As part of its long-term strategic plan, the Board of Directors and Executive Team of Stonewall Jackson Memorial Hospital (SJMH) has been assessing its current and future status as an independent community hospital. Currently, SJMH is one of only four non-critical access hospitals left in West Virginia, which is not part of a multi-hospital system or affiliation.

The SJMH Board sent out a Request for Proposal (RFP) on September 6 to other healthcare organizations to find if there is an interest in forming a partnership with SJMH. The end result could be a merger, partnership, or affiliation with another healthcare organization. The Hospital may decide not to proceed if SJMH’s objectives are not met. The RFP is generally the first step in any partnership process.

Keeping SJMH as a thriving, integral part of our community is important to the all Hospital stakeholders for several reasons, including:
- The Hospital is the largest non-governmental employer in Lewis County with approximately 500 employees. SJMH is a source of good jobs and a vital economic engine for our community.
- The Hospital’s leadership wants to ensure that high quality services are sustained as it pursues its Journey to Excellence.
- For many years, the Hospital leadership has been planning to relocate the current hospital facility to property it owns adjacent to the Weston interchange of I-79 in order to improve accessibility and sustainability.
- SJMH wishes to proactively respond to population health initiatives driven by federal, state, and private insurers. One way to do this is by pursuing affiliations designed to coordinate care across our region.

There have been many challenges for the healthcare industry in recent years with economic pressures brought by changes in reimbursements and other payment reductions, along with increased competition for a limited patient base. This has driven extensive hospital consolidations across the country and in West Virginia.

It is also apparent that the physician shortages nationally and in West Virginia have impacted many healthcare facilities. SJMH has always been able to recruit quality doctors and wants to maintain that ability.

The Board of Directors of SJMH values transparency so that the Hospital staff and community are aware of the steps being taken to ensure its future viability.

West Virginia’s First Lady Joanne Jaeger Tomblin visited Stonewall Jackson Memorial Hospital (SJMH) on Wed., Sept. 7 to celebrate the designation of September as “Our Babies: Safe and Sound ‘Say YES to Safe Sleep’” campaign.

The First Lady was greeted by the SJMH administrators including CEO Avah Stalnaker, Asst. CEO Kevin Stalnaker, and COO Barbara Willis. About 60 people were at the press conference/luncheon in the SJMH boardroom. The Hospital decorated the room in a baby shower theme with a balloon arch of baby rattles created by local balloon artist Kristy Aldridge above the luncheon table. The baby cake was made by local baker Mandy Jones, and the brunch was provided by the SJMH Food Services director Richard Crookshanks.

Avah Stalnaker served as emcee and introduced SJMH OB Nurse Manager Robin Drake who made several points about Safe Sleep. She noted, “As I look around this room, I see mothers, fathers, grandmothers, grandfathers, aunts, uncles and even those who may have no children of their own at this point in their lives. I ask you to take a mo-
First Lady

Continued from Last Page

ment and ask yourself, “What do you know about safe sleep practices?” What sleep practices did you use with your children? What sleep practices did you encourage your son or daughter to use with their children? Were they safe sleep practices... maybe... maybe not?”

She then noted the important points of safe sleep habits for babies to the crowd. She was also proud to note that SJMH had been an early participant in the state’s Safe Sleep program.

Drake said, “Stonewall Jackson was given the privilege to participate in the initial “Our Babies: Safe and Sound-Say Yes To Safe Sleep for Babies” pilot project that began in October 2013. Today we continue our efforts with this initiative through continued staff education and by providing consistent messaging and modeling of safe sleep practices for our new families during their hospital stay with the hopes that these practices will be continued after they go home.”

Next A. Stalnaker recognized Becky King, coordinator of the Safe Sleep project who provided more insight into the issue of safe sleep for babies. King explained that every ten days a baby in West Virginia dies because of improper sleep placement.

In introducing the First Lady, Stalnaker noted that Mrs. Tomblin had a very impressive resume. Though she was born in New York City, she moved to West Virginia to attend Marshall University in pursuit of an undergraduate degree in journalism, followed by a master from Marshall.

She met her husband, Earl Ray Tomblin, while serving in the Office of Public Affairs at the WV Legislature. He was a freshman legislator and the two have been married for 37 years and have one son.

“She has been an educator, a news anchor at a Huntington news station; president of the Southern WV Community and Technical College from 1999 to 2016. She is an advocate for military families, urban agriculture, and the welfare of West Virginia children, as well as the safe sleep project, please welcome First Lady Joanna Jaeger Tomblin,” said Stalnaker.

Tomblin explained to the group how she became involved with the safe sleep project and why it is so important to West Virginians.

