80% by 2018 Is Goal of American Cancer Society Project; Local Groups Sign On

Colorectal cancer screening has been proven to save lives. Stonewall Jackson Memorial Hospital and the City of Weston announced that both entities have made the pledge to help increase colorectal cancer screening rates by supporting the 80% by 2018 initiative, led by the American Cancer Society (ACS), the Centers for Disease Control and Prevention (CDC) and the National Colorectal Cancer Roundtable (an organization co-founded by ACS and CDC).

Colorectal cancer is the nation’s second-leading cause of cancer-related deaths; however it is one of only a few cancers that can be prevented. Through proper colorectal cancer screening, doctors can find and remove hidden growths (called “polyps”) in the colon, before they become cancerous. Removing polyps can prevent cancer altogether.

“80% by 2018” is a National Colorectal Cancer Roundtable (NCCRT) initiative in which over five hundred organizations have committed to substantially reducing colorectal cancer as a major public health problem and are working toward the shared goal of 80% of adults aged 50 and older being regularly screened for colorectal cancer by 2018. Leading public health organizations, such as ACS, CDC and the NCCRT are rallying organizations to embrace this shared goal.

“Colorectal cancer is a major public health problem, and adults age 50 and older should be regularly screened for it, but we have found that many people aren’t getting tested because they don’t believe they are at risk, don’t understand that there are testing options or don’t think they can afford it,” said Avah Stalnaker, SJMH CEO. “The truth is that the vast majority of cases of colorectal cancer occur in people age 50 and older. Colorectal cancer in its’ early stages usually has no symptoms, so everyone 50 and older should get tested. There are several screening options – even take home options – available. Plus, many public and private insurance plans cover colorectal cancer screening and there may be local resources available to help those that are uninsured.”

While colorectal cancer incidence rates have

Pictured above are Stonewall Jackson Memorial Hospital CEO Avah Stalnaker, and Weston Mayor Julia Spelsberg, who both signed a commitment to the American Cancer Society’s project of 80% by 2018 - the goal of having 80% of adults aged 50 and older regularly screened for colorectal cancer.
Mtn. Laurel Spa
Presents:
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.

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RSVP BY OCT 15TH TO KRISTI GANNON
80% by 2018

dropped 30 percent in the U.S. over the last 10 years among adults 50 and older, it is still the second leading cause of cancer death in the U.S., despite being highly preventable, detectable and treatable. In fact, in 2015 in the U.S., 132,700 cases of colorectal cancer were diagnosed.

Part of the 80% by 2018 goal is to leverage the energy of multiple and diverse partners to empower communities, patients, providers to increase screening rates. The 80% by 2018 initiative consists of health care providers, health systems, communities, businesses, community health centers, government, non-profit organizations and patient advocacy groups who are committed to getting more people screened for colorectal cancer to prevent more cancers and save lives.

“We are thrilled to join the cause to improve colorectal cancer screening rates,” said Weston Mayor/SJMH Marketing Director Julia Spelsberg. “We are asking all members of our community to come together and help us by getting screened and talking to your friends and family who are over 50 years of age about getting screened. Together, we can help to eliminate colorectal cancer as a major public health problem. Stonewall Jackson Memorial Hospital has fecal occult blood tests available for the public. Interested parties can call the Marketing Department at 304-269-8167 to receive a kit.

Kudos

Please congratulate Jacki Hall on her new role as ICU Manager. Jacki has been the clinical coordinator for ICU and Telemetry for the past year and has done an excellent job. I know she will excel in her new role as well. I know everyone will assist Jacki as she transitions into this new leadership position.
2nd Annual Weston
Pumpkin Drop
Sat., Oct. 29 @ 5 p.m.

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 Julia Spelsberg at 304-269-3683 in the evening or 304-269-8167 during the day.
For WVU Ticketholders

There has been some question about the location of the seats in the WVU Football stadium (pictured at left) for the 90 people who bought tickets. As far as we know, the section will be #221...not quite peanut heaven, but you should still enjoy the game!

If you haven’t paid, please make sure to provide Soc/Rec or Marketing with your payment....thanks!

