Charity Basketball Tournament Planned for Tues., April 26

Stonewall Jackson Memorial Hospital will participate in a charity basketball game with St. Joseph’s Hospital, of Buckhannon. The event will be held on Tues., April 26 at Robert L. Bland Middle School, in Weston, at 7:30 p.m.

The United Way of Gilmer, Lewis, and Upshur Counties will benefit from the game proceeds. Tickets will be $5 at the door; $4 in advance; children under 12 - $2, and $3 at the door. The game will be broadcast on WOTR 96.3 FM with Jeff Wine and Tim Pickens providing the play by play. The pre-game will be at 7 p.m. with tipoff at 7:30 p.m.

Players for Stonewall Jackson include: Angie Lafferty, Eric Robey, Jennifer Peterstoi, Jesse Burton, Kay Beane, Kourtney Self, Maria Potter, Mark Harris, Matt DeGarmo, Rick Thomason, Sean Hamner, Tom Law, John Weber, and Kevin Stalnaker.

The Saint Joseph team includes: Kenny Alexander, Kaitlyn Beeson, Gary Booth, Amy Cook, Skip Gielberg, Ben Hart, Jake Poling, Sarah Rice, Dr. Romano, Jay Rowell, Danielle Smallridge, Connie Sprouse, Fletcher Stevenson, Kevin Stingo, Tom Wood, and Steve Zickefoose.

SJMH Team Manager John Weber noted, “It is good to be part of a fun community event which unites coworkers; unites counties; and raises money for a great cause.”
Thirty members and friends of the Theresa Snaith Hospital Auxiliary dined together during the group’s annual Spring Getting-To-Know-You Dinner on Mon., April 18, 2016. The dinner was held at Broad Street United Methodist Church in Weston. The Auxiliary was founded in 1962 to provide help to the old City Hospital, which became Stonewall Jackson Memorial Hospital (SJMH). Approximately 120 members belong to the Auxiliary named for the late Weston pediatrician Theresa Snaith.

Auxiliary president Julia Spelsberg welcomed the group to the dinner and spoke of the importance of volunteerism on may levels. During her welcome, Spelsberg emphasized how many services the Auxiliary provides to the Hospital. She also noted that a very nice group of people make up the Auxiliary and she was proud to be associated with them.

Auxiliary board member Connie Sherrell provided the invocation for the dinner and remembered the passing of several Auxiliary members over the past year. The Ladies and Gentlemen of the Broad Street U.M. Church provided the baked steak dinner.

Stonewall Jackson Memorial Hospital CEO Avah Stalnaker also welcomed the guests and thanked them for the many acts of kindness they perform for the Hospital. She said that besides the many hours of service Auxiliary members give every year the group has also financed the garden outside of the chemotherapy department. Presently, several of the Auxiliary members are also working at the chemotherapy department on “chemo day.” One of the larger projects for the group in the coming year will be the creation of “way-finding” for hospital patients and visitors.

CEO Stalnaker also introduced the new Corporate Compliance/Risk Manager Officer, Rachelle McIntyre-Nicholson at the Hospital who spoke of her job at the Weston facility.

Assistant CEO Kevin Stalnaker was also present and thanked the group for the opportunity to be with them during the evening. Most notably of the new projects at the Hospital, he noted, is an Ambassador program providing local high school students with an opportunity to see the wide variety of careers available in the Hospital. During April several of the 25 students signed up for the program will be shadowing employees at SJMH. He noted that two physicians practicing at SJMH are Lewis County High School graduates – Dr. Tyler Hall and Dr. Freddie Persinger...a testament to the importance of “growing our own.”

As well as providing an opportunity for the members to get together annually, members were also honored with pins for the number of hours worked. Auxiliary board member Susan Hull is in charge of the pins as well as the dinner.

Susan Hull awarded Vickie Allen with a 100-hour pin. Other recipients for this honor were Marge Starr and Janet Lockard. Mary Wagoner received a 1000-hour pin and Karen Ralston received a 2000-hour pin. The Auxiliary provided 1648 hours in the gift shop of volunteer work and 271 hours at the information desk. A total of 38 auxiliary members worked during 2015.

Other people attending the dinner included: Janette Byrd, Barbara Forinash, Betty Fox, Mary C. Frashure, Marianna Morrison, Bernard Morrison, Sue Brannon, Mary McCartney, Pat Reckart, Patti Radabaugh, Kim Bohon, Connie Sherrell, Janet Frederick, Janice Light, Shirley Bennett, Ursel Watson, Linda N. Shaffer, Mary M. Wagoner, Debbie Strope, Vicki Allen, Judy Ireland, Karen Ralston, Bobbie Vance, Paula Donaldson, Bernadette Law, and Ursula Latell.

If anyone would be interested in joining the auxiliary they can call Julia Spelsberg at 304-269-8167.
Susan Hull (on right) honored Karen Ralston with her pin for 2,000 hours of work during the annual Auxiliary Spring Dinner.

