non-flammable objects are allowed.
6. The protective structure should be designed so that judges can see it and remove the pumpkin within 30 seconds.
7. The protective structure cannot be inflated or use any plus, glitter, stenciling, natural or other potentially dangerous substance.

Interested participants should call Deidre Lappley at 304-209-3136 in the morning or 304-209-0331 during the day.

Sponsored by

SGMH
STONEWALL JACKSON MEMORIAL HOSPITAL

Hosted by Broad Street United Methodist Church and Lewis County FYN Parents As Teachers

Learn more by contacting Dee Evans at 304-476-2226 or LC FYN at 304-269-4000

suggested items for donation
DIAPERS, WIPES, BABY SKIN CARE ITEMS, BOTTLES, BIBS, ONESIES & CLOTHING, CRIB SHEETS, SHOLLERS, CAR SEATS, DIAPER BAGS, ETC.
Handwashing and Hand Sanitizer Use
at Home, at Play, and Out and About

Germ are everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don’t kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and Clostridium difficile, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

When should I use?

**Soap and Water**
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

**Alcohol-Based Hand Sanitizer**
- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with Clostridium difficile (if so, use soap and water to wash hands).
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.
- Do NOT use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.

How should I use?

**Soap and Water**
- Wet your hands with clean running water (warm or cold) and apply soap.
- Lather your hands by rubbing them together with the soap.
- Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
- Rinse your hands under clean, running water.
- Dry your hands using a clean towel or air dry them.

**Alcohol-Based Hand Sanitizer**
Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.
- Apply. Put enough product on hands to cover all surfaces.
- Rub hands together, until hands feel dry. This should take around 20 seconds.

Note: Do not rinse or wipe off the hand sanitizer before it’s dry; it may not work as well against germs.
Good Health Improves Mood, Energy, and More

As part of Stonewall Jackson Memorial Hospital’s campaign against obesity, the SJMH Marketing Department is providing information about the importance of healthy eating and physical activity. SJMH has been working for several years to provide physical activity for neighborhood children with the creation of community playgrounds. The Hospital participates in the weekly Farmers Market and has created an orchard for more healthy food options. The next big Hospital/Community project will be the creation of a “high tunnel” gardening system for the residents at the Arbors on John Street, in Weston. The following article is about the importance of creating healthy eating habits. In August 2017, West Virginia was named the most obese state in the Union, with 37.7% of our population designated as obese.

Most everyone knows that healthy habits, such as eating well, exercising, and avoiding harmful substances, make sense, but why do we practice them? These habits improve one’s overall well-being and makes a person feel good. Healthy habits are hard to develop and often require changing one’s mindset. However, the sacrifices to better one’s health will have a far-reaching impact. Here are five benefits of a healthy lifestyle.

Controls weight

Eating right and exercising regularly can help one avoid excess weight gain and maintain a healthy weight. According to the Mayo Clinic, being physically active is essential to reaching weight-loss goals. Even if a person is not trying to lose weight, regular exercise can improve cardiovascular health, boost the immune system, and increase one’s energy level.

A person looking to improve their health should plan for at least 150 minutes of moderate physical activity every week. If a person can’t devote this amount of time to exercise, look for simple ways to increase activity throughout the day. For example, try walking instead of driving, take the stairs instead of the elevator, or pace while talking on the phone.

Eating a balanced, calorie-managed diet can also help control weight. When a person starts the day with a healthy breakfast, they avoid becoming overly hungry later, which could send one running to get fast food before lunch.

Additionally, skipping breakfast can raise one’s blood sugar, which increases fat storage. Incorporate at least five servings of fruits and vegetables into the diet each day. These foods, which are low in calories and high in nutrients, help with weight control. A person should limit the consumption of sugary beverages, such as sodas and fruit juices, and choose lean meats like fish and turkey.

