A Challenge
Kevin Stalnaker challenges any SJMH employee to beat him in the 5K Walk Run on Saturday, September 29. He will provide a FREE Pizza Party.

Plans Underway for Breast Cancer Awareness Luncheon

Stonewall Jackson Memorial Hospital (SJMH) and the Lewis County CEOS Clubs are coordinating the annual Breast Cancer Awareness Luncheon at the Broad Street Church on Oct. 10 at noon. Special speakers will be Dr. Christine Edwards, Dr. Tanya Wynn, and Stonewall Home Oxygen Therapy’s Sandi Smith. Interested parties should call Julia Spelsberg at SJMH, 304-269-8167 to make a reservation. Space is limited.

October is designated as Breast Cancer Awareness Month and 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.

Women should have mammograms every two years from age 50 to 74 years. Talk to one’s health professional if there are symptoms or changes in one’s breast, or if breast cancer runs in the family. The doctor 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.
NOTICE

Just a reminder that the renewals for nursing licenses are due by October 31. If the license is not renewed an employee cannot work.

Walt Disney World Benefit Raffle

We’re making dreams come true!

Enter for your chance to win 4 one-day park hopper passes valid at Walt Disney World Resort in Florida. Drawing will be held October 5.

$1.00 each ticket | $5.00 for 10 tickets

Get your tickets today at one of the following locations:

William R. Sharpe, Jr. Hospital Lobby
Stonewall Jackson Memorial Hospital
TALA

Proceeds help support individuals impacted by severe mental health disorders and disabilities. For more information, please contact Volunteer Services at 304-269-1210 Ext. 371.
As of 09/20/2018 – we have had responses from: 58 hospital and 39 office setting surveys. Please take a moment to complete. Your participation helps SJMH fulfill a CMS requirement.

All Employees:

RE: Culture of Safety Survey:

You are invited to participate in an important survey that is part of our organization’s ongoing efforts to improve patient safety in all aspects at SJMH. All staff are being asked to complete this survey. Your participation is voluntary, but we encourage you to complete the survey to help us improve the way we do things at the hospital and outside clinic/office settings. It will take you about 10 to 15 minutes to complete and you may take it during work time. Your individual responses will be kept anonymous. Only group statistics, not individual responses will be prepared and reported.

If you are a PROVIDER or WORK in a PHYSICIAN CLINIC, PHYSICAL THERAPY, BUSINESS OFFICE or HOME CARE setting, please follow this link to the survey:
OFFICE SETTING: https://www.surveymonkey.com/r/96CWB22

If you are an employee who works at the HOSPITAL or setting not listed above, please follow this link to the survey:
HOSPITAL: https://www.surveymonkey.com/r/96NQYL2

If you are a PROVIDER or EMPLOYEE who works in BOTH settings, please COMPLETE BOTH SURVEYS.

If you have any questions about the survey, please contact Jennifer Barnes, Chief Quality Officer, 304-269-8533 or j barnes@stone-wallhospital.net

Thank you in advance for participating in this important safety effort.
SJMH Upcoming Events

September 29 – Relay for Life of Lewis Co. Race
October 10 – Breast Cancer Awareness Day
October 18 – Caplan Jewelry Sale at SJMH and Golf Tournament at Stonewall Resort
October 20 – Weston Bicentennial Parade
October 27 – Safety Fair
October 28 – Pumpkin Drop, Pet Costume Contest
November 4 – Vein Screening
November 23 – Christmas Parade/After Parade Party
November 24 – Small Business Saturday
December 15 – Cocoa and Cookies Walk Run

Saturday, October 27
SJMH Children’s Halloween Wellness and Safety Fair
11:00 a.m. to 1:00 p.m.
Weston Volunteer Fire Department • Center Avenue • Weston
Free Refreshments • Free Giveaways
Halloween Costume Contest with age brackets of 0-3, 4-7, 8-10, 11-13
Most Original, Scariest and Funniest. Lots of Safety Games and Displays

Sunday, October 28
Trunk or Treat at
RLBMS Field
Sponsored by H&M Motors, and Weston Fairs and Festivals Committee
4 p.m. – SJMH Halloween Pet Costume Contest
5 p.m. – SJMH Pumpkin Drop
6 to 7:30 p.m. – Trunk or Treat
7:30 p.m. – Magician

Brought to you by: Stonewall Jackson Memorial Hospital, The City of Weston Fairs and Festival Committee, St. Patrick School, Weston Rotary Club, and H&M Motors
UNITED WAY OF GILMER, LEWIS & UPSHUR
Duck and Turtle Race
Saturday, October 6, 2018
at 1:00 pm

Tickets Sold Here

$5.00 each
or $25 for a Quack or Shell Pack of 6
or $50 for a Big Quack or Shell Pack of 12

Grand Prize
$1,000 Cash
And much, much more!!!
Over 20 Prizes!!!

