January 27, 2016

Dear Employees:

I would like to extend my sincere thanks to all of the staff here at Stonewall who provided unselfish commitment over the past weekend. There have been many stories of the cooperation between all departments during this extraordinary weather event that it is a testament to the loyalty and compassion of our staff.

On Friday, when it was apparent that the weatherman was correct and that we were going to receive quite a bit of snow, plans were being made to care for our patients as well as our staff. Many employees volunteered to stay over the weekend and others came to work early so they would be here before the roads became impassable. We had employees who made heroic efforts to get to the main roads, after shoveling their cars out of snow banks. We had employees and physicians using their personal vehicles to pick up co-workers who were trying to get to work, but could not.

When events like Jonas occur, our SJMH family always comes together to do what needs to be done. This is teamwork at its best. It is also the commitment from a great group of individuals who place the patient as their number one purpose.

I hesitate to list all the employees and their stories for fear I will miss someone. I can best say “Thank You!” to everyone who worked this past weekend. You are the best.

Sincerely,

Avah Stainaker, M.H.A.
Chief Executive Officer

AS/jag
Compliment to Carla Hamner and Staff

Received this text from a family member’s mother. The patient used our hospital for the birth of her first child. Thanks so much to the OB department for going above to care for your patients. I was very proud to get this! My family is not always easy to please!! Just an FYI the mother was originally seeing an OB doctor at UHC and called me when she was unhappy and I encouraged her to come here, so a very happy ending! Thanks to all the nurses and Dr. Naim and his staff.

Wed, 01/27/2016

Carla just wanted to tell you that you have an awesome staff at the hospital. Love the nurses they are so caring and helpful. They really take the time to explain things. I really felt like [redacted] and [redacted] were in the best of hands from the doctors to the wonderful nurses. Great 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

Floating Punchbowl

Fri., Feb. 12 - 2 to 4 p.m.
Presented by the
Theresa Snaith Hospital Auxiliary
in the
SJMH Classroom
FREE Screening
Venous Disease

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, February 24, 2016
and
Wednesday, March 23, 2016

3:00 p.m.–6:00 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.
National Wear Red Day Fri., Feb. 5

In 2003, research revealed that heart disease was by far the No. 1 killer of women, and actually killed more women than men. To save lives and raise awareness of this serious issue, the American Heart Association launched Go Red For Women. And the red dress has become the iconic symbol of our battle against heart disease in women.

National Wear Red Day® — the first Friday each February — is the special day to bring attention to this silent killer of women. The staff at Stonewall Jackson Memorial Hospital encourages everyone to wear red, know their cardiovascular risk and take action to live longer, healthier lives.

Since the first National Wear Red Day in 2003, there have been tremendous strides in the fight against heart disease

Continued on Next Page
S J M H PPO PHYSICIAN/SERVICES MEMBERS

AUDIOLOGY – Hearing
*Diana Daugherty, Au.D.  ENT Office

CARDIOLOGY – Heart disorders, cardiac
catheterizations, angioplasty
Abdulmalek Sabbagh, M.D.

FAMILY PRACTICE – Medical care for all age groups
*Bennett Orvik, M.D.
*Robert Snuffer, D.O.
*Miral Gibson, FNP
*Virgil Waid McMillion, D.O.  (Lively Healthcare)
*Michael Gregory, D.O.  (Lively Healthcare)
*Lynne Shaver, PA-C
*Michael Hildreth, PA-C
*Carol Williams, PA-C
*Dana Pauley Persinger, D.O.
Jeremy Williams, M.D.
Junemarie Williams, FNP
Mohamed Sabbagh, M.D.

GENERAL SURGERY –
*Ron Pearson, M.D.  Buckhannon and Weston
  offices and SJMH hospital
*Paula Galloway, D.O.

INTERNAL MEDICINE – Treats disorders of internal
  organs other than by surgery
*Khalid Mahmoud, M.D.
*Brian Hornsby, D.O.
Abdulmalek Sabbagh, M.D.
Frank Scattaregia, M.D.