“Statistics show that a baby is lost every 10 days in West Virginia due to unsafe sleep practices. Reasons are similar. It could be accidental suffocation, unsafe bedding, or entrapment. It may be a silent epidemic. Through education and outreach through many organizations in our state, we will eventually quit talking about this in 10 or 15 years,” Tomblin said.

In 2014, “Say YES to Safe Sleep” for babies was designed and launched. It now includes 21 birthing hospitals and 28 home visitation programs, reaching the parents of 81% of babies born in the state.

The project hopes to keep babies safe while they sleep, and help a parent to keep his/her cool when the baby cries.

After her comments, Asst. CEO Kevin Stalnaker presented the First Lady with a special gift made by Chip Turner at Appalachian Glass and a special anniversary cake.

SJMH Marketing Director Julia Spelsberg introduced Dee Evans, who is one of the organizers of the Community Baby Shower to be held on Sat., Oct. 1 at the Broad Street Church. This is the second year that SJMH had contributed to the baby shower and the luncheon was an opportunity for the Hospital to make this year’s gift.

After eating lunch, the First Lady and her entourage toured the Special Delivery Unit at SJMH and met parents Anthony and Heather Gibson, along with their new baby girl Aubrey. Tomblin presented the parents with a book about safe sleep and spoke to the parents on the importance of safe sleep habits.
The Staff of the Pulmonary Rehab Department at Stonewall Jackson Memorial Hospital (SJMH) in Weston was recently awarded accreditation by the American Association of Cardiovascular and Pulmonary Rehabilitation for the local pulmonary rehab program. The SJMH program is called “Breathe Easy” (One Step at a Time) and is coordinated by Nurse Manager Kristi Gannon. Other staff includes: George Butcher, RN; Peggy Burkhammer; Susan Carpenter; Katie Gum, RN; Erin Hunt, MS EXPH; Tiffany Lowther, RN; Paige Bailey; Cassandra Johnston; and Leslie Sprouse, RN. The program was started in 2005 and this is the third accreditation it has received.

The Pulmonary Rehabilitation staff works with patients suffering with chronic lung disease. Patients suffer both physically and psychologically with the disease. The SJMH staff helps those struggling with the disability to return to a more healthy and satisfying lifestyle. The program provides a comprehensive approach to patient care, including education about pulmonary diseases, lifestyle changes, incorporation of mild physical activity, and handling the psychological effects of a patient’s condition.

The program is customized to meet the patient’s needs under the medical direction of Dr. Frank Scattaregia. The ultimate goal of the program is to rehabilitate the patient to his or her maximum potential and reduce the number of life-threatening respiratory occurrences or hospitalizations. Family members are welcome to participate in the treatment program and learn how to support the patient.

During the eight- to twelve-week program, staff takes the time to get to know the patient by completing a medical history, conducting diagnostic testing and a physical evaluation, and by completing an assessment of the patient’s knowledge about their condition, and pulmonary disease in general. An important part of the program includes setting goals for patients. Once goals are set, each patient’s progress is monitored and adjusted as necessary. This ensures that the patient receives the education and training most appropriate for him/her.

Each patient will undergo supervised exercise therapy to improve muscle conditioning and cardiovascular fitness. Exercise will be tailored to the patient's specific needs and abilities. Types of exercise may include walking, stair climbing, strength conditioning, stretching maneuvers, and respiratory muscle training.

The education component of the program is conducted in small group sessions or on an individual basis. The program coordinators believe that knowledge is a key for developing one’s pulmonary rehabilitation potential. Some of the subjects discussed in education and training sessions include:

- Breathing retraining
- Inhaler (MDI) instruction
- Anatomy of the respiratory system
- Coping with chronic disease
- Medication usage
- Importance of exercise

Once a patient has completed the program, staff help develop a plan for self-management and treatment at home. The patient may experience a number of improvements, including:

- Control and alleviate the symptoms and complications of respiratory impairment
- Achieve optimal capacity to carry out activities of daily living
- Decrease psychological symptoms such as anxiety or depression
- Increase exercise tolerance
- Reduce hospitalizations

If a patient would like more information or to participate in the program, they can call 304-269-8099 or ask their physician.
We Are Having A Uniform Sale

Thurs., Sept. 15
Fri., Sept. 16

7 a.m. to 4 p.m. 7 a.m. to noon

Stonewall Jackson Memorial Hospital Boardroom

Stethoscopes, Bella Taylor Handbags,
Grey’s Anatomy,
Med Couture, Seasonal Uniforms,
Fashion Knee Highs,
Dansko and Klog Shoes,
TENS Units

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

Visit www.shotofcolors.com
Susie Lamb Johnston Retires from SJMH

Susie Lamb Johnston, patient financial counselor and credit department employee, has retired from Stonewall Jackson Memorial Hospital (SJMH), in Weston. She came to the healthcare facility in the 2002 as an employee of HCFS (Healthcare Financial Services) and worked for years adjacent to the Registration Department on the first floor of the Hospital helping patients manage the maze of healthcare regulations and billing. After four years with HCFS, she was hired by SJMH.

