A Change in Name But The Same Great Service

We all know that “a rose by any other name would smell as sweet” according to Shakespeare. So when the SJMH department formerly named “housekeeping” changed its name to Environmental Services we knew that we would get the same great service but with a different name. The department was directed by Materials Management, but will now fall under Facilities with Chuck Chabanik as the director.

According to Chabanik, “Hospital Environmental Services is about more than just cleaning and housekeeping it’s the ‘first defense’ with respect to infection control. Creating a clean and safe facility builds a confidence in the Hospital’s services and translates into improved patient satisfaction. To that end the hospital will be changing the current Housekeeping Department name to Environmental Services to reflect the larger scope of their responsibilities in managing the Hospital’s Environment that goes well beyond just housekeeping.”

Environmental Service supervisor Rhonda Brown is pleased with the transition.

“It makes a lot of sense for us to work so closely with the maintenance department,” explained Brown. “We work in rooms and will be able to tell maintenance of any issues before they become a problem for our staff and patients. This will be a very good collaboration for all of us.”

There are 22 environmental service technicians in the department covering eight external SJMH offices and approximately 81,000 square feet in the main Hospital.
9th Weston 5K Run and Wellness Walk

Sat. April 16 @ 10 a.m.
Center Avenue and East Second Street, Weston, WV

Prizes: $150-$75-$25
Winners in Mens and Womens

Age Groups: Under 11; 11-15; 16-19; 20-29;
30-39; 40-49; 50-59; 60-69; 70+

$15 Pre-Registration and $20 Day Of

Go to www.cityofwestonwv.com; www.stonewalhospitals.com
Lewis County students receive a scholarship and only pay $3 in advance.
Benefits the Health of residents and beautification of Weston
Cancelled Classes

The ACLS class scheduled for this Friday and Saturday, January 22 & 23, 2016 has been cancelled due to the inclement weather.

We have rescheduled the class for Friday, January 29, 2016 from 1700-2100 (for beginners) and Saturday, January 30, 2016 at 0800 (for recerts).

If you need the full class you need to attend both days, however, if you need a recertification you only need to attend on Saturday at 0800.

If you would like to be added to this class list please contact me.

Get Your Labwork Done!

One of the wonderful benefits we have here at SJMH is a free annual lab workout 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

Another Flash From The Past....this is a view of the hospital before the sky light was put in on the ground floor. This might be from the 1980s.
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.

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.

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.

From the Lewis County FRN

FREE SCARVES, HATS, GLOVES, & GEAR
Help spread the word! Free cold weather gear is hanging in front of the Family Resource Network, located at 122 E. 2nd Street, Weston - across from the United Bank drive-through.

These items are not lost - they are free for those in need.

WV 2-1-1 has been activated by the Governor’s office to respond to this weekend’s storms, and will coordinate information from various sources so that callers to 2-1-1 can find the resources they need during the storm including shelter and feeding stations.

“Local” Homeless Shelters
One of the most frequent questions the Family Resource Network received is... “where is the closest homeless shelter?”

If you encounter someone experiencing homelessness that needs to go to a shelter immediately, the closest homeless shelters to Lewis County are the Clarksburg Mission and the Randolph County Homeless Shelter. For more information, call:

Clarksburg Mission, Clarksburg, WV:
304-622-2451
Randolph County Shelter, Elkins, WV:
304-636-5193

Winter Backpacks for the Homeless
The Winter cold is upon us! Central WV Community Action is collecting items to donate to the homeless of Lewis County during these frigid months!


Drop off location: Central WV Community Action - 468 Main Avenue, Weston
For more information call 304-269-3347

From the Lewis County FRN

FREE SCARVES, HATS, GLOVES, & GEAR
Help spread the word! Free cold weather gear is hanging in front of the Family Resource Network, located at 122 E. 2nd Street, Weston - across from the United Bank drive-through.

These items are not lost - they are free for those in need.

WV 2-1-1 has been activated by the Governor’s office to respond to this weekend’s storms, and will coordinate information from various sources so that callers to 2-1-1 can find the resources they need during the storm including shelter and feeding stations.

“Local” Homeless Shelters
One of the most frequent questions the Family Resource Network received is... “where is the closest homeless shelter?”

If you encounter someone experiencing homelessness that needs to go to a shelter immediately, the closest homeless shelters to Lewis County are the Clarksburg Mission and the Randolph County Homeless Shelter. For more information, call:

Clarksburg Mission, Clarksburg, WV:
304-622-2451
Randolph County Shelter, Elkins, WV:
304-636-5193

Winter Backpacks for the Homeless
The Winter cold is upon us! Central WV Community Action is collecting items to donate to the homeless of Lewis County during these frigid months!


