Next week is National Hospital Week, celebrated May 8 through May 14 with the sentiment “Healthcare from the Heart!” The SJMH Social/Recreation Committee will be coordinating an activity each day for the celebration. The schedule is as follows:

**Sun., May 8** – Pizza will be provided at noon and at 10 p.m. It will be delivered to the SJMH Registration Dept. and departments will be able to come and pick up there.

**Mon., May 9** – We are having a Scavenger Hunt coordinated by Jeanie Hart – The Rules of the game are:
- Teams consist of 3-5 participants
- Name your Team

The scavenger hunt is based on points. The hunt will be located on the hospital facility grounds. There are several items on the list with associated points. You will need to designate one person from your team to pick up the list from the switchboard operator to start your time in and time out. You will have 1 hour to return the list to the switchboard operator.

**ALL PERSONS IN THE GROUP MUST BE IN THE PICTURE WITH THE SCAVENGED ITEM WITH THE EXCEPTION OF THE ONE TAKING THE PICTURE.** (Photographer can be different team members)

You can submit your photos by email, by submitting a thumb drive, or printed pictures and turn in to Jeanie Hart by Noon on Thursday, May 12. The team with the most points is the winner. The winning team will be awarded on Friday.

**Tues., May 10** – Ice Cream Social – 2 p.m. to 4 p.m. – Served in the Cafeteria and night shift will have ice cream provided.

**Wed., May 11** – Fruit Snack Day – pick up some fruit/water from the cafeteria, others will be delivered.

**Thurs., May 12** – SJMH History Challenge and WV History Challenge

**Fri., May 13** – Hospital Week Cookout, on ground floor of SJMH from 11 a.m. to 1 p.m.; 5:00 p.m.; midnight. Hamburgers, Hot Dogs, Potato Salad, Pasta Salad, Cole Slaw and drinks.

Members of CFO Dodie Arbogast’s staff were on hand to wish Dodie the best on her retirement during a Fri., April 29 retirement reception.
National Hospital Week
May 8-14, 2016
Healthcare from the Heart!

Sunday, May 8 - Pizza @ noon and 10 p.m.

Monday, May 9 thru Wed., May 10
Scavenger Hunt - pictures must be in by Thurs., May 12 at 9 a.m.

Tuesday, May 10 - Ice Cream Social
2 to 4 p.m. in Cafeteria.
Night shift will have ice cream provided

Wednesday, May 11 - Information to come.
WV and SJMH History Challenge

Thursday, May 12 - Fresh Fruit

Friday, May 13 - Hospital Cookout
Meals will be served 11 a.m. to 1 p.m., 4:30 to 5:30 p.m., and that night at 12 p.m.
Hamburgers • Hot Dogs • and all the fixings
Cornhole Tournament starting at 11 a.m.

Saturday, May 14 - Fresh Fruit

Prizes Throughout the Week!
Get a ticket each time you participate...put your name on the ticket to go into the drawing of 50 winners of $20 each. There will be $100 prizes for the 3 special contests.
Dodie Arbogast, Chief Financial Officer at Stonewall Jackson Memorial Hospital (SJMH) in Weston, was honored with a retirement reception on Friday, April 29 in the SJMH Boardroom. She is the daughter of Arabelle Butcher and the late Ted Butcher of Jackson’s Mill, where she spent her youth. Dodie has two brothers, the late Ron Butcher and Gary Butcher, and one sister, Judy Fattore.

She is married to Mark Arbogast and the couple has three children and one son-in-law: Monica Wimer, Derek Arbogast, Mason Arbogast, and Bryan Wimer. She also has two incredible grandsons – Eli and Sawyer Wimer.

She is a graduate of Lewis County High School and Fairmont State College with a degree in Business Administration/Accounting. She is a Certified Public Accountant and worked for Detroit Medical Center in Michigan as a Senior Financial Analyst, where her interest in hospital finance began.

Arbogast noted, “I always had an attraction to healthcare for two reasons, one is that it is never dull, there is always something new to learn and to be involved in. The second, and probably more important reason, is that people who work in healthcare are generally the most compassionate folks, not only to patients, but to each other.

She started at SJMH on August 29, 1999 as the Controller under the direction of former administrator David D. Shaffer. She was promoted to Chief Financial Officer in February 2000. In this capacity, she was responsible for all business operations, including the Business Office, Registration, SHOT, Home Care and Materials Management.

She started at SJMH on August 29, 1999 as an accountant under the direction of former administrator David D. Shaffer. She was promoted to Controller in February 2000 and CFO in 2007. In this capacity, she was responsible for all business operations, including the Business Office, Registration, SHOT, Home Care and Materials Management.

SJMH CEO Avah Stalnaker was very complimentary of Dodie, noting her upbeat and positive attitude exhibited every day. Stalnaker also pointed out that Dodie was very generous with her co-workers, something many people did not know.

