The GENERAL

A Publication for the Employees and Friends of Stonewall Jackson Memorial Hospital, Weston, WV

WINTER 2014

SJMH Now Providing Oncology; Fund-raising Under Way for Dept.

It has been more than a decade since patients were able to receive oncology treatments in the Weston area. With the opening of the Stonewall Jackson Memorial Hospital (SJMH) Oncology/Infusion and Vein Center, a new era has begun.

Dr. Yaser Homsi is the Oncology and Infusion Center’s medical director. Marcie Stump, RN, of Weston, and Lisa Sharp, RN, of Buckhannon, are the oncology nurses assisting the patients there. The Center is located on the first floor of the Hospital.

The Center has already begun oncology treatments for several patients. They have treated eight patients thus far.

“The comments from our patients are inspiring for us,” noted Sharp. “They are so thankful that they can receive their treatment here instead of driving to Clarksburg or Morgantown. We have had so many positive comments.”

Nurse supervisor Stump is equally happy with the new service.

“Our chemo patients are in love with Dr. Homsi. He goes way above and beyond. It is so satisfying to be able to help our patients with the new clinic close to their homes,” Stump said.

The Hospital has also begun a fund drive to support the new service for local patients. Several businesses have already begun financial support for the center. A local tele-response company collected items and donated to the Clinic. An Upshur County sewing group has donated hats they created.

Interested parties can donate to: Oncology Clinic, 230 Hospital Plaza, Weston, WV 26452.

Right Place at Right Time

One high school basketball official can thank his lucky stars that some people were in the right place, at the right time, and with the perfect equipment to save his life.

According to SJMH cardiac rehabilitation nurse Kristi Gannon, a recent basketball game between Lewis County High School and Harrison County’s Lincoln High School was uneventful until the third quarter of the game when one of the referees fell to the floor. He was unresponsive and turning blue. The game was stopped and the gym was cleared of spectators.

Gannon, who is very well-schooled in heart conditions, was able to get to the referee’s side and begin cardiopulmonary resuscitation (CPR.) She was quickly joined by Weston family physician Dr. Rob Snuffer in the lifesaving effort.

Fortunately, the gym was equipped with an automated external defibrillator (AED) and 911 was called. Kristi said that this was the first time that the AED had been used but this was exactly why so many schools are equipped with them now.

The AED is a portable device that automatically diagnoses the potentially life-threatening cardiac arrhythmias of v-fib and v-tach. Ventricular fibrillation is a cause of cardiac arrest and sudden cardiac death. The ventricular muscle twitches randomly rather than...
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contracting in a coordinated fashion in this situation. Ventricular tachycardia is a type of tachycardia, or a rapid heart beat, that starts in the bottom chambers of the heart, called the ventricles. The ventricles are the main pumping chambers of the heart. This is a potentially life-threatening arrhythmia because it may lead to ventricular fibrillation, asystole, and sudden death.

The AED is very simple to use when one follows its commands. The AED is designed specifically for lay people to use in an emergency.

In this instance, CPR (compressions and resuscitation breathing) was immediately started, followed by one discharge from the AED. The patient immediately responded and began talking. The patient’s complete recovery was credited to the quick response.

“We hooked up the AED and after it analyzed his rhythm it shocked him. He immediately came back,” said Gannon. “I then said a prayer with him and whispered in his ear he was given a second chance. The emergency squad was there and we got an IV secured.”

The importance of the functioning AED was crucial in this case. The device makes it possible for people to respond to a medical emergency when defibrillation is required. Because the AED is portable, it can be easily used by nonmedical people. When the AED is made part of the CPR and rapid use of 911, the outcome for the patient improves dramatically.

Kristi spoke with the referee’s wife and explained everything to her and what was going to happen next. Kristi said that the whole incident was textbook just like one sees in the movies… it was a happy ending to a scary situation.

The patient was transported to the emergency department at United Hospital Center in Clarksburg and then on to West Virginia University for treatment.

Kristi said that she and Dr. Snuffer have always worked well together. They are both board members of the Lewis County Heart Society, which purchased AEDs for many local fire departments in the late 90’s and early 2000.

“There is no doubt that the AED saved that referee’s life,” noted Dr. Snuffer.

Kristi says that she gives all the credit to God, who gives her the knowledge and skills she needs to save lives. She also said that all of the emergency room experience and advanced cardiovascular life support (ACLS) certifications, helps, but she knows that our purpose in life is to be the hands and feet of Jesus and that is what she does every day, 24 hours a day, 7 days a week, when she is at work at Stownewall.

Avery has three siblings – Kathrine, and Harlie Phares and Emyl Lee Shields, of Cedarville.

The 2014 New Year’s Baby

The first baby of 2014 in Lewis County was born January 2, 2014, at 8:15 p.m., delivered by emergency room physician Jeffrey Cook, M.D. at Stonewall Jackson Memorial Hospital.

The little girl came just a few minutes after her mother and father, Jessica and David Charles Phares, II, arrived at the Weston facility from Glenville.

“Jessica got home from work about 6:30,” said father David, “and said she thought it was time to come to the Hospital. We were in the middle of a bad snowstorm; her contractions were every two minutes; we could only go thirty miles an hour; and after doing the math in my head I didn’t think we would make it,” he explained.

His wife agreed when they got to the county line separating Lewis and Gilmer County that she was not going to make it here.