Mary Wagoner (left) received a 1000-hour pin for her work for the Hospital Auxiliary.

Susan Hull (on right) honored Karen Ralston with her pin for 2,000 hours of work during the annual Auxiliary Spring Dinner.

United Way
Charity Basketball Game
Tuesday, April 26 at 7:30 p.m.
Robert Bland Middle School Court Avenue, Weston
Pitting two healthcare power houses...
Stonewall Jackson Memorial Hospital VERSUS
St. Joseph’s Hospital
in their campaign for the venerable

“Thunder Cup”
Advance: $4 - Adults $2 - Children under 12
$5 - Adults $3 - Children under 12

Special Halftime Activities
for Children!
9th Weston 5K Walk Has Great Weather and Great Turnout

Coordinators of the ninth annual Weston 5K Wellness Walk and Run were pleased to have more than 200 people register for the annual race on Sat., April 16. One hundred and twenty people had pre-registered with another 80 registering the day of the race. A little over 200 people finished the the 5K.

“We were very, very fortunate to have great weather for the race,” said co-chair John Weber from Stonewall Jackson Memorial Hospital. “I think that is why we had those registering the day of the race. Some people might not have come out if it had rained.”

For several years race organizers have provided “scholarships” for Lewis County students as a way to encourage students to participate.

“We had thirty students in the race which has grown since last year. We are able to charge them only three dollars by selling advertising on the back of the shirts. It has been a win-win for both advertisers and the students,” said Julia Spelsberg, one of the race coordinators.

Stonewall Jackson Memorial Hospital is a major contributor to the race. Other advertisers included: Lewis County Printing, McCarty’s Giovanni’s, The Citizens Bank of Weston, Theresa Snaith Hospital Auxiliary, SJMH Physical Therapy, Mountaineer Healthcare for Women, Weston ENT, and SJMH Cardiac/Pulmonary Rehab, Lively Healthcare, and WOTR FM Bluegrass.

Top three male finishers in the Weston 5K are pictured left to right and include: Adam Schroer, Erick Gaiton, and Jeremy Pevahouse, with organizer Mary Hendricks.

Top three female women in the Weston 5K pictured left to right are: Jennifer Preteroti, Lori Bailey, and Sarah Ray with race organizer John Weber.

Employee Blood Typing will be available in the SJMH Lab Mon. thru Fri., May 2 thru 6, 2016. You can come from 6 a.m. to 10 p.m. to get it done. It will be a quick finger stick. This is part of our Lab Week Celebration.
Reminder About Our Employee Support Fund

The staff at Stonewall Jackson memorial Hospital has always been willing to help their co-workers facing health problems or financial issues. Whether having bake sales, hot dog luncheons, or raffles, the SMH staff comes together as a caring family to help their friends.

To provide a more stable financial source for SJMH staff, a group of employees created an employee assistance fund several years ago. The name of the group is SJMH’s Employee Support Fund.

If you would like to contribute or request assistance, go to the first page of the SJMH intranet and on the left side menu find Employee Support Fund. You will find the proper applications there.

By now, you should have received or will soon your 1st Quarter 2016 Pension &/or 403B Plan Statements.

Lee Edmondson, the investment advisor for the hospital sponsored retirement accounts will be here Friday, April 22, 2016 in the Cafeteria from 7:15 am until 4:00 pm*.

Please feel free to bring your statements and speak with him about any questions or concerns you have regarding your investments.

*An informational in-service also will be held for “New Participants” receiving an invitation letter at 7:30 am, 12:30 pm or 2:30 pm in the Ground Floor Chapel.
The Weston Cleanup scheduled for Sat., April 9, will be held tomorrow, Sat., April 23, 2016.

“We appreciate the interest in the Weston Cleanup but Mother Nature didn’t agree on April 9,” said Weston Mayor Julia Spelsberg. “It was so snowy and cold that we would have frozen and you couldn’t see the trash, so we postponed it.”

The annual event will begin at 8 a.m. on Sat., April 23 with volunteers meeting at the Weston City Building on West Second Street in Weston. If there are questions about the Cleanup please call the City Building at 304-269-6141.

Grace’s Babysitting Service

- Can work after school except Friday and Sunday/high school senior
- Can work everyday at all hours in the summer
- CPR certified
- Grew up with two younger brothers

Contact (304) 838-3099 (Text or call available)
Breakfast Stromboli (Served Until 11am)
- Sausage/Egg/Cheese $2.99
- Bacon/Egg/Cheese $2.99
- Ham/Egg/Cheese $2.99

Lunch Stromboli
- Ham & Cheese $3.59
- Pizza $3.59
- Meatball $3.59
- BBQ $3.59

Other
- Hot Dog Wrap With Chili $3.29
- Hot Dog $1.49
- or 2/$2.50
- Pizza Slice $0.99
- Whole $5.99
- Breakfast $6.99

Donuts
- Each $0.89
Stonewall Jackson Memorial Hospital (SJMH) is organizing a cystic fibrosis walk on Sun., May 22, at 11 a.m., in the back parking lot at the Hospital in Weston. The fundraiser will benefit the national Cystic Fibrosis Foundation. Registration is at 10:30 a.m. and the Walk begins at 11 a.m. This is the 4th year that the Hospital has participated in the event.

