Stonewall Jackson Memorial Hospital vs. St. Joseph’s Brings Big Crowd/Money for United Way Fundraiser

With grit and determination, the SJMH basketball team took to the hardwood for the second edition of the coveted Thunder Cup Tournament title on Tues., April 26 at Robert Bland Middle School gym in Weston. A large crowd was on hand for the tournament game, last played in 2013. The event was broadcast on local radio with play-by-play by Jeff Wine and Tim Pickens.

Some onlookers felt that there was some dirty play exhibited by the out-of-town team but others members took the hard knocks in stride.

“I wouldn’t say that they placed dirty,” commented PT’s Sean Hamner, “they just played hard and tough. However, we had a good time and it is too bad that we lost.”

John Weber served as manager; and Joe Nichols was coach for the event.

Sean and Jennifer Preteroti were high scorers for SJMH, with the game ending in a 62-50 defeat for the SJMH team.

The 2016 SJMH Basketball Team is pictured at left. Front row; John Weber, Mark Harris, Erik Robey, Kourtney Self; Second row, left to right - Kay Bean, Jennifer Preteroti, Angie Lafferty, Rick Thomason, Sean Hamner, Kevin Stalnaker; last row, left to right – Joe Nichols, Jessie Burton, Maria Potter, and Tom Law
Scenes from the Charity Game on Tues., April 26
Cheerleaders at the basketball game are pictured above and include: first row, left to right - Jennifer Barnes, Kristi Gannon, and Asia Sumpter; second row, left to right - Susie Haught, Nastausha Hefner, and Amelia Boggs.
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.

SJMH helped create bookbags for 17 Headstart children recently. Pictured above is Headstart’s Emma Smith who picked up the donation with SJMH’s Nastausha Hefner. Just another way that SJMH helps the community.

IMPORTANT NEWS REGARDING PRESCRIPTION COVERAGE

Effective May 2, 2016, Walmart, CVS and Kroger pharmacies will not be participating in the retail 340B program for the month of May. SJMH is in the process of transitioning these three providers from SUNRx to Captur-eRx as the 340B program administrators for the retail program. If your prescriptions are with any of these pharmacies and you need a prescription refill during the month of May, you should prepare for this downtime by either
1) getting your prescription refill before Monday, May 2, 2016
   ~OR~
2) transferring your prescription to Fast and Friendly at Garton Plaza, CountryRx in Jane Lew, or existing eligible Rite Aid pharmacies-Weston, Buckhannon, Glenville and Sutton.

Prescriptions filled at the three affected pharmacy chains (Kroger, CVS and Walmart) will not be eligible for 340B pricing. Therefore, it is critical that all SJMH insured participants use Fast and Friendly, CountryRx, or Rite Aid pharmacy during MAY 2016. SJMH will not reimburse you if you use Walmart, CVS and Kroger pharmacies during the month of May and incur higher prescription costs.
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.

How much money would you save if you quit smoking?
If you smoke one pack a day, and you spend $5.00 per pack
At the end of a year you would save: $1,825.
I don’t know about you, but there’s a lot of things I could buy with $1,825.

howtokicksmoking.com
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.

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Children from Central West Virginia Community Action were treated to a trip to Weston’s Polk Creek Community Park on Thurs., April 21. Louella Clem, a member of the Community Action board, and arranged for the little children to come to the park and decorate bird feeders donated by Lowes.

The park was underwritten by the City of Weston in collaboration with Weston Parks and Recreation Committee and Stonewall Jackson Memorial Hospital and the incredible volunteer efforts of John and Connie Clem. The Clems began the process of revitalizing the park several years ago. They had fond memories of growing up and playing at the park as children. After the Polk Creek School was sold, the playground fell into disrepair. Their goal has been to return it to its former glory. The next major step will be to lay the concrete for the basketball court, which should be completed by the end of May. Presently there are picnic tables and equipment which is being well used by the community.

Together with grants obtained by Julia Spelsberg, of SJMH; monies from WV Try This; and lots of donations of money and equipment, the playground has been made possible. The Park dedication will be held on Tues., June 14 at 6 p.m. there.

Work will begin on the natural playground at Willow Street soon. The Weston Parks and Recreation Committee paid for the removal of several large dead trees above the playground. The City will soon be removing a dilapidated house on Arnold Street to help with the playground aesthetics. The first step on the playground will be to put down a limestone wheelchair/trike path throughout the park. Nastausha Hefner is looking forward to the Park’s completion by the summer.

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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.

Nastausha Hefner is in charge of this year’s Walk and invited interested parties to contact her at 8149 for more information.
10 FUN FACTS ABOUT HEARING

1. Hearing loss causes your inner ear to lose its hair cells, so, in a sense your inner ear goes bald!

2. There is special hearing protection made just for musicians that maintain the quality of the music. Non-musicians can even use them when attending concerts or other musical events.

