Prostate Cancer Awareness Month is September; SJMH Providing Free Screening on September 21

September is Prostate Cancer Awareness Month and Stonewall Jackson Memorial Hospital, in Weston, will provide a special, low cost prostate screening on Friday, September 21 for local men. There is a very low cost of $10 for the PSA blood test and no cost for an examination by Urologist Dr. Thomas Benz.

It should be noted that prostate cancer is the most common cancer in men (not counting skin cancer). It is also one of the leading causes of cancer death among men. Many of the risk factors for prostate cancer includes age and race which can’t be controlled. In addition, Dr. Benz stated, “Prostate cancer is shown to run in some families, which suggests that there could be an inherited or genetic factor. Therefore, early detection before symptoms occur increases one’s changes of being curable.”

However, there are some things a man can do that might lower the risk of prostate cancer such as eating healthy, exercising, and maintaining a healthy weight. Prostate cancer can often be found early using a simple blood test – a PSA (Prostate Specific Antigen). The PSA test measures the protein that is released in the blood by prostate cells. Having a high PSA does not mean one has prostate cancer but it only means the patient needs to be looked at harder for the possibility.

Prostate cancer is rare in men younger than 40, but the chance of having prostate cancer rises rapidly after age 50. About 6 in 10 prostate cancers are found in men older than 65.

Having a father or brother diagnosed with prostate cancer under the age of 65 more than doubles a man’s risk of developing this disease. (The risk is higher for men who have a brother with the disease than for those who have a father with it.) The risk is much higher for men with several affected relatives, particularly if their relatives were young when the cancer was found.
Our Jeanette Woods is requesting our staff to help provide canine and feline goodies for the animals at the local animal shelter in Buckhannon. Bring food, leashes, collars, etc. The items can be gently

If you have ordered tickets for the WVU Football game on September 22, please have your check made out to SJMH Social/Recreation Committee. The tickets are in! See Nastausha in Admin.

Buy your tickets at the front console.
Tailgate Party
Friday, September 21, 2018
at SJMH - Ground Floor

All of your favorite tailgate foods.
Meals will be served 11 a.m. to 1 p.m., 4:30 to 5:30 p.m., and at 11 p.m.
Hamburgers • Hot Wings • and all the fixings
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 size not guaranteed after Pre-Registration deadline)

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.

Hello to our Amazing Media Outlets Surrounding Lewis County and Glencoe State College,

Our Relay For Life of Lewis County is hosting the one and only, brand new to the area, Colors of Cancer 5K Color Run & Walk. Since we have so many amazing communities nearby we wish to extend an invitation to folks who live there too, come and hang out in Lewis County and have some fun.

Please see the flyer at left for details about this 5K. We are so excited to host the first Color Run in the area. It is open to everyone: Competitive Runners & Race Walkers as well as those who want to come “Just For Fun” Walkers! Be prepared to be doused with Color if you wish. Participants will be showered with gifts and snacks in addition to fun colors. Hurry, register soon to be guaranteed your shirt size, tell your friends, and get ready for lots of FUN!

For more information/details, contact any of us: Charla Barrett 304-439-4943, Susan Thompson 304-871-9086, or Carmen 304-482-4657.

Register Here: crowdrise.com/colorsofcancer5kcolorrun-walk.

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

Brought to you by Stonewall Jackson Memorial Hospital, The City of Weston Fairs and Festival Committee, Weston Rotary Club, and H&M Motors
4TH ANNUAL 4-H 5K RUN/WALK
& CLOVER FUN RUN

October 13, 2018
WVU Jackson’s Mill

RACE INFO: Janelle Swiger – 304-884-8065 or janelle@clsw pipeline.com
REGISTRATION INFO: Kristi Gannon – 304-871-3912 or kristigannon@hotmail.com

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 ¾ mile Clover Fun Run

Participant Information:
Please select all that apply: _______ 5K (open to all ages for walk or run) _______ ¾ 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 Sizes: Youth XS (2-4) _____ Youth S (5/6) _____ Youth M (7-8) _____ Youth L (9-10) _____ Youth XL (11-12) _____ Youth XXL (13-14) _____
    Adult S _____ Adult M _____ Adult L _____ Adult XL _____ Adult XXL ____

WVU Waiver: In consideration of West Virginia University, the WVU Extension Service and the Lewis County 4-H Leaders’ Association’s allowance of my participation in this event, I agree to the usual permitted by law, to release, waive, forever discharge and covenant not to sue aforementioned party, its governing board, officers, agents, employees and volunteers acting as employees, from and against any and all liability for any burn, injury, damage, claims, demands, actions, causes of action, costs and expenses of any nature which I may have or which may thereafter accrue to me, arising out of or related to any loss, damage or injury, including but not limited to suffering and death that may be sustained by me or by any property belonging to me in connection with my participation due to my own negligence or from incidents not specifically attributed to the negligence of WVU, WVUES or Lewis County 4-H Leaders’ Association, their employees, and officials or agents of any and all of the foregoing. I understand that my participation is voluntary, and I recognize that there are risks and hazards inherent 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.***
Prostate cancer is the most common cancer among men (after skin cancer), but it can often be treated successfully. Many of the risk factors for prostate cancer, such as your age, race, and family history can’t be controlled. But there are some things you can do that might lower your risk of prostate cancer.

