Stonewall Jackson Memorial Hospital (SJMH) in cooperation with the Lewis County Health Department, recently completed the 2016 Lewis County Community Health Needs Assessment (CHNA). The two groups created their first joint venture three years ago in 2013. Both the 2013 and 2016 Community Assessments are now available on the Hospital’s website at www.stonewallhospital.com. Copies of the CHNA are also available at the Hospital and in SJMH Physician Offices.

The year’s Assessment was created in three steps. The first step was the completion of online and paper surveys distributed in the summer and fall of 2015. There were 330 people who participated in the 37-question survey dealing with local resident’s health habits and thoughts. More women than men, and more married people than single participated in the survey.

The difference in this year’s survey is that a majority of people noted drug addiction to be the largest health concern. Three years ago the top concern was obesity, followed by other obesity-related illnesses. Obesity followed drug addiction in this year’s Assessment. Because of the 2013 Assessment SJMH has taken a pro-active role in combatting obesity by creating playgrounds for the City of Weston. They are also planning to participate in the creation of Urban Orchards to provide healthier eating alternatives for local residents.

The second step of the process was attaining background information about the health habits of Lewis Countians. Overall, Lewis County is in the 39th position of a rating of health in West Virginia. The information can be found at www.countyhealthrankings.org.

The hospital gathered information with data provided by the state of West Virginia, the federal government and other resources. An important tool used in this assessment was created by the Robert Wood Johnson Foundation. It is a health comparison called “County Health Rankings & Roadmaps.”  

Continued on Next Page

Happy Birthday from HR
Please wish Amanda Abbott (ER) and Brittany Bonnett (MedSurg) a very, very Happy Birthday in October!

Thank you and again, Happy Birthday!!

Pictured above is SJMH employee Mistie Wyant at last year’s Halloween Pet Costume Contest. This year it will be on Sat., Oct. 29 at 4 p.m.
graph provides a comparison of Lewis County’s healthcare rankings between the CHNA in 2013 and this year’s.

## Rankings for Lewis County out of 55 WV Counties, comparing 2013 to 2016

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2016</th>
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<tbody>
<tr>
<td>Overall Ranking</td>
<td>43rd</td>
<td>39th</td>
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<tr>
<td>Health Behaviors</td>
<td>9th</td>
<td>50th</td>
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<tr>
<td>Health Factors</td>
<td>27th</td>
<td>44th</td>
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<tr>
<td>Clinical Care</td>
<td>54th</td>
<td>49th</td>
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<tr>
<td>Socio/Economic</td>
<td>24th</td>
<td>31st</td>
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<td>Physical Environ.</td>
<td>17th</td>
<td>26th</td>
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In 2013, Lewis County, WV ranked 43rd overall out of 55 counties in the state according to this comparison. Only twelve counties had worse health categories than Lewis County. Lewis County ranked 9th in health behaviors and 27th in health factors. The County is 54th in clinical care; 24th in socio-economic factors; and 17th in physical environment. In 2016, Lewis County ranked 39th in health outcomes; 44th out of health factors; 50th in health behaviors; 49th in clinical care; 31st in social and economic factors; and 26th in physical environment. The areas where the County could improve would be the adult smoking (27%); adult obesity (36%); sexually transmitted infections (372.6); teen births (60); and preventable hospital stays (137). Under the social and economic factors of concern would be the low rate of high school graduation (72%) and those with only some college (48%).

When comparing Lewis County’s position compared to surrounding counties the rankings are: Gilmer ranks 41st, Upshur is 31st, Braxton is 36th, Webster 49th, and Harrison County is ranked 6th.

To learn a more complete picture with explanation of how the rankings were created, interested parties should go to the website - [www.countyhealthrankings.org](http://www.countyhealthrankings.org).

There are several sub-rankings in this survey, too. For example, Lewis County ranks 26th in the Physical Environment category. This ranking is based on the amount of air pollution, good drinking water, housing issues, and driving habits in the County.

Lewis County ranks 31st with Social and Economic Factors including violent crime, injury deaths, unemployment, children in poverty, education, and children in single parent households.

