Ninth Annual Weston 5K Run and Wellness Walk Planned for April 16

Nine years ago, three local organizers put their heads together to come up with a positive event for the health and wellness of local residents. The result was the Weston 5K Run and Wellness Walk held annually in April. This year participants will take to the road on Sat., April 16 at 10 a.m. beginning at Saint Patrick Church during the ninth annual event. A children’s race will follow the main race. The Walk/Run brings about 200 to 250 participants to downtown Weston for the 5 kilometer event and is sponsored by the City of Weston, represented by Julia Spelsberg; Saint Patrick Church represented by Mary Hendricks; and Stonewall Jackson Memorial Hospital represented by John Weber.

The goal of the event is to encourage people to walk/run for their health. West Virginia and Lewis County have very poor health statistics and organizers had the hope of encouraging people to give up their sedentary ways to get out and walk and become healthier. There are many reasons for residents to take up walking as a healthy habit.

It is an unfortunate fact that the walking rate for most Americans has fallen dramatically in the past few decades. For example:
• Among students living within 1 mile of school, the percentage of walkers fell from 90% to 31% between 1969 and 2001.
• According to the CDC, only 13% of children walk to school today compared with 66% in 1970.
• Only 21% to 34% of U.S. adults meet public health recommendations (5 times per week for at least 30 minutes) for physical activity by walking.

Walking provides a variety of benefits for people. Being consistent in one’s walking exercise routine is one of the most important factors in developing a healthy physical activity program.

Applications are available in the front lobby or on the Hospital website - www.stonewallhospital.com.

Albert McQuain, is pictured above with SJMH’s John Weber. McQuain is one of the Weston 5K veterans and now at the age of 80 puts some of the younger racers to shame.

SJMH Employees Can Register for Weston 5K for FREE! As long as you have your application in by Fri., April 8.
Reminder

Please be aware that even if you now have SJMH Insurance, there is still a deductible and co-pays that need to be met. You can do payroll deduction; make monthly payments; or fill out financial papers to make those payments.

Hospital Week

Hospital Week will be celebrated May 8-14. This year’s theme will be Health Care from the Heart.

Join Us For A Free Women’s Health Screening

Friday, May 6
9 a.m. to ?
@ Mountaineer Healthcare For Women
66 Hospital Plaza
Weston, WV

Women Age 25 to 64
Schedule your free breast exam, Pap test and pelvic exam
(you must register for these exams)
Uninsured Women Age 40-64 may qualify for a Free Mammogram from the WV Breast and Cervical Cancer Program

Call 304-269-3108 for your reservation to be screened.

Another Reminder From Infection Control

If you have worked at SJMH for 6 months you are eligible to have your annual lab work free of charge. This includes a Complete Blood Count, Metabolic Panel and Lipid Panel. To take advantage of this free opportunity the hospital offers as one of your benefits, you must fast for 12 hours, present to the registration department to register and receive your lab slip. If you have any questions, contact me at 304-269-8043.

REMINDER!!

April 3, 2016 marks the first day of the new absence/occurrence and tardy policy.

SJMH

New York City Trip Information

Tickets $90/each

On Friday August 12th, 2016 the bus will pick us up in the Employee parking lot starting at 8:30p.m.

We will travel thru the night to New York so bring your pillow, blanket, and a bag to leave on the bus if you wish.

We will stop for breakfast at a travel center to change clothes, brush teeth, and get ready for the day of fun.

You will be dropped off at the Rockefeller Center and you will have no access to the bus during the day, so take off the bus what you need.

You will be on your own all day and the bus will pick you back up at 10:30p.m. at the Rockefeller Center.

There will not be the availability to charge your cell phone on the bus.

If you have any questions please contact kgannon@stonewallhospital.net or X8099. Checks can be made payable to SJMH.

THIS TRIP WAS ORGANIZED & SPONSORED BY SJMH SOCIAL AND RECREATION COMMITTEE

Reminder From Infection Control

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April 3, 2016 marks the first day of the new absence/occurrence and tardy policy.
IMPORTANT INFORMATION REGARDING YOUR HEALTH INSURANCE & IDENTITY

You might have heard on the news that Athem Inc., a multi-state BCBS Plan which is a business associate of WV Highmark BCBS was a victim of a sophisticated cyber-attack to their IT system. The believed period of time that information could have been compromised is December 2014 – February 2015. The attack could have affected as many as 80 million individuals who received health care services in a geographical area served by Anthem within the last 10 years and had their claim processed through the BlueCard system.