Many patients and local residents are familiar with Susie and her ability to help people with their healthcare financial needs. Susie’s former supervisor, Dodie Arbogast, noted that Susie was an angel for many people in the community. “She truly went out of her way to help in any way that she could for the patients,” explained Arbogast.

With her many years of experience in her job, Susie was able to guide consumers to finding the correct financial answer for their needs.

“The patient was my number one concern,” explained Susie. “I always went out of my way to make sure that they were taken care of. It was very satisfying to help patients deal with their bills. I have handed out lots of charity papers which have really helped our patients deal with the medical bills.”

She worked with Mel Butcher in the credit department dealing with over 700 bills mailed each week. Many of those 700 bills recipients have questions and they call Susie and Mel.

Arbogast also said that Susie truly liked helping people. She has great communication skills and can get to the root of a problem because of her vast experience. She had the skill set for the help she provided to patients.

Susie’s current supervisor Crystal Frazier said, “We will truly miss Susie’s wealth of knowledge that she brought to the Hospital. We wish her the best in her new endeavor.”

FREE Screening
Venous Disease

Symptoms of venous disease include:
• Aching, fatigue or heaviness in legs
• Varicose veins
• Throbbing or burning leg pain; and/or
• Cramping, swelling and numbness in leg

3:00 p.m. to 5:00 p.m.
Call for future dates
Registration required.
Call: 304-517-1272

Screenings will be held on the first floor of Stonewall Jackson Memorial Hospital in the Vein Center.
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.
INFECTION CONTROL ASSESSMENT

On August 25, 2016 four representatives from the WV Department of Public Health, along with our local county health nurse, visited SJMH for an infection control assessment. This assessment is conducted as part of a grant from the Center for Disease Control in an effort to help hospitals with infection control practices. Phase one of the grant is to visit every hospital, surgical center and long-term care facility and complete the assessment and identify gaps on an individual basis. Phase two will be to compile areas in which multiple organizations struggle and then provide education or training events to assist with compliance. During this phase there will be periodic follow-up with the Infection Control Nurse. Phase three will consist of a follow-up assessment either in person or virtually.

Their overall assessment of SJMH indicates that we have very good processes in place in areas of infection prevention. There were some areas such as policy updates and auditing practices that need to be conducted in a more formal manner. During their visit they spent 30 minutes on the Medical/Surgical unit observing for hand hygiene practice of staff members. During this period, they observed both nursing and ancillary department staff. Of the 26 times hand hygiene should have been performed it was done 20 time, with a compliance rate of 76.92%. They also noted some opportunities for improvement in some training areas. At the conclusion of their visit Kevin Stalnaker posed this question to the group: "Based on what you have observed during your visit today, would you feel comfortable seeking care for yourself or your family at SJMH?". The entire group stated that, yes they would feel comfortable receiving care here.
CVS & WALMART are once again available in the Home Host 340B network!!!

Curious about FMLA??
Join us at the
Free Employee Lunch N Learn Webinar
September 16, 2016 @ Noon
Classroom

FMLA (Family Medical Leave Act)
You Are Invited To a
Farewell Reception
for
Dr. Jerry Henson
and
Dr. Shafic Sraj
On
Tuesday, September 13
beginning at 5:30 p.m.
in the
Stonewall Jackson Memorial Hospital Boardroom

Community Baby Shower Sat., Oct. 1;

As always, our SJMH staff is very kind to those less fortunate. We are asking again for a little kindness for new mothers who are participating in the Community Baby Shower on Sat., Oct. 1, at the Broad Street Church Community Room from 11 a.m. to 1 p.m. We are asking our staff to buy a few things to donate to the event with toys, clothes or anything a baby might need. Any of the items, which are left over after the Shower will be given to our SJMH Special Delivery Unit.

DON’T FORGET - YOUR EVIDENCE OF INSURABILITY FORM

If you enrolled in Voluntary Life Insurance for yourself, your spouse, &/or your children for the first time during this Open Enrollment, you will need to complete an EOI form. If you INCREASED yours or your spouse’s Voluntary Life Insurance during Open Enrollment, you will need to complete an EOI Form.

The EOI form can be obtained either in the HR Dept. or under HR Forms on the Intranet.

