Fireworks 5K Trail Run/Walk on Saturday, July 14 at the Resort

On July 14, there will be a Fireworks 5K Trail Walk Run at Stonewall Resort. The event is organized by Stonewall Jackson Memorial Hospital employees Rachelle McIntyre-Nicholson and Nastausha Hefer. It will be a scenic event over a trail at Stonewall Resort. Dogs are allowed but there will be no t-shirts awarded. Applications are available at the Hospital website – www.stonewallhospital.com on the front page at the “Walk Run” button. The cost is $10 pre-registration and $15 on the day of the race.

This is a fun event to encourage healthy physical activity. As well as helping the physical body, more research is showing that outdoor activities help people battling depression and even opioid dependency. Providing a framework for a monthly walk run is a goal for the local Hospital.

If a person is deciding to participate in an event for the first time there is some basic advice such as purchasing good running shoes and good socks for preliminary training. Before starting a run, the runner needs a good warm-up routine, which includes stretching to get the blood flowing. Dynamic stretching includes walking lunges, butt kicks, and high knees and toy soldiers—straight-leg kicks that stretch the hamstrings.

It is not necessary to worry about how fast one is running. It is important that one’s first runs should be completed at an effort and pace that is easy and comfortable. Most beginners don’t know what an easy or comfortable pace should be so they tend to push too hard. It is better to run too slow and finish feeling like one could have gone longer or faster, rather than finishing exhausted. A simple way to determine the pace and effort is to listen to one’s breathing. If the runner is not gasping for air and can talk while running, then the pace is just right.

Don’t be afraid to walk. Walking breaks the run into smaller, more doable pieces. These breaks will allow one to run longer and faster. Walking breaks work best if you walk for one to five minutes.

The Hospital began the Weston 5k Walk Run in 2008 in collaboration with Saint Patrick Church and School and the City of Weston. The Hospital has decided to expand that effort by working with groups to organize a monthly Walk Run in Lewis County. In February, 16 people came out in 16 degree weather to participate in the first Ground Hog Walk/Run. SJMH is looking for other groups who would like to create Walk Runs to add to the calendar of Walk Run events. Call 304-269-8167 for information.
 Invite You To Our

Fourth of July Community Celebration

Saturday, July 7, 2018

at Robert Bland Middle School Field

4 p.m. - Activities open 4 p.m. - Flame Queen Crowning (at the Fire Dept.)
5 p.m. - Parade 5:30 p.m. - Cornhole Tournament - $20 per team
5:30 - Hula Hoop Competition at Kids Korner - adults and children
6 p.m. - Firemen Rodeo 6:30 - Watermelon Contests - watermelon eating
7 p.m. - Coronation 10:15 p.m. - Fireworks

Kids’ Korner sponsored by Stonewall Jackson Memorial Hospital
Vendors • Foods • Watermelon Contest

FIREWORKS DISPLAY

FREE ADMISSION

SAVE THE DATE

9.22.18

MEDICAL APPRECIATION FOOTBALL NIGHT

DETAILS TO FOLLOW

WEST VIRGINIA

KANSAS STATE
Linda Carder Remembered

Linda Marie Carder age 64 of Glenville, WV departed this life suddenly on the morning of Saturday, June 30, 2018 at the Stonewall Jackson Memorial Hospital in Weston. Born November 17, 1953 in Glenville, Linda is the daughter of the late Luther and Hallie Lynch Heater.

Linda was a devoted wife, mother, grandmother and sister. She is a graduate of Gilmer County High School, class of 1972. She is also a graduate of Fairmont State University, class of 2000. Linda loved her job as a Physical Therapist Assistant at the Minnie Hamilton Health Center in Grantsville. Linda also worked at the Stonewall Jackson Memorial Hospital, in Weston. In her spare time, Linda enjoyed spending time with her husband, caring for her children and grandchildren, gardening, crocheting, making baskets and taking care of others. She enjoyed living the quiet life in West Virginia, and spoiling her grandchildren whenever possible.