The data elements accessed may have included names, dates of birth, Social Security numbers, health care ID numbers, home addresses and email addresses. Not every element appeared for every member. Also, only a very small percentage of the affected members had their Social Security numbers disclosed.

If you are a Highmark member, you should first receive a letter from our WV Highmark BCBS. A follow-up letter from Anthem a few weeks later will provide information on the Identity Protection Services they are making available to all members including credit monitoring for 2 years and a $1 million identity theft insurance policy.

You may access and implement these services prior to receiving the letters by calling an AllClear SECURE investigator at 1-877-263-7995 or enroll in AllClear PRO by visiting https://www.AnthemFacts.com. Fraud against children can be obtained on the website and personal information will need to be provided to AllClear ID.

Please watch your mail for envelopes from Highmark, 120 Fifth Ave, Pittsburg, PA as well as Anthem. A screen shot of the Anthem envelope is below: please don't consider it “Junk”.

WV Highmark BCBS members: If you receive a mailing at your home that looks like the example below, PLEASE OPEN AND READ immediately! There is very important information in there regarding your personal identification being compromised.

Anthem
Anthem, Inc.
P.O. Box 260
Monroe, WI 53566-0260

ELECTRONIC SERVICE REQUESTED
Get Your Labwork Done!
One of the wonderful benefits we have here at SJMH is a free annual lab workup for each employee. Just a little bit of blood can tell many things about one’s health. Unfortunately, only 27% of us took advantage of this benefit in 2015. One of our employees told the story about her deceased mother-in-law finding out about a serious illness through the blood work done here. So make sure you take advantage!

Wednesday, April 13
6:30-9:30
Lewis County High School
Weston, WV
Many Thanks
Our staff always gives the best possible service to our patients and customers. Recently, there were several nice “Thank You’s” given to our staff. The first correspondence came from a customer which read:

“Would you give me the names of the names of the Social Worker and Discharge Planner who sit in the first office you come to as you approach the Executive Suite from the elevator. Those 2 ladies took care of me when I had to stop out of the meeting. I was glad you all couldn’t hear it, but I had an extremely bad coughing fit - almost passed out before my airway cleared. They go me water, hard candy, cough drops and a place to sit. I want to send them a “thank you.”

Then he followed up with a flower arrangement and the note, which related, “Thank you for coming to my rescue last week. I wasn’t sure I was going to get 02 back in my lungs before I passed out. Later I made good use of the cough drops. Thank

Upcoming Events
Weston Cleanup - Sat., April 9 beginning at 8 a.m. in downtown; cleanup of playgrounds will happen too. Weston playground projects are coordinated by SJMH. Let’s all pitch in!

Create Your State - Wed., April 13 at 6:30 p.m. at LCHS

Weston 5K Wellness Walk/Run - Sat., April 16, at 10 a.m. in downtown Weston

2016 National Hospital Week - May 8-14, 2016

Cystic Fibrosis Walk - Sun., May 22 at 11 a.m. in the back SJMH parking lot

SJMH Picnic - Fri., July 15, all day at the Lewis County Park

Special weekend of savings
April 9 – 10 • 10 am – 6 pm at Sam’s Club®

Join or renew during the event and get these special offers*

Not ready to join yet?
Simply bring this invitation** to the Member Services Desk at your local Sam’s Club for a pass to shop for one day during the event.
A 10% service fee applies on all non-member purchases when shopping with this One-Day Pass (not applicable in CA, SC or Eimers, NY).

