

“Breathe Easy” Is Newest Rehab Program at SJMH

“Pulmonary rehabilitation is one of the main treatment options for patients with advanced breathing difficulties, secondary to underlying lung disease like bronchitis, emphysema, chronic asthma, and cystic fibrosis,” he said.

The 8- to 12-week pulmonary program begins with an in-depth medical history of the participant. Staff conduct a diagnostic and a physical evaluation to figure out how much the patient is capable of doing. At the first visit, the patient will undertake a monitored six-minute walk test to gauge how many feet the participant can walk. This test also measures how tired and short of breath he/she becomes. There is also functional testing, which gauges how much the patient can endure aerobically. Some participants may also be asked to have stress testing performed. This gives staff a benchmark from which all improvements can be judged.

One of the most important aspects of the program is the setting of goals for each and every patient. Her goals are pretty simple.

“I want to be able to climb a hill and to walk up steps as my goal,” Roth said.

These may seem simple acts to many people, but to a pa-

tient suffering from lung disease, it is much more complicated.

“When I was young, I used to be able to run the cattle up the hill; now I can only walk four or five steps at time. I don’t

have the strength or breath. My goal is to walk at least 8 to 12 steps. I expect to reach my goals in the next month,” she said with a great big smile.

Roth realized how severe her problem was at a recent West Virginia University football game. She said that after walking the steep steps to get to the seats, she had to spend 15 to 20 minutes recovering her breath. There were other symptoms of her problem.

“When I was working at home, I would become short of breath. We also found out I had a heart problem and I had stents put in last March,” she noted.

Spears notes that Roth is one of her top pupils in the program.

“Jean is certainly an excellent

patient. She goes above and beyond because she works so hard. I can tell that she is working just as hard at her home as she does here on her exercises,” said Spears.

Roth visits the pulmonary rehab unit three times a week

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Pulmonary Rehabilitation patient Doris Jean Roth was the first participant in the “Breathe Easy” program. She has made great progress.

You Never Know...

Parents and grandparents are never sure about how little ones are going to react to being placed upon the lap of a large man with white hair, dressed in red and white.

Some of the children at the SJMH Christmas Party refused to be nearer than 20 feet to Santa Claus. Other children were placed on his lap and then reacted with puckered mouths, fear, horror, crying, screaming, and “get me out of here.”

Geraldine Marsh’s grandson was no exception. Santa is ready for the picture to be taken as Geraldine places Dakota Lough on his lap. It doesn’t take the little boy too long to know that he doesn’t want to be there. The next picture shows Dakota hanging on to his grandmother for dear life. See more “happy” children on Page 9.



FIRST BABY OF 2005 BORN JAN. 1

The first baby of 2005 in Lewis County was born January 1, 2005, at 10:55 p.m., at Stonewall Jackson Memorial Hospital.

The little boy, Johnathon Wayne, is the fifth child of Teresa and James Crislip of Brushy Fork Road, Buckhannon.

Johnathon weighed 8 pounds, 11 ounces and measured 20 inches long. He has four older siblings - Cassandra, 15; Joseph, 13; Kristina, 12; and James III, 5.

The baby's maternal grandparents are Sandra and the late Joseph Gould. Paternal grandparents are Trudy and the late James Crislip.

"Two of my children have been born here at Stonewall," said Mrs. Crislip. "Dr. Naim delivered this baby and I really like him."

She also said that all of her children were excited about the new addition to the family, but her youngest son, Jimmy, really looked forward to his new little brother.

She also explained how the newborn's name was selected. The other boys in the family were named after their late grandfathers, but this baby had a new



Teresa Crislip and her fifth child, Johnathon, SJMH's New Year's Baby.

namesake.

"My husband is a great fan of westerns. He wanted to name the baby after one of his favorite stars - John Wayne," said Mrs. Crislip.

The baby's father is employed by Anker Energy Company. The family attends the New Life Tabernacle Church on the Clarksburg Road.

The baby received a number of gifts from local businesses. These included: Savings Bonds from Citizens Bank, Huntington Bank, and United Bank; flower arrangements from Minnich Florists and O'Suzanna's Florist; movie passes from Weston Dairy Mart; a month of exercise from Curves at Market Place; baby announcements from Lewis County Printing; complimentary meal at Sulley's; \$50 Wal-Mart card from the Theresa Snaith Auxiliary; a stuffed toy from Bennett's Firestone; a fleece blanket from Miles Chapel UM Church Willing Workers; a silver sippy cup from Caplan's Jewelry Store; and a free massage, baby formula, and diapers from Stonewall Jackson Memorial Hospital.