9th Annual Perry G. Fine, MD Lecture Series

MONDAY, OCTOBER 3, 2016 AT THE WVU HEALTH SCIENCE CENTER, MORGANTOWN, WV
REGISTRATION & REFRESHMENTS 4:30PM | OPENING REMARKS 5:00PM

The Pain Management Conundrum: New Horizons and Current Risks of Under and Over Treatment

THE PHARMACOTHERAPY PIPELINE FOR ACUTE PAIN

At the end of this educational activity, participants should be able to:
1. Identify pharmacotherapeutic options with better risk profiles than NSAIDS and opioids.
2. Know how to mitigate risks associated with prescribing opioids for chronic pain conditions that are refractory to non-opioid therapies.

Watch the new PBS documentary, The Painful Truth, based on the award winning book by Dr. Lynn R. Webster and join the panel discussion.

Plan to join us for the 9th Annual Perry G. Fine, MD Lecture Series to be held on October 3, 2016 in Morgantown, WV. This lecture series will educate physicians, nurses, social workers, students, healthcare providers and others interested in the treatment of pain management.

This continuing education lecture series is complimentary; however, registration is requested by September 19.

For registration information, please contact Ericka Eddy at Hospice Care Corporation by email at eeddy@hospicesarecorp.org or 304-864-0884.

Sponsored by: Hospice Care Corporation and the WVU Health Sciences Offices of Continuing Education.
An active shooter is an individual actively engaged in killing or attempting to kill people in a confined space or other populated area. In recent years there have been several widely publicized active shooter situations in the news, many of which have been in Hospitals or Healthcare institutions. Active shooter situations are unpredictable and evolve quickly, typically active shooters will continue to move throughout a building or area until stopped by law enforcement, suicide, or other intervention. In most cases active shooters use a firearm(s) and display no pattern or method for selection of their victims. In some cases, active shooters use other weapons and/or improvised explosive devices to cause additional victims and act as an impediment to police and emergency responders.

Active shooter events in a healthcare setting present unique challenges: a potentially large vulnerable patient population, hazardous materials (including infectious diseases), locked units, and many other special challenges. SJMH has developed an education for all staff regarding active shooter preparedness and what you should do to create greater awareness of workplace violence. Also to provide the tools necessary for each employee to develop a plan that leads to a safer, more prepared environment for themselves, their coworkers and our patients and their families. In the future, as an institution we will host Active Shooter drills to gauge employee response and preparedness.

As the first step in this educational journey, Mr. Stalnaker has directed that ALL staff complete this new and informative education in CareLearning by September 30, 2016 and annually thereafter. Additionally, Active Shooter education will become part of our new employee orientation and will be presented by Chuck Chabanik.

If you have any questions regarding Active Shooter response please contact your Staff Educator, Mr. Chabanik, or Human Resources.
“Try This” Founder Tours Playgrounds in Weston

Weston Mayor Julia Spelsberg provided Charleston resident Kate Long, of the WV Try This Conference with a tour through Weston recently. Spelsberg was showing Long the positive results of the grant money provided by Try This Conference for play areas in the City of Weston. Long has been an integral force in changing the health habits of West Virginians...especially for our children. Her interest in children’s health began after writing a series about the poor health habits of West Virginia children for The Charleston Gazette. With that knowledge, she began a crusade to change the depressing statistics associated with our health habits. The end result was the Try This Conference held annually in Buckhannon.

For three years, Stonewall Jackson Memorial Hospital (SJMH), in collaboration with the City of Weston has received grant monies from the Conference. Spelsberg and Nastausha Hefner have also present at the Conference for several years. The first year the grant money was used at the Polk Creek Community Park. The second year funds went to the Willow Street Outdoor Classroom and Natural Playground. This year, the grantees received $2300 to create two urban orchards – one on Bennett Avenue and one next to SJMH. Long is making a video report on the successful grant winners for the Try This Conference. She was delighted by the progress made by the City and the Hospital in collaboration on these playgrounds.

New playground equipment (pictured at left) was installed by John and Connie Riffle at the Polk Creek Community Park, recently. The Riffles received the donation from the Lewis County Board of Education.

SJMH Employee Nastausha Hefner is the project manager for the Willow Street Outdoor Classroom/Natural Playground. The plants, stage, hopscotch, and tree stumps have been installed for the play area. It is pictured at left. In the far left a little girl is doing cartwheels on the stage.
Asking For Your Help...

