

The INSIDE View

WVU Medicine

BRAXTON COUNTY
MEMORIAL HOSPITAL

Caring for you close to home

Paying it Forward



Mother Teresa once said “Not all of us can do great things, but we can all do small things with great love”. It is the great love within a person that empowers them to do good deeds unto others. Doing good deeds unto others or “Paying it Forward” as some might say isn’t restricted to the human race. There are often creatures from the animal species which could use some care and compassion as well. A visit to the local animal shelter can provide a prime example of the need in which these furry creatures have. The knowledge of this need, combined with the ambition to make a difference and the love of her own pet Buddy and former pets Gretchen, Blue and Oscar (who have crossed the rainbow bridge to their eternal home) is what inspired **Makenna Robinson**, 9 year old daughter of **Kelli Robinson (Home Health Manager)** to pay it forward with great love in her own unique way. Makenna, who enjoys painting as a hobby recently decided to cash in on her artistic abilities by painting portraits and selling them. The money raised from her sales will be

used to purchase items for the local animal shelter. Starting small, she plans to purchase items such as toys, pet beds etc. but has a long term vision to one day help with the cost of equipment to clear brush from an area near the shelter and repurpose the spot by turning it into a dog training area. Makenna’s familiarity with the animal shelter developed at a very young age as her father Greg was the former animal control officer at the local shelter. Following her father’s resignation, the position was offered to Makenna’s Uncle Luke. She enjoys helping out at the shelter every opportunity she gets. In addition, she helps at a pet grooming business close to where her father lives. Makenna finds great joy in being able to help her furry friends in any way she can, in this case, paying it forward one painting at a time!

It's Official!

Braxton County Memorial Hospital is excited to announce that we are now officially a part of the WVU Health System. New Years Day marked the day and we are looking forward to the many exciting changes that will be happening in the future! Stay tuned to future editions for updates!

WVU Medicine

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HOLIDAY FESTIVITIES

Auxiliary Christmas Luncheon



Above: Auxiliary Members Wes & Jan Dobbins and Loretta Hutchison serve lunch to employees



Right: Employees enjoy the meal so lovingly prepared by the members of the Auxiliary.



Above: Auxiliary Members Janie Cutlip and Wilda Sears greet employees with a friendly smile during the annual luncheon.



Above: Santa (Gary Gaston) shares an affectionate moment with his very own Mrs. Claus (Sharon Gaston).

Employee Christmas Dinner



Above: The Multipurpose room was decorated for the festivities with centerpieces crafted by Bruce Myers, Dietary Manager.



Right: Trisha Dakeman (Laboratory) enjoys lunch with son Finley. Finley is also the grandson of Laura Bullard (Medical Records).



Left: Twins Carter & Ethan sons of Pharmacist Eric Campbell pause from their busy activities to visit with Santa.

Door Decorating Contest

**1st Place
Med Surg**



**2nd Place
Laboratory**

**3rd Place
Radiology**



Several areas of the hospital were all "decked out" for the holiday season, including Admitting (Right) and the newly renovated Outpatient Laboratory (Below).



Artist of the Month



A good deed can brighten a dark world. While your good deeds may sometimes seem invisible, they always leave a trail that is imprinted on the hearts of others. **Les Weese**, *Housekeeping Aide* and Braxton County Memorial Hospital's **October 2018, Artist of the Month** is known for his good deeds throughout BCMH. Les, who typically works night shift is always willing to lend a helping hand where needed. Staffing during night shifts at BCMH is often reduced to accommodate a less busy environment, which means that at times only one employee is scheduled in ancillary areas such as Radiology,

Laboratory etc. When areas such as these need a helping hand with patient lifting, transporting etc. they know they can always call on Les to assist when needed. He was commended by his nominator for going above and beyond his job requirements. Les has worked at Braxton County Memorial Hospital since February, 2015. We are thankful for his dedication and hard work! Great Job, Les! BCMH appreciates you!

National Wear Red Day

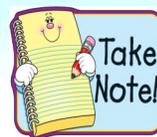
National **Wear Red** Day is intended to help raise awareness of heart disease, in particular among women. Heart disease is often generally associated with men, but cardiovascular disease is the number one killer of women. **Friday, February, 1, 2019 is National Wear Red Day.**

PLEASE WEAR RED on this day to help "beat" out heart disease.