OUR SINCERE CONDOLENCES

to these members of our
SJMh family on their losses:

Mary Dillon on the loss of her brother;

Tammy Linger on the loss of her uncle;

Rochelle Stephenson on the loss of her grandmother;

Sharon Isenhardt on the loss of her uncle;

Sarah Brown on the loss of her uncle;

Melanie Conrad on the loss of her nephew;

Richard Parker on the loss of his father-in-law;

Tandra Linger on the loss of her fiancé;

Traci and Keith Chapman on the loss of their uncle.

We offer you our sympathy.

From The Executive Corner

By David D. Shaffer

Campaign Launched to Reduce Infection

The Joint Commission has launched its fourth Speak Up campaign encouraging patients to become active, involved, and informed participants on the healthcare team - "Three Things You Can Do To Prevent Infection." This effort is supported by the American Hospital Association; the Association for Professionals in Infection Control and Epidemiology, Inc.; the Centers for Disease Control and Prevention; the Infectious Diseases Society of America; and the Society for Healthcare Epidemiology of America.

Controlling and preventing the spread of infections in healthcare organizations is a critically important patient safety concern. The Joint Commission formed an Infection Control Expert Panel in 2003 that helped shape new infection control standards announced in February 2004.

The "Three Things You Can Do To Prevent Infection" brochure can be downloaded from the Joint Commission's web site at <http://www.jcaho.org>. This brochure outlines three basic steps patients can take to avoid contagious diseases and prevent the spread of infection -- clean your hands, cover your mouth and nose when sneezing or coughing, and avoid close contact when sick.

Employees or patients with questions or recommendations regarding infections should direct their comments to Laura Alfred, R.N., our Infection Control Nurse.

Births

Terri Gill is proud to announce that she is a new aunt. Her sister and brother-in-law, Elizabeth and Lloyd Tracy, are the parents of Mary Ellen. The little girl was born Nov. 1 and weighed 7

pounds and 10 ounces.

Dr. John Thomas and his wife, Karen, are the parents of a baby girl. Her name is Caitlin Noelle and she was born Dec. 7, 2004.



Laura Lightner shows off the newest piece of equipment to be purchased for the Radiology Department. This portable X-ray unit provides the department with modern, state-of-the-art technology. It can be taken to patient rooms, ER, or surgery.



The holidays mean lots of parties at SJMH. Members of the Business Office gathered in the board room during December to exchange gifts and partake of wonderful homemade food. Pictured above, left to right, are Tammy Moody, Carol Robison, and Aimee Green.

WHO IS IN THE NEWS AT SJMH



In this issue of The General, we are profiling Judy Riley, new night shift supervisor.

Name: Judy Simmons Riley
SJMH Dept: Night shift supervisor
Significant others: Husband Gary; daughter Michelle and son-in-law Michael Greathouse, of Las Vegas; and son Ben, who is still at home.
How long have you been at SJMH? Since July 10, 1995
Favorite SJMH Doc: Dr. Lively because he is always kind and professional AND you can read his writing.
Favorite Dept at SJMH: Med/Surg, Telemetry and ICU. The night shift works hard together to get the job done.
Favorite food: Chocolate
Schooling: Fairmont Senior High, Fred Eberle Technical School, and University of the State of NY
Favorite TV Show: CSI, because I am fascinated with forensics and who dunits
Last book read: Blue Dahlia by Nora Roberts
Favorite actors: Richard Gere and Sean Connery

Pro Bike Rider

Did you know that PT's John Weber is quite the cyclist. He actually has a bike contract with the Gary Fisher Mid Atlantic Race Team. John placed 11 in West Virginia during the 2004 season, which runs from April through September. Good Luck for the coming season, John!

Department Gives to Angels



The staff from Housekeeping and Laundry remembered the "reason for the season." They "adopted" two Angels from the Salvation Army and then bought gifts for the tykes. Part of the staff is pictured above: left to right Mary Welch, Brenda King, Roberta Gaines, Debbie Sholes, Fonda Teter, Pat Lowther, and Vonda Straley.



Is it a groundhog?
Is it a beaver?
No!

The beast displayed in the picture above is a four-pound red squirrel shot by six-year-old Tyler Metz on Nov. 27, 2004, in the Copley area of Lewis County. This giant was Tyler's very first hunting trophy.

