Cathy Marsh Retires From SJMH Lab

Cathy Marsh, of the Stonewall Jackson Memorial Hospital Laboratory, was honored at a Retirement Reception on Thurs., April 7, in the SJMH Boardroom. She had her husband, Gary, and three brothers – Chuck Simpson, Rusty Simpson, and Rick Simpson, as well as her sister-in-law Alice, present for the reception.

Assistant CEO Kevin Stalnaker was lavish in his praise of Cathy and her work at SJMH. He pointed out that at one time four Simpson siblings worked at SJMH, and with Kathy’s retirement the only one left is Rusty – director of the Information Technology Department.

Cathy laughingly related that she was very happy that, because of her married name, many other SJMH employees did not know that she was related to the three male Simpsons at the Hospital.

“Cathy was here for the patients,” said Stalnaker. “She is a great ambassador for the Lab and for the Hospital. She always has a smile on her face and is always pleasant.”

Lab Director Angela Cedeño noted that she held a special place in her heart for Cathy.

“Cathy helped me learn to draw blood when I was student here 15 years ago,” she said. “I don’t know what we are going to tell patients, when they ask for her.”

Cathy began her employment at SJMH in December 1980 as a nurse’s aide. She went to the Lab as a phlebotomist in 1986. She took a year off in 2005 and returned to SJMH in 2006.

Stalnaker said that Cathy was such a people person in the lab, that patients routinely ask for her to “stick them.” He said that she has done a fantastic job at the Hospital and her leaving is a great loss to the Hospital.

She is a Lewis County High School graduate and received training on the job at SJMH.

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Cathy Marsh
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Cathy and her husband, Gary, have one son, Kyle, who is a dispatcher for Deep Well. Her parents are the late Addison and Helen Simpson.

When Cathy was honored as Employee of the Month in 2009, her nominators were very complimentary of her.

One nominator wrote, “Cathy is always a positive person. She does her job with a smile – always. She makes patients feel at ease, whether they are a difficult stick or if they are just plain tired of being stuck. She always has the work board caught up and never leaves any sticks behind for someone else to do. She is an expert at her job and has helped out co-workers with difficult sticks. The positive experience which Cathy gives to the patients translates to positive views of the Lab from the patient’s perspective. I am proud to have Cathy represent us.”

Another co-worker wrote, “Cathy is perfect for the job.”

The last comment was, “Even when the workload is very heavy and hectic, Cathy does not lose her cool. I have worked with Cathy for years. She’s great for the patients and great for her co-workers.”

Cathy was equally complimentary of her co-workers and said, “I really like the people I work with because they are like family.”

Cathy enjoys spending time with her family, fishing, and recreation time outside. She also related that having the time off to be with her husband will be very special.

Charity Basketball Game To Support United Way

The United Way of Gilmer, Lewis, and Upshur Counties’ mission is to advance the common good for local residents by building strong families, supporting independent seniors, and nurturing thriving children. This is all made possible by the contributions of individuals and businesses in the three-county area.

Stonewall Jackson Memorial Hospital and Saint Joseph Hospital, of Buckhannon, have been long supporters of United Way. This year they are taking their commitment to the hardwood. On Tues., April 26, at 7:30 p.m. the two hospitals will have a Charity Basketball game at Robert Bland Middle School in Weston.

Deadline to register for New York Trip is Fri., April 16. Please let Kristi know ASAP!

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 10:30 p.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
From Human Resources

Good Afternoon-
Please help me in wishing Mackenzie Short (Pharmacy) and Penny Cutlip (Oncology) a very happy Birthday in the month of April.
Mackenzie and Penny- you may pick up your Sheetz gift cards in my office at your earliest convenience!

Thank you!
Jessica

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Get Your Lab-work Done!

One of the 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!

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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!

