Cheryl Huff, of the SJMH lab retired after 23 years at the local healthcare facility. Cheryl is a Fairmont resident and is married to Steve Huff. She has one son and daughter-in-law, Michael and Valerie Tonkery, and granddaughter, Sydney Ann Tonkery, of Shinnston; a daughter, Lee Ann Tonkery of Fairmont; and a granddaughter, Rayanna Tonkery, 4. Cheryl is the daughter of Marguerite and the late Ray Bradley of Fairmont.

She is a graduate of West Fairmont High School. Cheryl received her Associate Degree as a Medical Laboratory Technician from Fairmont State College in 1993. In 2001, she became a Certified Medical Technologist.

Cheryl was named SJMH Employee of the Month in 2004 and her nominator was very complimentary of her work.

“Cheryl is one of the most considerate people we know. There is always a kind word or smile from her even during the most hectic times. She’s a hard worker and puts in 110% effort, always going above and beyond the call of duty. She doesn’t hesitate to help others. It’s a joy to work with her. She’s not just another co-worker. She is a good friend,” wrote the nominator.

Her current department head, Angela Cedeno noted, “Cheryl is probably one of the best techs that I have ever had the pleasure of working with, as a manager or as an employee. She is one of the most efficient workers. She is someone who truly cares about patient care. She is...”

Continued on next page
Cheryl Huff

Continued from last page
someone to be admired and
for others to look up to.”

Robert Thomas, was the su-
pervisor who hired Cheryl in
1993, and related that Cheryl
was a very reliable and hard-
working employee who was a
real joy to work with.

Karen Westfall, another of
Cheryls’ supervisors
said, “Cheryl is truly pa-
tient-oriented. She was
so very caring of her work
and her patients. I have
never seen anyone who
wanted to help everyone
such as Cheryl. She was
a real joy to have on my
staff.”

Another of Cheryl’s super-
visors, Pam Thompson,
wrote, “I admire Cheryl
more than anyone I have
ever worked with. In all
situations, she exhibits
a high level of profes-
sionalism and integrity.
I will always miss her.”

Cheryl was humbled
by these comments.
She said, “I loved my
job and the interaction
with patients and the
people with whom I
worked. It was a good
experience and I am
thankful for it.”

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.stonewalhospital.com
Lewis County students receive a scholarship and only pay $5 in advance.
Benefits the Health of residents and beautification of Weston
THANKS!
I want to thank everyone who took care of me when I had my knee replaced Feb. 2. Thanks to all the nurses – Rose, Lisa, and all of the aides and Jesse. I know I wasn’t a very good patient, but I will be the next time. I went to Dr. Sickles yesterday and I am doing real good. See Rose, I do listen sometimes. I hope you never forget me! I love you all!

A Grateful Patient

Awards Dinner Evening
Employees who will be working the evening of March 12, during the annual SJMH Awards Dinner will receive a free meal here. The SJMH Social/Recreation Committee will treat you to dinner, much like the one being served at the Resort, since you can’t be with us. You will also be entered into a drawing for a $150 since you worked that evening.

Easter Egg Hunt
Mark your calendar for our 2nd Annual SJMH Employee Easter Egg Hunt on Sat., March 19 at noon at the LC Park. We will have more then 50 small prizes and ten golden egg prizes for the little ones. This is for children under 12.

Pat on the Back Winners
Congratulations to these winners of the $10 Gift Certificates.

Stephanie Symth
Jerry Wood
Sarah Sherrard
Earnie Greenlief
Michael Bennett
Jessica Reed
Wanda Lewis
Skye Linger

Need A Mattress
Beginning March 1st, Stonewall Resort will be upgrading our guest room mattresses and box springs. The resort will be giving away the used inventory to make way for the new. There will be several scheduled pick up dates, see the schedule below. Available inventory will include King Bed Sets, Queen Bed Sets, and a limited number of Twin Bed Sets, and Twin Top mattresses. To reserve a set or more please call Richard Ebright, Director of Operations at 304-269-8830. Please leave a message with your name, phone number, and number of items you would like. Full sets only. Your call will be returned to confirm that we received your order based on available inventory.

