Help is Available For Home Repairs

Members of the Lewis County Christian Alliance met at Stonewall Jackson Memorial Hospital (SJMH) on Wed., Jan. 13. The Alliance is made up of church members in Lewis County who meet the second Wednesday of the month. Staff from SJMH spoke with the group about the projects that could be done in collaboration with the local churches.

The Alliance said that volunteers with World Vision will be coming to Lewis County at the end of July to work on the homes of families in need of help. The work could be a new roof, porch, painting, ramp, windows, or anything to make the home livable. The group is taking applications and if a family is interested, they can contact Julia in Marketing at 8167 for an application. Applications need to be submitted as soon as possible.

To have the volunteers work on a home, an application needs to be filled out and given to a sponsoring church. Those making the request do not have to be church members, however, World Vision’s first priority will be those homes with children in them. This also may apply to the homes of grandparents who are taking care of grandchildren.

The Alliance will meet again at SJMH on June 8, 2016, for an orientation here at SJMH in the Boardroom.

Flash From The Past!
Marketing has a wide array of old photos and ran across this one, probably from the 1990s, down in the Maintenance Department.

Left to right are Tommy Bragg, Rick Simpson, Rusty Simpson, Denny Marple, Richard Moneypenny and Nelson Riffle

Moved to New Office Location
Dr. Hornsby has officially relocated to 251 West Second Street, Weston, WV. (Physical Therapy and Dr. Mistry location)

His new phone is (304) 517-1120. His fax number will currently remain the same (304) 269-0034 since his faxes are retrieved through our electronic system.
2015 Employees of the Month...
vote by January 31, please!

Stacey Shaffer
Emergency Dept.

Gregory Hamrick
Respiratory Care

Katrina Butcher
Dr. Galloway’s Office

Amanda Rowan
Emergency Dept.

Angela Devericks
Materials Management

Kylie Rowan
Dietary

Kathy Daley
Telemetry

Dennis Marple
Maintenance

Cora Freeman
Lively Healthcare

Kat Ramsey
Infection Control

Debbie Gum
Physical Therapy

Paula Donaldson
Console
The Winner Is...
Nycole Peterson is the lucky winner of our Weekly General readership contest. She was one of 45 people who entered the contest with the correct answer of Pilgrim Pooch. She wins a $25 Gift Certificate to the Gift Shop.

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!

Healthy Women’s Wednesdays
Stonewall Jackson Memorial Hospital is pleased to announce that Lynne Shaver, PA-C, is now accepting patients and scheduling appointments for Healthy Women’s Wednesdays at Lively Healthcare Center. The program provides women access to health services that include:

- Annual physicals
- Clinical breast exams
- Pap smears
- Treatment of chronic conditions in established patients

Lynne is also available Monday – Friday to provide comprehensive family medicine services to patients of all ages, including children.

Schedule Your Appointment Today

Lively Healthcare Center
304-884-8941
533 Hackers Creek Rd.
Jane Lew, WV
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 our a 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
**The Office of Brian Hornsby, DO Has Moved.**

Dr. Brian Hornsby has relocated his internal medicine practice from 29 Hospital Plaza to:

251 West Second Street, Weston, WV  
Hours: Tuesday & Thursday 8 a.m. – 6 p.m.

Now accepting new patients.  
Please call for an appointment today at 304.517.1120.

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**Go Red! Feb. 5**

Let’s unite to prevent heart disease and stroke. It’s time to put our hearts into it and Go Red For Women®

Our mothers, daughters, sisters and friends are at risk. Heart disease and stroke cause 1 in 3 deaths among women each year – more than all cancers combined. Fortunately, we can change that because 80 percent of cardiac events can be prevented with education and lifestyle changes.

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**For the March 12 Awards Dinner...**

Stonewall Resort is reserving 40 rooms for use by our staff at the annual Awards Dinner on March 12. The cost will be $103.00 per room with all taxes included. Call 304-269-7400 for your reservation.

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**Valentine’s Day Special**

**Dinner for TWO**

2 New York Steak Dinners for $19.99

Each guest meal includes: 
Soup or Salad  
8 oz NY Strip Steak  
Any two sides, Drink, & Chocolate Dessert

Celebrating Valentine’s Day All Weekend  
Friday, Saturday, & Sunday  
Feb 12th, 13th, & 14th

Robin’s Nest Family Restaurant  
Directly off 179 Exit 105  
304-884-7095
Christmas Cards
Robert L. Bland Middle School’s Becky Stanlaker had her 7th grade Advisory students complete their second service-learning project. Both projects entailed making cards for the meal trays at Stonewall Jackson Memorial Hospital (SJMH). The first group of cards were distributed at Thanksgiving and this round of cards were distributed to patients at Christmas. Pictured at left are Stalnaker, Zachary Zirkle, and Kylee Good.

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.
National Wear Red Day®
FRIDAY, FEBRUARY 5, 2016

Let’s unite to prevent heart disease and stroke.

Get tips on how you can get involved. Go to
GoRedForWomen.org/WearRedDay.