Pictures from the 2016 Relay for Life
Pastoral Orientation

Jessica Phillips of Stonewall Jackson Memorial Hospital (SJMH) conducted an orientation for members of the Lewis County Christian Alliances at the Hospital on Wed., June 8. Breakfast was provided by SJMH Food Services. Those attending are pictured above and include: Jerry Cunningham, Louella Clem, Kat Ramsey, Erick Kendall, Mary Hendricks, Robert Mitchell, Jessica Phillips, and Kevin Stalnaker. Not pictured are Avah Stalnaker and Julia Spelsberg. Phillips provided a summary of important information for any volunteer providing services at the Hospital.

NOTICE on Infection Control/Employee Health Issues

For any Infection Control or Employee Health needs, please email to infection-control@stonewallhospital.net.
For any Infection Control or Employee Health Calls that are “NOT EMERGENT”, please dial 304-269-8043.
For any Infection Control or Employee Health Calls that are “EMERGENT”, please dial 304-269-8533.

Thanks!!!

Dear, dear friend of 4-H and our CEOS members. Thank you so much for the fruit. It is ALWAYS a hit and we appreciate the generosity of the hospital and you in providing it to your groups. The heart event yesterday was quite successful and the participants were truly thrilled with the healthy refreshments and the fruit take-a-ways. Your kindness is legendary in our office and within our organizations.

From Jessica in HR

Please help me in wishing Tiffany Berry, OB and Lisa Murray, ER a very happy birthday in June. Tiffany and Lisa - you may pick up your Mountaineer Mart Gift Cards in my office at your earliest convenience! Thank you and Happy Birthday!!
To My SJMH Family and Friends

I would like to thank each and every one of you for everything you have done to help me in this difficult time. I greatly appreciate everything you have done. I truly am blessed to have all the love and support of my Stonewall family. The way everybody has come forward to support me and help me is amazing. I have never worked with a more giving, loving, and supportive group of people then here at SJMH. I truly am blessed to call you my family and friends. Thank you for your continued thoughts and prayers. You guys ROCK! I will see you soon! Again, from the bottom of my heart, THANK YOU ALL SO VERY MUCH! Love,

Mark Casto

Help Please!

Tiffany Tomey, a CNA on day shift here on Med/Surg has a 2-year-old daughter, who is going to John Hopkins Medical Center on the 20th of this month. She has been given the diagnosis of Adrenoleukodystrophy or ALD disease. Tiffany’s family is selling bracelets to help raise money for medical expenses. Please help Tiffany by purchasing a bracelet.

LPN LICENSES

DEADLINE TO RENEW 6/30/16

NO LICENSE?

NO WORK 7/1/16 & AFTER UNTIL RENEWED

JUNE 30, 2016
IMPORTANT NOTICE

KROGER has terminated the 340B drug program with Stonewall Jackson Memorial Hospital permanently. If you previously used Kroger for your SJMH Health Insurance prescriptions, you will need to move your Rx’s to one of our other participating pharmacies in order to have insurance coverage. They include:

— Country RX – Jane Lew 304-884-7890
— Fast & Friendly - Weston 304-269-3737
— WALMART
  110 Berlin Rd., Weston 304-269-2443
  Rt 33W, Buckhannon 304-472-0834
— CVS - Weston 250 Court St., Weston 304-269-1125
— RITE AID
  218 E. 3rd St, Weston 304-269-7963
  902 N. Lewis St., Glenville 304-462-4438
  168 Main St., Sutton, WV 26601 304-765-2562
  71 W. Main St., Buckhannon, WV 26201 304-472-0150

PLEASE NOTE: We still have not received notification that CVS & WALMART are ready to accept our 340B Prescriptions. We are hopeful it will be very soon, but unfortunately it is out of our hands. We will send out a notice as soon as we receive notification of completion.

The Work Continues

Members of SJMH attended the Try This Conference last week in Buckhannon. We have received grant money for several years to create the playground at Polk Creek and the natural playground/classroom at Willow Street. Plants have been planted and a little stage was recently installed. Pictured at left is Nate Cogar who gave his time to help in the installation. Nastausha Hefner is project manager for Willow Street and Connie Riffle is managing the Polk Creek Park. Dedication for Polk Creek will be on Tues., June 14 at 6 p.m.
Stress is a fact of life, but being “stressed out” isn’t. The more stressed out we are, the more vulnerable we are to colds and illnesses. Stress can cause muscle tension, a stiff neck, tension headaches and spinal misalignment which can lead to a host of other symptoms. Be proactive!