Tyler is the grandson of SJMH's Judy and Tim Metz of Jackson's Mill. His parents are Chad and Jenny Metz of Jane Lew. His paternal grandparents are Mitch and Jackie Shosh of Allentown, PA. Tyler enjoys hunting, fishing, and spending time outdoors.

Mike Casto New Anesthesia Department Head

Mike Casto, C.R.N.A., assumed the duties of Department Head of anesthesia at SJMH in December.

Mike's nursing career began in 1993 when he graduated from WVU-Parkersburg as a registered nurse. He then worked at Charleston Area Medical Center in medical/surgical intensive care and then at St. Joseph Hospital in Parkersburg in ICU/CCU.

Mike's B.S.N. was earned at WVU-Morgantown in 1996 and his C.R.N.A. from Charleston Area Medical Center School of Nurse Anesthesia in 1998. Since that time, he has worked as a C.R.N.A. at United Hospital Center in Clarksburg and St. Joseph's Hospital in Buckhannon.

Mike has some positive ideas for the department.

"We are thinking about planning in-services for anesthesia care, post-op pain management, and regional anesthesia for better pain control," he said. "Some other in-services for staff will be on airway management and anesthesia."

Mike is originally from Williamstown (Wood County). He is married to Barb and the couple live at Horner with their two boys, Zac, 11, and Kyle, 5.

Mike looks forward to working here.

"I have only been here several weeks but I am impressed with how well everyone works together," he said. "Great patient care is a prime goal and everyone in the department shares that goal."



MIKE CASTO, C.R.N.A.

KUDOS TO:

▲▲ the kind SJMH employees who gave to the Salvation Army Angels.

▲▲ Hospital administration for the Christmas bonus.

▲▲ Scott Cawthon for filling in for Santa Claus.

▲▲ Donna and John Snyder for providing the Soc/Rec Committee with Mr. and Mrs. Claus.

▲▲ SJMH staff and Theresa Snaith Auxiliary members who rang the bell for the Salvation Army.

▲▲ the entire nursing staff for helping Mary Ellen Bragg keep her sanity (barely).

▲▲ Hospital staff who helped with the most recent school bus accident.

▲▲ Soc/Rec Committee for the nice Christmas buffet.

▲▲ Rosa Thayer and Julia Spelsberg

for the Children's Christmas Party.

▲▲ the Weston Volunteer Fire Department for helping with the Christmas decorations.

▲▲ the Maintenance Department for helping all of the departments in their Christmas decorating efforts.

▲▲ Food Services for their help in all of the Hospital holiday festivities (a lot of it revolved around food).

▲▲ Barbara Bennett and the Gift Shop staff for making shopping close to home so easy.

▲▲ all the individuals and businesses who donated gifts for the New Year's Baby.

▲▲ Vinessia Skinner and the Education Committee for doing an excellent job taking care of tuition education efforts on behalf of our employees. Also to Vinessia for help in getting staff JCAHO-educated.

Christmas Buffet Provided for SJMH Staff



Santa "Rusty" Claus asks OR's Susan Kraus whether she has been naughty or nice. Since all of us know Susan, we are sure she answered truthfully and received coal in her stocking.

The Soc/Rec Committee provided each shift at SJMH with a wonderful Christmas buffet. There were even prizes for employees who signed up for the drawing.

The foods included meat trays, Italian and sweet/sour meatballs, sandwiches provided by SJMH Food Services, dips, egg rolls, quiches, cheesecake (the creme brulee one was incredible), red cake, brownies, and a delightful punch.

Julia Spelsberg, Mary Ellen Bragg, Brenda Smarr, and the wonderful Theresa Snaith Auxiliary members fed the crew.

Many thanks to Catherine Weaver, Ellen Wagoner, Teresa Moran, and Sissie Riley.



ED's Carl Furbee was ecstatic to see a full array of great food at 2 o'clock in the morning during the buffet.

Jeanne Fisher Retires from Radiology Department

After almost 25 years of employment at SJMH, Jeanne Fisher of Radiology retired.

When contacted after her retirement, Jeanne provided some encouraging words to her fellow employees.

"Retirement is great. Everyone should do it," she said.

She is not sitting idly, though. She gets the opportunity to baby-sit her two-and-one-half-year-old grandson, Ryan, several days a week. Her daughter, Kris Lattea, is expecting another baby in May, so Jeanne will have a newborn to care for, too.