Improves mood

Doing right by one’s body pays off for the mind as well. The Mayo Clinic notes that physical activity stimulates the production of endorphins. Endorphins are brain chemicals that leave a person feeling happier and more relaxed. Eating a healthy diet as well as exercising can lead to a better physique. A person will feel better about his/her appearance, which can boost confidence and self-esteem. Short-term benefits of exercise include

Continued on Next Page
decreased stress and improved cognitive function. Another healthy habit that leads to better mental health is making social connections. Whether it’s volunteering, joining a club, or attending a movie, communal activities help improve mood and mental functioning by keeping the mind active and serotonin levels balanced.

COMBATS DISEASES

Healthy habits help prevent certain health conditions, such as heart disease, stroke, and high blood pressure. Regular physical activity and proper diet can also prevent or help manage a wide range of health problems, including:
- diabetes
- depression
- certain types of cancer
- arthritis

BOOSTS ENERGY

We’ve all experienced a lethargic feeling after eating too much unhealthy food. When eating a balanced diet the body receives the fuel it needs to manage a good energy level. A healthy diet includes:
- whole grains
- lean meats
- low-fat dairy products
- fruit
- vegetables

Regular physical exercise also improves muscle strength and boosts endurance. Exercise helps deliver oxygen and nutrients to the tissues and gets the cardiovascular system working more efficiently so that there is more energy to go about one’s daily activities. It also helps boost energy by promoting better sleep. Insufficient sleep can trigger a variety of problems. Aside from feeling tired and sluggish, a person will also feel irritable and moody without enough sleep. What’s more, poor sleep quality may be responsible for high blood pressure, diabetes, and heart disease, and it can also lower your life expectancy.

Improves longevity

When practicing healthy habits, there is increased chances of a longer life. The American Council on Exercise reported on an eight-year study of 13,000 people. The study showed that those who walked just 30 minutes each day significantly reduced their chances of dying prematurely, compared with those who exercised infrequently. Looking forward to more time with loved ones is reason enough to keep walking.

THE TAKEAWAY

Bad habits are hard to break, but once one adopts a healthier lifestyle, you won’t regret this decision. Healthy habits reduce the risk of certain diseases, improve your physical appearance and mental health, and give your energy level a much-needed boost. You won’t change your mindset and behavior overnight, so be patient and take it one day at a time.
Pharmacy would like to inform you that some info has changed on the Ensure order forms. If you have any old forms saved or tucked away please throw them out and use the new ones. You can call Pharmacy at 304-269-8091 to receive an updated copy via fax or stop in and pick one up when you order next time. A couple reminders: You must be ordering for immediate family members only. You are allotted ONLY 2 cases per week. Also, Pharmacy has limited space so Ensure should be picked up as soon as possible or it will be returned two days after we receive it.

### Dietary Supplement Order Form

<table>
<thead>
<tr>
<th>Item #</th>
<th>Description</th>
<th>Qty Wanted</th>
</tr>
</thead>
<tbody>
<tr>
<td>364-2469</td>
<td>Ensure REGULAR Can Chocolate</td>
<td></td>
</tr>
<tr>
<td>188-2257</td>
<td>Ensure REGULAR Can Vanilla</td>
<td></td>
</tr>
<tr>
<td>196-4584</td>
<td>Ensure REGULAR Can Strawberry</td>
<td></td>
</tr>
<tr>
<td>162-9351</td>
<td>Ensure REGULAR Can Butter Pecan</td>
<td></td>
</tr>
<tr>
<td>111-1491</td>
<td>Ensure PLUS Can Chocolate</td>
<td></td>
</tr>
<tr>
<td>111-2952</td>
<td>Ensure PLUS Can Vanilla</td>
<td></td>
</tr>
<tr>
<td>364-2170</td>
<td>Ensure PLUS Can Strawberry</td>
<td></td>
</tr>
<tr>
<td>162-8882</td>
<td>Ensure PLUS Can Butter Pecan</td>
<td></td>
</tr>
<tr>
<td>351-3793</td>
<td>Ensure Enlive Bottle Chocolate</td>
<td></td>
</tr>
<tr>
<td>351-3785</td>
<td>Ensure Enlive Bottle Vanilla</td>
<td></td>
</tr>
<tr>
<td>351-3819</td>
<td>Ensure Enlive Bottle Strawberry</td>
<td></td>
</tr>
<tr>
<td>364-2113</td>
<td>Ensure Clear Enlive Apple</td>
<td></td>
</tr>
<tr>
<td>364-2097</td>
<td>Ensure Clear Enlive Berry</td>
<td></td>
</tr>
<tr>
<td>211-2787</td>
<td>Glucerna Shake Chocolate</td>
<td></td>
</tr>
<tr>
<td>211-1656</td>
<td>Glucerna Shake Vanilla</td>
<td></td>
</tr>
<tr>
<td>245-2100</td>
<td>Glucerna Shake Strawberry</td>
<td></td>
</tr>
<tr>
<td>129-1657</td>
<td>Glucerna Shake Butter Pecan</td>
<td></td>
</tr>
<tr>
<td>186-2390</td>
<td>Glucerna 1.2 Calorie</td>
<td></td>
</tr>
<tr>
<td>162-6597</td>
<td>Pediasure Chocolate</td>
<td></td>
</tr>
<tr>
<td>124-2676</td>
<td>Pediasure Vanilla</td>
<td></td>
</tr>
<tr>
<td>346-8048</td>
<td>Boost Plus Bottle Chocolate</td>
<td></td>
</tr>
<tr>
<td>115-3980</td>
<td>Pulmocare Vanilla</td>
<td></td>
</tr>
<tr>
<td>364-1842</td>
<td>Jevity 1.2</td>
<td></td>
</tr>
<tr>
<td>217-0652</td>
<td>Suplena Vanilla</td>
<td></td>
</tr>
</tbody>
</table>