Lewis County ranks 40th in Quality of Life based on health, mental health days, and low birthweight. Unfortunately, the County ranks 50th in health behaviors based on rates of smoking, obesity, physical inactivity, sexually transmitted diseases (triple the national average of top performers), teen births (Lewis has 60 births compared to 19 for national top performers, and 45 in the State of WV), and alcohol-impaired driving deaths (39% compared to 14% nationally of top performers, and 33% of West Virginia.)

The County’s Clinical ranking suffers for a number of reasons including the low number of dentists, primary care doctors, and mental health professionals located here. The County’s rate of diabetic monitoring is 79% compared to the national average of 90% and 84% for the state. Another troubling statistic is the rate of mammograms for women who have Medicare. The national average is 71% of women who receive a mammogram compared to only 51% of women in Lewis County.

The last step of the Assessment was a focus group conducted in February 2016. The Lewis Countians gathered for the meeting to study the outcomes of the county-wide survey and suggest ways for change. The suggestions are included in the Assessment and include: health education provided by SJMH; outreach to the community for healthier lifestyle choices, an annual Children’s Safety Fair; coordination of an annual breast cancer awareness event, to name a few strategies.

The Assessment is a mandate by the Internal Revenue Service for SJMH’s non-profit status, and a mandate by the State of West Viriginia for the Health Department.
Bake Sale and Taco-In-A-Bag Fundraiser
Fri., Oct. 21, 2016
Bake Sale begins at 7 a.m.
Taco Sale from 11 a.m. to 1 p.m. and 9 p.m. to 10 p.m.

The Med/Surg Department is having a Fundraiser to benefit SJMH Nurse Kendra and Robert Poling, and their new baby girl, Olivia.

Please donate bake sale items and anything else which can be used by calling Traci Chapman at 8520.

Taco-In-A-Bag plus Drink - $3
Autumn Events

Annual Golf Tournament – Oct. 11 - 11 am
Rotary Blood Screening – Oct. 15
Auxiliary Gold Sale – Oct. 17 - 7 am to 6 pm
Breast Cancer Awareness-Oct. 20 - noon
Pretty in Pink (Breast Cancer Awareness Event) - Oct. 21
Taco-in-the-Bag Fundraiser - Oct. 21 each shift
WVU Game - Oct. 22
Safety Fair - Oct. 29 - 11 am - 1 pm
Halloween Pet Costume Contest-Oct. 29 - 4 pm
Pumpkin Drop-Oct. 29 - 5 pm
Cookout - Nov. 18 - All shifts
Lunch and Learn - Nov. 18 at noon
SHOT’s Black Friday Sale - Nov. 23 and 25 - 8 am to 4 pm
Christmas Parade - 5:30 pm and After Party-Nov. 25
Children’s Christmas Party - Dec. 2 - 6 pm
Employee Christmas Buffet - Dec. 16 - all shifts

Community Projects - 80% by 2018 and Urban Orchards, Playgrounds, Community Assessment
TBA - Grand Opening/Ribbon Cutting of Buckhannon Physician Office; Christmas Support Fund; Salvation Army Angels Project

Pictured above is Denny Marple’s dog Dakota dressed as a policeman at last year’s Halloween Pet Costume Contest. This year’s event will be at the RLBMS parking lot at 4 p.m. on Sat., Oct. 29.
**Halloween Plans Underway**

Plans are underway for the Halloween holiday weekend in Weston. Saturday, October 29 will begin with a Safety Fair and Halloween Party coordinated by Stonewall Jackson Memorial Hospital in collaboration with the Rotary Club. It will be held at the Weston Fire Department on Center Avenue from 11 a.m. to 1 p.m. The Halloween events will continue that evening at RLBMS parking area in activities planned by H&M Motors and the Weston Fairs and Festivals Committee. There will be a “Trunk and Treat” event from 6 p.m. to 7:30 p.m. in the parking lot, with a Magic Show following the candy giveaway. Stonewall Jackson Memorial Hospital will sponsor the second Pumpkin Drop at 5 p.m.

“There was such a great interest in the Pumpkin Drop last year, that we are going to do it again,” explained Fairs and Festivals member Marian Jarrell. “We had at least seven pumpkins entered last year and everyone had a great time watching the Fire Department drop those pumpkins!”