But the couple arrived just in time to have Jessica rushed to the Special Delivery Department at SJMH. Staff told Jessica not to push until they arrived in the unit and then it only took two pushes to bring the beautiful baby girl into the world.

Avery Ann Phares weighed seven pounds, thirteen ounces, and measured twenty inches long. She was due January 12 but arrived ten days early. The baby’s maternal grandparents are Gary and Brenda Wolfe, of Glenville. Paternal grandparents are David Charles and Barbara Phares, of Glenville. Maternal great-grandparents are Dessie Wolfe, of Glenville, and Noel and Jo Ann Roberts, of Glenville. Paternal great-grandparents are Delphia Phares, of Cedarville, and Emyl Lee Shields, of Cedarville.

Avery has three siblings – Kathrine, and Harlie Phares and Josh Butcher. Jessica is employed by M and R Insurance, of Glenville, and the new father works for W Scharp Well Service, of Glenville.

As her dad said, “Her arrival was unexpected and she came with the storm!”

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New Process

In an effort to provide better customer service, the Respiratory Care Department has revamped its procedure for patients needing EKGs. Previously, the patient registered; Registration contacted a Respiratory therapist to advise them of the patient; and then the patient went to the ground floor department to wait for the therapist. This sometimes meant that patients were wandering the ground floor looking for the department, and once there, might have to wait for the therapist.

Now when a patient comes in and registers, Registration will call Respiratory and the therapist will come to Registration to take the patient to the department. This is so helpful to the patient and to our efforts to make our customer service the best in the region. We sometimes forget that our patients are sick, many times elderly, and they really don’t want to be in a hospital. That makes it even more important to do everything possible to make their visit with us a pleasant experience.

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As Kristi said, everyone should try to learn CPR because we never know when we will run into a situation like this.

“It is so important that everyone in the facility know where the AED is located for this type of emergency,” said Gannon.

She also noted that the American Heart Association offers AED training through training centers. To locate the nearest center, call 1-888-CPRLINE.

Stonewall Jackson Memorial Hospital recently bought new AEDs for its own facility.
Avah Stalnaker Honored with Wesleyan Achievement Award

Homecoming Weekend at West Virginia Wesleyan College is a time for alumni, faculty, staff, and students to rekindle old friendships and celebrate achievements. In October, the College recognized nine individuals who, through their personal and professional accomplishments and commitments, exemplify the spirit, service and excellence that Wesleyan seeks to instill in those who pass through the College’s hallowed halls.

SJMH Welcomes New CNO

The staff of Stonewall Jackson Memorial Hospital is pleased to welcome new Chief Nursing Officer David Courson to our facility. Before coming to SJMH he was an Administrator on Duty (AOD) at the University of Pittsburgh Medical Center (UPMC) – Presbyterian Shadyside.

He is the son of David and Naomi Courson of New Castle, PA. He graduated from New Castle High School and attended the St. Francis School of Nursing. He received his Bachelor of Science in Nursing (BSN) from Slippery Rock University and his Master of Science in Nursing (MSN) from Duquesne University. Presently, he is a doctoral student in health administration. After leaving AstraZeneca, he became an Administrator on Duty at UPMC Presbyterian Shadyside. As the AOD, he was responsible for the operations of this 520-bed, tertiary, Magnet™, hospital for his assigned shift.

In conjunctions with his administrative positions, David values maintaining his clinical skills. His philosophy is that sound hospital leaders possess strong clinical skills as well as solid leadership capabilities.

He further explained: “I always enjoyed working as a staff nurse so that I could maintain my clinical skills and truly appreciate the shoes that our care providers walk in. This is why I always worked as a staff nurse in some capacity since I graduated from nursing school.”

He knows that he has a lot to learn when coming to our rural 70-bed hospital.

“I plan on taking the first three months to learn the culture of the hospital and connect with the people that make a difference in the lives of our patients each and every day. I want to learn our strengths and opportunities. I know that the Hospital has begun a journey to excellence and I know that it is well within our reach,” he explained. He also noted that patient satisfaction is quite important for him. He mentions that there is an evidence-based correlation among patient satisfaction,
**SJMH Is Now Providing the Latest In Stereotactic Breast Biopsies**

Stonewall Jackson Memorial Hospital has expanded its health and wellness services available to women with the addition of Digital Stereotactic Breast Biopsies. Surgeon Paula Galloway, M.D., is providing the service.

Stereotactic breast biopsies represent an accurate and precise sampling of tissue without surgery from a suspected abnormality found on a mammogram. Since most women with an abnormal mammogram do not have breast cancer, but rather one of several benign breast conditions, stereotactic breast biopsy spares most women the discomfort and scarring associated with a surgical breast biopsy and allows them to immediately resume normal activities.

A stereotactic breast biopsy is an image-guided biopsy that uses a special computer to guide a needle to an abnormality seen on a digital x-ray. Stereotactic vacuum-assisted biopsy is a simple procedure that is less invasive than surgical biopsy, leaves little or no scarring, collects multiple tissue samples during one needle insertion, and is quickly performed. By stereo imaging, two-dimensional digital images of one's breast are taken from two different angles. The computer uses the data from each image and calculates the three-dimensional location coordinates of the breast abnormality. This precise information allows the doctor or radiologist to accurately sample tissue for diagnosis. A large percentage of these abnormalities are benign and present no health risks.