NEUROLOGY – Nervous system and its diseases
  Adnan Alghadban, M.D.

NEPHROLOGY – Weston office only
  Abdallah Geara, M.D.

ONCOLOGY/HEMATOLOGY – Weston office only
  Yaser Homsi, M.D.

OBSTETRICS & GYNECOLOGY – Management of
  Women’s Health
  *Antoine Naim, M.D.
  *Vicki Smith, C.N.M

*Denotes Tier I Employed physician with OV Co-Pay, $100 Annual deductible on other services beyond OV then 100%, but
  could incur deductible with Foundation Radiology.  All others are Tier II physicians with OV Co-Pay, $250 annual deductible on
  services beyond OV then 100%.  Both Tiers’ OV Co-Pays are $10 PCP, $20 Specialist.  Physicians NOT on this list are considered
  Out-Of-Network & will require Physician Referral forms completed and Pre-approved by Human Resources

ORTHOPEDICS – Bones, Joints including bunions
*Joseph Snead, M.D.
*Shafic Sraj, M.D.

  *Doyle Sickles, M.D.
  *Ryan Franceschelli PA-C
  *Freddie Persinger, D.O.

ORTHOTICS - Braces, Diabetic Shoes and Artificial Limbs
  Roberts Orthotics & Prosthetics

OTOLARYNGOLOGY – Ears, Nose & Throat (ENT)
*John Wyllie M.D.

PEDIATRICS – Care of children, newborn to 18 years
  Christopher A Borchert, M.D.
  *Pragnesh Mistry, M.D.

PODIASTRY – Care for Feet
  David Anderson, D.P.M.

PULMONOLOGY – Care for Lungs
  *Mostafa Kurdi, M.D.

RADIOLOGY – Reading of X-rays
  Foundation Radiology is the company that reads
  all Radiological testing from SJMH and SJMH related
  physicians.  This is Tier II with $250 deductible.

SLEEP DISORDERS – Sleep apnea, snoring, etc.
  *Khalid Mahmoud, M.D.
  *Mostafa Kurdi, M.D.

UROLOGY – Urinary and male genital tracts
  *Peter Edgerton, M.D.

VEIN CENTER – Treats problems with veins/venous
disease
  *Paula Galloway, D. O.
  *Brian Hornsby, D.O.
Let’s unite to prevent heart disease and stroke. Get tips on how you can get involved. Go to GoRedForWomen.org/WearRedDay.

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.
Protecting Our Patients From Pressure Ulcers

The current regulatory and legal environment has focused increased attention on facility-acquired Pressure Ulcer prevention. Pressure redistribution methods and the frequency of application are among the first factors scrutinized when a Pressure Ulcer develops.

A pressure ulcer is defined as “a localized skin injury and/or underlying tissue, usually over a bony prominence as a result of pressure, or pressure in combination with shear.” Sacral pressure ulcers are the most common, accounting for approximately 37% of all pressure ulcers. Sacral pressure ulcers can lead to increased length of stay for patients and increased cost for SJMH.

Frequent turning and repositioning of patients is critical to preventing facility-acquired pressure ulcers. Clinical guidelines recommend turning patients at a minimum of every two hours from side to side, which we all know can be challenging for staff to accomplish. To assist in our endeavor to reduce the incidence of facility-acquired pressure ulcers at SJMH we have implemented the following turning schedule tool in cooperation with our existing Policies and Procedures to assist staff with compliance. By initiating the use of this tool it will be easy for all staff to recognize if patients are being properly turned and repositioned as all immobile patients will be repositioned on the same schedule.

The turning schedule graphic tool included here will allow any staff member, whether clinical or non-clinical to see if the procedure is being followed. For example, if a housekeeper is cleaning in a room and it is noon, that patient should be positioned on his/her back. This time schedule is universal throughout the Hospital. Copies are currently being laminated and will be posted at the bedside.

COMING SOON!

Look for a basketball rematch between Saint Joseph Hospital and Stonewall Jackson Memorial Hospital being planned in the next few months!
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