The Hospital is also having their annual Halloween Pet Costume Contest that afternoon at the Middle School in conjunction with the Halloween events.

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**Weston Christmas Parade Nov. 25; Small Business Saturday Nov. 26**

The Weston Fairs and Festivals Committee is beginning plans for the annual Christmas parade and Small Business Saturday. The Lewis County Chamber of Commerce transferred the Christmas parade to the City of Weston this year and the Fairs and Festivals Committee is organizing the event. Stonewall Jackson is one of the sponsors for the event. The parade will be held on Fri., Nov. 25 at 5:30 p.m. Weston Democrat owners Bob and Eileen Billeter will be the parade marshals for the parade this year. Applications can be obtained at the City of Weston’s offices, 102 West Second Street, Weston or calling 304-269-6141.

The 5th annual Small Business Saturday Marketplace will be held on Sat., Nov. 26 at Saint Patrick School Gym from 9 a.m. to 4 p.m. Applications can also be obtained at the Weston City Building or by calling 304-269-3683 in the evening for an application.

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**Tammy Thomason will be bringing dental care items to the SJMH Safety Fair on Sat., Oct. 29 at the Weston Fire Dept., 11 am to 1 pm.**

The city-wide and county-wide Trick or Treat will be held on Mon., Oct. 31 from 6 to 7 p.m.

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**RSVP by Oct 15th to Kristi Gannon**

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**Mountain Laurel Mondays**

For just $70/person, you’ll receive:

- Paraffin Wax Treatment
- Choice of Reflexology or Mini-Manicure
- 10 Minute Chair Massage
- 2 Beverages (wine or soda)
- Cheese & Fruit with Crackers
- Dinner from the Stillwaters Kiosk
- A complimentary gift from the Mtn. Laurel Spa

Plus

- 20% off TJ Muskies Lounge
- 50% off Bottles of Sycamore Lane Wine
- 20% off select items in the Gift Shop
- 10% off Mtn. Laurel Spa retail items

Valid for groups of 7-11 only. Based on availability. Group coordinator will receive their package for free!

Close to nature. Far from ordinary.

StonewallResort.com • Reservations 888.278.8150 • Resort 304.269.7400
Important Information

On occasions when our regular Lumos phone system is down, there is a backup system which runs on the Shentel Cable network. These are the alternative numbers you can use in cases like that.

1. BACK CONSOLE 304-997-8158
2. ED 304-997-8198
3. ICU 304-997-8073
4. MED SURGE 304-997-8013
5. OB 304-997-8030

Now Open

Stonewall Jackson Memorial Hospital
Physician Services

132 Cinema Circle
Buckhannon, WV    26201
304-473-0670

General Surgery
Ronald Pearson, RPh, M.D.

Obstetrics/Gynecology
Antoine Naim, M.D.

Orthopedics
Joseph Snead, M.D.

Pulmonology
Mostafa Kurdi, M.D.
Thomas Benz, MD
Urologist

Stonewall Jackson Memorial Hospital is pleased to welcome Thomas Benz, MD to its team of physicians. Dr. Benz is certified by the American Board of Urology and has 28-years of experience delivering exceptional service to patients in need of urologic care.

Specializing in the treatment of:
- Bladder disease
- Enlarged prostate
- Kidney tumors
- Kidney stones
- Prostate cancer
- Urinary incontinence
- Minimally invasive surgery
- Erectile dysfunction
- Male infertility and sterilization
- Vasectomy reversal

304-269-8128
230 Hospital Plaza
Weston, WV

SJMH STONEWALL JACKSON MEMORIAL HOSPITAL
Breast Cancer Awareness Day
in Lewis County

Thurs., Oct. 20 at Noon
at Broad Street UM Church Hall

There is limited seating for lunch, so please reserve your spot by Mon., Oct. 17, 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.

Kevin is selling tickets to the annual Lewis County Chamber of Commerce dinner on October 11th. The speaker will be Gordon Gee, President of WVU. Tickets are $30.

If interested, please call 269-8152 or stop by Administration.

NO MORE DAYS OFF FOR YOUR BIRTHDAY!