By finding and treating the small problems now, chiropractors can prevent more serious problems from occurring in the future. Better sleep, more energy, increased range of motion and a happier, healthier life are some added bonuses.

Our outstanding team of doctors is ready to help YOU feel well - live well - be well!

**THE CHIROPRACTIC CARE CENTER will be onsite for a discussion on:**

**Stress Management**

**Friday, June 17, 2016 @11:30am**

Join us to learn more about stress...what it is, the triggers, signs and symptoms and most importantly, the techniques you can use every day to manage stress, strain and anxiety in your life.


We want to help...“We’ve got your back!”

*5 doctors onsite *Monday-Friday, 7am-6pm *Most insurances accepted (Medicaid and Medicare too) *Onsite X-RAY *Accepting new patients from Newborns to Senior Citizens
Benefit for Diane Ocheltree
Thursday, June 16
Bake Sale
from 7 a.m. to ?

Hot Dog Sale
11 a.m. to 1 p.m.
$4
2 Hot Dogs, Drink, Chips

ENJOY OUR Delicious HOT DOG
Best in Town!

SJMH | STONEWALL JACKSON MEMORIAL HOSPITAL
Stonewall Jackson Memorial Hospital Social Recreation Committee is excited to announce that we are planning a trip to ACE ADVENTURES in Fayetteville, WV on Saturday, August 13, 2016. The trip is open to family and friends! You will need to bring your own food or purchase food from Ace Adventures. Please visit AceRaft.com for more information on specific events. Be aware that ALL trips go, rain or shine, pack accordingly. The trip must be paid in full to Human Resources by July 8. Please let us know who will be attending and which option that person will be doing.

We will send out more information as we know who is attending. For additional questions, please contact Jessica in HR (x8119).

<table>
<thead>
<tr>
<th>Option #</th>
<th>Description</th>
<th>$/Person Saturday</th>
<th>Special Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1</td>
<td>1/2 Day Lower New &amp; 1/2 Day Lake</td>
<td>$103</td>
<td>9 years, Min 52 inches</td>
</tr>
<tr>
<td>#2</td>
<td>Zip Line &amp; 1/2 Day Lake</td>
<td>$103</td>
<td>8 years, 70lbs-250lbs</td>
</tr>
<tr>
<td>#3</td>
<td>Mud Obs. &amp; 1/2 Day Lake</td>
<td>$61</td>
<td>10 years</td>
</tr>
<tr>
<td>#4</td>
<td>Horseback Riding &amp; 1/2 Day Lake</td>
<td>$82</td>
<td>8 years, Max 275lbs</td>
</tr>
<tr>
<td>#5</td>
<td>Full Day Lake Pass</td>
<td>$21</td>
<td>5 years and under-FREE</td>
</tr>
</tbody>
</table>
Food Help for the Needy
Marianne Marek, our SJMH dietitian attended the Try This Conference last week in Buckhannon. One of the people she met had great information to help people with food assistance. That information is as follows:
WV FOODLINK is a public website that provides vital information to struggling families, emergency food providers, and community leaders who are searching for food assistance resources in the state of WV.

- SEARCH OUR MAP of food assistance resources across WV including their location and hours
- EXPLORE OUR ATLAS describing the state of food insecurity and food assistance in WV.
- SHARE AND DISCOVER new insights, innovations and analysis on hunger, food insecurity and strategies for community development in WV and beyond.
WV FOODLINK is a project form the Food Justice Laboratory in the Department of Geology and Geography at WVU. Learn more at www.foodlink.wvu.edu.

Volunteer Help Needed
The Soc/Rec Committee provides extracurricular events for SJMH. We are looking for some help on events in the fall, especially the creation of a float for the Christmas Parade. Please call Marketing if you are available.

Most common first names in Lewis County, WV among deceased individuals

<table>
<thead>
<tr>
<th>Name</th>
<th>Count</th>
<th>Lived (average)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mary</td>
<td>219</td>
<td>78.9 years</td>
</tr>
<tr>
<td>William</td>
<td>178</td>
<td>74.5 years</td>
</tr>
<tr>
<td>James</td>
<td>176</td>
<td>74.1 years</td>
</tr>
<tr>
<td>John</td>
<td>174</td>
<td>74.6 years</td>
</tr>
<tr>
<td>Charles</td>
<td>136</td>
<td>73.1 years</td>
</tr>
</tbody>
</table>
Salsa Contest Part of Weston Celebration

Weston’s Amazing Week is being celebrated the week of June 10 through 18. As part of the celebration there will be a Salsa Contest at the The Depot Farmers Market on Sat., June 11 at noon. Please have your entry in by 11:45 a.m.