CONTINUOUS IMPROVEMENT

Many exciting changes are happening at BCMH. Most recently came the completion of a CHC waiting room renovation, which included a fresh coat of paint on the walls, new flooring and new furniture. With the WVU Medicine merger well underway, a wealth of changes, renovations and updates will become a familiar site at BCMH during the coming months as the hospital strives to advance and grow for the good of the community.



Staffing Changes

The retirement of former Assistant Administrator ~ Operations, Sharon Gaston brought about a few staffing changes at BCMH. Sharon nobly wore many hats during her dedicated years of service to the hospital, as a result of her retirement, many of those duties have been distributed to other employees. The changes taking place are as follows:

Bruce Myers will assume the title of *Dietary Manager*

Rick Jarvis will add the *Housekeeping Department* to his list of Managerial duties. (Vickie Dean will remain Housekeeping Coordinator)

Sandi Johnson will assume the position of *Medical Records Manager and Compliance Officer*.

Randy Conrad and **Julia Rose** will assume the *Risk Management duties*.

Candace Wimmer will assume all *Human Resource Duties*.

Please direct any concerns in these areas to the appropriate people.

HUMAN RESOURCES NEWS & UPDATES

Provided by Candace Wimmer, HR Coordinator



January Birthdays

Liz Ramsey	Med Surg	2
Angela Lilly	Surgery	4
Christy Rhodes	Radiology	7
Abigail Carr	Radiology	8
Donna Carr	Business Office	9
Lynn Hatmaker	Surgical Clinic	10
Heather Roach	Clinical Administration	10
Lisa Payne	Surgery	11
Christopher Short	Radiology	12
Rebecca Teter	Med Surg	12
Sharon Gaston	Administration	13
Cindy Hoover	Home Health	18
Amy Sargent	Surgery	18
Molly Ware	Laboratory	19
Crissy Toler	Surgery	24
Melissa Marshall	Administration	28
Jonathan Donahue	Med Surg	29

February Birthdays

Michael Bohan	Emergency	2
Tanya Hall	Surgical Clinic	2
Julia Rose	Clinical Administration	11
Dave Lemon	Maintenance	12
Micah Moore	Med Surg	14
Kylea Simmons	Dietary	15
Jennifer Bourn	Laboratory	18
Lacy Hamrick	Home Health	19
Rebecca Davis	Home Health	21
Shannon Wyatt		21
Cathy Bosley	Business Office	25
Octavia Cogar	Laboratory	25
Rebecca Dalton	Emergency	25
Joyce Duckworth	CHC	27

WELCOME

New Faces at BCMH

Karen, Bowling, CEO	Administration
Donna Snider, RT	Cardio Pulmonary
Emily Dobbins, Clerk II	Home Health

If you see these new faces, welcome them to BCMH!

MEDITATION MOMENTS

Provided by Terry Hoover, Ministerial Coordinator



Pastors from the Braxton County Ministerial Association will be conducting short devotional services in the Chapel as noted below. All staff, patients, and visitors are invited to attend.

PASTOR	DATE	TIME
Wally Post	January 9th	2:00 pm
Paul Gillespie	January 16th	2:00 pm
Harold Greenlief	January 23rd	2:00 pm
Rodney England	January 30th	2:00 pm

SCHEDULED TRAININGS

Provided by Randal Conrad, Safety Officer / Employee Health



The following trainings are scheduled for the months of **January & February 2019**:

- CPI ~ January 24
- CPR ~ January 25
- PALS ~ January 30

- ACLS ~ February 18
- CPR ~ February 22
- CPI ~ February 25

If you are interested in signing up for any trainings, please contact **Randy Conrad @ ext. 1048**

HR Reminder

PLEASE LOOK CLOSELY AT YOUR PAY STUB TO VERIFY THAT ALL INFO IS CORRECT, SUCH AS (DEDUCTIONS, ADDRESS ETC.)

If any changes are required PLEASE NOTIFY Candy Wimmer immediately. DO NOT wait 2 to 3 pays from now to request corrections! The employee information that is in the HR system is what will be carried over when our systems are merged onto the WVU Medicine database.

It is your responsibility to provide updates when your information changes.

FINANCIAL & STATISTICAL RESULTS (NOVEMBER)



Provided by Kimber Knight,
Chief Financial Officer



NEWS & NOTES ~ 5~

Get Well Wishes to the following:

☺ **Alvie Loyd** (*Chaplain*).