Pick up dates are as follows.
3-1-2016 – 100 queen sets available
3-8-2016 – 33 king sets available
3-15-2016 – 50 queen sets available
3-18-2016 – 50 queen sets available
3-26-2016 – 32 king sets, 5 queen sets, 12 twin sets, 10 twin top mattresses.
2014 Irish Spring Festival Schedule of Events

**Sunday March 8**
12:15pm Flag Raising Ceremony
1:00pm Pot o’ Luck Dinner
2:30pm Psalms of Ireland (Gospel Sing - Ireland U.M. Church)

**Thursday March 12**
7:00pm Opening Ceremonies
7:15pm King and Queen Reception Entertainment by Dustin McCray

**Friday March 13**
7:00pm Irish Jig (Square Dance)
7:00pm Costume Contest
8:00pm House Decoration (winners announced)
8:30pm Costume Contest
9:00pm King and Queen Coronation

**Saturday March 14**
Arts & Crafts, harp music, an Ireland postal station with the 2015 St. Patrick’s Day collector’s cancellation stamp and appropriate gift items are available. Irish themed foods and drinks will be available.
9:00am Scavenger Hunt
9:30am Kite Fly
10:00am Lucky Charm Pitch (Horseshoes)
10:00am Hounds Demonstration (Central WV Hunting Dog Association)
10:30am Intermediate Harp Workshop
Extra Harps available at the Church
10:30am Tour de Shamrock

**Sunday March 15**
Noon-4:00pm “Open Microphone” Featuring “The Gregory Family”
Noon-4:00pm Shamrock CEOS Craft Tables
1:00pm Snake Chase (10K Walk-Run)
1:30pm Road Bowling
4:30pm Fried Potato Contest

**Monday March 16**
6:00pm Unicorns, Gremlins & Shmoos (Pet Show)

**Tuesday March 17**
9:00am Local Elves & Urchins (Local Schoolchildren Visit)

**Wednesday March 18**
6:00pm Corn Hole & Stone Soup
6:30pm Luck o’ the Irish (Bingo)

**Friday March 19**
6:15pm Ascent to Blarney Rock
6:45pm Vernal Equinox & Declaration of Spring

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2014 Irish Spring Festival
March 8-20, 2015
Ireland, West Virginia 26376

FOR EMPLOYEES’ CHILDREN ONLY
JOIN DEERFIELD COUNTRY CLUB
SPRING RAFFLE & APRIL FOOLS TOURNAMENT!

$30 FOR 1 TICKET * $50 FOR 2 TICKETS * $100 FOR 5 TICKETS
DRAWING HELD APRIL 2, 2016 @ 5 PM
OR CONTINGENT ON COMPLETION OF TOURNAMENT.

1ST PRIZE
24 X 32 X 10
*FULLY CONSTRUCTED POST FRAME GARAGE*

OR
$4000.00 IN CASH$$$$$$

2ND PRIZE
SAVAGE AXIS 270
WITH SCOPE

3RD PRIZE
PORTER CABLE
4 PIECE CORDLESS
20 VOLT COMBO KIT

GOLF AT DEERFIELD COUNTRY CLUB AND EARN FREE RAFFLE TICKETS!

JOIN US FOR OUR SPRING KICK OFF TOURNAMENT ON APRIL 2, 2016 AND CHECK OUT THE COURSE IMPROVEMENTS.
TOURNAMENT: 4 MAN SCRAMBLE
$50 PER MAN/$200 PER TEAM.
PAYOUTS FOR 1ST, 2ND, & 3RD PLACE.

SIGN UP A 4 MAN TEAM BEFORE MARCH 19, 2016 AND RECEIVE 2 FREE RAFFLE TICKETS. TEAM MUST ATTEND TOURNAMENT TO RECEIVE RAFFLE TICKETS.