Patient benefits include:
- Simple and safe
- Minimal discomfort; little or no pain
- No stitches are needed (incision is so small only a bandage is used)
- Little or no scarring of the breast
- Quick recovery
- Appointment is usually completed within an hour in a comfortable outpatient setting
- Results are accurate

Early breast cancer detection is critical for the best prognosis. Microcalcified sites can be an important early warning sign of malignancy in the mammary glands. Some 80% of these calcium accumulations are benign, or noncancerous. This center uses the most advanced technology available to aid in the detection and diagnosis of breast cancer. Siemens’ MammoTest digital prone table and Suros’ Eviva breast biopsy system from Hologic are used for this procedure and have been designed to make this procedure as comfortable as possible while producing superior clinical results.

**BRIEF DESCRIPTION:**
A Stereotactic Breast Biopsy is the most accurate, efficient and minimally invasive biopsy technique today. This outpatient procedure allows patients to immediately resume normal activities and requires only a small incision while minimizing discomfort.

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**Floating Punch Bowl**

The Theresa Snaith Hospital Auxiliary hosts the annual Floating Punch Bowl around Valentine’s Day every year. Janet Lockard, along with Beverly Elliott and Kim Kemper (pictured above), hosted this year’s event Fri., Feb. 14. The auxiliary members provided dozens and dozens of cookies, cakes and punch for the SJMH staff. Many thanks to the Auxiliary for their thoughtfulness!
September Choice Is Tonya Stewart

Tonya Stewart, from the Surgery Department, was selected as the SJMH Employee of the Month for September 2013. She began work here in March 2006. She and her late husband, Shawn, have one son, five-year-old Zane. She is the daughter of Everett and Helen Randolph, of Jane Lew.

Tonya is a Lewis County native and graduated from Lewis County High School. She received her Bachelor of Science in Nursing from Fairmont State University.

Her nominator was very complimentary and noted, “Tonya is a superior nurse who treats all of her patients and co-workers with kindness, respect, and gentleness. I have seen her go ‘above and beyond’ for her patients consistently and is a great support person to her co-workers. She definitely exemplifies the qualities we want to see in all the employees here at SJMH. She does great things and never expects anything in return. She is one of the ‘unsung heroes’ here at SJMH. She is also very involved in the community and schools.”

Tonya was also complimentary of the Hospital and said, “I truly enjoy the people around here. It is a small hospital and our patients are treated like family. It is a lovely, hospitable atmosphere.”

Angela Simmons is Chosen for October

Angela Simmons, RN, was selected as the SJMH Employee of the Month for October 2013. She started at SJMH in 2007 in the Med/Surg Department and transferred to the Surgery Department in 2011.

Angela is originally from Henderson, NC, but her husband, Jeff, was raised in Doddridge County. Though living in NC, he always wanted to come back to West Virginia. The couple chose Lewis County for their new home since there were family members in the area.

The couple has been married for 24 years. They have two children. Their oldest son, Zachary, is in basic training at Fort Jackson, SC. The youngest child, Hannah, is a biology major at West Virginia Wesleyan College.

Angela received her associate degree from Vance Granville Community College in North Carolina.

She had a number of co-workers who signed her nomination.

In part, the nominators wrote, “Angela always jumps in to help out. She treats everyone with respect and is here and ready to get to work all the time. She has a positive and cheerful attitude when she goes above and beyond all the time...Angela goes out of her way to see things run smoothly and consistently. She is very good as a patient advocate and is an excellent nurse.”

Another co-worker wrote, “Angela has a great attitude with a lively personality. She is cheerful, happy, helpful and is an amazing nurse.”

Angela was equally complimentary and said, “I really enjoy the family-like atmosphere at SJMH. It is easy to do your job when you are surrounded by people who are as hard working and dedicated as my surgery family.”

In her spare time, Angela says that her outside interests are reading, watching documentaries, sightseeing and spending time with family.

Pulmonologist Dr. Kurdi (pictured at left) spoke to seniors at the LC Senior Center on COPD Awareness Day. The event was coordinated by SJMH’s Pulmonary Rehabilitation Department.
November Choice is Andy Goldsmith

Andy Goldsmith, of the SJMH ICU department, was named November 2013 Employee of the Month at the local healthcare facility.

Goldsmith began work at SJMH in January 2010 as an aide on the Med/Surg Unit. He also worked in Telemetry as an aide before becoming a cardiac monitor technician in the ICU.

He is a Lewis County native and Lewis County High School graduate. He received a degree from Glenville State College in psychology. His parents, Andy and Vicki Goldsmith, live at Pricetown. Andy also lives in that area. He has a 3-year-old son, Cameron.

Andy’s nominator noted, “I am impressed with the exceptional quality of service he provides to every patient in his care. He goes above and beyond his call of duty to get a job done and ensures the care and well-being of every patient. His attention to detail and determination are definitely outstanding, especially in high stress situations. He displays an ‘always’ wonderful attitude and kindness throughout every shift. He is highly motivational and inspirational. Andy is an absolute joy to work with.”

Andy was equally complimentary of his co-workers and said, “This is the best place to work. Everyone is wonderful. I want to thank them for this honor and feel that they all should have received this.”

In his spare time, Andy said that he enjoys being a dad, working on his home and car, listening to music, and doing volunteer work.