Thoughts and Prayers are extended to the following:

✳ **Cheryl Lilly** (*Business Office*)

✳ **Jennifer Markle** (*Outpatient Nursing*) and her husband, **Shannon**.

Sincere Condolences are extended to the following:

✳ **Judy Davis** (*Administration*) regarding the loss of her sister, **Karen Carr** and Aunt **Eva Schmidlin**.

✳ **Lynn Hatmaker** (*Surgical Clinic*) regarding the loss of her mother, **Sharon Hudkins**.

✳ **Brenda Cottrell** (*Med Surg*) regarding the loss of her brother, **William Cottrill**.

✳ **Vickie Dean** (*Housekeeping*) regarding the loss of her aunt, **Polly Conrad**.

NOTE:

The information included in this column is based on information I have received from outside sources (such as from HR when flowers are ordered for immediate family member deaths etc.) If there is information you'd like shared such as births, family loss etc. Please provide the information to Melissa Marshall. I don't mind offering congratulations, prayers or condolences etc. I just need to know to do so.

Thank you

Blessing of the Hands

On December 13, 2018, staff at BCMH were provided the opportunity to participate in a blessing of the hands ceremony. Practiced worldwide, this spiritually uplifting event is designed to bring blessing to those who partake in the human healing process. Every person at a hospital is responsible in some way for the healing of every patient. Participants were greeted by the friendly smiles of Rev. *Shelia Baughman* and Business Office Manager, *Linda Davis*, who washed and dried each hand while asking the Lord's prayers upon them. *Blessed is he who trusts in the Lord.*

Proverbs 16:20



FINANCIAL DATA (OOOs OMITTED)	INCOME STATEMENT		
	CURRENT MONTH	PRIOR MONTH	YTD
Patient Revenues	\$1,962	\$2,416	\$25,794
Revenue Deductions	\$876	\$1,136	\$11,587
Net Patient Revenues	\$1,086	\$1,280	\$14,207
Operating Expenses	\$1,340	\$1,561	\$15,822
Other Revenue	\$112	\$248	\$1,633
Operating Net Income (Loss)	(\$142)	(\$33)	\$18

STATISTICALS	CLINICAL DATA - INPATIENT		
	CURRENT MONTH	PRIOR MONTH	YTD
Discharge Days	28	52	526
Admissions	10	15	170
Avg. Daily Census	0.9	1.7	1.6
Occupancy %	6.9	10.6	6.9

STATISTICALS	CLINICAL DATA - OUTPATIENT		
	CURRENT MONTH	PRIOR MONTH	YTD
Surgeries	50	83	898
Emergency Department Visits	666	705	8,439
Other Outpatient Visits	1,468	1,513	17,294
Home Health Visits	486	475	4,615
Community Health Center Visits	741	774	8,975

It's that time of year again! The air is chilly, snow is on the horizon. Keeping yourself and your family safe and healthy should be a top priority in any season, but especially during the winter when germs love to thrive and the potential for injury and illness increases in accordance to the outside elements.

Here are some tips to help keep you prepared for whatever winter blows your way!

IS YOUR VEHICLE WINTER READY?

FLASH LIGHT
WATER
ICE SCRAPER
CELL PHONE
JUMPER CABLES
SHOVEL
BLANKETS
FIRST AID KIT

#winter

Wash Your Hands

Cover Your Cough & Sneeze

Cough and sneeze?
Elbow, please!

Cold Weather Safety Tips

Wear a Hat! Almost 40 percent of your body heat escapes from your head.

Ice Safety In cold temperatures, approach with caution and assume that all wet, dark areas on pavements are slippery and icy. Always walk slowly!

Layered Clothing
 Inner layer – a light, synthetic thermal shirt close to the body to trap heat.
 Middle layer – wool or synthetic fabric, such as a sweater or jacket.
 Outer layer – outdoor jacket designed to break the wind and allow for ventilation.

Freezing Pipes When the weather is very cold outside, let the cold water drip from the faucet served by exposed pipes. Running water through the pipe — even at a trickle — helps prevent pipes from freezing.

Don't forget your Pets! Like people, cats and dogs are susceptible to frostbite and hypothermia and should be kept inside during severe cold temperatures.



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