On the CFO side, Avah noted, “Dodie was instrumental in our conversion to CPSI years ago. She also established the 340B drug program, which provides pharmaceuticals to our staff and customers at a very low cost. She was also very good at her job and the Hospital was renowned for having "clean audits" thanks to Dodie.

She continued, “Dodie was always ready to help with special activities including the annual picnic, the Rotary Blood Screening, and Christmas activities. She even landscaped outside of the Hospital during a Saturday drill. Most importantly, Dodie’s family is the most important part of her life and she was able to have the proper balance of work and family. And you see them here today” Stalnaker concluded, “Dodie we thank you for your 17 years of service and we are glad to

Continued on Next Page
IMPORTANT NEWS REGARDING PRESCRIPTION COVERAGE

Effective May 2, 2016, Walmart, CVS and Kroger pharmacies will not be participating in the retail 340B program for the month of May. SJMH is in the process of transitioning these three providers from SUNRx to Captur-eRx as the 340B program administrators for the retail program. If your prescriptions are with any of these pharmacies and you need a prescription refill during the month of May, you should prepare for this downtime by either

1) getting your prescription refill before Monday, May 2, 2016

~OR~

2) transferring your prescription to Fast and Friendly at Garton Plaza, CountryRx in Jane Lew, or existing eligible Rite Aid pharmacies- Weston, Buckhannon, Glenville and Sutton.

Prescriptions filled at the three affected pharmacy chains (Kroger, CVS and Walmart) will not be eligible for 340B pricing. Therefore, it is critical that all SJMH insured participants use Fast and Friendly, CountryRx, or Rite Aid pharmacy during MAY 2016. SJMH will not reimburse you if you use Walmart, CVS and Kroger pharmacies during the month of May and incur higher prescription costs.

Dodie Arbogast
Continued from Last Page

She is an active member of Broad Street United Methodist Church in Weston. During her tenure at SJMH, she organized a number of charitable projects, many of them dealing with children. She has provided school supplies and other necessities for Headstart and other school children, and in 2005 organized a fundraiser to assist Jefferson Parish school children affected by Hurricane Katrina. Two years ago she obtained a grant that provided a thousand personal hygiene bags for children in the Lewis County School system.

Arbogast has decided to retire and move to a position in the City of Weston for several reasons.

“After almost 17 years, the time has come to make some changes in my life. After losing my brother Ron in June 2015 and my father in March 2016, I realize that ‘time’ and ‘quality of life’ have moved to the top of my life’s priorities,” said Arbogast. “I am excited about working with the City of Weston as Finance Manager because Weston is my home town and is where my heart is. I think that with the strong mayor and city council in place, there is much opportunity for the finance manager position to add to the financial strength of Weston. I look forward to the challenges and the new knowledge I will obtain. I am also excited to promote a strong relationship between the Weston city government and leaders of other towns, our state government, and our local businesses.”

She continued, “I will be forever grateful to SJMH for the wonderful opportunities and friendships that I have experienced. And I am deeply grateful to Dave Shaffer for bringing me on board and for sharing so very much of his vast knowledge of healthcare finance.”

There was a large group of other friends at Dodie’s retirement including SJMH Board members David Gallien, Denver Turner, Gerald Wood, former member Jean Bennett, former board member Chick Lockard’s widow Janet, Shaffer, as well as many of her SJMH co-workers.

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PHOTO SCAVENGER HUNT

May 9 through May 11

Rules of the game:

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Reminder About Our Employee Support Fund

The staff at Stonewall Jackson memorial Hospital has always been willing to help their co-workers facing health problems or financial issues. Whether having bake sales, hot dog luncheons, or raffles, the SMH staff comes together as a caring family to help their friends.

To provide a more stable financial source for SJMH staff, a group of employees created an employee assistance fund several years ago. The name of the group is SJMH’s Employee Support Fund.

If you would like to contribute or request assistance, go to the first page of the SJMH intranet and on the left side menu find Employee Support Fund. You will find the proper applications there.

**NOTICE**

Maintenance will be setting up the decontamination tent outside of the “Smoking area” on the ground floor on Mon., May 9, for our SJMH staff.

The goal is to educate staff on how to set up the tent and perform the important task for accidents, external and internal disasters. Examples would be a chemical spill on the Interstate, overexposure to chlorine, or exposure to pesticides – any situation which would necessitate the decontamination of a patient or staff member.

**Activities available through ACE Adventure Perks:**

- Full Day Upper New Raft Trip (min. age 6)
- Full Day Lower New Raft Trip (min. age 12)
- Half Day Lower New Raft Trip (min. age 12)
- Full Day Summer Gauley Raft Trip (min. age 15)
- Full Day Fall Lower Gauley Raft Trip (min. age 12)
- Full Day Fall Upper Gauley Raft Trip (min. age 15)
- Half Day Canopy Zipline (min. age 8, maximum weight 250lbs)
- Half Day Climb & Rappel (min. age 8)
- Half Day Stand-up Paddleboard (min. age 12)
- Half Day Lake Kayak Tour (min. age 8)
- Half Day Scenic Mountain Bike Tour (min. age 8)

*The Perk Program is not available on Saturdays or Holidays. The program cannot be combined with other discounts or packages.*

**Pat on the Back**

to the following

SJMH employee.