Free health screenings†
Saturday, April 9 • 11 am – 4 pm
Breathe Easy, Beat the Season
Glucose | Total Cholesterol | HDL (good cholesterol)
Risk Ratio | Blood Pressure | Body Fat Percentage
Vision Screening/Testing | Hearing Screening/Testing

* Offer valid only at the advertised event on April 9 – 10, 2016. Special savings offers are Instant Savings offers that will load to your membership account within 14 days after joining and offers are valid for 30 days thereafter. Visit Sam’s Club’s Instant Savings list for program details, terms and conditions. This offer is only available for new members or members who renew at membership event and shall not be issued by associates in-club. Individual offers can be redeemed one time only. Limited availability. No substitutions or rain checks. No cash value. State and local laws may require sales tax to be charged on the pre-discounted price of an item with an Instant Savings offer. For Club Pickup options not paid for online, any savings will be based on and limited to the Instant Savings offers available to the paying member on the date of in-club payment and order pickup. No money shall be returned to the member if the price of the item falls below zero after applying the Instant Savings discounts. Event special savings offers are available in U.S. clubs with a U.S. membership, excluding Puerto Rico.

** This invitation is valid April 9 or 10, 2016, only. This invitation allows you to shop at your local Sam’s Club for one day only. Information necessary to assign a One-Day Pass number will be collected at time of use. No other privileges of Sam’s Club membership apply. You must pay for purchases with cash, debit card and low card for qualifying members. Walmart Credit, MasterCard®, Visa®, Discover® or American Express® card only. No checks. You may apply for annual membership, subject to qualifications, while visiting SamsClub.com or any local Sam’s Club location. Only original offers will be accepted. Offer void if copied, purchased or sold.

† Membership not required. Hearing screening and vision screenings are available in clubs with a Hearing Aid Center; may vary by location and is subject to state laws. Vision screening/testing is not available in the following states: Alabama, Alaska, Arizona, Arkansas, California, Colorado, Delaware, Hawaii, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Mexico, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Rhode Island, South Carolina, Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin or on SamsClub.com. Offer expires April 10, 2016.

Sam’s Club Advertised Merchandise Policy — We offer no firm inventory on items advertised in this piece. Occasionally, however, an advertised item may not be available for purchase due to unforeseen difficulties. We have done our best to ensure all information in this piece is accurate and up-to-date. Errors and omissions occasionally occur and are subject to corrections. Pricing and item availability may vary by location and state. See store for program details and terms and conditions. Offer only applicable to clubs that feature an Associate Optometrist who is supervising the screening/testing event.

SamsClub.com/instantsavings
Weston 5K Run & Wellness Walk
Sat., April 16, 2016 @ 10 a.m.
Corner of East Second St. and Center Ave., Weston
Return to Julia Spelsberg, SJMH, 230 Hospital Plaza, Weston, WV 26452
Please make checks payable to Weston 5K Run and Wellness Walk

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 ___________________________
Address______________________________________________
City ______________________________ State __________ Zip _________________
Phone ___________________ Email ________________________________________

(Email used for sending race information only)

T-Shirt Size (Circle one):
Youth: L  Adult: S  M  L  XL  XXL

VOLUNTEERS
□ I am walking and would like more information on volunteering before and after the walk.
□ I am unable to walk but would like to be a volunteer.

WAIVER: I know that running or walking a road 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, and the conditions of the road, 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, the City of Weston, and St. Patrick Church/School for the Weston 5K Run and Wellness Walk, 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 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 or any other record of this event for any legitimate purpose. Race will be held regardless of weather conditions. Registration is final, no refunds.

Signature Required

Signature of entrant (Guardian if under 18) and date

___________________________________________________/______________

Date

Registration fee: $15  □ paid  $20 on race day  □ paid

Social Recreation will be paying the $15 fee for our employees to participate in the Weston 5K!
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

Wednesday, May 4, 2016
3:00 p.m.–5:00 p.m.

Registration required.
Call: 304-517-1272

Screenings will be held on the first floor of Stonewall Jackson Memorial Hospital in the Vein Center.
SJMH Social/Recreation Committee Easter Egg Hunt Brings Out Over 60 Children

NOTICE

The Internal Marketing Presentation by the Barnes Agency is now available as a video on the SJMH Intranet page. Go to the left sided menu and find the 30 minute presentation under "Internal Marketing Presentation." There are also paper copies of the presentation available from the Marketing Department.
BOOK & GIFT FAIR
30-70% off retail

Thursday April 14th
11 am – 3:30 pm
2nd Floor Classroom

Sponsored by SJMH Social & Rec. Committee
The prior occurrence scale was as follows:

An employee working Over 30 hours per week:
- 4 incidents – Informal Counseling
- 6 incidents – Verbal Warning
- 8 incidents – Written Warning
- 10 incidents – Placed on Probation for one (1) year
(While on probation, may have three (3) incidents. More than 3 may result in discharge.)