December Choice is Heather Ryan

Heather Ryan, of the SJMH Human Resources (HR) department, was selected as the Employee of the Month for December 2013. She began work here in May 2012.

Heather is a Buckhannon resident, where she lives with her husband, Eric, and three children – Emleigh, 10, Caleb, 8, and Chase, 4.

She was born in Arlington, VA, and graduated from Jefferson County High School in the Eastern Panhandle. She attended West Virginia Junior College and gained HR experience while working at Lowes, in Buckhannon.

Her nominator wrote, “Heather always has a smile on her face and a cheerful attitude. She goes out of her way to help others who may need something as well as giving her time on other committees such as Relay for Life.”

Heather is enthusiastic about her job at SJMH and noted that she truly enjoys working at the Hospital. She feels that everyone is friendly and helpful. She also noted that the Administration is great and very involved with the SJMH employees.

Heather said that she has to run the children to lots of extracurricular activities but in the little spare time that she has, she enjoys reading and baking.

Dates to Mark on Your Calendar

- The 29th Annual Awards Dinner is Sat., March 1.
- The Semi-Annual Uniform Sale will be Thurs., March 6, in the SJMH Boardroom.
- The Annual Skating Party is Thurs., March 13, at Bridgeport Skateworld.
- Spring Wellness Day is Fri., March 28, from 10 a.m. to 1 p.m. at the LC Senior Center.
- The 7th Annual Weston 5K Run and Wellness Walk is Sat., April 12. Soc/Rec will pay for employees’ pre-registration.
- The annual Free Women’s Health Screening is Fri., May 9 at Mountaineer Healthcare for Women. Call Julia at 304-269-1867 for reservations.
- The Annual Picnic will be Fri., July 18, at the Lewis County Park.
Dr. Cormier Leaves Medicine After 34 Years

Obstetrician/gynecologist Dr. Serge Cormier has left his medical practice at Mountaineer Healthcare for Women due to health issues. He has been on the SJMH staff since 2006. He was born and trained in Canada but came to the United States in January 1992 and practiced medicine for 34 years.

His departure from medicine was very sad for the SJMH staff and his patients. He noted in a newspaper ad, “I would like to take this opportunity to thank my many patients, who over the years have brought such happiness to my life. There is no greater fulfillment than being able to deliver babies to joyous parents.

“It has been a blessing to be able to do it for so many years and I want to thank all of my patients for allowing me to be part of such a personal experience.

“I am very sorry to leave my practice at this time, due to medical issues, but know that my patients will receive the best of care from my colleagues - Dr. Tony Naim, Dr. Matthew Denti, and midwife Vicki Smith.

“I want to stay and continue the work I love, but my doctor says that I cannot.”

His good friend and co-worker Dr. Peter Edgerton noted, “This is a great loss to our Hospital, the community, the staff and his patients. He has a great pair of hands and great judgment while performing surgery. He is a great doctor and a great friend to me.”

Dr. Cormier was born in L’Assomption, a small town outside of Montreal, Quebec. His mother Gisele still lives there. He attended high school and college there studying Greek, Latin, and philosophy. When he turned 20 years old he was in medical school at the University of Montreal.

He served as an army doctor for the Green Berets of Canada from 1979 to 1982. He was also a flight surgeon and was stationed for three years at Lahr, Germany.

He left the military to pursue his dream of becoming an OB/GYN. He studied at the University of Ottawa in that specialty and practiced for ten years in Canada.

“In 1991, I was so busy that I delivered 49 babies and performed 50 surgeries in one month. I decided that it was too much and I had become a slave,” he explained. “So I answered an ad for a ‘headhunter’ and told them I wanted to go to a small rural area. So I ended up in Elkins, WV.”

“A couple days after I spoke to the recruiting company, I received airplane tickets and was on my way to Elkins. I never looked anywhere else for a position,” he said.

Dr. Cormier guesses that he has delivered about 9,000 babies during his career and performed at least 10,000 surgeries. He estimates that he delivered 2,500 babies in West Virginia. He says, “Deliveries are always touching events.”

“I still have tears in my eyes when I deliver a baby. It is hard to explain but I just loved my job. It is such a rewarding experience, even though we have the worst hours; the most liability; but it is the most satisfying experience,” he said.

He also explained that as an OB/GYN he was able to establish relationships with patients that lasted decades.

“Recently, I delivered a baby for two parents and I discovered I had delivered both of them as well. That made me feel old,” he laughed.

SJMH CEO Avah Stalnaker noted, “Dr. Cormier will be truly missed by his patients, the medical staff, office staff, special delivery birthing center, and surgical staff. Not only is he an excellent physician and person but an asset to administration due to his expertise serving on medical staff committees over the years. He quickly assimilated into our community with his love of hunting and farming. We are all sad to see him leave.”

Chief Operating Officer Kevin Stalnaker also commented on the departure, “It is clear from the first time you meet Dr. Cormier that he has passion for his work and a deep compassion for his patients. We appreciate his compassion as it is a pillar of our philosophy here at our hospital. Dr. Cormier has respect from hospital administrators and peers alike. He is a wonderful individual and he will be missed by all of us here at SJMH.”

Dr. Cormier and his wife Tammy live in Weston. His children are: Amelie Cormier, a nurse a United Hospital Center; the late Anne Sophie; Christophe Cormier; and Sierra Floyd. He has four grandchildren – Eva Summerfield, Zoe Ellifritz, Ashlynn Floyd, and Brighton Floyd.