Prostate cancer can often be found early using a simple blood test, a PSA. That day the Hospital will be charging a very low cost of only $10 for the blood test. Our urologist, Dr. Thomas Benz, will be available for an no-charge examination or discussion about prostate cancer during this Free Prostate Screening. Please register on the first floor.

Stonewall Urology is having a FREE Prostate Cancer Screening Friday, September 21 11 a.m. to 3 p.m.

Weston Urology is having a FREE Prostate Cancer Screening Friday, September 21 11 a.m. to 3 p.m.

SJMH
UPCOMING EVENTS

September 8 - Safety Fair at Jane Lew

September 21 – Tailgate Party for Employees All three shifts!

September 22 - Community Baby Shower at Broad St. Church

October 10 – Breast Cancer Awareness Day

October 18 – Caplan Jewely 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 23 – Christmas Parade/After Parade Party

November 24 – Small Business Saturday
Don’t Forget To Support Your Co-workers, Relay for Life or United Way through Payroll Deduction!

NAME: __________________________________________

Stonewall Jackson Memorial Hospital offers payroll deductions for Relay for Life of Lewis County as well as the United Way of Lewis County, both of which are tax deductible donations. SIMH also has an Employee Support Fund set up.

*These funds are entirely voluntary.
*The deductions will continue until cancelled in writing by the employee named above.
*The deduction will begin with the next payroll check.

![Simh Logo](image1.png)

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I do not wish to donate at this time  

Signature: ___________________________ Date: __________

I wish to cancel my contribution at this time  

Signature: ___________________________ Date: __________
Stonewall Jackson Memorial Hospital is again providing the framework for the third annual Weston Pumpkin Drop to be held during the October 28 Halloween Celebration at the Robert Bland Middle School Field.

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 least fractures, or cracks which is dropped from the ladder.

Rules for the Pumpkin Drop are:
1. The pumpkin must be at least a minimum size of 10 inches in diameter as a standard. Ties in the scoring can be decided by the entry with the largest diameter.
2. The pumpkin and the protective structure combined may not weigh more than 60 pounds.
3. The pumpkin container can have dimensions no greater than 30 x 30 x 30 inches.
4. The pumpkin may not be altered in any way (no freezing or adding chemicals).
5. No packing peanuts or other small, non-biodegradable fillers are allowed.
6. The protective structure should be designed so that judge can open it and remove the pumpkin within 30 seconds.
7. The protective structure cannot hold or use any glass, ceramic, explosives, or other potentially dangerous substance.

Interested participants should call 304-269-3683 in the evening or 304-269-8167 during the day.
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:

**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 jibarnes@stonewallhospital.net

Thank you in advance for participating in this important safety effort.

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**The Weston Gobble Gallop**

**Thanksgiving Day 5k Run/Walk**

**Thursday, November 22, 2018**

**9:00 am at Weston Fire Department**

**Registration $20**

Race day registration will be available beginning at 8:00 am, but pre-register by November 1 to guarantee a T-shirt! To download a registration form, visit www.stonewallhospital.com and click on the “walk/run” button. You may also pick up a registration form in the SJMH lobby. Awards for top three male/female finishers.

Sponsored by

Stonewall Jackson Memorial Hospital

Pace Yourself

Lewis County
BENEFIT SPAGHETTI DINNER

For Mark Gainer
To help with medical expenses for brain tumor

WHEN: SATURDAY, SEPTEMBER 8, 2018
WHERE: AMERICAN LEGION HALL
TIME: 11:00am- 4:00pm

MENU
Salad, Spaghetti, Bread, Dessert, & Drink

PRICE: Adults - $9.00  Children 6-12 - $5.00  5 & Under- free

Carry outs and Delivery Available

Call Charlene Wiant 304-838-5091 or 304-269-1556
Kay Hasey 304-269-5623 or 304-641-4166
Carolyn Lamb 304-203-9755 or 304-269-4052

Anyone wishing to make a donation to help with the cost or to donate items for the Silent Auction, please call one of the above contacts.