Besides baby-sitting, Jeanne, her husband, Dan, and brother, Bob Hall, have a large farm in Lewis County. Right now, the three care for 130 head of cattle. They will be quite busy when 30 calves are expected in February.

Jeanne misses some aspects of working here, like her very good friend and co-worker, Irene Arbogast. Both Jeanne and Irene worked in the nuclear medicine branch of the Radi-



AT RECEPTION. Shannon Gissy (left), Jeanne Fisher (center), and Brenda Moody (right) enjoyed the retirement reception held for Jeanne on Dec. 3 in the boardroom.

ology Dept. for years. They also were products of St. Mary's School of Radiology in Clarksburg.

"Irene and I worked great together. We were able to split shifts because we were both part-time. We just got along quite well," said Jeanne.

Radiology tech Shannon Gissy has stepped in to take over Jeanne's duties in nuclear medicine.

"It is probably mind-boggling for Shannon right now, but she is doing a fine job," said Jeanne.

EMPLOYEES OF THE MONTH FOR NOV. AND DEC.

Laura Alfred Picked for Nov.

Laura Alfred has been selected as Stonewall Jackson Memorial Hospital's employee of the month for November 2004. Laura's first day at SJMH was Dec. 16, 1991, when she began work as an LPN. She had graduated the day before from Fred Eberle Technical School. Laura has an Associate in Nursing from Excelsior College of New York.

She was born in Norfolk, VA, but her family moved to Weston when she was eight years old. She is a graduate of Lewis County High School. Her parents are the late Jean and Roy Golden.

From 2001 to 2003, Laura worked in the Quality Improvement Department with Bill Czako. She has been Infection Control Nurse since June 2003.

Laura's nominators were very complimentary of her skills.

"Laura is always very professional and efficient in her position. She addresses situations in a calm manner, always pleasant," wrote one of her nominators. Other nominators wrote the following comments. "Laura is always friendly and works hard to keep staff informed of new information and is willing to work on the floor when needed...Laura is not only infection control but she educates staff and is knowledgeable in her duties...she is always friendly and keeps staff informed of new information and is willing to work on the floor."

Laura was equally complimentary of her fellow employees and the Hospital.

"I absolutely love infec-



LAURA ALFRED

tion control and employee health. I pride myself on being an employee advocate. Everybody I have worked with here has been wonderful. My door is always open," she said.

Laura is married to Mike Alfred and has two children, Ben, 11; and Caitlin, 6. In her spare time, Laura enjoys karate at USA Martial Arts.

Fire Dept. Helps



Many thanks to the Weston Volunteer Fire Department and the SJMH Maintenance Dept. for their help in getting up our new Christmas decoration donated by the Theresa Snaithe Auxiliary. The WVFD brought out the big ladder to help raise the decoration to hang from the side of SJMH. For those of you who didn't figure it out, the lights represent Old Man Winter blowing snowflakes across the building.

Coffield Selected for Dec.

Lee Ann Coffield has been selected as Stonewall Jackson Memorial Hospital's employee of the month for December 2004. Lee Ann began work in the Physical Therapy Department in November 1990.

Lee Ann is a Lewis County native and a graduate of Lewis County High School. She graduated from Fairmont State College in 1998 with a degree as a physical therapy assistant.

Lee Ann's nominators were very complimentary of her skills.

"Lee Ann is a very caring and compassionate person concerning her patients. She is very knowledgeable with physical therapy as well as cardiac rehab. Lee Ann never misses work, is never late, and she even comes in early to prepare and correlate home health



LEE ANN COFFIELD

schedules. She is very dedicated to her home health patients and they often request her to be their therapist. Often times, she stays late to make sure all her patients are seen and taken care of. Lee Ann remains dedicated to her patients although she is going through a trying time at home while her husband awaits a lung transplant. If there is a problem with a patient or department issue, she does not hesitate to express her concerns. LeeAnn also gets along with all of her co-workers," wrote the nominators.

Lee Ann was equally complimentary of her fellow employees and the Hospital.

"I love my job and I love my patients. I really enjoy working here in the department and love working for Home Care," she said.

She is married to Junie and the couple have one daughter, Kylee. Lee Ann is the daughter of Margaret and Charles Copenhagen.

In her spare time, she loves playing with her daughter and reading great literature.

Children's Christmas Party - A Great Success!!!

More than 60 children and adults had their pictures taken with Santa Claus and Mrs. Claus during the annual Children's Christmas Party, held Fri., Dec. 10, in the SJMH cafeteria.