Pictured at left are SJMH employee Jessica Phillips and Broad Street Church volunteer Dee Evans during the recent reception for WV’s First Lady. SJMH donated diapers, toys and books to the annual Community Baby Shower, coordinated by Dee and Deanna Palmer Bush of the LC FRN. It will be held on Oct. 1. The collection effort is still underway for SJMH employees and items can be put in a box in the Auxiliary Gift Shop.
From HR

Please help me in wishing Rick Thomason (Radiology), Elyse England (Radiology), Sheri Murray (Pharmacy), and Tiffany Kniceley (ENT) a very Happy Birthday in the months of August and September!

You may all pick up your Mountaineer Mart gift cards in my office at your earliest convenience!

Thank you and again, HAPPY BIRTHDAY!!

LCHS Homecoming Parade
Thurs. Sept. 15 in Weston

If you are interested in participating in the LCHS Homecoming Parade for SJMH, please contact Nastausha at 8149 or Kristi at 8099 for more information. Parade is Thurs., Sept. 15 and lineup is at 5:30 p.m. in the Middle School Parking lot.

ALSO

Fri., Sept. 16 is Homecoming Day here so it is suggested that you wear your favorite school/athletic colors that day.

Annual Breast Cancer Awareness Day

Since 1995, members of the Lewis County CEOs have honored breast cancer survivors with an annual awareness event. The late Hovah Underwood, wife of Governor Cecil Underwood was the speaker at that first event. Over the years, the CEOs have brought the message of early detection for local women and men.

This year the clubs are giving Stonewall Jackson Memorial Hospital (SJMH), the opportunity to organize the annual lunch will be held at the Broad Street Church on Oct. 20 at noon. SJMH will have a mini health fair before the luncheon starts.

Breast cancer is the most common cancer among American women. Getting regularly can lower the risk of dying from breast cancer. If one is 50 to 74 years old, be sure to have a screening mammogram every two years. If a woman is 40 to 49 years old, they should talk to a doctor about when to start and how often to get a screening mammogram.

Those who wish to go to the luncheon should Julia Spelsberg at 304-269-8167 to donate time.

THANKS

I want to tell you how pleased I am with the surgery staff that took care of me during my cysto experience on Monday. I have worked in multiple areas of a hospital or doctors office for 35 years and your surgery employees are right up there with the most pleasant. I will continue to drive the 1 hour 45 minutes to your facility for further specialist needs.

MS. JEANIE HART
PHYSICIANS SERVICES
230 HOSPITAL PLAZA
WESTON, WV 26452

MS. HART,
I HAVE A FEW WORDS TO SAY ABOUT MY EXPERIENCE WITH SJMH AND THE STAFF. I FOLLOWED DR. SICKLES THERE FROM CLARKSBURG, WHERE HE PERFORMED A PROCEDURE ON MY KNEE AND AT THE SAME TIME EARNED BOTH MY FRIENDSHIP AND MY RESPECT. I FEEL THAT HE IS A FANTASTIC PERSON, AND A TRUELY GREAT ORTHOPEDIC SURGEON. THAT HOWEVER IS JUST THE BEGINNING OF MY STORY.

HAVING FIRST COME THERE IN EARLY 2012, I HAVE BEEN BACK FOR SEVERAL FOLLOW UP TREATMENTS. WHILE BEING TREATED THERE, I HAVE DISCOVERED THAT NOT ONLY IS THERE A TRULY FINE SURGEON, BUT ALSO A TREMENDOUS STAFF. EVERYONE IS SO FRIENDLY IT MAKES YOU FEEL QUITE AT HOME. IN ADDITION, I WANT TO SPECIALLY MENTION CONNIE, HIS NURSE. SHE LITERALLY BENDS OVER BACKWARD TO PROVIDE THE BEST CARE POSSIBLE. I WILL SOON BE 69 YEARS OF AGE, AND I MUST ASSURE YOU THAT YOUR STAFF AT SJMH IS ABSOLUTELY SECOND TO NONE.

I FORMERLY HELD A POSITION WHEREBY A NOTE OF APPRECIATION MEANT SO MUCH, THAT I FINALLY REALIZED THAT I NEEDED TO WRITE ONE. PLEASE DO NOT TAKE THIS LIGHTLY. IT GOES WITHOUT SAYING, THAT IF YOU SHOULD DESIRE TO CONFERENCE WITH ME, YOU MAY PHONE ME.
# SHIRT ORDER FORM

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!

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<th>ITEM</th>
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<tr>
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Total items ordered: 

**SUB-TOTAL**

**TOTAL AMOUNT DUE**

Return completed Order form and money to: Nastaula Heffner ext 8149 {Administration} or Jennifer Barnes ext 8533 {Chief Quality Officer}

Orders Due by September 30, 2016
Pictures from First Lady’s Visit
Wed. Sept. 7, 2016