Rick Simpson Retires After 34 Years

Rick Simpson, of Stonewall Jackson Memorial Hospital (SJMH), was honored with a retirement luncheon on Wed., Feb. 3, at the local Hospital. Simpson was surrounded by his children, siblings, and 80 co-workers for the very touching event. He has been a Stonewall employee for more than 34 years. For decades he worked with his two brothers – Rusty and Chuck, and sister Cathy, at the Hospital until Chuck’s recent retirement. Rusty and Cathy are the only two Simpsons remaining there.

Rick’s supervisor, Chuck Chabanik, choked back the tears when he spoke about Rick’s loyalty and dependability. He spoke of how kind and welcoming Rick was when Chuck arrived at the Hospital as Rick’s supervisor. Perhaps most telling of Rick’s reliability was a story Chuck related about his former employee.

“Rick was in the hospital as a patient. I visited him and told him that everything was fine in the Maintenance Department and for Rick to take it easy and to get better,” said Chabanik. “Next thing I know Rick is in the Maintenance Department in his Hospital gown saying he was ready to work. I had to send him back to his hospital room, but that is what a loyal employee Rick was for me.”

Rick was trained as an electrician at the Fred Eberle School in Buckhannon while in high school. He and his late wife, Diana, had three children – Tyler, Ryan, and Courtney. The family lives at Walkersville so that they can be close to the outdoors, which they truly enjoy for camping and fishing.

When he was nominated as Employee of the Month in 2003, the nominator wrote, “Rick is willing to help anyone. He always smiles and always speaks to us. He works hard and when we need him he is always there.

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to do what needs to be done. He truly deserves the honor of “Employee of the Month.”

Associate CEO Kevin Stalnaker represented the Hospital during the reception honoring Rick. He noted that Rick came to the Hospital as an employee of the dietary department in August 1981. He became a part-time maintenance employee in 1985; an evening supervisor in 1995; and Director of Environmental Services in 2005.

He was honored as an Employee of the Month in December 1988 and February 2003. Stalnaker noted that Rick was always willing to help anyone; was always smiling; and was a valuable asset to SJMH. During his time at SJMH, Rick was also honored with several perfect attendance citations over the years. “When I came here to work several years ago, Rick was the first person to shake my hand and welcome me,” said Stalnaker “and I will never forget that. It was one of the best welcomes I have ever received.”

Rusty Simpson, Rick’s older brother, had several good stories about life with Rick such as his proneness to accidents. He also said that before he was married, Rick liked to talk to the young women in the Hospital. Rusty related that he would be walking down the hallway talking to Rick and then turn around to find he was talking to himself because Rick was distracted by a young lady. Since Rusty was Rick’s supervisor there were occasions when Rusty would call their mother so that she would set Rick straight about some work issue, but then Rick would also be calling his mother to complain about Rusty. In reality, Rusty said that Rick was a great employee and little trouble at all.

Cathy Simpson Marsh had some very good stories about growing up with her little brother. However, on a serious note she said that their parents had done a good job raising the four children because Rick was keeping a promise to his late wife to take care of his children. Rick is leaving his job at SJMH so that he can take care of his eldest son who was recently injured in an accident.

Rick noted that he has seen many changes over the years at the Hospital, but the one thing that hasn’t changed is that the Hospital is like a big family. “I truly appreciate everything that everyone has done for me and my family. I will never be able to repay them but with only a thank you and a handshake. I want to especially thank the guys in the shop for being good friends and they have done everything I have ever asked of them. They are all good guys,” concluded Simpson.
United Way of Gilmer, Lewis & Upshur Elimination Dinner

$1,000 Drawing

Friday, March 18, 2016
Stonewall Resort Roanoke WV
Social 6:30 – Dinner 7:00 – Drawing 8:00

$35 Donation - Per Person
Ticket holder entitled to one admission, one dinner
One chance to win all the prizes.
Need not be present to win.

MENU
Greens with Tomato, Cucumber & Shredded Carrot, Choice of Dressing.
Penne with Grilled Chicken Breast, Roasted Cherry Tomatoes &
Four Cheese Alfredo
Sliced Roast Beef with Scratch Gravy
Broccoli & Cheddar Casserole
Potatoes O'brien
Apple Pie & Chocolate Mint Cake

Contact Derek Garrett at 997-8646
For Your Ticket
SHOT
STONENEWALL HOME OXYGEN THERAPY
Invites SJMH Employees To $AVE During Our

Spring Bash Sale

Receive a 40% Discount

on our Wide Array of Professional Products for You, thru March 4 at our Marketplace location ONLY

Stethoscopes, Pen Lights, Lanyards, Bella Taylor Handbags, Klogs, Grey’s Anatomy, and Dansko Shoes Wide variety of Uniforms, Therapeutic Socks in Assorted Colors

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

Spend $50 and Receive $10 Coupon

Good for Shopping at our Marketplace Location Coupon Expires Dec. 30, 2016

Not valid during SHOT Uniform Sales
SJMH Participates in the Jack Rollins Birthday Celebration

The Ortho Office

Surgery Staff

Dr. Orvik’s Staff

SJMH Staff
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!
Smoke Free Thursday Celebrated

Winter Wellness was celebrated this week at SJMH. Thursday was designated as Smoke Free Thursday. Susan Carpenter and Kristi Gannon, of the Cardiac Rehab Department were available with important information about tobacco cessation for our patients and co-workers.

Gym Special

SJMH continually wants to support our employees wellness goals. SJMH in partnership with Southside Fitness in Weston will be establishing a payroll deduction form for members that would wish to pay their dues in that way. Southside Fitness has offered $30/month memberships if you join with a “buddy” (does not have to be a hospital employee) as opposed to the normal $35/month. Any questions can be answered in regards to Southside Fitness at 304-439-6859.
Upcoming Events

Chocolate Lovers Festival - Sat., Feb. 13, 1 to 3 p.m. at Glass Museum in Weston

SJMH Skating Party - Thurs., March 10, 6 to 8:30 p.m. at Bridgeport Skate World

SJMH Awards Dinner - Sat., March 12, beginning at 5:30 p.m. at Stonewall Resort

SJMH Easter Egg Hunt - Sat., March 19, at noon at Lewis County Park

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

2016 National Hospital Week
May 8-14, 2016
Did you know? National Hospital Week always falls during the week (Sunday-Saturday) of Florence Nightingale’s birthday, May 12.

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

Focus Group Members Needed
The Lewis County Health Department and Stonewall Jackson Memorial Hospital are conducting our Community Assessment to find out what our residents feel are the most pressing health issues we have in the community. We have done an online survey and 330 people participated. Now we are having a Focus Group on Fri., Feb. 26 from 10 to noon here at the Hospital and would love to hear your thoughts. Please contact Marketing at 304-269-8167 to reserve your spot...Thanks!

We Are Having A Uniform SALE

Thurs., March 10
7 a.m. to 4 p.m.
Fri., March 11
7 a.m. to Noon
in the SJMH Boardroom

Stethoscopes, Pen Lights, Lanyards, Bella Taylor Handbags, Klogs, Grey’s Anatomy, and Dansko Shoes
Wide variety of Uniforms, Therapeutic Socks in Assorted Colors

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