Dear SJMH Staff,

Broad Street United Methodist Church will be sponsoring a Baby Shower for items which will be donated to Stonewall Jackson Memorial Hospital’s OB Department ... something we have done for 40 years! We thoroughly enjoy reaching out to new mothers, babies, and families in our community who need our help by providing baby clothes, diapers, baby care products and items necessary to take care of the babies that are being born at SJMH. We have learned over the years that there are young mothers, two or more a week, giving birth to babies at SJMH who don’t even have clothes to take their new baby home in, let alone anything to help care for the infant once they get home. In some instances young girls didn’t even tell their family they were pregnant until they came to the hospital to deliver and by no means are prepared with any clothes or items needed to take them home. For others we have supplied outfits or jackets/snowsuits, heavy blankets, bottles, baby care product, diaper bags, etc. In the past, this has just been a collection of baby items within our own church. As part of our continued outreach, we are partnering with the Lewis County Family Resource Network to make this a Community-Wide event. This gives the community a chance to participate with us in helping the moms, dads, and babies who need help getting started.

We are inviting you to contribute to this Community-Wide Baby Shower by donating either a monetary donation (make checks payable to Broad Street Church), or baby items such as clothing for premies, newborns or up to 2 years, skin care products, jackets, blankets, socks, hats, diaper bags, etc. We understand that there are lovely items available in the SJMH Gift Shop.

On Saturday, October 1, at the Broad Street United Methodist Church, we are having a one-day event in which several organizations will be present to talk to pregnant or new mothers and fathers. (i.e., SJMH, HOPE, Crisis Pregnancy, WIC, Domestic Violence Rep, etc.) We will be giving away gift bags, items for older infants and some bigger items like a crib, stroller, car seat, and are looking for donations for these as well.

To donate at SJMH, give your donations to Julia in Marketing by September 6, or take your items to one of the drop off locations: Broad Street UM Church, Robins Nest, Weston Sanitary Board Office, St. Paul’s Episcopal Church, and Lewis County Senior Center, during the rest of September.

We have also made arrangements with the SJMH Gift Shop so that you can buy baby items from the gift shop and put in a collection box. These items will be donated to mothers at the Community-Wide Baby Shower.

Thank you for your help and interest in helping your community.

Dee Evans
Broad Street United Methodist Church

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
Thanks to Administration, it has been approved that SJMH will recognize National Lung Cancer Awareness Month in November.

To help raise awareness, Tonya Kennedy and Susie Haught will be taking orders for the shirts shown above. The hospital’s name will be placed on the sleeve if we can sell 12 or more.

**Prices**
- T-shirts $12
- Long Sleeve Shirts $14

**Sizes**
- Small, Medium, Large, X-Large
- Add $3 per shirt for 2X, add $4 per shirt for 3X, 4X, 5X

These are 100% pre-shrunk cotton. All shirts are Navy.

Please call Susie at 304-269-0030 or email her with your order at shaught@stonewallhospital.net. **Order deadline is September 21st. Shirts will be shipped October 7th.** Please turn in cash or checks to Nastausha Hefner in Administration. Make checks payable to Nastausha Hefner.

**The shirt profits will be given to our Chemo unit to help our patients.**

We will keep you updated on other activities happening throughout the month of November. Thank you very much.
The Social Rec Committee of SJMH is taking orders for SJMH Logo Clothing.

Orders will be collected until **Friday, September 30, 2016**

Payment must be made at time of order. Checks payable to: **SJMH SOCIAL REC**

Show your STONEWALL PRIDE - Order yours TODAY!

**SHIRT ORDER FORM**

<table>
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<tr>
<th>ITEM</th>
<th>SIZE</th>
<th>QUANTITY</th>
<th>PRICE/PIECE</th>
<th>TOTAL</th>
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**UPCHARGES PER ITEM FOR LARGE SIZES**

- $2X = $3.00
- $3X = $4.00
- $4X = $4.00
- $5X = $5.00

**TOTAL AMOUNT DUE**

Return completed Order form and money to: Nastausha Hefner ext 8149 (Administration) or Jennifer Barnes ext 8533 (Chief Quality Officer)

Orders Due by September 30, 2016