4th Annual Weston Pumpkin Drop
Sun., Oct. 28 @ 5 p.m.
The Weston Fire Department will provide the semi-truck from which the pumpkins will be dropped. There will be a grand prize of $100 for the pumpkin with the heaviest weight or crack which is dropped from the ladder.

Rules for the Pumpkin Drop event:
1. The pumpkins must be at least four inches in diameter and an estimated 20 pounds.
2. The pumpkins will be dropped from a semi-truck and may not weigh more than 50 pounds.
3. The pumpkins cannot have been re-dropped prior to any previous attempt.
4. The pumpkins must be free of any metal, nails, stones, or other objects that could cause damage.
5. Pumpkins that have landed in the water are allowed to participate.
6. The pumpkins must be released with the intention of being dropped into the water.
7. The pumpkins are released to the water from a semi-truck.

Mail registration forms to: 4-H 5K, c/o Erin Hawkins, 3177 Life’s Run Road, Jane Lew, WV 26378
Checks payable to Lewis County 4-H Leaders’ Association.

All Participants (5K or Clover Fun Run) $15 by September 25 ($20 on race day)
Children are welcome to run the 5K in addition to the fun run at no additional cost. Please mark registration properly. T-shirt guaranteed to pre-registered runners. A very limited quantity will be available race day.

Approximate Schedule:
• Race Day Registration is 8-9 a.m.
• 5K Race starts at 9:30 a.m.
• Clover Fun Run starts immediately following the 5K (approximately 10:45 a.m.)
• Awards Ceremony following the ½ mile Clover Fun Run

Participant Information:
Please select all that apply:
_____ 5K (open to all ages for walk or run)
_____ ½ Mile Clover Fun Run (3rd grade and younger)

Name: _____________________________________________________________
Complete Address: ________________________________________________
Phone: __________________________ Cell: __________________________
Date of Birth: ___/___/______ Age on 10/01/18: ________ Gender: ___ Male ___ Female
Shirt Size: Youth XS (2-4) ___ Youth S (6/8) ___ Youth M(10-12) ___ Youth L (14-16) ___ Youth XL (18) ___
Adult S ___ Adult M ___ Adult L ___ Adult XL ___ Adult 2X ___

WVU Waiver: In consideration of West Virginia University, the WVU Extension Service and the Lewis County 4-H Leaders’ Association’s sponsorship of my participation in this event, I agree to the extent permitted by law, to release, waive, forever discharge and covenant not to any aforementioned party, its governing board, officers, agents, employees and volunteers acting as employees, from and against any and all liability for any harm, injury, damage, death, free of any claim, cause of action, or liability for any harm or damage, including but not limited to suffering and death that may be sustained by me or by any property belonging to me or in my care, that may arise in connection with my participation due to my own negligence or that of any of the foregoing. I understand that my participation is voluntary, and I recognize that there are risks and hazardous elements in my participation to myself and to others, and I assume all responsibility and risk associated with my participation.

I have read and understand the contents and the consequences stated in this notification.

Signature __________________________ Date __________

**Parent/Guardian must sign if participant is under 18 years of age.**
Annual Fundraiser for Auxiliary to be Oct. 18

The Theresa Snaith Hospital Auxiliary at Stonewall Jackson Memorial Hospital is teaming up with Caplan’s Jewelry Store in Weston to bring the annual jewelry sale to the local Hospital...just in time for the holidays. The sale is held at the Hospital as a convenience for employees but the public is also invited. This year, the sale will be held on Thursday, October 18 from 7 a.m. to 6 p.m. in the SJMH boardroom.

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 special lab chair, automatic doors for the chemotherapy department and the orthopedic clinic.

They have decided to purchase equipment for the Special Delivery Unit and chairs for Dr. Mahmoud’s office. They have also created a lovely garden outside of the chemotherapy clinic with special plantings and a pergola.