Rosa Thayer coordinated the event for the Soc/Rec Committee. During the evening, children could select one of several Christmas crafts to complete. Donna Snyder and her husband brought Mr. and Mrs. Claus to the party. Photos of each child with Santa Claus were taken. A small Christmas gift was

given to participants, also. Milk and cookies were provided by the Food Services Department.



Thank you, thank you, thank you to Scott Cawthon (pictured above). Santa Claus arrived for the Christmas party about 6 p.m. but had another commitment at 7 p.m. So he and Mrs. Claus had to leave. When other children showed up to see Santa, Scott was kind enough to put on the Santa outfit so the children wouldn't be disappointed.

SJMH physicians were delighted to have Santa tell them what they would be getting for Christmas. Pictured at right are Dr. Zuriqat, Dr. LaNasa, and Dr. Naim.



Creating crafts at the party were Laundry's Mary Welch; her daughter, Paula, and grand-daughter Chelsea Lattea.



Tina Burnside and her daughters make a pretty picture. But where is their little brother, Tina?



FROM STAFF DEVELOPMENT

•General Orientation for new employees will be held on the following days -

Mon., Jan 17, @ 8:30;

Mon., Feb. 7, and Mon., Feb. 21 @ 8:30;

Mon., March 7, and Mon., March 21 @ 8:30.

Orientation is from 8:30 a.m. to 4:00 p.m. in the second-floor classroom. Those needing lab work or physicals should report at 8 a.m.

to Registration. If at all possible, please schedule all new employees on these days.

•CPR recertification will be held on Tuesday, Jan. 11, @ 1 p.m., Tues., Feb. 8 @ 1 p.m., and Tues., March 8 at 1 p.m. You must be signed up in advance. Call 8119. All clinical staff are required to have a current card.

•There are several JCAHO audio-conferences

planned as follows: Wed., Jan. 12 - tracer patient methodology; Feb. 9 - periodic performance review; and March 10 - JCAHO 2005 survey -- all three days from noon to 1:30 p.m.

Notice - Memo to come in a couple of weeks concerning ACLS, PALS, End of Life Care, and possibly a Basic Dysrhythmia or 12 Lead course training

dates. Watch for the notice!

Do not attempt to do your 2005 Carelearning. A memo will come with your January 27 paycheck with instructions on when to begin and how to do your Carelearning Annual Update. If you have questions, please contact the Staff Development Department at 8119!

MR. AND MRS. SANTA BRING CHRISTMAS CHEER!



AH! Christmas time means a trip to visit Santa. Children who participated in the SJMH Christmas Party got their opportunity to see him, too. Some of the happy children included Aimee Green's daughter, Angela Hinter's daughter, Vicki Bowen's granddaughter, and Scott Cawthon's daughter. We are not sure who's child is pictured below but he doesn't look happy.



Nephrologist is Newest Member of SJMH Staff

Stonewall Jackson Memorial Hospital has added another service to the care provided to local residents. Nabil G. Guirguis, M.D., specializes in nephrology (the branch of medicine which is concerned with the structure and function of the kidneys) and is board certified in this field. He is also board certified in internal medicine.

Dr. Guirguis received his medical training from the Medical University of Ain-Sharns in Cairo, Egypt. He completed a general training program and then worked as a physician in Egypt for several years.

He came to the United States in 1993 and completed an internal medicine residency at State University of Medicine Health Science Center, Brooklyn, NY. Dr. Guirguis completed a nephrology fellowship at the Medical University of South Carolina, Charleston, SC, where he also served as a clinical associate after finishing his training.

Dr. Guirguis was a full-time faculty member and assistant professor of medicine at the University of Nebraska Medical Center, serving as director of nephrology for the Veterans Administration Nebraska-Western Iowa Health Care Systems and as medical director of Critical Care Nephrology and Clinical Research-Nephrology.

He lives at Bridgeport with his wife, Amal, and four children, Marina, Marilyn, Christina, and Verina.

Soc/Rec 2005 Calendar of Events

Soc/Rec. has a full calendar for the next few months so mark all of these dates.

Jan. 23 - Skiing at Canaan Valley

Feb. 12 - Annual Awards Dinner at Jackson's Mill and dance following at West Virginia Building

March 17 - Skating Party at Skateworld

March 18 - Book Sale

April 1 - Hospital Olympics

May 8-14 - Hospital Week activities

June - Covered-dish cookout

July 15 - Pool party at Lewis County Park, includes putt-putt golf, swimming, volleyball, horseshoes, and picnic.