Drop off location: Central WV Community Action - 468 Main Avenue, Weston
For more information call 304-269-3347

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.
Heart Disease is # 1 Killer in WV;
SJMH to Conduct a Mini Health Fair Feb. 10

Several years ago, Stonewall Jackson Memorial Hospital (SJMH) and the Lewis County Health Department cooperated to create a Community Assessment for Lewis County. The top five concerns expressed by survey participants were:

1. Obesity (58.5%)
2. Cancer (36.8%)
3. Heart Disease (31.5%)
4. Diabetes (29.8%)
5. High Blood Pressure (29.2)

Not surprisingly, resident’s concerns of obesity, diabetes, and high blood pressure are contributors to this high rate of coronary disease in Lewis County and in the State. The leading cause of death in West Virginia (at 23%) is heart disease.

“Education is knowledge” and members of the SJMH Cardiac Rehab Department, together with other SJMH staff members will have a mini-health fair on Wed., Feb. 10, from 10 a.m. to 2 p.m. on the SJMH ground floor. One of the goals is to educate our residents about heart disease.

SJMH Cardiac Rehabilitation Nurse Manager, Kristi Gannon explained, “The Screenings for blood glucose, blood pressure, body mass index, pulse oximetry, bone density, and weight will be available that day. All of this effort is to provide the public with the information they need about heart disease. These screenings are very important in providing our residents with the information they need to fight this “killer.”

Not many people realize that heart disease is the number one killer of adult Americans. More surprising is the fact that more women than men have died from it. However, an individual can take steps to lower a chance of an attack by changing the risk factors associated with heart disease. According to Web MD a person can reduce his/her risk of heart disease with the following suggestions:

• Quit smoking. Smokers have more than twice the risk for heart attack as nonsmokers
and are much more likely to die if they suffer a heart attack. If you smoke, quit. Better yet, never start smoking at all.

- **Improve cholesterol levels.** The risk for heart disease increases as your total amount of cholesterol increases. A total cholesterol level over 200, a HDL, or “good” cholesterol level under 40, or a LDL, or “bad” cholesterol level over 160 indicates an increased risk for heart disease. Of course, interpretation of cholesterol values must be individualized, taking into account all of your risk factors for heart disease. A diet low in cholesterol and saturated fat will lower cholesterol levels and reduce your risk for heart disease.

- **Control high blood pressure.** Over 50 million people in the U.S. have hypertension, or high blood pressure, making it the most common heart disease risk factor. One in four adults has systolic blood pressure (the upper number) over 140, and/or diastolic blood pressure (the lower number) over 90, which is the definition of hypertension. Like cholesterol, blood pressure interpretation should be individualized, taking into account your entire risk profile. If treatment is warranted, today’s blood pressure medications are effective, safe, and easy to take.

- **Get active.** Many of us lead sedentary lives, exercising infrequently or not at all. People who don’t exercise have higher rates of death and heart disease compared to people who perform even mild to moderate amounts of physical activity. Even leisure-time activities like gardening or walking can lower your risk of heart disease.

- **Eat right.** Eat a heart-healthy diet low in fat and cholesterol. Try to increase the amounts of vitamins you eat, especially antioxidants, which have been proven to lower your risk for heart disease.

- **Achieve and maintain a healthy weight.** Excess weight puts significant strain on your heart and worsens several other heart disease risk factors such as diabetes. Researchers now know that obesity itself increases heart disease risk. By eating right and exercising, you can lose weight and reduce your risk of heart disease.

- **Manage stress and anger.** Poorly controlled stress and anger can lead to heart attacks and strokes. Use stress and anger management techniques to lower your risk.

---

**National Wear Red**

Since the first National Wear Red Day in 2003, there have been tremendous strides in the fight against heart disease in women. Through research and education to healthy lifestyle changes, it is shown that:

1. 34% fewer women now die from heart disease, saving 330 lives every day.
2. More women are taking ownership of their health by developing healthy lifestyles:
   - 37% are losing weight
   - 43% are checking their cholesterol
   - more than 50% exercise more
   - 60% have improved their diets
   - 33% have developed heart health plans with their doctor.
3. Awareness is up. 23% more Americans now realize heart disease is the #1 killer of women.
4. Awareness among minorities is up, doubling among Hispanic women and tripling among African American women.
5. 15% have quit smoking, and high cholesterol has declined by 18%
6. More communities have joined the fight. Registration in Go Red For Women is now more than 1.75 million. More than 25 million Red Dress Pins have been worn to support the cause. More than 185 cities host GRFW events and luncheons. And more than 2,000 landmarks light up in red on National Wear Red Day.
7. Legislative efforts are making a difference. Women no longer pay higher premiums than men for health coverage. And 20 states have programs for low-income women to get screenings for heart disease and strokes through the Centers for Disease Control and Prevention’s WISEWOMAN.
8. More gender-specific guidelines have been developed, because women’s symptoms and responses to medication differ from men’s.
9. Gender-specific medical research is up. The FDA now requires clinical trial results be reported by gender.
10. Gender-specific inequalities have been identified, ensuring women receive the same level of heart treatment as men.