On February 17, 1973, Linda married the love of her life and best friend, Larry Carder, who survives at their Glenville home.

In addition to her husband she will be dearly missed by her 2 children, Larry Edward “Eddie” Carder and wife Rebecca of Jane Lew, WV; and Sherry Ann Cogar and husband Thomas of Glenville, 4 grandchildren, Jacob and Ty Carder of Jane Lew, and Zane and Cole Cogar of Glenville, and 4 sisters, Helen Montgomery and husband Bob of Weston, WV; Sharon Davisson of Alum Bridge, WV; Patty Clem of Parkersburg, WV; and Debbie Sams and husband Bobby also of Alum Bridge. Linda is also survived by numerous nieces and nephews and her work family including Debbie Jones and Becky Wilson whom she loved very much.

Stonewall Jackson Memorial Hospital is pleased to welcome Obstetrician/Gynecologist Robert R. Harris, MD, to Weston! With more than 12 years of experience, Dr. Harris is taking new patients. His office accepts multiple insurance plans.

Dr. Harris earned his medical degree from St. Georges University, and he completed residency training at Staten Island University Hospital. He is certified by the American Board of Obstetrics and Gynecology and is a Fellow of the American Congress of Obstetricians and Gynecologists.

- Annual well woman exams
- Prenatal care
- Labor and delivery
- Menstrual disorders
- Family planning
- Ultrasounds
- Gynecologic surgery
- Menopause management

To make an appointment, please call: 304-269-3108
66 Hospital Plaza | Weston, WV 26452
Please join us at the
SJMH Picnic
Lewis County Park

Thursday, July 26
Dinner served 5 p.m. to 7 p.m.

Play Putt Putt and Swim throughout the day and participate in the Evening Pool Party from 7 to 9 p.m. Just tell them you are from SJMH.

Employees participating in the Picnic, both here and at the Park, will have their names included in a drawing and be eligible for a cash prize. Those bringing a homemade covered dish will be entered into another drawing, both at SJMH and at the picnic. CFO Joe Barnes will be here at SJMH barbecuing for staff that evening.

If you wish to bring a covered dish, bring an item from the list below based on the first letter of your last name.

A – F: salad • G - K: vegetable • L - O: appetizer • P - T: fruits • U - Z: dessert
Getting Cholesterol Under Control

More than 102 million American adults 20 years or older have high cholesterol—a condition that typically has no symptoms but can lead to serious health issues if left unmanaged. Learn why and how to reduce your risk.

High Cholesterol Contributes to:
- Heart disease and heart attack
- Peripheral artery disease
- Stroke
- Erectile dysfunction

Factors that May Impact Cholesterol:
- Family history of heart disease
- Obesity or a large waist
- Physical inactivity
- Poor diet
- Tobacco use
-与
- Weight: Obesity or a large waist
- Physical inactivity
- Poor diet
- Tobacco use
- Age
- Diabetes

Lifestyle Matters:
- Reduce intake of trans fats
- Minimize processed, smoked, or charred meats
- Minimize fried foods
- Maintain a healthy weight
- Increase intake of legumes, vegetables, fruits, and whole grain
- Increase regular physical activity

Important Cholesterol Numbers:

<table>
<thead>
<tr>
<th></th>
<th>Optimal</th>
<th>At Risk</th>
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<tr>
<td>Total Cholesterol</td>
<td>&lt;200 mg/dL</td>
<td>&gt;240 mg/dL</td>
</tr>
<tr>
<td>Bad Cholesterol (LDL)</td>
<td>&lt;100 mg/dL</td>
<td>&gt;160 mg/dL</td>
</tr>
<tr>
<td>Good Cholesterol (HDL)</td>
<td>&gt;60 mg/dL</td>
<td>&lt;40 mg/dL</td>
</tr>
</tbody>
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References:
5. http://circ.ahajournals.org/content/95/6/1646