Cystic Fibrosis (CF) is a lifelong, hereditary disease that causes mucus to form in the lungs, pancreas, and other organs. In the lungs, this mucus blocks the airways, causing lung damage, making it hard to breathe, and leading to serious lung infections. In the pancreas, it clogs the pathways leading to the digestive system, interfering with proper digestion.

Today, almost 45 percent of the cystic fibrosis population is aged 18 years or older. Survival has more than doubled over the last 40 years in conjunction with a greater understanding of the basic disease.

Because a single “bad” gene and its protein product are now known, research can concentrate on measures to correct this defect. If this research leads to another doubling of the lifespan in the next 40 years, life expectancy would approach normal. Application of these findings, however, would only be a part of the effort. Continued attention and research on the management of the patients will be needed to optimize not only length of life, but quality of life, for people living with cystic fibrosis.

Nastauscha Hefner is in charge of this year’s Walk and invited interested parties to contact her at 8149 for more information.

Birthday holidays will drop into your Birthday Bank 30 days before your birthday and will come OUT 30 days afterwards – Keep in mind that the balance will be reflected on the pay stub that includes those dates, i.e. Birthday is 4/17, Birthday holiday will drop in the bank on 3/17 and will be reflected on the 3/24/16 check. Holiday will remain in bank until either used or 5/17 whichever is later. If not used it will be lost on 5/17, this would be reflected in the 6/2/16 check because 5/17 fell in that pay period. Once your birthday has been removed from your bank it is no longer available to use nor be paid.

If you feel your birthday did not drop in timely or went away too soon, please let Lisa know 269-8130 so that she can ensure you were given what you were entitled to. So remember…. Use it …. Or Lose it J

NEW HR Fun Facts About BIRTHDAYS:

As of 5/22/16 Birthday Holidays will no longer be manually tracked by Human Resources. Our new Paylocity payroll system has automated this holiday for us.

You must contact Kristi Gannon by April 26 if you plan to go. At this point there are not enough passengers for the bus, so don’t let this opportunity pass you by!

You can leave a message at 8099 or email Kristi at kgannon@stonewallhospital.net.
Below is a very nice letter of thanks from the local church, which sponsored a Community Baby Shower in the fall. The letter explains that the positive response to the Shower has brought other outreach opportunities. Stonewall Jackson’s Special Delivery Department helped with this important project and deserves a round of applause for their efforts.

We just wanted to take the opportunity to touch base with you and thank you again for your generous gift and support of our Community baby shower last fall. We feel it only fair to enlighten you as to how much of a difference your love and support has truly made in our community, not just that day, but in the months that followed. Because of your caring spirit, we were not only able to help approximately 35 young women become more prepared for their newborn babies, but helped cloth 12 of their older toddlers as well. In addition, we were able to supply the Stonewall Jackson Memorial Hospital Unit with three large storage tubs full of newborn clothes for the families who come through their department that do not have clothing to take their newborns home in. Let alone anything to get them started once they are home.

Because so many of you saw the need in our community and felt led to help us in this outreach mission, we have, since November, helped an additional 9 families with extenuating circumstances by supplying infant car seats, clothing, diapers, and baby care products to them. Some of these cases were due to a family being burned out of their home while the mother was giving birth in the hospital or because the father was deployed unexpectedly and the mother was unprepared for the birth. Still another occasion led us to help with a family of a baby that was born 3 months premature and they were in no way prepared for the child. Additionally, we got to help yet another family who were victims of domestic violence and thus needed help in providing for the newborn and toddler in the family. We just don’t realize how very fortunate each of us are until we become involved in the lives of some of these individuals.

As you can begin to understand, your generosity has certainly helped many families and babies in our community. We have truly been blessed to be able to be a part of this ministry. Again, please know how very much we appreciate your support, your concern, your generous gifts, and most of all your willingness to be such a big part of this outreach ministry by sharing those gifts with us.

You truly have made a difference in our community and in the lives of so many families. God bless each of you.

Sincerely,

Broad Street United Methodist Church
Richard Justice, Pastor
Dee Evans, Baby Shower Coordinator
Deanna Bush Palmer, FRN Director
Lewis County High School Students Shadow SJMH Employees with Health Ambassador’s Program

Pat on the Back to the following SJMH employees. Lydia Selman Tammy Taylor

Needed
Volunteer to work door concession starting at 6:30 for the United Way Charity Basketball game on Tues., April 26 at Robert Bland Middle School. Please call Kevin Stalnaker to volunteer...8152.