How Junk Food Affects Children

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 playgrounds. The Hospital also participates in the weekly Farmers Market and has created an orchard for more healthy food options. The following article is about the issue of junk food and our children.

Junk food can be appealing for a variety of reasons, including convenience, price and taste. For children, who do not always understand the health consequences of their eating habits, junk food may appear especially appetizing. However, regularly consuming fattening junk food can be addictive for children and lead to complications like obesity, chronic illness, low self-esteem and even depression, as well as affecting how they perform in school and extracurricular activities.

Energy and Focus
According to the Women’s and Children’s Health Network, diet has a significant effect on children’s study habits. Junk food and foods with high sugar content deplete energy levels and the ability to concentrate for extended periods of time. Energy and focus are especially crucial for school-age children. Children set the foundation for lifelong habits in their youth, making junk food particularly hazardous to their well-rounded development. Physical activity is also essential for children of all ages, and regularly eating junk food does not provide the necessary nutrients children need for sufficient energy to engage in physical activity. A lack of physical activity is harmful to physical and mental well-being and may also exclude a child from critical social development.

Obesity Risk
A study published in “Pediatrics” in 2004 found fast-food consumption in children was linked with many dangerous precursors for obesity. According to this study, kids who ate fast food were more likely to consume a higher amount of calories, fat, carbohydrates and added sugars in one fast food meal. They were also less likely to consume as much fiber, milk and fruits and vegetables as children who did not eat fast food. Children who consumed more fattening foods while eating fast food were also likely, in general, to eat more unhealthy foods at other meals. According to a statement released by the journal “Nature Neuroscience” in 2010, high-calorie food can be addictive, causing children who occasionally eat fast food to learn problematic patterns of eating. These factors were found to

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How Junk Food Affects

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place children who regularly ate fast food at increased risk for obesity.

Chronic Illness
According to the Prevention Institute, experts blame junk food for rising rates of diabetes, high blood pressure and stroke. Increasing rates of chronic illness affect children who regularly consume junk food. The Centers for Disease Control and Prevention predicts if current trends continue, one in three U.S. adults will have diabetes by the year 2050. Diabetes can result in disability and premature death. The Center for Food Safety noted in 2012 that obese children are also more likely to develop high cholesterol and heart disease later in life. According to the Women’s and Children’s Health Network, changes can happen in children’s bodies even when they’re young that are associated with disease at a more advanced age.

Self-Esteem and Depression
Self-esteem and confidence in oneself are especially important to growing children, and regularly consuming junk food can negatively impact this sense of self. According to “Kids Health Club” magazine, junk food can affect a child’s physical development in detrimental ways, including unhealthy weight gain, which can result in self-esteem problems. Low self-esteem can lead to consequences like depression. Nutritionists at MayoClinic.com also report eating junk food can potentially cause depression on its own. According to the journal “American Family Physician,” depression -- which can be very dangerous for children -- has negative impacts on growth and development, performance in school and social relationships and can ultimately lead to suicide.
Handwashing and Hand Sanitizer Use
at Home, at Play, and Out and About

Germs 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.
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
The Staff of the Cardiac Rehabilitation Department at Stonewall Jackson Memorial Hospital (SJMH) in Weston was recently awarded accreditation by the American Association of Cardiovascular and Pulmonary Rehabilitation for the local rehab program. The SJMH program is coordinated by Nurse Manager Kristi Gannon. Other staff includes: George Butcher, RN; Peggy Burkhammer; Susan Carpenter; Katie Gum, RN; Erin Hunt, MS EXPH; Tiffany Lowther, RN; Cassandra Johnston; and Leslie Sprouse, RN.

Cardiac rehabilitation (rehab) is a medically supervised program that helps improve the health and well-being of people who have heart problems. Rehab programs include exercise training, education on heart healthy living, and counseling to reduce stress and help you return to an active life.

Cardiac rehab can help a patient:
- Recover after a heart attack or heart surgery.
- Prevent future hospital stays, heart problems, and death related to heart problems.
- Address risk factors that can lead to coronary heart disease and other heart problems. These risk factors include high blood pressure, high blood cholesterol, overweight or obesity, diabetes, smoking, lack of physical activity, and depression and other emotional health concerns.
- Adopt healthy lifestyle changes. These changes may include following a heart healthy diet, being physically active, and learning how to manage stress.

The SMH Cardiac Rehab staff designs a personalized program to meet the specific needs of each patient. The Cardiac Rehabilitation Team

Cardiac rehab involves a long-term commitment from the patient and a team of health care providers. Working with the team is an important part of cardiac rehab. The patient should share questions and concerns with the team. This will help the patient reach one’s health goals.

Outlook

People of all ages can benefit from cardiac rehab. The lifestyle changes made during rehab have few risks. These changes can improve the patient’s overall health and prevent future heart problems and even death.

