The staff at Stonewall Jackson Memorial Hospital is pleased to announce that the Special Delivery Birthing Center at Stonewall Jackson Memorial Hospital (SJMH) has been recognized as a Blue Distinction Center+ for Maternity Care by Highmark’s Blue Distinction Specialty Care Program. Another indication that SJMH provides excellent care to every patient, every time.

There are only three other maternity centers in the state given this distinction - Bluefield Regional Medical Center, Greenbrier Valley Medical Center, and Ohio Valley Medical Center. The goal of the program is to help consumers find both quality and value for their specialty care needs, while encouraging health care professionals to improve the overall quality and delivery of healthcare nationwide.

SJMH Nurse Manager in the Center, Robin Drake noted, “We are so pleased by the extra affirmation of our great service and care for our new mothers and babies here. This distinction provides the evidence that we meet the national standards for vaginal and caesarean delivery care”

According to the National Center for Health Statistics, nearly four million babies are born in the U.S. annually, making childbirth the most common cause of hospitalization.

To receive the Blue Distinction Center for Maternity Care designation, the hospital demonstrated expertise and a commitment to quality care during deliveries and agreed to meet requirements that align with principles that support evidence based practices of care.

Blue Distinction Specialty Care is a national designation program recognizing healthcare facilities that demonstrate expertise in delivering quality specialty care – safely, effectively, and cost efficiently.
Weston’s Stonewall Jackson Memorial Hospital (SJMH) will again offer free vein screenings with testing on Wed., June 1 at the Hospital. The screening provides clinicians with information about the vein health of the patient and whether further help is needed to alleviate any problems.

SJMH physicians Brian Hornsby, D.O., and Paula Galloway, D.O., will conduct the screenings.

During the screening, patients will first view a short video and hear a presentation by the screening physicians. Each patient is then taken to an exam room individually for an ultrasound of the legs. From that testing, it will be determined whether the patient should return for a full evaluation.

The screening will be from 3 to 5 p.m. that day at the Oncology/Vein/Infusion Center located on the first floor of the Hospital. Availability is limited so interested parties should call 304-517-1272 to reserve a spot.

More than 45 million Americans suffer from venous disease. Symptoms for the sufferer can include aching; fatigue; heaviness in the legs; pain that is throbbing, burning, stabbing; cramping, swelling, itching, restless legs, or numbness.

Anatomically, a patient’s arteries supply the blood to one’s extremities but the vein system returns the blood to the heart. The difficulty arises when the blood must work against gravity and flow upwards. The valves may not work properly. Other malfunctions may include reflux or other valve obstructions such as a blood clot. Some people are able to use compression stockings to provide the necessary pressure to keep the blood moving up the their leg. This method alleviates the symptoms but does not correct the condition.

SJMH’s Vein Center can provide patients with an alternative to compression stockings and includes an outpatient procedure called thermal ablation. The procedure takes less than 60 minutes with a 99% success rate.

Saturday, June 4th from 8:00 AM to 12:00 PM

What: Only open for this special event, this 6 mile hike begins at the Stonewall Jackson Dam and leads to the lakeside cottages at Stonewall Resort. Join us for this annual community hike in celebration of National Trails Day – with events happening all over America! There will be a $20 registration fee that will include an event t-shirt and a donation to the Stonewall State Park Foundation for future trail maintenance. All participants should meet at the entrance to the cottages at Stonewall Resort by 8AM.

Who: This hike is non-competitive and open to people of all ages. Set your own pace and enjoy the excitement and beauty of Stonewall Jackson Lake!

How: Click here to register! Questions? Call Samantha Norris, Community Outreach Director at Stonewall Resort 304-269-8820 or email snorris@stonewallresort.com

To ensure desired t-shirt size, please register prior to May 30, 2016. There will be late registration at 7:30 AM the day of the event. All participants should meet at the tent located prior to the entrance of the cottages at Stonewall Resort. Those registering the day of the event will receive a t-shirt while supplies last.
To: All Employees:

RE: Culture of Safety Survey

You are invited to participate in an important survey that is part of our hospital’s ongoing efforts to improve patient safety within our organization. All staff are being asked to complete this survey. Your participation is voluntary, but we encourage you to complete the survey to help us improve the way we do things at the hospital as well as in the clinic setting. It will take you about 10 to 15 minutes to complete and you may take it during work time. Your individual responses will be kept anonymous. Only group statistics, not individual responses will be prepared and reported.

If you are a provider or work in a physician

**New Service!**

So happy to report that our patients can pay Stonewall Home Oxygen Therapy bills online. Go to the SJMH webpage and find “Our Services” on the menu at the top. Then scroll down to SHOT and a page opens and it says “Pay my SHOT Bill”.