Upcoming Events

July 11 - Ice Cream Social at Abors
July 14 – SJMH Fireworks 5K Trail Run/Walk
July 26 – SJMH Picnic
July 27 – Baseball Game
August 11 – Movie Night at Polk Creek Park
August 17 – Books R Fun - Benefits Fair
October 10 – Breast Cancer Awareness Day
October 18 – Gold Sale and Golf Tournament
October 27 – Halloween Activities/Safety Fair
November 23 – Christmas Parade/After Parade Party

Ice Cream Social
Wednesday, July 11
1 to 2 p.m.
at the Arbors
on John Street, in Weston
sponsored by
Stonewall Jackson Memorial Hospital

Information will be provided by
Population Health Nurse Sarah Rollenson
on Medicare Annual Wellness Visits;
Chronic Care Management; and Preventative Services.

Mon Health
Stonewall Jackson Memorial Hospital
Save on Disney Magic Your Way Tickets!

Uncover exciting experiences at all 4 Walt Disney World® Resort Theme Parks in 2018!

- An All-New Land and Evening Show at Disney’s Animal Kingdom Theme Park — Pandora — The World of Avatar.
- Dazzling New Show at Magic Kingdom Park — Catch the stunning Happily Ever After, our newest and most spectacular fireworks display.
- Enchanting Escapades at Epcot — Board an ancient Norwegian vessel and be whisked away to the kingdom of Arendelle during a Frozen Ever After adventure. Then, stop by the Royal Sommerhus to meet Anna and Elsa—and maybe even sneak in a warm hug.
- Epic Entertainment at Disney’s Hollywood Studios — Catch stellar fireworks shows like Star Wars: A Galactic Spectacular, a laser and special effects show set to an iconic musical score and have a blast playing virtual games on Toy Story Mania!
- Serious Shopping, One-of-a-Kind Eateries and World-Class Acts at Disney Springs — Discover a waterfront destination brimming with more than 150 places to shop, dine and be entertained.

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**Park Hopper® Option:**

Want to enjoy more than one Theme Park per day? Choose the Park Hopper® Option. With so much to see and do, you’ll love the ability to come and go from Theme Park to Theme Park on the same day.

- Magic Kingdom® Park
- Epcot®
- Disney’s Hollywood Studios®
- Disney’s Animal Kingdom® Theme Park

**Park Hopper® Plus:**

Make a splash at a Water Park, tap in a hole-in-one, or catch live sporting events! This option provides you with a certain number of admissions based on the length of your ticket. Visit one or more of the four theme parks for each day of the ticket and for each admission you can choose the same number of Plus visits to any of the following:

- Disney’s Blizzard Beach Water Park
- Disney’s Oak Trail Golf Course
- Disney’s Typhoon Lagoon Water Park
- Disney’s Fantasia Gardens Miniature Golf Course
- Disney’s Winter Summerland Miniature Golf
- ESPN Wide World of Sports Complex
Welcome!

Stonewall Jackson Memorial Hospital
is pleased to announce our new partnership with TicketsatWork. Now you’ll have access to exclusive savings on movie tickets, theme parks, hotels, tours, Broadway and Vegas shows & more. Be sure to visit often as new products and discounts are constantly being added!

Company Code: SJMH18

Sign Up Today in 60 Seconds!


2 Click on the “Become a Member” box at the top of the homepage.

3 You will then be prompted to create an account with your email address and company code.

4 Or, you can place your order by phone. Call customer service at 800-331-6483. Orders are taken from 8:30am-12am/7 days a week (holidays included). Eastern Standard Time.

For customer service, please call 1-800-331-6483 or email: customerservice@ticketsatwork.com
Fireworks 5K Trail Walk/Run

Saturday, July 14, 2018 @ 9 a.m.