As part of the National Wear Red Day and the celebration of health, the Wellness Committee at SJMH will be having a Winter Wellness Week, Feb. 8 through 12. On Wed., Feb. 10, the public is invited to Health Fair on the SJMH ground floor where they can have testing for blood pressure, pulse oximetry, blood glucose, and bone density.
ASK THE GENERAL?!
We are going to begin educational pieces on how the SJMH Self-Insured Health Insurance is set up and to be used. In addition, we would like to answer your questions. Please submit your general questions to rhager@stonewallhospital.net and then look for your answers in the next issue of the General.

The first thing to understand is the Plan is Self-Insured by SJMH. This means that although Highmark BCBS is our Claims Administrator – we do not have BCBS insurance. By being Self-Insured, SJMH pays dollar for dollar every claim that our employees/dependents incur less any participant deductibles, co-pays, co-insurance or the amount BCBS deems Not Covered. This is the main reason that we encourage utilization of services with our hospital and employed or privileged providers to keep costs down.

There are services and specialties that SJMH does not provide thereby creating a need to go “Out-Of-Network”. These OON services require a prior approved Referral to be completed. The provider initiating the referral is typically your PCP-Primary Care Physician. It might be required from the specialist to whom you were referred if they are referring you another specialist or facility for further treatment. Preferably, Referrals should be done 30 days ahead of an OON appointment to ensure the claim is processed correctly. Referrals done just before an appointment will be denied initially and will require you to call BCBS and ask to have the claims be re-processed. PLEASE NOTE: When you are approved for an Office Visit to an OON provider, please call them ahead of your appointment to inquire if Labs, X-Rays or other tests will be needed so that you can have those completed at SJMH prior to your visit. The approved referral does not cover all the testing that might be requested. The provider must show medical necessity before testing is approved for OON.

Referrals should be sent to HR for approval. HR then sends to Highmark BCBS for your account to be flagged of the approval. HR does not decide if treatment is medically necessary only verifies the specialty or service is NOT provided within SJMH PHO network.

More to come next week – please send in your questions (no names will be published!) Please use ASK THE GENERAL in the subject line.

VALENTINES
Chocolate Lovers Feast
Enticing all chocolate lovers

kinds of Chocolate! Chocolate beverages, bon-bons, cookies, pie, candies, chocolate covered nuts, elegant variations and much more. Live music, eat all you wish, takeout is available for an additional cost.

Saturday, February 13, 2016
1 pm – 3 pm

Inside the Glass Museum — 230 Main Ave, Weston
in 6 and under are free, ages 6-12 are $4, ages 13- adult are $8.00 per person OR $4.00 if you arrange in advance to donate homemade chocolates.

ADVANCE TICKETS AVAILABLE
For more information contact
Fay Bell or Sheila Sayre
304-209-4761

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.
From Human Resources

Human Resources would like to explain a common question they receive from SJMH employees which is:

Why do the amounts on my W-2 not match my YTD pay stub?

W-2s reflects your “Taxable wages” while your Pay stub reflects your “Gross wages”- Gross wages equals the amount you are paid before any deductions (including taxes).

To determine if totals on W-2 are correct, calculate the following:

Box 1 – Gross pay from pay stub less YTD Medical, Dental, Vision, FSA-Medical, FSA-Dependent Care, and all TSA deductions.

Box 2 – Gross pay from paystub less YTD Medical, Dental, Vision, FSA-Medical, FSA-Dependent Care up to a maximum of $113, 700.00.

Box 3 – Gross pay from stub less YTD Medical, Dental, Vision, FSA-Medical, FSA-Dependent Care (no maximum)
Winter Wellness Week

February 8 - 12, 2016

Monday - Free EKGs, 10 to 2 in Respiratory.
Please Register

Tuesday - Tasty Tuesday, 10 to 2.
Enjoy healthy eating on the ground floor

Wednesday - Winter Wellness Checkup, 10 to 2
Blood Pressure • Pulse Ox • Bone Density • Blood Glucose
on the ground floor

Thursday - Tobacco Free Thursday
Information on quitting tobacco on the ground floor

Friday - Fat Free Friday
Display on Fat-Free Foods and Sugar on the ground floor

Receive a ticket when you participate for our FitBit Raffle