BUY A MEMBERSHIP FOR DEERFIELD BEFORE

*DOES NOT INCLUDE EXCAVATION OR CONCRETE FLOOR. SITE MUST BE WITHIN 18” OF GRADE AND HAVE 3’ CLEARANCE AROUND BUILDING.*

To Buy Your Tickets, Contact Tom Law at 269-8091 or the Deerfield Club House at 304-269-1139
All participants should fast for 12 hours.
All analyses are performed on a small sample of blood.
There will be NO PREREGISTRATION.

There will be 46 different tests performed.

Other tests available are: PSA that aids the physician in the detection of prostate cancer;
TSH for thyroid screening; and HEMOGLOBIN A1C, which measures cumulative glucose values for diabetics.
All test results will be mailed to the participant.

**Health Fair Panel** - $35; **PSA** - $20; **Thyroid Panel** - $15;
**Hemoglobin A1C** - $15; **Blood Typing** - $10; **Vitamin D**-$30.00;
**Rheumatoid Arthritis Test**-$10.00; **Urine Test**-$10.00

**Saturday, April 2 and Saturday, April 9**
7 a.m. to 10 a.m.
**Ground floor of SJMH**

This service is provided by the Weston Rotary in association with Stonewall Jackson Memorial Hospital.
Pulmonary Rehab Week March 13-19
Join Stonewall Jackson Memorial Hospital during AACVPR National Pulmonary Rehabilitation Week, March 13-19, to celebrate the benefits Pulmonary Rehabilitation can provide for patients suffering from chronic obstructive pulmonary disease (COPD). Pulmonary Rehabilitation Week, initiated by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), aims to educate the community about the role of pulmonary rehabilitation in enhancing the quality of life of individuals with chronic lung disease. This year’s theme, “Some Things Take Your Breath Away, Others Give It Back,” honors individuals who struggle to overcome shortness of breath, and the pulmonary professionals who work every day to alleviate that struggle and improve patients’ everyday lives.

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

Contact Derek Garrett at 997-8646 For Your Ticket

Upcoming Events
SHOT Uniform Sale - Thurs., Fri., March 10 and 11 - SJMH Board room.

Open House Care Connect -Thurs., March 10 3 to 5 p.m.

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

Doctors' Day - March 30

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 - Fri., July 15, all day at the Lewis County Park
Health Partners Network Visit Lively Healthcare

Lori Martino-Ahmad, supervisor of Managed Care at Health Partners Network (HPN), in Bridgeport visited Lively Healthcare Center in Jane Lew in February. The company provided an on-site visit and medical review of the office.

As a result of the site audit, HPN noted that Lively met all of HPN’s survey site standards. The audit and medical records review are based on national credentialing guidelines.

Jeanie Hart, physician supervisor for the Center, noted, “We have a great staff at Lively, that are dedicated to providing quality care to our patients in a safe environment.”

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CARE CONNECT CENTER

Connecting Excellent Care To All We Serve

SJMH STONEWALL JACKSON MEMORIAL HOSPITAL

Thursday, March 10, 2016
3:00 pm to 5:00 pm

Come over to the Care Connect Center for a brief tour of the facility, to meet a couple of the folks assisting SJMH with our transition, and see how the Care Connect Center is being used to plan and implement our new Electronic Health Record!!!

We look forward to seeing you!
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 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

Social Recreation will be paying the $15 fee for our employees to participate in the Weston 5K!
Random Act of Kindness
Grace Tallhammer, pictured above on left, donated stuffed toys and blankets to patients at Stonewall Jackson Memorial Hospital (SJMH) recently. She is shown with SJMH employee Paula Dondalson. Tallhammer made the donation in honor of her daughter Misty Lei Tomblin as part of a “Random Act of Kindness” effort. As noted on the card accompanying the gifts, “On the 6th of each month, we remember and sometimes introduce our friend, sister, daughter, mommy, cousin Misty Lei, who was killed instantly in a nonsensical car wreck, by modeling her unwavering kindness and loyalty.”

Pats On Back
This week we have Pats on the Back for:

Paula Layman
Nycole Peterson
Mountaineer Healthcare for Women Clinical Staff

FIRST AD KITS
Soc/Rec is offering our First Aid Kits for $5 each. Please see Marketing.

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
Visit www.shotofcolors.com