3. The middle ear is about the size of an M&M and the three bones can fit on a dime.

4. Snakes do not have ears, but their tongues are sensitive to sound vibrations.

5. Hearing loss can make ears so sensitive to loud sounds that listening can hurt.

6. A noise-induced hearing loss is most often painless, progressive and permanent.

7. A professional basketball game can be as loud or louder than a rock concert in the same arena.

8. Hearing protection sizes are not universal. Children need earmuffs and earplugs that are specifically designed to account for their smaller head sizes. HPD meant for adults will not provide adequate protection for children.

9. The earlier a hearing loss is detected for a child, the better the outcome for his or her speech and language development.

10. Once ears are damaged by noise they are more susceptible to further damage.

Weston Ear, Nose, and Throat

Weston Audiology
Your Hearing Specialist
Open Mon. thru Fri. 8:00 to 4:00
Marketplace Mall Weston, WV
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John Wyllie, M.D.
Certified by the American Board of Otolaryngology

Diane Daugherty, Au.D.
Hearing Aid Evaluations and Fittings, Custom Hearing Protection and Swim plugs as well.

Treatments for the following conditions, which include:
Sleep Apnea  •  Snoring
Sinus Conditions  •  Swallowing
Voice and Hoarseness
Acid Reflux  •  Dizziness
Balance Problems
Hearing Problems
Nasal Septal Deformities and Fractures
For Adults and Children

Our Services include:
• Office equipped with Audiology and Ear, Nose and Throat Services
• Complete audiologic services, including hearing and balance
• Disorder testing
• Hearing aid evaluations and fittings, custom hearing protection and swim plugs as well.
SJMH Chosen for Maternity Initiative

Stonewall Jackson Memorial Hospital (SJMH) has been selected as one of four West Virginia hospitals to join the EMPower Initiative to enhance maternity care practices and work toward achieving the Baby Friendly USA designation.

EMPower is a three-year hospital-based quality improvement initiative focusing on maternity practices leading to Baby-Friendly designation. Funded by the Centers for Disease Control and Prevention, EMPower is aimed at increasing breastfeeding rates throughout the United States and promoting and supporting optimal breastfeeding practices toward the ultimate goal of improving the public’s health.

As part of this effort, Stonewall Jackson Memorial Hospital will receive ongoing support in breastfeeding practices from experienced coaches, as well as training and resource support in lactation education for patients, nursing and medical staff. The effort supports evidence-based practices for prenatal and maternity settings known as the Ten Steps to Successful Breastfeeding and the Baby Friendly Hospital Initiative, a nationwide effort to encourage and recognize hospitals and birthing centers that complete the Ten Steps. The Baby-Friendly Hospital Initiative, launched in the United States in 1996, designates as “Baby-Friendly” hospitals that meet the criteria for women to initiate and successfully continue with breastfeeding.

The SJMH nursing staff is excited about participating in this quality improvement initiative according to Nurse Supervisor Robin Drake.

"As nurses providing maternity and newborn care, we understand the importance of breastfeeding and the benefits it provides to both mothers and newborns. We acknowledge it is a mother’s personal choice whether she chooses to feed her newborn with breast milk or formula. We simply want to give her the tools to make an informed decision and provide her with the support she needs to be successful with her feeding choice," explained Drake.

This initiative will allow SJMH to develop an infant nutritional program for the facility. The program will start by providing expectant mothers with current information on infant nutrition in the physician offices and through childbirth education classes. This will allow expecting woman time to process the information, consider their options, and ask their providers or community resource centers such as Women, Infants, and Children (WIC) and Right From The Start (RFTS) programs questions before birth so they can make an informed decision on how they choose to feed their newborn.

On the inpatient side, the program will allow mothers’ and their newborns to receive consistent, individualized, evidence-based feeding expertise for breast milk and formula feeding from the nursing staff and physicians throughout the hospital stay. At discharge, every mother will receive information on available community lactation support resources. This initiative is a huge undertaking and will not happen overnight. It is a great opportunity to improve the quality of care for mothers and newborns.

SJMH CEO Avah Stalnaker noted, “Stonewall Jackson Memorial Hospital and especially our maternal and child providers are committed to providing excellent care to our new mothers and their infants. Joining the EMPower Breastfeeding Initiative is an important resource for our staff and the parents of newborns. A healthy beginning is a very important to newborns and the Hospital is

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committed to the Empower program."

SJMH OB Nursing Staff includes nurse manager Robin Drake, and nursing staff: Robin Drake, Jo Ellen Markley, Mindy Mussano, Jennifer Rich, Kendel Guthrie, Tiffany Berry, Charlita Atha, Paula Darby, Morgan Dennison, Brittany Griffith, Lesa Jordan, Jenny Simmons, Becky Taylor, Deborah Tate, Rochelle White, Kristin Wilt, Erica McBee, Sarah Pennington is an LPN in the department.

The nursing staff for thie effort is lead by, Charlita Atha - International Board Certified Lactation Counselor (IBCLC), Robin Drake - Certified Lactation Counselor (CLC), and Jennifer Rich - Certified Lactation Counselor (CLC).

The EMPower Team is led by Abt Associates, Carolina Global Breastfeeding Institute, and the Center for Public Health Quality.

The Free Women’s Health Screen- ing at Mountain- eer Healthcare for Women has been cancelled on Fri., May 6.
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