Stonewall Resort, Roanoke WV

Return to R. McIntyre-Nicholson, SJMH, 230 Hospital Plaza, Weston, WV 26452

Please make checks payable to SJMH Wellness Committee

Complete this form and sign the waiver. (PLEASE PRINT)

____ 5K Run  ____ 5K Walk      Date of Birth: (mm/dd/yy) ___________________  Age: __________

Gender  __  M __ F

Last Name: ___________________________ First Name: ___________________ Middle: ______

Address: _______________________________________________________________________

Phone: _______________________ Email: ___________________________________________

(Email used for sending race information only)

VOLUNTEERS

____ I am participating, and would like more information on volunteering before and after the race.

____ I am unable to participate, but would like to be a volunteer.

WAIVER: I know that running or walking a trail race is a potentially hazardous event, and I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run or walk. I assume all risks associated with running or walking in this event, including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, the conditions of the road, flora and fauna risks, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Stonewall Jackson Memorial Hospital Company, Lewis County, WV, and Stonewall Resort for the Fireworks 5K Trail Walk/Run, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of a negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, records and any other record of this event for any legitimate purpose. Race will be held regardless of weather conditions. Registration is final, no refunds.

SIGNATURE of ENTRANT (Guardian if under 18) and date

(Signature)________________________________________(Date)_____________________

Registration Fee: $10  ____ paid                        $15 on race day  ____ paid
Save on Disney Magic Your Way Tickets

Uncover exciting experiences at all 4 Walt Disney World® Resort Theme Parks:

- An All-New Land and Evening Show at Disney's Animal Kingdom Theme Park
- Dazzling New Show at Magic Kingdom Park – Catch the stunning Happily Ever After spectacle!
- Enchanting Escapades at Epcot – Board an ancient Norwegian vessel and battle your way through a sweeping adventure. Then, stop by the Royal Sommerhus to meet Anna and Elsa—and more!
- Epic Entertainment at Disney's Hollywood Studios – Catch stellar fireworks displays set to an iconic musical score and have a blast playing virtual games on your smartphone!

Park Hopper® Option:

Want to enjoy more than one Theme Park per day? Choose the Park Hopper® Option. With so much to see and do, you’ll love the ability to come and go from Theme Park to Theme Park on the same day.

- Magic Kingdom® Park
- Epcot®
- Disney's Hollywood Studios®
- Disney's Animal Kingdom® Theme Park

Ticket and options must be used within 14 days of first use. Visiting more than one Theme Park per day requires a Park Hopper Option. Number of Theme Parks varies by day of visit and season. Visit DisneyWorld.com for blog details and times. Tee times required and subject to availability.
Memorial Hospital
Projects for Employees!

Orlando: 407-393-5862
Toll Free: 866-273-5825

PURCHASE A
4 DAY TICKET
AND GET THE
5TH DAY FREE!

Tickets!

New in 2018!

- Toy Story Land – Pandora – The World of Avatar
- Frozen Ever After, our newest and most spectacular fireworks display
- La Bella and La Cenicienta, a Celtic musical
- Disney Magic on the Water, a world-renowned show like Star Wars: A Galactic Spectacular, a laser and special effects
- Toy Story Mania!

Park Hopper® Plus:

Make a splash at a Water Park, tap in a hole-in-one, or catch live sporting events! This option provides you with a certain number of admissions based on the length of your ticket. Visit one or more of the four theme parks for each day of the ticket and for each admission you can choose the same number of Plus visits to any of the following:

- Disney’s Blizzard Beach Water Park
- Disney’s Oak Trail Golf Course
- Disney’s Typhoon Lagoon Water Park
- Disney’s Fantasia Gardens Miniature Golf Course
- Disney’s Winter Summerland Miniature Golf
- ESPN Wide World of Sports Complex

The Park on the same day requires the Park Hopper® Option. Number of visits based on 2019. Water Parks subject to closure for rehabilitation, seasonal and weather closures. Green fee for one round of golf.