**Maximum of 2 cases per employee per week**  
**You have 2 days to pick up your order**

I hereby certify that I am purchasing this product for the person and relationship stated above

Date: ___________  Signature_________________________________________
**Halloween Celebration Set for Oct. 28**

Plans are underway for the Halloween holiday weekend in Weston. Saturday, October 28 will begin with a Safety Fair and Halloween Party coordinated by Stonewall Jackson Memorial Hospital in collaboration with the Rotary Club. It will be held at the Weston Fire Department on Center Avenue from 11 a.m. to 1 p.m. The Marketing Department and Emergency Department at Stonewall Jackson Memorial Hospital are again teaming up to have a day of Halloween Fund and Safety.

“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 Lisa Murray. “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.

The Halloween events will continue that evening at RLBMS parking area in activities planned by H&M Motors and the Weston Fairs and Festivals Committee. There will be a “Trunk and Treat” event from 6 p.m. to 7:30 p.m. in the parking lot, with a Magic Show following the candy giveaway. Stonewall Jackson Memorial Hospital will sponsor the 3rd Pumpkin Drop at 5 p.m.

The Hospital is also having their annual Halloween Pet Costume Contest at 4 p.m. at the Middle School in conjunction with the Halloween events.

Magician Mark Lyons will provide a Magic Show beginning at 7:30 p.m.

The Weston city-wide Trick or Treat will be held on Mon., Oct. 31 from 6 to 7 p.m.

---

**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.
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
Hi Avah. I wanted to let you and other people know how appreciative I am of the surgery department we have at Stonewall Jackson, especially Tonya Bostic. I underwent outpatient surgery on Friday with Dr. Pearson to have lymph node removed from my right breast and was very nervous and anxious. When they came to my room to ask me if I was ready to head back, I had already received some medication to help me with my nerves and was very mellow at that point in time but I do remember Tonya being by my side and talking to my mother whom which was in the room with me and reassuring her that I would be back in no time safe and sound. I remember being in the cold operating room getting prepped and feeling overwhelmed with everything and everyone that was around me and once they put the medication into the IV, I felt a very big sting and burning sensation run through. Between the IV, the oxygen mask on my face, being strapped down, I felt a full blown anxiety attack approaching. Tonya then grabbed my hand and talked me through it and I can remember her telling me that everything was going to be alright and that companionship I received from her really helped me through.. even if she doesn't think so. The next thing I know I was awoke in recovery. I really do appreciate everything everyone did for me that day but the help I received from Tonya, was very comforting in the time of need. I hope that you receive more of these letters, emails, etc., about other employees or departments at Stonewall because they deserve it :) Thank you!