October 19 - Book Sale

From Human Resources

The first of the year is a perfect time to notify Human Resources of any changes in your address, phone number, etc.

JCAHO QUIZ

JCAHO is just around the corner. Here are some questions from Vinessia in Staff Development to keep us on our toes.

JCAHO survey preparation questions - If you are unsure of the answer, please ask your department head or contact the Staff Development Department.

Question - What is the hospital's policy for employee performance evaluations?

Question - Where are gas and oxygen shut-off valves located? Who is responsible for shutting off these valves in the event of a fire?

Question - In your specific job role, explain a situation and specific steps you would take to provide care to a specific patient age group?

Question - What is your department's procedure for reporting an adverse event or medical error?

Congratulations to Pam Thompson, Diane Ocheltree, Bill Czako, Mary Ellen Bragg, and all other medical staff who helped the SJMH lab receive JCAHO accreditation. Everyone worked very hard for this accomplishment and you are to be commended and thanked!

“Breathe Easy” *Continued from page 1*

for sessions which last from an hour and fifteen minutes to an hour and three quarters. However, she also exercises at home. She said that she will work out three times a day for a period of about a half hour each time. The result has been a noticeable improvement for Roth.

At her home, she performs a number of rehabilitative exercises to improve her breathing and her stamina. The first exercise in her regimen is to practice her pursed lip breathing. The patient purses his/her lips, breathing in and out. The patient takes twice as long to breathe out as to breathe in. The next exercise is diaphragmatic breathing.

Pulmonary rehab teaches the patient how to breathe like a baby, using the diaphragm. Everyone learned to breathe this way as an infant. However, with chronic lung disease, the patient uses other muscles instead of the diaphragm. Using other muscles takes more effort and the shortness of breath worsens. By

learning to breathe with the diaphragm once more, the patient will expend less energy to breathe.

“To practice my diaphragmatic breathing, I lie down on the floor and put three-pound weights on my stomach. I started out with no weights. I make sure to use my diaphragm when I am breathing in and out the way they have taught me here. This breathing exercise strengthens my diaphragm,” explained Roth.

Spears said that normally a patient will combine the pursed lip breathing with the diaphragmatic exercise in producing great results. Other exercises include using a wooden wand for stretching. The other discipline uses a heavy-duty theraband in exercising.

Even after she graduates from the program, Roth plans on retaining her exercise ethic that she learned in the past few months. She also looks forward to a long life with her husband of 52 years, Charles, in their home at Jackson s Mill.

Dr. Zuriqat encourages individuals with lung disease to consider this new program.

“Pulmonary rehabilitation clearly improves the quality of life by reducing the symptoms and social burden of illness. Exercise tolerance is improved and the need for hospitalization may be reduced. There is significant improve-

ment in the health-related quality of life after this training,” he concluded.

For more information about “Breathe Easy” - the pulmonary rehabilitation program at SJMH one can call the unit at 269-8099 during working hours, 7 a.m. to 2:30 p.m.

A physician referral is necessary for participation in the program.

THANKS

To SJ Home Care, Lesa helped me to make changing my husband’s bandages and his “day.” She is a real caring person and we both liked her and she is an easy person to talk to. She answered our questions and explained things to us. The main thing is that she made my husband happy with her visit. She has my “slap on the back” and I thank her for all she did. I’d rec-

ommend her for everyone who needs a home care nurse.

Thanks, Carol

Dear Vicki and Gale,

Oh how I dreaded my procedure. But you two and Susan put me at ease and made it bearable.

I want to thank you for the special care you gave me. I think that calls for some apple dumpplings, don’t you?

Thanks and Love,
Opal



Christmas is a lovely time to thank the Theresa Snaith Auxiliary Board members for the work they perform throughout the year on behalf of the Hospital. A luncheon was held in the boardroom for them on Dec. 22. Pictured above, seated, left to right, are: Nelva Posey, Ruby Killian, and SJMH Associate Administrator Avah Stalnaker. Standing, left to right, are: Lee Walker, Teresa Moran, Linda Shaffer, Susan Hull, Sissie Riley, Dot Lemon, Barbara Bennett, and Libby Brown.

Congrats!
Congratulations to Mary Ann Heaster for passing her black belt test Nov. 20, 2004, at the Weston dojo.

FYI
For those families who have lost a child of any age, a support group has been organized locally. The Compassionate Friends group meets the first Tuesday of every month at Braxton County Memorial Hospital at 7 p.m.

Address Correction Requested