Colors of Cancer
5K Color Run & Walk

Saturday, September 29th
Jackson’s Mill Airstrip
Registration 8:30am
Run/Walk 9:30am

REGISTER: crowdrise.com/colorsofcancer5kcolorrun-walk
Pre-registration by 9/14/18: $20
Registration on 9/28 & 9/29: $25
(Shirt not guaranteed after Pre-Registration deadline)

PORTION OF PROCEEDS WILL BE DONATED TO THE THERESA SNAITH HOSPITAL AUXILIARY

Hosted by Relay For Life of Lewis County.
Sponsored by: Wendy’s of Weston, Stonewall Jackson Memorial Hospital Pace Yourself for Wellness, and Appalachian Glass.

More details: Find the event for this fundraiser on Facebook Page: Relay For Life of Lewis County.
Fall Into Wellness @ SJMH in 2018

Opportunities and Ideas

▪ Walking Trail in the back lot has been repainted for your fall weather enjoyment during lunch or a break. Get up and Move!!!
▪ If you’re wanting to stop smoking or looking for ideas to help you quit, reach out to a member of the Wellness Committee or the Respiratory Department
▪ SJMH’s support of the 5K per month push and Pace Yourself Lewis County has been quite successful. The following are dates for currently scheduled events:
  ▪ Relay4Life 9/29
  ▪ 4-H 5K 10/13
  ▪ Weston Gobble Gallop 11/22
  ▪ Cocoa and Cookie 5K 12/15
  ▪ Contact Rachelle @ 8501, Kristi @ 8099 or Kate @ 8097 to sign up or volunteer (needed urgently)
▪ New Fall/Winter healthy living/competition/challenge opportunity:
  ▪ Register for free online at www.sparkpeople.com
  ▪ Go to the COMMUNITY tab and search for a Spark Team titled Stonewall Jackson Memorial Hospital
  ▪ Join the team and get started!!

▪ SJMH Fall Fitness Facebook Group – Join and invite your fellow employees
  ▪ https://www.facebook.com/groups/121587875391104/
All,

This is a reminder to all staff that Influenza Vaccines are required for all staff at SJMH. The hospital provides the vaccine to you at no cost. If you chose to receive your flu shot elsewhere, remember to provide proof of vaccination to Employee Health.

I will begin administering vaccines on Monday 10/1. To kick off the season, I will set up in the classroom on Monday from 8am-12noon.

Flu vaccines will be available on all shifts and we will again place stickers on name badges indicating you have received the vaccine.

Mask Fit testing and an OSHA required TB risk assessment will be coupled with flu vaccinations. I have attempted to distribute this paperwork in advance to all units so it can be filled out before you come to receive your vaccine. I apologize in advance for the amount of paperwork, however, to be compliant with OSHA standards, it is required.

Please remember Flu Vaccines are required by November 15, 2018.

Thanking you in advance for your cooperation.

Mary Ann Edwards, RN
Infection Preventionist/Employee Health Nurse
BAILEY HOUSE DINING ROOM
Sunday, October 21, 2018
11 a.m. to 2 p.m.
128 Main Avenue (across from Thyme Bistro), Weston

Join us for a Weston Bicentennial Committee Fundraiser...
only $6 for a soup and sandwich meal.
Chili, Broccoli and Cheese, Veggie, Stuffed Pepper,
and Chicken Noodle Soups
Coldcuts, Tuna, or Chicken Salad Sandwiches, etc.

Christine Evankovich-Edwards, M.D.

General Surgeon

- Laparoscopic surgery
- Breast surgery
- Hernia repair
- Cancer and skin surgeries
- Colonoscopy
- Lap nissen for reflux disease

66 Hospital Plaza
Weston, WV 26452
304-269-6004 Office
304-269-6026 Fax

Stonewall Jackson
Memorial Hospital

The Weston Gobble Gallop
Thanksgiving Day 5k Run/Walk
Thursday, November 22, 2018
9:00 am at Weston Fire Department

Breast Cancer Awareness Day
in Lewis County

Wednesday, October 10 at Noon
at Broad Street UM Church Hall

There is limited seating for lunch, so please reserve your spot by Friday, October 5, 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.

Sponsored by Your Community Hospital - Stonewall Jackson Memorial Hospital and the Lewis County CEOS Clubs.
Condolences to:
Sherry Peters on the passing of her mother.