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DATE: APRIL 15, 2016
HOURS: 9:30 AM TO NOON
WHERE: CAFETERIA HALLWAY
SNACKS INFORMATION
SIGN UP FOR AN ACCOUNT

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INVESTMENT QUESTIONS?!?

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.
Welcome Stonewall Jackson Memorial Hospital

The Lewis County Health Department is now accepting Stonewall Jackson Memorial Hospital Insurance.

Immunizations

Monday and Tuesday 8:00-3:00

* Scheduling available for Wednesday-Friday
**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 - Fr., July 15, all day at the Lewis County Park**

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**DID YOU KNOW?**

1. That if you and members of your family have separate, multi accounts at SJMH you can combine them?
2. That you can do payroll deduction for you and your families accounts?
3. That you can apply for financial assistance to pay for your deductible, co-pay and co-insurances?

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

- **$4 OFF** Rotisserie Chicken 2.75 lbs. Everyday value $4.98
- **$3 OFF** Red Seedless Grapes 3 lbs. Check club for low member price
- **$3 OFF** Member’s Mark™ Purified Water 40 pack 16.9 fl. oz. each Everyday value $3.98
- **$12 OFF** Member’s Mark™ Paper Towels 15 pack 142 sheets each Everyday value $16.48
- **$8 OFF** Member’s Mark™ Disinfecting Wipes Variety Pack 4 pack 78 count each Everyday value $16.98

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**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 Elmsford, NY)

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**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

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**Pats On The Back to:**

Kay, Cheri, and Ellen
Bobby Bennett
Jessica Reed
Debbie Strope
Brandi Blake
EXPLANATION AT A GLANCE

Date of Service: 01/28/14
We Sent Payment To:
PATHOLOGY PRACTICE
A Network Provider
Claim Payment Amount: $ 90.00
Provider May Bill You (If Not Already Paid) : $ 7.00

Member Responsibility

<table>
<thead>
<tr>
<th>Provider</th>
<th>Date of Service</th>
<th>Type of Service</th>
<th>Service Code</th>
<th>(Number of Services)</th>
<th>Provider's Charge</th>
<th>Non-Billable To Member</th>
<th>Plan Allowance (Covered Charges)</th>
<th>Your Deductible</th>
<th>Amount You Owe Provider (total of shaded columns)</th>
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</thead>
<tbody>
<tr>
<td>PATHOLOGY PRACTICE</td>
<td>01/28/14</td>
<td>SURGICAL PATHOLOGY TEST</td>
<td>88305</td>
<td>(2)</td>
<td>284.00</td>
<td>187.00</td>
<td>97.00</td>
<td>7.00</td>
<td>7.00</td>
</tr>
</tbody>
</table>

TOTALS 284.00 187.00 97.00 7.00 7.00

Explanation of Remark Codes

J4047 - This is the difference between the provider's charge and our allowance. Since the provider is in-network, you are not responsible for this amount.
X5018 - The allowance for this service has been applied to the dollar deductible amount required under the patient's coverage.

PATIENT BENEFIT SUMMARY

Patient: SAMUEL SAMPLE
Benefit Period: 01/01/14 - 12/31/14
$2,350.00 has been applied to your $6,350.00 individual in network total maximum out-of-pocket amount.
$2,350.00 has been applied to your $3,000.00 individual in network out-of-pocket limit.
You have satisfied $1,000.00 of your $1,000.00 individual in network deductible.

Please refer to your benefit booklet or agreement for further information. Amount(s) shown may include totals from claims which are still being processed and for which you have not been notified.

PROGRAM BENEFIT SUMMARY

Benefit Period: 01/01/14 - 12/31/14
$2,350.00 has been applied to your $12,700.00 program in network total maximum out-of-pocket amount.
$2,350.00 has been applied to your $4,000.00 program in network out-of-pocket limit.
You have satisfied $1,000.00 of your $2,000.00 program in network deductible.

