Members of the community were on hand on Tuesday, June 20, for the dedication of the newest addition to the Weston Parks and Recreations system located on the corner of Willow Creek and Center Avenue, in Weston. The Willow Creek Natural Playground and Outdoor Classroom was spearheaded by Stonewall Jackson Memorial Hospital employee Nastausha Hefner. The playground is a wonderful tribute to the collaboration between SJMH, the City, and a number of organizations who supported the playground’s creation. Community members attending included SJMH’s CEO Avah Stalnaker, Assistant CEO Kevin Stalnaker, Marketing Director Julia Spelsberg, HR’s Rhonda Hager, IT’s Tara Arnold, Ortho’s Connie Riffe, X-Ray’s Brenda Tonkin, County Commissioners Agnes Queen and Rod Wyman, City Councilmen John Wyllie and Eric Dever, and Brittani Cooper of the LC School system. Laura Dice, from Keys for Healthy Kids drove from Charleston for the event. She was instrumental in the design and obtaining extra financing for the project. There are several more steps in the project but it has proven to be a wonderful place for children to play.
H & M Motors
Citizens Bank, Dominion, Mountain V
Weston Volunteer Fire Department
and Weston Fairs and Festivals

Just A Reminder

The flu vaccine will be a condition of employment beginning this fall at SJMH. Remember, when you protect yourself, your are protecting our patients, also.

FREE Admission
Pats on the Back

To: Wanda Scranage – Thank you for making things easier.
To: Ashley Clem – For covering me at the last minute.
To: Monica Hicks-Rogers – Thank you for always being kind and all the hard work that you do for the office.
To: Brandy Heeter – Thank you for always helping on short notice and when extra help is needed. Your hard work is greatly appreciated.
To: Keefe Kiser and Josh Moneypenny – Thank you for the good job of covering the extra work while I was off with my husband who was in the hospital.
To: Molly Jones – Molly is an extremely hard working – willing to help in any way possible – asked or not. When called for lab sticks, she doesn’t hesitate to come with a smile on her face. She is always respectful to staff and patients. We enjoy seeing and working with her.
To: Molly Jones – Always a hard worker and does a great job at what she does. Great Smile!!! Glad you are a part of our team.
To: Molly Jones – Always willing to help and happy to do so; kind and compassionate with patients; skilled at her job; always friendly to co-workers.

Visit Our Auxiliary Gift Shop

NEEDED: Connie Riffle is collecting schoolbag supplies for the bookbags she will be giving out on Saturday, July 29 at the Community Day and Movie Night at Polk Creek Park, beginning at 4 p.m. She wants to have 100 bags ready for the children that day. Bring your donations to Marketing. She will be happy to accept pencils, pens, crayons, folders, notebooks, etc.

REMINDER: Yearly employee bloodwork results are no longer being printed and delivered to employees. You can obtain your results by visiting your patient portal. If you would like for your doctor to see your labs, you can send your results to them securely via the portal. Not signed up for the Patient Portal? – ask the registration clerk at your next appointment to sign you up. Don’t have an appointment coming up? Call Jennifer Barnes at ext 8533 or Nastausha Hefner at ext 8149 and they will assist you in joining the patient portal.
Open Every Saturday through the summer

RIVERFRONT
FARMERS MARKET

10 a.m. to 2 p.m.

Call Geoff Kraus - Market Master
269-7177

Facebook:
The Riverfront Farmers Market
Every year, hundreds of pets die from heat exhaustion because they are left in parked vehicles. We’ve heard the excuses: “Oh, it will just be a few minutes while I go into the store,” or “But I cracked the windows...” These excuses don’t amount to much if your pet becomes seriously ill or dies from being left in a vehicle.

The temperature inside your vehicle can rise almost 20º F in just 10 minutes. In 20 minutes, it can rise almost 30º F...and the longer you wait, the higher it goes. At 60 minutes, the temperature in your vehicle can be more than 40 degrees higher than the outside temperature. Even on a 70-degree day, that’s 110 degrees inside your vehicle!

Your vehicle can quickly reach a temperature that puts your pet at risk of serious illness and even death, even on a day that doesn’t seem hot to you. And cracking the windows makes no difference.

An independent study showed that the interior temperature of vehicles parked in outside temperatures ranging from 72º to 96º F rose steadily as time increased. Another study, performed by the Louisiana Office of Public Health, found that the temperatures in a dark sedan as well as a light gray minivan parked on a hot, but partly cloudy day, exceeded 125º within 20 minutes. That is deadly.

More pets get lost on July 4th than any other day of the year.

Keep your dog safe this Independence Day. Share these eight tips for enjoying the Fourth of July with your dog.

1. Be sure your dog is wearing an up-to-date and visible ID tag on her collar at all times.

2. Take a current photo of your dog, just in case.

3. Exercise your dog early in the day before parties begin.

4. During cookouts, ask guests to play with your dog away from the flames.

5. Keep charcoal, fireworks, sparklers and glow sticks far from curious canines.

6. Keep dog treats on hand for those who want to give your dog food.

7. Leave your dog at home with a frozen stuffed treat during the fireworks.

8. If your dog is afraid of loud noises, leave gentle music playing to cover the fireworks.

Learn more at www.petfinder.com/SummerPetSafety
4TH OF JULY SALE

30% Off
UNIFORMS
PURSES
FOOTWEAR

July 3-5-6-7, 2017

SHOT
STONEWALL HOME OXYGEN THERAPY

Stonewall Home Oxygen Therapy
Market Place Mall - I-79 and Route 33, Weston
Phone 304-269-0100 Open 8 to 5 - Mon.-Fri.
Family Day and Movie Night

at Polk Creek Community Park
Saturday, July 29
beginning at 4 p.m.

Family Resource Network will provide refreshments

SJMH will provide ice cream, fresh fruit, ice tea, and water

Kristy Aldridge will do facepainting and balloons from 4 to ?

Games
Several Fire Departments will be there

Shentel will present the Children’s Movie at dusk

“Finding Dory”

Healthnet will be there

Presented by Connie and John Riffle
Weston Parks and Recreation Committee
Stonewall Jackson Memorial Hospital

FREE RAFFLE for THREE GAS GRILLS

The Social Recreation Committee bought some new gas grills for our various events. As a result we have several old gas grills which we would like to give away in a drawing. To be fair, if you want to be a part of the drawing, please send your name to: jspelsberg@stonewallhospital.net or call her at 8167 and leave that info. She will put your name on a raffle ticket for the drawing. Deadline is July 7.
Ask Us About Our New Patient Portal

- Review Your Lab Results
- Request Prescription Renewals
- View and Request Appointments
- Securely Message Your Physician
- Pay Your Bills
- Update Personal Information

Remember to inform our patients about the Patient Portal. As a Hospital employee make sure to take advantage of what the portal offers you, too!