Greg Wine Organizing Christmas Box Project

Stonewall Jackson Memorial Hospital (SJMH) employee Greg Wine, is again heading up a special project at the local healthcare facility. He was able to collect over seventy Operation Christmas Child shoeboxes last year at SJMH and plans to surpass that goal.

“I have one hundred boxes available here for filling,” explained Wine. “It is a meaningful way to celebrate Christmas by giving a gift to a child in a third-world country.”

Participants take a shoebox and fill it with toys, clothing, personal items, crafts and more. The shoeboxes must be turned in by November 17 for shipping. Greg also said that monetary donations will be accepted.

Wine said that one can look up suggestions to fill the box with at samaritanpurse.org/occ, on what to put in the boxes. It is suggested to start with a quality “wow” item such as a stuffed animal, soccer ball with pump, or clothing outfit that will capture the child’s attention the instant he or she opens the box. There are gift suggestions according to age and gender listed for other fun toys, hygiene items, and school supplies to fill the shoebox.

Some of the items which should NOT be given include: candy; toothpaste; used or damaged items; war-related items such as toy guns, knives, or military figures; chocolate or food; seeds; fruit rolls or other fruit snacks; drink mixes (powdered or liquid); liquids or lotions; medications or vitamins; breakable items such as snow globes or glass containers; aerosol cans.

If interested in more information contact Greg at the SJMH Telemetry Department. He is a member of the New Life Southern Baptist Church.
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 the 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 with Halloween and healthy activities included in our lineup,” said co-chair Julia Spelsberg. “We were quite happy having the event at the Fire Department last year so that there are no weather concerns...so it is a perfect place again this year.”

The first hundred children will receive a pumpkin to decorate. There will also be a Halloween costume contest during the fair.

Kristy Aldridge will be there providing great face paintings for children and balloon creations, too. For more information or to be involved call Spelsberg at 304-269-8167.
**Auxiliary Fundraiser Oct. 26**

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 bariatric chair for the lab and other necessities for Home Care. They have also created a lovely garden outside of the chemotherapy clinic with special plantings and a new pergola.

The Auxiliary runs the Gift Shop which helps in funding the various projects for the Hospital. However, one of their major fundraisers is the annual Gold Sale, held in cooperation with Caplan’s Jewelry Store in Weston. This year, the sale will be held on Thursday, October 26 from 7 a.m. to 6 p.m. in the SJMH boardroom. As an incentive for our employees in outlying offices, the Social Recreation Committee will have a cookout that day also.

**Did you know...?**

Did you know that almost 29 million people in the U.S. have diabetes? Hearing loss is twice as common in people with diabetes. Damaging nerves and blood vessels in the inner ear may be the cause of diabetes-related hearing loss.

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 attend 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.

**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!**
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.

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.
Plans Underway for Breast Cancer Awareness Luncheon

Stonewall Jackson Memorial Hospital (SJMH), the WV Breast and Cervical Cancer Screening Program, the American Cancer Society, and the Lewis County CEOS Clubs are coordinating the annual Breast Cancer Awareness Luncheon at the Broad Street Church on Oct. 12 at noon. SJMH will have a mini health fair before the luncheon starts.

Here are some facts about Breast Cancer Awareness.

Breast cancer is the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer. If you are 50 to 74 years old, be sure to have a screening mammogram every two years. If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.

A mammogram is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer.

Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. When their breast cancer is found early, many women go on to live long and healthy lives.

Talk to your health professional if you have any symptoms or changes in your breast, or if breast cancer runs in your family. He or she may recommend that you have mammograms before age 50 or more often than usual. If you would like to attend the Breast Cancer Awareness Luncheon, please call Julia Spelsberg 269-8167 for a reservation.

Remember to use AIDET!
Heart Society Donates Equipment in Memory of the Late Sissie Riley

Pictured at right are three of the late Sissie Riley’s children with a treadmill donated by the LC Heart Society in her honor. Left to right are Sharon Pinkney, Pam CapoBianco, and John Riley.

The Lewis County Heart Society recently bought a new treadmill for the Stonewall Jackson Memorial Hospital (SJMH) Cardiac Rehab Department in honor of one of the Society’s late members, Anna Elizabeth “Sissie” Davisson Riley, who died in 2016.

Sissie is remembered by everyone who came in contact with her especially the hundreds of children she cared for as owner of Sissie Cares Day Care Center in Weston. For years she provided excellent childcare for the children of Lewis County at her Pratt Street location. Sissie was an active member of the Lewis County Heart Society, St. Patrick’s Catholic Church, the Theresa Snaith Hospital Auxiliary, the Red Hat Society, the Lewis County Senior Center, DAR, and the Court Victory #379 Catholic Daughters of the Americas. She applied her creative talents to crafting new decorations including Christmas stockings for the New Year babies at Stonewall Jackson Memorial Hospital each year.

Providing exercise equipment to SJMH in Sissie’s name is an appropriate tribute to her as a generous community member.

The Lewis County Heart Society is a non-profit founded in 1969 to benefit the cardiac needs in the county. All monies provide equipment and educational services to improve the heart health and welfare of Lewis Countians.

The group has provided cardiac monitors/defibrillators for the Lewis County Emergency Ambulance Service, the Weston Fire Dept., the Jane Lew Fire Dept., Walkersville Fire Dept., and local churches. It has also been a great benefactor to the Cardiac Rehabilitation Department at SJMH.

Retired LC EMS Director John Carroll summed up the importance of the Heart society with this message.

“The Lewis County Heart Society has provided us with state-of-the-art cardiac monitors bringing our services out of the stone age. With the Heart Society’s funding for advanced cardiac life support monitors we are able to stay one step ahead in providing care to the persons of Lewis County. Without this equipment it would be impossible to save a life in the field. I commend the Heart Society for providing funding to better the health of the people of our county,” he explained.
**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 pay-out 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.

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**LEARN ABOUT HEART HEALTH & GAME WARDENS**

**COUNTRY ROADS**

**WESTON FAIR’S AND FESTIVALS**

**SUNDAY, OCT, 8TH, 2017**

**GLASS MUSEUM**

2PM TO 4PM

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

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**CPS Announces Annual “Best Practices” Award**

Comprehensive Pharmacy Services (CPS) presented top honors to employees recently during the company’s Annual Meeting held in Scottsdale, Arizona.

CPS serves all hospital segments, including acute care, behavioral health, LTAC and other specialty facilities. The company’s services include every combination of pharmacy operations, from consulting to complete pharmacy management options.

This year, the 2017 Best Practices Award for the Northeast Region was presented to the Department of Pharmacy at Stonewall Jackson Memorial Hospital. The award was presented to John Pope, Director of Pharmacy at the 2017 CPS awards banquet. In order to receive this award, a score of 95% or better on CPS’ annual Operational Audit (Rx-Assess) must be realized. The Operations Audit measures compliance in all areas of the medication management process, both internal and external to the Pharmacy. John and his team have received this award for demonstrating sustained excellence and collaboration within the Hospitals and off site locations as well as implementing innovative changes that ultimately benefit patient care.

Members of the Stonewall Jackson Memorial Hospital were awarded a Best Practice designation recently. Pictured front row, left to right are: Mary Ann Heaster, Mindy Robinson, and Mackenzie Short; second row, left to right are: John Pope and Tom Law.
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