Kim Gum New Board Member

Kim Niday Gum, the manager of the Weston branch of United National Bank, was recently added to the Board of Directors of Stonewall Jackson Memorial Hospital (SJMH), in Weston, replacing longtime member Dave Gallien.

Gum has been a member of the Hospital Company for about five years and was honored with the new designation.

She noted, “It is very nice to be chosen for this honor. The Hospital is an integral part of our community. The future plans with Mon Health are very exciting for all of us and I am delighted to be part of it.”

Gum has been an employee for the Bank since graduating from high school and progressed through all of the departments before becoming branch manager.

“When I graduated and went to the Bank, my first job was as a bookkeeper. Then I went up the chain through proofing department, teller line, customer service, controller and ultimately the position I now have,” she explained.

Kim is married to David, a supervisor at Dominion. The couple has two children – Kasey Danielle Lattea, who works at the Citizens Bank and Preston James Gum, a manager at Swisher Feed. They have two grandchildren – Owen Keith Lattea, and Sadie Jo Lattea. Kim's parents are Ruth Niday, of Weston, and Gary Niday, of Parkersburg.

Presently, United Bankshares (NASDAQ: UBSI) is a United States bank holding company. It operates United Bank, in West Virginia, Virginia, the District of Columbia, Maryland, Ohio, and Pennsylvania. Services provided include commercial banking operations, credit card services, trust services, mortgage banking services, investment banking services, and investment advisory services.

On August 28, 2016, United Bankshares announced that it had agreed to acquire Cardinal Bank for $912 million. Upon completion of the acquisition, United Bank is the largest headquartered company in West Virginia and the 32nd largest banking company in the United States.

Make sure you know our current list of providers...go onto the SJMH Intranet under HR forms for the listing.
Members of the Stonewall Jackson Memorial Hospital cardiopulmonary department traveled to Pittsburgh, PA, recently for a continuing education event organized by the University of Pittsburgh Dorothy P. and Richard P. Simmons Center for Interstitial Lung Disease at the University of Pittsburgh Medical Center.

Staff who attended the September 19 event included: Kristi Gannon nurse manager of the pulmonary rehab department, Frank Scattaregia, MD, medical director of the SJMH breathe Easy program, George Butcher staff nurse and pulmonary rehab patient Tilmon Fenske.

Keynote speaker was Kevin K. Brown, MD, clinical specialist from Denver, Colorado provided an overview of idiopathic pulmonary fibrosis (IPF). He also provided attendees with the current recommended treatment for the disease and reviewed data from IPF clinical trials. The overall message presented by Dr. Brown focused on the absolute necessity for patients with IPF to enroll in Phase II Pulmonary Rehab. Exercise is the only treatment currently available to patients with this terrible illness that improves their quality of life. If you would like information about SJMH Pulmonary Program please call 304-269-8099.

### Pulmonary Rehab Staff Learn About Pulmonary Fibrosis

Members of the Stonewall Jackson Memorial Hospital staff traveled to Pittsburgh recently for a very informative seminar on pulmonary rehabilitation. Pictured are: Kristi Gannon nurse manager, Frank Scattaregia, MD, Breathe Easy SJMH medical director, George Butcher staff nurse and pulmonary rehab patient Tilmon Fenske attend conference in Pittsburgh.
September is Prostate Cancer Awareness Month

Stonewall Jackson Memorial Hospital is joining with the American Cancer Society to raise awareness of prostate cancer as an important health concern among American men. Other than skin cancer, prostate cancer is the most frequently diagnosed cancer in men, especially in African American men.

The American Cancer Society recommends men talk with their health care provider about the possible risks and benefits of prostate cancer testing so they can decide if being tested is right for them.

SJMH Urologist Dr. Thomas Benz suggests that men should talk to their urologist at the following ages:

• At age 50: If they are at average risk for prostate cancer and are expected to live at least another 10 years.
• At age 45: If they are at high risk because they are African American or have a close relative (father, brother, or son) who had prostate cancer before age 65
• At age 40: If they are at even higher risk of getting prostate cancer because more than one close relative had prostate cancer before age 65

A man should not be tested until he has received information about the possible risks and benefits of testing. If after the talk he decides to be tested, he should have a PSA (prostate-specific antigen) blood test. A digital rectal examination (DRE) is optional. The conversation about testing should be repeated periodically, as men’s circumstances and preferences can change over time.