Exercise training as part of cardiac rehab might not be safe for all patients. For example, those patients with very high blood pressure or severe heart disease might not be ready for exercise. However, the patient can still benefit from other parts of the cardiac rehab program.

For more information about the program at Stonewall Jackson Memorial Hospital, call Kristi Gannon at 304-269-8099.
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.
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 full-time 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.

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
- Dominos-Pizza Payday 45% off on Payday-Pizza only (Excludes Artisan)
- IronWorks Gym - Weston, WV
  - 30% off enrollment fee
- South Side Fitness - Weston, WV
  - 30% 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!
  - 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%

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.

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

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.

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AS A REMINDER

All RN Licenses expire October 31st of each year.

Registered Nurse License Renewal Continuing Education Requirements Annually:

Required to complete 12 hours of continuing education during each renewal period and MUST include:
• 2hrs of CE for mental health conditions common to veterans and their families.
• 3hrs initially and then 1 hour thereafter annually of CE for best prescribing and drug diversion training, if you prescribe, administer or dispense controlled substances.

Exception: If you were initially licensed on or after November 1 of the licensing year you only need to complete the CE activities regarding Mental Health Issues Common to Veterans and their Families and Best Prescribing and Drug Diversion Training.

CE Resources for Best Prescribing Practice and Drug Diversion Training:
• www.rn.org
• https://www.atrainceu.com/course/west-virginia-prescribing-controlled-substances-139
• https://nursing.ceconnection.com/
• http://ce.nurse.com
• http://www.wildirismedicaleducation.com/
• www.NPHF-CORE.com.

CE Resources on Mental Health Conditions Common to Veterans & Family Members of Veterans:
• http://ce.nurse.com/Veteran’s_Healthcare
• http://www.ptsd.va.gov/professional/continuing_ed/continuing_education_credit.asp
• http://www.gvsu.edu/veteranstbi/continuing-education-for-health-care-professionals-27.htm
• http://www.wildirismedicaleducation.com/courses/curriculum_nceu_category.html
• www.rn.org
• http://www.netce.com/courseoverview.php?courseid=1171
• http://www.westernschools.com/continuing-education-courses/nursing-ce/west-virginia
• http://www.rn.com/
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 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.

Hearing Loss Awareness

Here is the Mountain-ee Field Seating Plan.... SJMH seats are in section 97 in the end zone.

WVU has also sent a policy on approved bags and non-approved bags to take to the game. They are pretty specific and you can read about it on page 11 of this General.
Dazzling Diamonds Dance Team

Spaghetti Dinner

When: Saturday September 9, 2017
Where: Weston Vol. Fire Department
Time: 12 noon – 6:00pm

The dance team has been invited to attend and perform during halftime at the 2017 Orange Bowl in Miami, FL.

MENU

Spaghetti with choice of sauce:  
(with or without meat)
Tossed Salad w/choice of dressing
Bread/Dessert/Drink

Adults - $10 donation
Kids 12 and under - $6 donation

You may call ahead to place your order & carry-out and delivery will be available

Call/text - 304-844-7066 to place orders

All proceeds will go to the - Dazzling Diamonds Dance Team
New WVU Game Day Policy for Bags

As many stadiums around the country respond to attacks on public events, West Virginia University has announced they too enact a “Clear Bag Policy” for all sporting events starting this fall. Fans can purchase a branded clear plastic tote bag to make up for the inconvenience.

This policy will cover Milan Puskar Stadium, WVU Coliseum, Dick Dlesk Soccer Stadium and Monongalia County Ballpark.

These items will be allowed inside ticketed WVU sporting events:

1. Bags that are clear plastic, vinyl or PVC and do not exceed 12” x 6” x 12.” Football season ticket holders will be provided with a complimentary logoed clear bag in their season ticket package and clear bags will be sold in fan retail outlets. Logoed clear bag in their season ticket package and clear bags will be sold in fan retail outlets.

2. One-gallon clear plastic freezer bags (Ziploc bag for example)

3. Small clutch bags, approximately the size of a hand, (4.5” x 6.5”) with or without a handle or strap. A small clutch bag can be taken into the venue in addition to a clear bag.

4. Exceptions will be made for medically necessary items after proper inspection at an assigned designated gate has been performed."

Most chairbacks, diaper bags, cinch bags, fanny packs, purses, coolers or tote bags are now inadmissible. As annoying as this may be, most of these items weren’t allowed before this policy, but the specific mat. In fairness, this is a fairly well-known game day policy for professional stadiums and many other college venues.

Basically, this means that Mountaineer faithful will have to be more creative with how they sneak alcohol into football games. However, out of the kindness of their hearts, WVU athletics will give season ticket holders a plastic tote with their purchase.

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

WESTON FAIR’S AND FESTIVALS
SUNDAY, OCT, 8TH, 2017
GLASS MUSEUM
2PM TO 4PM

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
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