In summing up his 34 years of medical practice, Dr. Cormier said, “I always tried to be a good doctor.”

SJMH is now able to provide in-hospital dialysis treatment for patients. Pictured above is Joan Kennedy, the first patient using this new service, and Stacy Satterfield, RN, the acute care manager for Fresenius Medical Care, the company providing the new SJMH service.
Donna Brooks Retires from SJMH Physician Office

Donna Brooks, of Dr. Mahmoud’s medical office, retired in December 2013, after many years at our Hospital.

She began as a receptionist at the late Dr. Charles Lively’s office on Center Avenue, in Weston, in 1981. When Dr. Lively became part of the SJMH family, Donna also joined the SJMH staff, in 1998. After Dr. Lively’s office was moved to Jane Lew, she moved there. In 2011, she transferred to Dr. Mahmoud’s office on the Hospital campus.

Donna noted that she was very fortunate to have worked for so many years for such wonderful physicians as Dr. Lively and Dr. Mahmoud.

“I was lucky to have a job with Dr. Lively. He was such a gentleman and just a wonderful person,” she said. “He loved his community and he treated his office staff like family. I was so happy to work for him. After Dr. Lively retired, we then moved to the new facility at Jane Lew in 2006 and it was an equally nice place to work. In 2011, I was very fortunate that I got to move back to Weston and work in Dr. Mahmoud’s office. I have really enjoyed working for him. He is wonderful and really ran his office much the way Dr. Lively ran his. It has been a nice quiet atmosphere for me,” she said.

During Donna’s retirement reception, SJMH CEO Avah Stalnaker spoke glowingly of the great job that Donna did for the Hospital. Stalnaker also noted that in 2003, Donna was selected as the Employee of the Month for September.

At that time, the Employee of the Month nominator wrote, “Donna is an exemplary employee of Lively Healthcare Center. She is very devoted and loyal to her position, the patients and families and her co-workers. She is a very caring and thoughtful person and the patient satisfaction surveys from Dr. Lively’s office speak for themselves. The surveys note that ‘Donna is great’ and ‘Donna is the best in the doctors’ office business’. Donna has become proficient in the use of the computer and is performing electronic billing as the office has changed from a totally manual system to a computerized one.”

With retirement, Donna can now spend her days at home with her husband, George. He is a retired glassblower from Louie Glass in Weston. He began work at the age of 19 and retired when the company shut down in 2002. She has one son, Zach Brumund.

“I decided to retire because I wasn’t keeping up with the advancements in technology that are taking place here. I feel that if I can’t do my best then I needed to retire. I just wasn’t computer literate enough for some of the new things,” she said.

When looking to the future, she would like to do some traveling but for now she is just taking it easy.

“We play cards every other weekend and just have a pleasant time,” said Donna.

Her parents are the late Arnold M. and Eugena McCartney Oldaker, of Westonn. She has several siblings including the late Paula Dehainaut, Sheila Wickline, Jerry Oldaker, Arnold “Junie” Oldaker, and Charles Thomas Oldaker.

Is Certified

Suzie Johnston, the patient financial advisor at SJMH, recently passed the curriculum for in-person assistance training. This designation allows Suzie to work with customers seeking help with the Affordable Care Act health insurance coverage.

Donna Brooks Retires from SJMH Physician Office

Donna Brooks, center, is shown with her husband, George, and son, Zach Brumund, at her retirement party.

Donna Brooks Retires from SJMH Physician Office

Our sincere condolences to these members of our SJMH family on their losses:

- Melissa White on the passing of her grandmother;
- Dr. Paula Galloway on the passing of her mother;
- Tommy Bragg on the passing of his father-in-law;
- Heather Goodwin on the passing of her father-in-law;
- Peggy Smith on the passing of her father;
- Kathy Daley on the passing of her sister;
- Lisa Barrett on the passing of her son and her son-in-law;
- Julia Spelsberg on the passing of her brother-in-law; and
- Nick Bakas on the passing of his stepfather.

We offer you our sympathy.
The staff of the Pulmonary Rehab Department at SJMH has been awarded accreditation by the American Association of Cardiovascular and Pulmonary Rehabilitation for the local pulmonary rehab program. The SJMH program is called “Breathe Easy” (One Step at a Time) and is coordinated by Nurse Manager Kristi Gannon. Other staff includes George Butcher, RN; Peggy Burkhammer; Susan Carpenter; Katie Gum, RN; Erin Hunt, MS EXPH; and Leslie Sprouse, RN.

The Pulmonary Rehabilitation staff works with patients suffering with chronic lung disease. Patients suffer both physically and psychologically with the disease. The SJMH staff helps those struggling with the disability to return to a more healthy and satisfying lifestyle. The program provides a comprehensive approach to patient care, including education about pulmonary diseases, lifestyle changes, incorporation of mild physical activity, and handling the psychological effects of a patient’s condition.

The program is customized to meet each patient’s needs, under the medical direction of Dr. Frank Scattaregia. The ultimate goal of the program is to rehabilitate the patient to his or her maximum potential and reduce the number of life-threatening respiratory occurrences or hospitalizations. Family members are welcome to participate in the treatment program and learn how to support the patient.