Visit cancer.org or call 1-800-227-2345 for more information about prostate cancer and how the American Cancer Society can help you take steps to reduce your risk for the disease.

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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!
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.

Did you know...?
Did you know that more than 40 million Americans have some type of hearing loss? Hearing loss occurs in 1 in 3 people between the ages of 65 and 74. By the age of 75, the number of people who experience hearing loss increases to 1 in 2.

Not sure if you have a loss? You may have hearing loss if you:
• Frequently ask others to repeat themselves
• Turn up the TV or radio volume and have others complain it’s too loud
• Turn down social invitations to avoid noisy environments
• Struggle to hear female voices and children

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.

MAGWV Charity Auction
September 23, 2017
230 Main Avenue
Weston, WV 26452

Auction begins at 5:00 PM.
Food will be available for sale at the Museum beginning at 3:30 PM. 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 Auctria.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.
Pictures from the week...

the Movie Night at the Polk Creek Playground and the Paint the Town Blue celebration at the Weston Fire Department. SJMH supported both.
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.

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**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.

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

Please call and register so we’ll know how many refreshments are needed
Door prize is a Longaberger basket
Contact Info 304-269-6141
Commercial sponsors: Longaberger basket, Stonewall Jackson Hospital
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
INFORMATION ON DONATING TIME TO CO-WORKERS

Don’t forget that employees can donate time to other employees who are in need. The policy is as follows.

I. Purpose:

Employees may donate a portion of their vacation and holiday time to a coworker that has incurred a serious medical condition and has exhausted all paid time. This policy is subject to change as the need arises.

II. Policy:

Employee
* Illness must be that of the employee or employee’s spouse, child or parent and must be determined to be a serious medical condition by the treating physician. The illness must be such that the employee is rendered unable to work for a minimum of 14 days (2 weeks) or will have intermittent absences due to the serious medical condition.
* The employee must be eligible for paid time and have exhausted their paid time.
* The employee must be on an approved Family Medical Leave. The employee may not be receiving Worker’s Compensation or Social Security Benefits.
* This benefit will be permissible until such time as Family Medical Leave is exhausted or the employee is no longer off due to medical necessity (i.e. maternity leave).
* Receive and complete an Application to Receive Donated Time (attachment) from the Human Resources Department.

Hospital
* Application To Receive Donated Time will be reviewed to determine eligibility.
* Employee will be notified of eligibility to receive donated leave.
* Human Resources will distribute and accept Applications to Receive Donated Time and Applications To Donate Annual Leave.
* Donated Time will remain anonymous (names will not be shared by hospital) and be given to employee dollar for dollar within the pay period or future pay periods. Request must be turned in by Monday of payroll processing to be included in current payroll.

Coworkers
* Employees wishing to donate time may pick up and complete an Application to Donate Annual Leave (attachment) from Human Resources. The completed form should be returned to Human Resources.
* Vacation Time and Holidays currently available (within 30 days) are permissible.
* Employees must have at least 75 hours of banked time remaining after donating time (inclusive of sick time). This is to protect the employee should they need time.
APPLICATION TO DONATE ANNUAL LEAVE

I am applying to donate vacation or holiday time as indicated below.

Employee Name:                 Department:

Total Hours of Vacation Time applying to donate: ________________________________

Total Hours and Holiday(s) applying to donate: ________________________________

Designated Recipient’s Name: ________________________________________________

Applicant’s Signature:_____________________________    Date: ____________________

************************************************************************************

For Human Resources:

Employees Annual Leave Totals Sick _______ Vacation _________   Holiday _________

The applicant is    _____ Eligible    _____ Ineligible

Reason:

Donor’s Hourly rate of Pay: _______________   Dollar Value ________________

Removed from Bank: Date __________________

Keyed to Recipient: Date __________________    Hours ________________

Hours are rounded to .25 hours (1/4 of hour).

9/3/2012