If you are an employee who works at the hospital or other setting that is not a clinic, please follow this link to the survey:

**HOSPITAL:** [https://www.surveymonkey.com/r/XCTYYFH](https://www.surveymonkey.com/r/XCTYYFH)

If you are an employee who works in both settings, please complete both surveys. If you have any questions about the survey, please contact Jennifer Barnes, Chief Quality Officer, 304-269-8533 or [jbarnes@stonewallhospital.net](mailto:jbarnes@stonewallhospital.net).

Thank you in advance for participating in this important safety effort.

**ATTENTION LPN’s**

**LICENSE RENEWAL DUE BY 6/30/2016**

Don’t delay - you can’t work 7/1/16 or after without active license!
Members of the staff from Weston Audiology and ENT provided 3,000 hearing aids to the crowd attending the Buckhannon Strawberry Festival Fireman’s Parade last Friday. They are pictured left to right, Diana Daugherty, Jessica Miles, Kayden Miles, Bianca Quinn, Tiffany Knieceley, Dr. John Wyllie, Rachel Mayle, Jessica Reed, Sara Hicks, Sara Rolenson, Amy Burchett, Audrey Burchett.
Pharmacy Hours for Local Companies

FAST AND FRIENDLY
4 Garton Plz, Weston, WV
Mon-Fri: 9:00 am - 6:00 pm
Sat: 9:00 am - 2:00 pm
Phone (304) 269-3737

COUNTRY RX
134 Industrial Park Rd, Jane Lew, WW
Mon-Fri. 8:00 am - 6:00 pm
Phone (304) 884-7890

RITE AID PHARMACY
218 E 3rd St, Weston, WV 26452
Mon.-Fri. 9:00 a.m. to 9 p.m.
Sat. 9 a.m. to 6 p.m.
Sun. 10 a.m. to 6 p.m.
Phone: (304) 269-7963

CDC’s Response to Zika
Enjoy your vacation

Pack to prevent
• Insect repellent (Look for these ingredients: DEET, picaridin, IR3535, OLE, or PMD.)
• Long-sleeved shirts and long pants
• Clothing and gear treated with permethrin
• Infant carrier mosquito net (if needed)
• Bed net (if mosquitoes can get to where you’re sleeping)
• Condoms (if you might have sex)

Protect yourself
• Use insect repellent. Reapply as directed.
• Remember to apply sunscreen first and then insect repellent.
• Cover exposed skin when possible.
• Stay and sleep in screened-in or air-conditioned rooms. Use a bed net if you’re sleeping outside.
• Zika can also be spread through sex, so use latex condoms if you have sex.

STOP the spread
• Watch for symptoms after you get home.
• Call your doctor immediately if you suspect Zika.
• Use insect repellent for 3 weeks after travel.
• Use condoms when you have sex.

Zika symptoms
Most people with Zika don’t know they have it. The illness is usually mild with symptoms lasting about a week.
The most common symptoms are:

- Red eyes
- Joint pain
- Fever
- Rash

Pregnant? Trying to conceive?
Zika is linked to birth defects. Pregnant women should consider postponing travel to any area with Zika. If your male partner travels to these areas, either use condoms or don’t have sex for the rest of your pregnancy. If you are trying to become pregnant, talk to your doctor about your plans.

Connie Riffl e, (pictured above) one of the project managers for the Polk Creek Community Park, is organizing a duck race for the Park Dedication on Tues., June 14 at 6 p.m. Tickets will be available beginning Tues., May 31 from Connie at the Ortho office; Julia in Marketing; or the front Console. The grand prize winner will receive dinner for two at Stonewall Resort.
The hard work and long hours of planning are finally paying off for Connie and John Riffle, of Weston. The couple has been laboring for several years on the renovation of the Polk Creek School playground, now known as Polk Creek Community Park. The playground has great sentimental value to the couple since they were students at the old School located by the playground.

Polk Creek Community Park is almost complete and to honor the Riffles’ hard work, there will be a Dedication of the Park on Tues., June 14, at 6 p.m. as part of Weston’s Amazing Week. The Weston Parks and Recreation Committee will be inviting all of those people and entities, who have made the park possible, to the dedication. Invitations have also been sent to former teachers and principals at the school.

Connie has been organizing a number of activities for the children on that day including a display by Home Depot. She is also having a Duck Race and is selling “ducks” for $5 each as part of the fund-raising for the Park. There are several projects which need completion including the completion of basketball court and installation of swing sets.