During the eight- to twelve-week program, staff takes the time to get to know the patient by completing a medical history, conducting diagnostic testing and a physical evaluation, and completing an assessment of the patient’s knowledge about his/her condition and pulmonary disease in general. An important part of the program includes setting goals for patients. Once goals are set, each patient’s progress is monitored and adjusted as necessary. This ensures that the patient receives the education and training most appropriate for him/her.

Each patient will undergo supervised exercise therapy to improve muscle conditioning and cardiovascular fitness. Exercise will be tailored to the patient’s specific needs and abilities. Types of exercise may include walking, stair climbing, strength conditioning, stretching maneuvers, and respiratory muscle training.

The education component of the program is conducted in small group sessions or on an individual basis. The program coordinators believe that knowledge is a key for developing one’s pulmonary rehabilitation potential. Some of the subjects discussed in education and training sessions include:

- Breathing retraining
- Inhaler (MDI) instruction
- Anatomy of the respiratory system
- Coping with chronic disease
- Medication usage
- Importance of exercise

Once a patient has completed the program, staff help develop a plan for self-management and treatment at home. The patient may experience a number of improvements, including:

- Control and alleviate the symptoms and complications of respiratory impairment
- Achieve optimal capacity to carry out activities of daily living
- Decrease psychological symptoms such as anxiety or depression
- Increase exercise tolerance
- Reduce hospitalizations

If patients would like more information or to participate in the program, they can call 304-269-8099 or ask their physician.

Pictured above are the SJMH Pulmonary Rehab Employees. Kneeling, left to right – Kristi Gannon, Peggy Burkhammer, and Katie Gum; standing, left to right – Leslie Sprouse, Erin Hunt, Susan Carpenter, and George Butcher.

It may be cold outside, but when the snow melts outside now, remember to get in shape at our own track around the back parking lot. A group of walkers (pictured at left) will be ready to go when the thermometer reaches above negative one! This picture was taken last fall.
At the Legislature

Members of SJMH staff traveled to Charleston on Thurs., Feb. 6, to visit the WV Legislature and meet with our representatives. Pictured above, left to right, are: Derek Garrett, Michael Barrick, Diane Ocheltree, and Rick Thomason. Not pictured are Kevin Stalnaker and Julia Spelsberg.

Former SJMH Board Member R. G. “Chick” Lockard Passes

The SJMH staff was very saddened by the passing of former board member Chick Lockard. He retired in 2013 from the board but remained on the SJMH Company. He had a true love of our Hospital and devoted his life to the betterment of the Hospital. His obituary follows:

Roy G. “Chick” Lockard, 84, of Weston, Pricetown Community, passed away at 12:44 a.m. Sunday, January 12, 2014, in the United Hospital Center in Bridgeport following an extended illness. He was born at the home place in Pricetown on September 25, 1929, a son of the late Carres and Theora Heckert Lockard. He was twice married, first on August 14, 1950, to the former Madge Greene (who preceded him in death on June 16, 2013), then on May 20, 1990, to the former Janet Crawford who survives. Also surviving are two sons: Jim Lockard of Pricetown and Steve Lockard and wife Louise of North Tazewell, VA; one stepson, Nick Bakas, and wife Catherine of Pricetown; six grandchildren: Kelley Nicholson and husband Darla, Sadie Hoover and husband Max, Lee Ann VanArtsdalen and husband Dave, Ashley Bakas and Elle Lockard; eight great-grandchildren: Taylor, Kyra, Makenzie, Bethany, Caleb, Isaac, Isabella, and Levi; one sister, Elnora Smith of Wilmington, NC; several nieces and nephews; "adopted" grandson, Chad Stout and family; and his faithful companion and beloved dog, Lad Lockard. He was preceded in death by one brother, Jack Lockard, and two sisters, Mary West and Madalyn Anderson.

Chick first worked as a trucker and worked for Grafton Coal for 27 years, 13 of those as a general supervisor. During that time, he only missed two days of work due to illness. He owned Kelley Coal, which he operated from 1977 to 1990, Superior Mining and Supply, then Lockard and Sons, before finally retiring. Mr. Lockard was elected to the Stonewall Jackson Memorial Hospital Company in 1977. He served as President of the Board from 1988-1989 and again from 1998 to 2001. Chick was an active board member for many years and served on many committees. He always had an interest in the employees’ well-being, as well as the Hospital and its properties. When the hospital was first built, he plowed snow from the parking lot before going to work. He was truly a self-made man. He quit school in the 10th grade to work in the oil fields. He later completed his high school degree after serving in the US Navy. He finished a skilled training engineering school while still in the service. He was an honored veteran of WWII and the Korean War. Chick served as chairman of the Surface Mining and Coal Assoc. from 1988 to 1989. He was instrumental in establishing the Stonewall Jackson Lake; both he and his wife served on the committee. Chick was a charter member of Deerfield Country Club and Pricetown VFD. He was a member of the WV Mountaineers Gold Coat Club, Lewis Co. Boot and Saddle Club, and the Lewis Co. Farm Bureau. He was an avid deer hunter who also enjoyed horseback riding, feeding the wild birds, and watching John Wayne movies. He was a spirited fan of the Green Bay Packers, Pittsburgh Steelers and WVU Mountaineers. He was a proud supporter of the Special Olympics; a faithful member of the Waldeck United Methodist Church, where he served as former superintendent and taught Sunday School; and in 1987, he was elected Lewis County Chamber Member of the Year. Chick and Janet are also proprietors of a farm, which houses many, many cats, four dogs, two ponies, four rabbits and a neighbor's cattle and horses.