Salsa Contest Rules
• Salsa contest is open to anyone.
• All salsa must be homemade and may be either canned or fresh.
• All safe food handling and canning processes must be followed.
• $50 for first place winner.
• Contestants must supply a minimum of one (1) pint of salsa.
• Salsa will be judged on appearance, taste, and texture.
• Entries are to be turned in from 11:45 am to noon Sat., June 11 at the Depot Farmers Market
• Judging will begin at noon and winners will be announced between 12:15 – 12:30 PM.
• Salsa not used for judging will be made available for sampling during the lunch event.
JOIN US

For a DUCK RACE
at the Polk Creek Community Park Dedication
on Tuesday, June 14 at 6 p.m.
to benefit the Park!

$5 for Your Duck
Purchase at SJMH Front Console, from Connie Riffle, or Julia Spelsberg

First Prize is Dinner for Two at Stonewall Resort
Please...
We have created a lovely garden area next to the Infusion/Oncology Center for patients, friends and visitors. Please, please, please do not smoke there.

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### Social/Recreation Activities, Date, and Manager for the Upcoming Year

<table>
<thead>
<tr>
<th>Event</th>
<th>Month</th>
<th>Event Chair</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital Picnic</td>
<td>Fri, July 15</td>
<td>Rosa</td>
</tr>
<tr>
<td>Kennywood</td>
<td></td>
<td>Derek</td>
</tr>
<tr>
<td>Ace Adventures</td>
<td>Sat, Aug 13</td>
<td>Jessica</td>
</tr>
<tr>
<td>WVU Game</td>
<td>September</td>
<td>Julia</td>
</tr>
<tr>
<td>Dog Jog</td>
<td>Sun, October 18</td>
<td>Julia</td>
</tr>
<tr>
<td>Halloween Block Party</td>
<td>October 31</td>
<td>Julia</td>
</tr>
<tr>
<td>Christmas Parade and After Party</td>
<td>November 26</td>
<td>Julia</td>
</tr>
<tr>
<td>Christmas Parade Float</td>
<td>November 26</td>
<td>Julia</td>
</tr>
<tr>
<td>Children’s Christmas Party</td>
<td>November 28</td>
<td>Julia</td>
</tr>
<tr>
<td>Christmas Support Fund</td>
<td>December</td>
<td>Julia</td>
</tr>
<tr>
<td>Employee Christmas Buffett</td>
<td>December</td>
<td>Looking for new event chair</td>
</tr>
<tr>
<td>Banquet 2017-“Red Carpet”</td>
<td>March 18</td>
<td>Rosa 6pm-8pm</td>
</tr>
<tr>
<td>Wellness Week</td>
<td>January</td>
<td>Derek</td>
</tr>
<tr>
<td>Healthy Heart</td>
<td>February</td>
<td>Derek</td>
</tr>
<tr>
<td>Skating Party</td>
<td>March</td>
<td>Derek</td>
</tr>
<tr>
<td>Doctors Day</td>
<td>March</td>
<td>Derek</td>
</tr>
<tr>
<td>Easter Egg Hunt</td>
<td>March</td>
<td>Derek</td>
</tr>
<tr>
<td>Hospital Week- cookout, cornhole</td>
<td>May</td>
<td>Derek</td>
</tr>
<tr>
<td>ICARE -&gt;MTWThF</td>
<td></td>
<td>Derek</td>
</tr>
</tbody>
</table>

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### Blood Drive

**Stonewall Jackson Memorial Hospital**

230 Hospital Plaza  
Weston, WV  
**Tuesday, July 05, 2016**  
9:00 AM to 2:30 PM  

Blood Donors Save Lives  
Please call 1-800-RED CROSS or visit redcrossblood.org and enter: sjmh to schedule an appointment.

#ChooseYourDay to give July 1-5 for a limited-edition Red Cross lunch cooler, while supplies last!

Prevent a summer shortage. Give blood.

Download the Blood Donor App | redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767
Open Every Saturday through the summer

THE DEPOT FARMERS MARKET

10 a.m. to 2 p.m.

Call Geoff Kraus - Market Master
269-7177

or the City Building
304-269-6141

located at 102 West Second Street, Weston

Facebook: The Depot Farmers Market