Effective 10/2/16 there will be NO more BIRTHDAY accruals. Rather than keeping up with everyone’s birthday, an additional PERSONAL day will be accrued:

- ALL FT/PT EMPLOYEES HAVING MET THEIR 6-MONTH PROVISIONARY PERIOD WILL ACCRUE A PERSONAL DAY (FT-7.5 hours, PT-6.0 hours) IN THE FIRST PAY PERIOD OF THE NEW FISCAL YEAR.

- ALL FT/PT EMPLOYEES HAVING MET THEIR PROVISIONARY PERIOD WILL RECEIVE A SECOND PERSONAL DAY ON APRIL 1, 2017 (6 months later).

- Employees on their Provisional Period as of 10/1 or 4/1 will accrue their personal day when the 6-month period has completed.

- All Personal day accruals will drop off (be forfeited) if not used by the end of each Fiscal Year, next year’s date is 9/30/17. You will have 12 months to use the first personal day and will have only 6 months to use the second.

  - ALSO, please be reminded that ALL Holiday accruals will drop off (be forfeited) if not used by the end of each Fiscal Year. (ALWAYS USE HOLIDAY & PERSONAL HOURS BEFORE VACATION HOURS for this reason.)

  - ALSO, please be reminded that Vacation accruals over 225 hours will be forfeited at the end of each Fiscal Year. Don’t wait until the last month to request your time off!

Each Fiscal year thereafter a Personal Day will accrue on or near 10/1 and again on or near 4/1 for all FT & PT employees having met their Provisionary 6-month period.
Pretty In Pink Celebration

On Fri., Oct. 21, any of our SJMH employees who are dressed in pink to commemorate Breast Cancer Awareness Month will be eligible to win some sweet Awareness gifts.

2nd Annual Weston Pumpkin Drop
Sat., Oct. 29 @ 5 p.m.

The Weston Fire Department will provide the send truck from which the pumpkins will fall. There will be a grand prize of $2500 for the pumpkin with the highest score or choice which is stopped from the pumpkin.

Rules for the Pumpkin Drop are:
1. The pumpkin must be at least a minimum size of 10 inches in diameter as a standard. The initial scoring can be decided by the entry with the largest diameter.
2. The pumpkin and the protective structure combined may not weigh more than 45 pounds.
3. The pumpkin container can have dimensions no greater than 30 x 10 x 10 inches.
4. The pumpkin may not be altered in any way (no flowering 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 Julie Spellberg at 304-482-1831 in the evening or 304-294-8257 during the day.

DON'T MISS THE DEADLINE!

ATTENTION REGISTERED NURSES

LICENSE RENEWAL DUE BY 10/31/16
DON'T DELAY - YOU CANNOT WORK 11/1/16 OR AFTER WITHOUT ACTIVE LICENSE!!
ICHMA Family
Christmas Support Project
APPLICATION

DEADLINE IS NOVEMBER 1, 2016

Employee Information: ___________________________________________________________
Name: __________________________________________________________________________
Street Address: __________________________________________________________________
City, State, Zip: __________________________________________________________________
Daytime Phone Number: ________________________________________________________
Department: ____________ Position: ______________

Number of dependents/age/gender, for which we are providing:

<table>
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<tr>
<th>Gender</th>
<th>Age</th>
<th>Pant Size</th>
<th>Shirt Size</th>
<th>Shoe Size</th>
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<tr>
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Who filled out this application? If not the applicant, please make sure the applicant is aware of the application. ________________________________________________________________

What is being requested for Christmas, i.e. toys, food, and clothing? Please provide the name of the toy and specific clothing needs. As part of this service, we will provide the food items for a holiday dinner. If you have other specific foods you would like to request please include here.

_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________
_________________________________________________________________________________________

Turn application into Nastausha Hefner or Jennifer Barnes in Administration in a sealed envelope. You may also call them for any other questions.
SJMH
Christmas Support Project
Food Donations Here!

If you wish to donate money or if you would like to donate the following food items please drop donations off to Nastausha Hefner (8149) or in the bin by console.

- Boxed stuffing
- Instant potatoes
- Canned vegetables or fruits
- Boxed dessert mixes
- Cranberry Sauce
- Jars or packets of gravy
- Canned evaporated milk

**Deadline is Monday, December 12th**

*Without your generosity and support, none of this would be possible.*