He enjoyed his family and was very proud of his grandchildren and great-grandchildren.
Strategic Plan 2014-2016

SJMH Administration recently released the Hospital’s Strategic Plan for 2014-2016. It encompasses five areas of importance for us. Here are the five pillars of the plan.

FISCAL AND OPERATIONS

Goal 1: Maintain Financial Stability - With expected reduced reimbursement from all payers by as much as 20% in comparison with today’s payments, it is an imperative to increase net revenue, control the cost per unit of service and streamline the revenue cycle without a loss of quality.

Objectives:
1.1 Expand or enhance current services and add new services.
   a. Evaluate cost/benefit analysis of building a new facility.
   b. Evaluate cost/benefit analysis on renovations and technology investments in the existing space.
1.2 Prepare for new payment models—such as value-based purchasing, shared savings, and bundled hospital-physician payments.
1.3 Optimize the revenue cycle management process to improve financial performance and benchmark financial performance against published best practices.
1.4 Explore an alliance/partnership with other hospitals to create economies of scale giving consideration to the following options:
   a. Creating a Regional Alliance with the hospitals in West Virginia to leverage economies of scale, shared services to reduce cost and establishment of clinical service alliances to fend off large health systems’ acquisition of individual hospitals;
   b. Combine ownership, services and operations of Stonewall Jackson and another Hospital.
   c. Align with one major health system in West Virginia if local services and resources are enhanced and clinical continuity of care is improved.
   d. Remain an independent hospital
   e. Create a hybrid using a combination of the above.

QUALITY OF CARE

Goal 2: The hospital, in partnership with the medical staff, will develop initiatives which will result in providing excellent care to all we serve.

Objectives:
2.1 To achieve and maintain the top decile of performance for appropriate quality of care indicators and outcomes.
   a. This may include a reinvestment in the Quality function tools (such as balanced score cards), protocols, processes, and infrastructure for use by physicians, the hospital staff, payers, and other providers along the continuum of care.
   b. Culture of Excellence for Quality and Safety

CUSTOMER SERVICE

Goal 3: To be the Provider of Choice in the identified service area.

Objectives:
3.1 Assist in improving the image of the hospital in the eyes of the patients and the public.
3.2 Provide outstanding customer service to achieve top decile for CMS HCAHPS scores.
   a. Keep wait times to a minimum
   b. Ensure consistency in meeting patient expectations throughout the organization
   c. Maintain a sense of accountability and responsibility for leadership positions to serve as role models and make part of the staff performance evaluations.
3.3 Explore options for outpatient and ED patient satisfaction surveys.

WORKFORCE

Goal 4: Recruit and retain a quality workforce and create a rewarding work environment.

Objectives:
4.1 Analyze and invest in medical and staff workforce to meet specific strategies to (1) grow the Stonewall Jackson patient service area, (2) develop and expand specific service-lines and (3) fit the skills and talents of the employees to the mission.
4.2 Achieve high physician satisfaction and engagement through involvement of the medical staff in developing the action plans for the strategic plan.

Continued on next page...
4.3 Conduct staff satisfaction and engagement survey with high participation to understand opportunities for improvement and implement action plans to improve results.

4.4 Implement hiring practices that ensure the right person (staff, leadership and physicians) for the right position.

4.5 Invest in continued development of leadership and staff knowledge and skills in quality, team building, and process improvement techniques.

GROWTH

Goal 5: Grow market presence and broaden the service base to ensure Stonewall Jackson Memorial Hospital’s future sustainability and fiscal viability.

Objectives:

5.1 Establish targets to increase market share in Upshur, Braxton and Lewis counties as a top priority and Gilmer and Harrison counties as the secondary priority.

5.2 Attract specialty physician groups to provide more services and capabilities locally, further enhancing clinical integration.

5.3 Deploy and market existing specialty physicians into secondary target markets.

5.4 Through a comprehensive marketing plan we will inform and educate people in the primary and secondary markets on the quality and extent of services provided by SJMH in the region.

5.5 Grow select service lines to drive net margin growth in the following areas: Primary Care, Orthopedic Surgery, General Surgery, and Women’s Health.

5.6 Explore expanding and/or redesigning the Emergency Department, as the ED is the ‘front door’ of the hospital with the goal of better patient access.

The staff at Weston Orthopedic and Sports Medicine Center recently received reaccreditation for their durable medical equipment (DME) program. The designation was provided by Healthcare Quality Association on Accreditation® (HQAA), a national company which provides performance standards throughout the industry for DMEs. Weston Orthopedic and Sports Medicine Center is a division of Stonewall Jackson Memorial Hospital (SJMH).

“Our entire staff at Weston Orthopedic worked hard to help make our process compliant. We had to make a few changes but those changes significantly helped our practices” said Matthew Morrison, assistant director of physician clinics for SJMH.

Preparing for national surveys like the one undertaken by Weston Orthopedic takes many months of preparation. Morrison began reviewing and strategizing in September 2013.