Kathy Marsh

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Jessica Phillips

Please help me in wishing Sherry Stover, Respiratory and Elizabeth Brown, ER, a very Happy Birthday! Sherry and Elizabeth- you may pick up your gas card in my office at your earliest convenience! Thank you and have a great birthday!

**From Human Resources -**
Cystic Fibrosis Walk to Benefit in Research and Treatment of Illness

Stonewall Jackson Memorial Hospital (SJMH) is organizing a cystic fibrosis walk on Sun., May 22, at 11 a.m., in the back parking lot at the Hospital in Weston. The fundraiser will benefit the national Cystic Fibrosis Foundation. Registration is at 10:30 a.m. and the Walk begins at 11 a.m. This is the 4th year that the Hospital has participated in the event.

Cystic Fibrosis (CF) is a lifelong, hereditary disease that causes mucus to form in the lungs, pancreas, and other organs. In the lungs, this mucus blocks the airways, causing lung damage, making it hard to breathe, and leading to serious lung infections. In the pancreas, it clogs the pathways leading to the digestive system, interfering with proper digestion.

Today, almost 45 percent of the cystic fibrosis population is aged 18 years or older. Survival has more than doubled over the last 40 years in conjunction with a greater understanding of the basic disease.

Because a single “bad” gene and its protein product are now known, research can concentrate on measures to correct this defect. If this research leads to another doubling of the lifespan in the next 40 years, life expectancy would approach normal. Application of these findings, however, would only be a part of the effort. Continued attention and research on the management of the patients will be needed to optimize not only length of life, but quality of life, for people living with cystic fibrosis.

Cystic fibrosis is much more common among Caucasians than among African Americans. It is estimated that 1 in 15,100 African Americans are diagnosed with cystic fibrosis, compared to 1 in 2,500 Caucasians. Cystic fibrosis occurs most commonly among Caucasians of Northern European descent. More than 10 million Americans are unknowing, symptomless carriers of the defective cystic fibrosis gene. In order to develop CF, an individual must inherit a defective gene from each parent.
Benefit Bake Sale
Hot Dog Sale and Silent Auction
Thurs., May 19
to benefit Mark Casto @ SJMH
Bake Sale in front lobby from 7 a.m. to ?
and Hot Dogs and a drink $4 on ground floor from 11 a.m. to 1 p.m.
We need lots of baked goods

What The ACS Provides
Thanks in part to your generous donations, the American Cancer Society is saving lives by helping people stay well and get well, finding cures, and fighting back against cancer. Your donations have helped us:

• Develop guidelines for recommended cancer screenings, nutrition, and physical activity
• Offer help with free lodging for cancer patients and their caregivers when receiving treatment far from home at American Cancer Society Hope Lodge® facilities
• Connect patients with thousands of different treatment options through our clinical trials matching service
• Offer support 24 hours a day, seven days a week at 1-800-227-2345 and online at cancer.org
• Assist cancer patients, families, and caregivers through support programs
• Have a hand in nearly every major cancer research breakthrough of the last century, including funding 46 Nobel Prize-winning researchers early in their careers
• Implement groundbreaking community research throughout the nation through local enrollments of Cancer Prevention Study research programs
• Connect uninsured, underinsured, and low-income women with breast and cervical cancer screening tests and follow-up treatment

Relay for Life will be June 4 from 6 p.m. until midnight at the RLBMS Field. The Stonewall Warriors are asking for volunteers to help with the concession stand. SJMH is a corporate sponsor for the Relay and pictured at left is Carmen Hathaway, Barbara Watson, Janet Lockard, and Barb Willis during the check donation.
Cystic Fibrosis
Continued from Last Page

The odds remain the same with each child. The severity and symptoms of the disease vary considerably due to different mutations of the gene. The most common symptoms of CF are:

- Very salty-tasting skin
- Persistent coughing, wheezing or shortness of breath
- Excessive appetite but poor weight gain
- Greasy, bulky stools

The disease is diagnosed through the sweat test, which measures the amount of salt in the sweat. A high salt level indicates that a person has CF. CF also can be identified before birth through prenatal screening and after birth through newborn screening.

Save 40% off for SJMH Employees through May 13, 2016

We have Bella Taylor Handbags and Scarves, Lanyards, Stethoscopes, Dansko Shoes, Med Couture, Grey’s Anatomy and other Name Brand Professional Clothing

Stonewall Home Oxygen Therapy, Inc.
Market Place Mall - I-79 and Route 33
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Buy over $100 and enter a drawing for a stethoscope