Please refer to your benefit booklet or agreement for further information. Amount(s) shown may include totals from claims which are still being processed and for which you have not been notified.
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.
Health Ambassador Program Has Begun

Recently a collaboration between Stonewall Jackson Memorial Hospital (SJMH) and 4-H was created to provide local students with education about careers in healthcare. The Health Ambassador Program, sponsored with a grant by Wal-Mart Youth Voice, met recently for initial training before beginning job shadowing at SJMH.

Jessica Phillips of SJMH Human Resources is the coordinator for the program. During the next few weeks 25 students will rotate through SJMH on a shadowing program. Students picked a profession and were paired with an appropriate SJMH employee to shadow in April.

The following are the Ambassador LCHS students with their selected professions: Emily Hawkins – Pediatrics; Grace Stalnaker – Physical Therapy; Kyllee Coffield – Anesthesiology; Khori Lowther – Nursing; Taylor Cross – Nursing; Lataasha Friend – Nursing; Hannah Rinker – Pharmacy; Makenna Spangler – Anesthesiology; Abbie Dodson – Pharmacy; Mason Arbogast – Orthopedics; Julia Metzger – Nursing; Katelyn James – Nursing; Tori White – OB/Gynecology; Tera Bowman – Nursing; Allison Carpenter – Cardiology; Logan Barnette – Radiology; Lorrin Burnside – Pharmacy; Braley Bozic – Anesthesiology; Robert Fisher – Physical Therapy; Tyler Metz – Medicine; Gabrielle Hardman – Healthcare Engineering; Carlee Burnside – Nursing; Abby Hall – Nursing; Sheyanne Spinks – OB/Gynecology; Ashley Cutlip – Nursing.

“Growing our own is a great opportunity for students to see the wide number of careers which are available in the hospital situation,” said SJMH CEO Avah Stalnaker.

Theresa Snaith Auxiliary
Recruiting Volunteers

For more than forty years, the Theresa Snaith Hospital Auxiliary has served the needs of the local hospital – first the City Hospital and, beginning in 1972, Stonewall Jackson Memorial Hospital (SJMH), in Weston. However, the needs of SJMH have outgrown our current volunteer list.

The Hospital has undertaken a “journey to excellence” and we are looking for new volunteers to help us along the way. The whole hospital is very excited about the new services for our patients. The Auxiliary would like to be able to provide Auxiliary volunteers to help in those departments. We would also like to provide more help at the Information Desk and perhaps in the Emergency Department. If interested in applying for membership please contact Julia Spelsberg at 304-269-8167 for an application.
Tick-borne Infection Prevention Checklist

Reduce your risk of tick-borne disease this spring and summer by following these tips:

- Be aware that ticks are most commonly found from April–September in grassy, brushy, and/or wooded areas with shade.
- Ensure family pets are under the care of a veterinarian and are receiving a preventative tick treatment.
- Consider tick-safe landscaping methods such as a 3-foot boundary of wood chips or gravel to reduce ticks crawling into yards or playgrounds.
- Use an insect repellant such as DEET at concentrations of 20% to repel ticks; parents should assist children in application of any repellant.
- Wear light-colored clothing when spending time outdoors to spot crawling ticks more easily.
- Stay in the center of trail areas helps to avoid questing ticks when hiking.
- Take a shower within 2 hours of being in a tick habitat.
- Be aware that ticks can be about as small as a poppy seed and can easily be missed.

- Perform a full-body tick check using a hand mirror helps to identify crawling or attached ticks after spending time outdoors; parents should assist children in performing tick checks.
- The following areas are key areas to check when looking for ticks on the body:
  - under the arms
  - in and around the ears
  - inside the belly button
  - back of the knees
  - under the arms
  - in and around the hair line
  - between the legs
  - around the waist
- Check with your healthcare provider before traveling to another country to find out if additional precautions are needed.
- If an attached tick is identified on the body, it should be removed by (1) grasping the tick as close to the skin as possible with tweezers and (2) applying steady upward pressure.