“The surveyor arrived in December for a one-day survey and was very detailed in her approach. This is beneficial because we all learn from these surveys,” Morrison continued. “She went through everything, including the office’s procedures, billing records, and even how our clinicians fit the patients with the equipment.”

Accreditation by the company attests to the quality of services provided to the Weston Orthopedic patients. According to HQAA, they have set standards for the industry, which benefit all patients.

“While HQAA places great emphasis on thorough online documentation review, our on-site surveys are every bit as meticulous. All site visits are unannounced and not only verify the submitted documentation, but include detailed observation of patient care and processes. As a result, HQAA consistently garners high customer satisfaction ratings with their accredited providers,” noted the accreditation company.
Over 25 million Americans suffer daily with painful, swollen legs as a result of venous disease. Called venous insufficiency, this condition is the result of faulty valves in the veins and is usually associated with bulging varicose veins. In a healthy vein, there are one-way valves that allow the blood to move toward the heart, but not away. In a diseased vein, these valves do not work properly, allowing the blood to fall downward in between heartbeats. This back-and-forth motion of blood leads to an increased venous blood pressure resulting in inflammation of the tissues around the vein. This inflammation can cause leg pain, swelling, bulging, varicose veins, heaviness, restlessness, cramps, skin discoloration, numbness, tingling, ulcer, and blood clots. Left untreated, this condition worsens over time.

Stonewall Jackson Memorial Hospital has opened a Vein Center to assess and treat patients with the disease. The department has offered free vein screenings at five events and has been able to assess several hundred patients over the past three months.

The screenings assess the patient's risk factors for venous disease and staff is able to educate the patient about a new minimally invasive procedure that can relieve the symptoms without the pain and inconvenience of traditional treatments. The department is staffed by registered nurses Marcie Stump and Lisa Sharp. The physicians providing the vein treatment are Dr. Peter Edgerton, Dr. Brian Hornsby, and Dr. Paula Galloway.

Radiology technicians participating in the vein screenings are: C. Gum, RT; RDMS, RVT; Marissa Jackson, RT, RDMS, RVT; and Brenda Tonkin, RT.

Dr. Peter Edgerton
Dr. Paula Galloway
Dr. Brian Hornsby

The Physical Therapy Department at SJMH will soon have a new home located on West Second Street, Weston. The building once housed the Weston Foodland store. Over the past four months, the building has been undergoing extensive renovations to house the PT Department, and eventually, several SJMH physicians.

The new facility will provide much-needed space and service opportunity for the patients SJMH serves. Matt DeGarmo, supervisor for the department, is excited about the move.

“This move will really help us grow in our outpatient services area,” said DeGarmo. “The extra area and new equipment will really help us stay competitive in this current healthcare environment.”

The new office will triple the area for the department; increase the private treatment rooms; provide better care with all-new equipment; provide a hand treatment station; add a pediatric and wound care center; and add a second traction unit for lumbar and cervical treatment.

IRS Saver’s Credit

You may be entitled to a tax credit on your 2013 Federal Income Tax Return if you contributed to an IRA or employee voluntary contribution plan in 2013. To qualify, you must have an adjusted gross income of less than $29,500 if filing Single, $44,250 if Head of Household, or $59,000 if Married Filing Jointly. You must file form 8880 with your 1040 if claiming the credit.
K&R Medical Equipment Company, of Paducah, KY, recently delivered new magnetic resonance imaging (MRI) equipment to Stonewall Jackson Memorial Hospital in Weston.

Rick Thomason, the MRI supervisor, notes that the new equipment will provide patients with some of the best imaging available in the area.

“I feel that our new unit is able to provide a quality image equal to just about any other testing in the area,” said Thomason. “We are also fortunate in that we are able to provide this service five days a week to our patients.”

The new MRI will be able to provide a significant number of exams and services, such as vascular studies, male and female pelvis images, and renal studies, according to Thomason.

“A MRI is a terrific piece of equipment for showing problems that cannot be seen with other imaging methods. The MRI uses a magnetic field and pulses of radio wave energy to make pictures of organs and other structures inside the body,” he explained.

Thomason suggested that if members of the public have any questions about the equipment or procedure, can call him at 304-269-8075.

**New MRI Equipment Arrives At Stonewall Jackson**

Nurses Lisa Sharp and Marcie Stump are looking forward to using their new department in the SJMH Oncology/Infusion and Vein Center when the area receives all of the correct paperwork. They have been able to treat patients in the outpatient area up to this point. The new department is lovely and should be a great asset for our patients.

**New Defibrillator**

Staff should be aware that we have an automated external defibrillator (AED) (pictured above) located on the ground floor, next to the time clock.
Christmas Party at Lively Healthcare
Members of the Lively Healthcare staff posed for a picture during the Christmas season. The physicians were so kind to provide a lovely Christmas dinner for the staff.

Keep on smiling...the snow will be gone and the trees will start sprouting in a few weeks....

Thank You
I would like to THANK ALL of you from the bottom of my heart for all your expressions of kindness, love, prayer, sympathy and support given to me and my family in this time of overwhelming grief.

It’s hard to put into words the thanks I want to give to everyone at SJMH. I am blessed to work with such a wonderful group of caring and kind co-workers. You truly are amazing. Even though my grief is so very raw, you all continue to help me through this every day just by being the wonderful people that you are. So thank you for everything that you have done and continue to do for me. You’re all AMAZING.

Lisa Barrett, HRM SJMH