GUARDIAN’S EXCLUSIVE COLLEGE TUITION BENEFIT
Participants of Guardian’s Dental plan can earn 2,000 Tuition Rewards® annually for each type of Guardian insurance they elect that includes College Tuition Benefit. (DENTAL) The rewards grow each year and can be used at close to 400 colleges and universities. Registration can include children, grandchildren, nieces & nephews. Watch this video to see the value this benefit brings to members and the steps to register. It’s a great tool to help employees better understand the program. Check your stonewallhospital.net emails for list of colleges.
https://glic.wistia.com/medias/ml9w77i7pu

ADDED NEWS ABOUT THE COLLEGE TUITION BENEFIT
When you enroll in this benefit, Guardian will give you credit for all the years for which you were eligible and qualified. Meaning for all the years you were enrolled in the Dental Benefit.

Weston Rotary Blood Screening Planned for Saturday, October 20

The old adage "an ounce of prevention is worth a pound of cure" is relevant to many parts of our lives. Those individuals concerned with their health can have that ounce of prevention at a low price when participating in the Multiphasic Blood Screening coordinated by the Weston Rotary Club and Stonewall Jackson Memorial Hospital (SJMH), in Weston. The date for this year’s fall screenings is Saturday, October 20, from 7 a.m. to 10 a.m., at SJMH, located on Route 33 west of Weston.

Great Time to Shop for Your Special Christmas Gifts

Caplan’s Jewelry Store and Theresa Snaith Hospital Auxiliary’s Jewelry Sale
Thurs., Oct. 18 7 a.m. to 6 p.m.
Stonewall Jackson Memorial Hospital Boardroom, Rt. 33 West of Weston
Medicare’s Annual Open Enrollment Period is October 15 – December 7, 2018

October 15 through December 7, is when ALL people with Medicare, Medicare Supplement plans, Medicare Advantage or Medicare Part D can change their Medicare health plan and prescription drug coverage for 2019. This is also called the Annual Election Period or AEP.

WV SHIP provides free, objective, and confidential help to Medicare beneficiaries and their families.

Your Medicare plans are subject to change every year without notice. Your monthly premium could be raised, you may have a plan that is not renewing or one of your prescriptions could be dropped from coverage in your plan.

Plans Change, People Change, Shop and Compare… You may even save money!

A WV SHIP Counselor will be at

Stonewall Jackson Memorial Hospital
November 13, 2018 11:00 am - 1:00 pm

Contact your local SHIP Counselor at 1-800-296-5341 for more information.
Greg Wine, RN, is again heading the Samaritan’s Purse Shoebox program here at Stonewall Jackson Memorial Hospital. This is a wonderful program benefiting the less fortunate throughout the world. Greg will have a table set up in the ICU break room with the information for you to participate. The boxes should be in by November 17th here at SJMH. The National Collection Week is November 12-19, 2018.
Lewis, Gilmer County Seniors Can Apply for Healthcare Scholarship; Golf Tournament Oct. 18

High School seniors are encouraged to apply for the M. William Alder Healthcare Scholarship administered by Stonewall Jackson Memorial Hospital (SJMH). Student who attend either Lewis County High School or Gilmer County High School are eligible for the scholarship. Children and grandchildren of SJMH employees are also eligible. Students must plan to attend a West Virginia school, and to graduate in a healthcare field.

One of the main fundraisers for the scholarship is the annual Charity Golf Tournament held each year. This year the tournament will be on Thursday, October 18 at Stonewall Resort at Roanoke.

The late William Adler was a long-time board member at SJMH and a great believer in the importance of education. With his passing in 2002, the Weston hospital decided to start a scholarship program to honor him. In the past 14 years the Hospital has given more than $220,000 dollars to 100 students. The students have enrolled in a variety of healthcare areas including: nursing, physical therapy, radiology, healthcare administration, and premed.

Several of the scholarship winners have graduated from school and are employed at SJMH.

For the tournament individual players should donate $100 each. However, businesses can also sponsor holes for parts of the tournament. For more information on the tournament and scholarship call Julia Spelsberg, at 304-269-8167.

Community Baby Shower Draws Over 100 Participants; SJMH Well Represented

Pictured above are Dr. Harris, Robin Drake, and Dr. Wynn who enjoyed meeting dozens of pregnant ladies and new moms at the annual Community Baby Shower.

Pictured above are Samantha Ribeiro Matos with her new baby. Dee Evans and Dr. Wynn are pictured on the left.