An employee working Between 16 - 30 hours per week:
- 3 Incidents – Informal Counseling
- 5 incidents – Verbal Warning
- 7 incidents – Written Warning
- 9 incidents – Placed on Probation for one (1) year
(While on probation, may have three (3) incidents. More than 3 may result in discharge.)

An employee working 0 - 15 hours per week:
- 2 incidents – Informal Counseling
- 4 incidents – Verbal Warning
- 6 incidents – Written Warning
- 8 incidents – Placed on Probation for one (1) year
(While on probation, may have two (2) incidents. More than 2 may result in discharge.)

Incidents (Occurrences) are counted on a rolling 12-month period. Employees having a balance of 4.5 incidents or more will not receive any paid leave time for that shift. Any further absences charged to the initial incident can be paid from the appropriate paid leave time (Sick, Vacation, Holiday) banks.

Tardiness means arriving at your work station any time after your scheduled starting time. Excessive tardiness includes any one of the following:
- Four (4) occurrences of tardiness in any twelve (12) consecutive month period.
- Tardiness more than once in any two-week period.

The new occurrence scale will be as follows: Effective 4/3/16

An employee working Over 30 hours per week:
During Orientation – Informal Counseling
- 4 occurrences – Verbal Warning
- 5 occurrences – Written Warning
- 6 occurrences – Placed on Probation for one (1) year
(While on probation, may have two (2) occurrences. More than 2 may result in discharge.)

An employee working Between 16 - 30 hours per week:
During Orientation – Informal Counseling
- 3 occurrences – Verbal Warning
- 4 occurrences – Written Warning
- 5 occurrences – Placed on Probation for one (1) year
(While on probation, may have one (1) occurrence. More than 1 may result in discharge.)

An employee working 0 - 15 hours per week:
During Orientation – Informal Counseling
- 1 occurrence – Verbal Warning
- 2 occurrences – Written Warning
- 3 occurrences – Placed on Probation for one (1) year
(While on probation, may have zero (0) occurrences. More than 0 may result in discharge.)

Incidents (Occurrences) are counted on a rolling 12-month period. Employees having a balance of 4.5 occurrences or more will receive no paid time for the first missed shift. Consecutive missed shifts for the same reason as the initial absence can be paid from one of the appropriate banks (Sick-own illness only), Vacation, Holiday, Personal, Birthday).

Tardiness means arriving at your work station any time after your scheduled starting time. Excessive tardiness includes:
- Four (4) incidents of tardiness in any one (1) month period. For every four (4) incidents of tardiness in one month they will receive one (1) Occurrence, same as counted for absences. HR should be notified immediately and appropriate
Absence Policy

Effective 4/3/2016 the Occurrence/Absence Policy will change. Balances under the Previous Policy will be pro-rated into the New Policy on the following scale:

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<th>OLD BALANCE</th>
<th>PREV ALLOWED</th>
<th>% OF ALLOWED</th>
<th>NEW ALLOWED</th>
<th>% OF ALLOWED</th>
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What constitutes an Occurrence?

Absent one complete shift
  = 1 Occurrence

Absent more than ½ shift
  = 1 Occurrence

Absent less than ½ shift
  = ½ Occurrence

No fault Occurrence Policy.
Absence of a scheduled shift for any reason other than FMLA, Jury, W/C, & Death in immediate family

Don't Forget?

It is against the law to litter with cigarette butts. So when one drops a butt on the parking lot or on the grounds it is littering. This rudeness necessitates another employee to cleanup after the litterers on a daily basis. There are also only two places to smoke – at the picnic table across from ED and at the smoking area on the ground floor. Again, it is against the law to smoke at the ED back door. The 2005 Lewis County Clean Indoor Air Act requires a smoker to move at least 15 feet from a building.