All of this effort has been made possible by the generosity of a number of business people, physicians, and grant funding. Mike Ross and Ike Morris lease the major part of the Park to the City for a $1 a year and local lawyer Hunter Bennett sold the six lots to the City for a very nominal fee.

Stonewall Jackson Memorial Hospital acts as the financial conduit for the playgrounds and has been instrumental in the playground creation. The Committee will be inviting all of the contributors as well as students and teachers involved with Polk Creek School. The Park falls under the auspices of the Weston Parks and Recreation Committee. Meetings are held on the last Friday of the month at 2 p.m. at SJMH.
Plans are being finalized for the 18th annual Relay for Life of Lewis County, which will be Sat., June 4, at the Robert Bland Middle School Athletic Field. The first Relay in Lewis County was held in 1999. The event will be held from 6 p.m. to midnight.

So far this year, $30,818.15 has been raised as of Friday, May 27. There are 19 teams participating with 234 participants.

This year’s chairwomen are Barbara Watson and Charla Barrett.

Relay For Life® is a fun-filled overnight event designed to bring together those who have been touched by cancer in the community. At the event, participants celebrate survivorship and raise money to help the American Cancer Society in its mission to save lives; help those who have been touched by cancer; and empower individuals to fight back. During the event, teams take turns walking or running laps. Each team tries to keep at least one team member on the track at all times.

But, Relay is much more than a walk around a track. It is a time to remember those lost to cancer and celebrate those who have survived. It is a night for people who have shared the same experience to comfort and console one another. During this event, participants honor survivors during the Survivors Lap and remember those who have been lost to cancer during the Luminaria Ceremony, which will be held after dark.

Most importantly, Relay gives one the power to help in the fight against cancer. By joining together as volunteers and donors, the joint effort helps the American Cancer Society strive toward a future where cancer doesn’t take the lives of our friends and family.

Cancer survivors are invited to participate in the opening Survivors Ceremony and to stop by the Survivors Reception provided by Stonewall Jackson Hospital and Stonewall Jackson Home Care. The reception begins at 5:00 p.m. There will be Children’s Carnival Games from 3:00 to 5:00 p.m.

The following (On next page) are the teams/leaders/and money raised thus far.

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**Donations Needed**

**Donations are needed for the SJMH concession stand at the Relay for Life on June 4.** Rosa Thayer is looking for: ketchup, relish, mustard, cole slaw, hot dog chili, and brand name pop in cans. **Call Rosa at 304-997-8641.**
<table>
<thead>
<tr>
<th>Team Name</th>
<th>Team Leader</th>
<th>Team Members</th>
<th>Donations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almost A Hit</td>
<td>Barbara Watson</td>
<td>21</td>
<td>$8,197.60</td>
</tr>
<tr>
<td>Bobbin's Rockin' Robins</td>
<td>Ray M Smith</td>
<td>14</td>
<td>$7,425.22</td>
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<tr>
<td>Citizens Bank Dreamers &amp; Fighters</td>
<td>Susan Thompson</td>
<td>39</td>
<td>$7,082.72</td>
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<td>Stonewall Warriors</td>
<td>Ms. Rosa Lea Thayer</td>
<td>16</td>
<td>$2,768.43</td>
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<tr>
<td>All Americans</td>
<td>Ms. Luanna E King</td>
<td>9</td>
<td>$1,411.57</td>
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<tr>
<td>Deerfield Country Club</td>
<td>Tammy Atkinson</td>
<td>2</td>
<td>$1,111.06</td>
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<td>Living in Victory</td>
<td>Larry Gatian</td>
<td>12</td>
<td>$994.04</td>
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<tr>
<td>Steven's Soldiers</td>
<td>Mrs. Ashley A Brown</td>
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<tr>
<td>H.O.P.E. “Have Only Positive Expectations”</td>
<td>Kimberly Geer</td>
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<tr>
<td>After Ours</td>
<td>Mrs. Joy D. Heath MBA</td>
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<tr>
<td>Leading Creek Leading the CURE</td>
<td>Micki Rose</td>
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<td>Mt. State Log Homes/Shamrock CEOs Club</td>
<td>Mrs. Sharrey Craig</td>
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<td>Queens For A Cure</td>
<td>Erin Sprouse</td>
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<td>Carmen Hathaway</td>
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<td>Broad Street Crusaders</td>
<td>Delesa Haught</td>
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<td>Kicking Cancer in the Gizzard</td>
<td>Crystal Lough</td>
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<tr>
<td>MeMe's All-Stars</td>
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<td>PCES Wildcats</td>
<td>Andrea Heath</td>
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<tr>
<td>The Minutemen</td>
<td>Kym Reed</td>
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