

## Annual HealthFair draws large community crowd

Visitors to Mon General Hospital's 32nd Annual HealthFair had the opportunity to walk through a giant colon, participate in a scavenger hunt and get an overall picture of their health.

The 2015 Mon General HealthFair was held on Friday and Saturday, Feb. 27-28, at Morgantown Mall. Approximately 50 exhibitors were at the event, including many Mon General affiliated physicians and hospital departments.

"It was another great year for HealthFair," said Eric Eberhart, Director of the Wound Healing Center of Mon General Hospital and HealthFair Coordinator. "In addition to the various health screenings offered, our interactive colon display generated a lot of interest.

"The colon allowed us to educate people on various colon diseases and the importance of colonoscopies," Eberhart said. The walk-through colon showed what normal colon tissue looked like, along with colon cancer, advanced colon cancer, polyps, malignant polyps and Crohn's Disease.

"The focus for this year's HealthFair was toward children and families and the initial feedback has been very positive," he said. "This year's HealthFair also provided a good opportunity to showcase Mon General's new relationships with Morgantown Surgical Associates, Heiskell King Burns and Tallman and Med Express. All of the departments participating in this

year's event really did a nice job coming up with interactive and informative displays."

Because of the family focus, exhibitors were encouraged to have interactive booths. For instance, Mon General Surgical Services had "Surgical Tent" at which visitors could try their hand at removing a piece of candy laparoscopically from a mock patient or try their hand at the game "Operation." For the smaller children, characters from the movie Frozen and television show Sesame Street welcomed children to the event and posed for photos.

"The characters and interactive surgical tent were big hits with the kids," Eberhart said. Elementary school children had the opportunity to participate in a scavenger hunt, by visiting booths and answering questions, and win an educational visit from the Carnegie Science Center in Pittsburgh for their school. "I am pleased to announce the winner of this year's scavenger hunt is Eastwood Elementary," said Pam Viands Houck, Director of Cardio-Pulmonary Services, who coordinated the hunt.

As usual, the biggest draws at HealthFair were the free and low-cost health screenings.

A total of 1,596 people participated in the HealthFair Multiphasic Blood Analysis. This test measures various blood components, such as cholesterol and glucose. The test can be an early warning



Gertrude Gentile of Star City, right, has been coming to Mon General's HealthFair for an annual Multiphasic Blood Screening every year since the first HealthFair was held 32 years ago. Gentile, who will be turning 100 this year, was presented flowers by Mon Health System Community Wellness Coordinator Karol Koast, left.

of health problems.

Participants had the option of adding the Thyroid Stimulating Hormone (TSH) and Prostate Specific Antigen (PSA) tests to the multiphasic. The TSH checks for thyroid problems and the PSA can be an indicator of prostate cancer or an enlarged prostate. A total of 519 PSA and 555 TSH screenings were performed.

There were 591 ultrasound studies of the aorta, carotid artery and gallbladder performed at HealthFair. The aorta screening checked for aneurysms, the carotid screening looked for plaque buildup that could lead to a stroke, and the gallbladder screening checked for gallstones.

In addition, 337 Electrocardio-

grams (EKGs), 116 Echocardiograms and 75 vein screenings were performed. A total of 392 people signed up for "MyMonGen" so they could access portions of their medical records and lab results online. Other screenings offered included blood glucose, pulmonary function, bone density and blood pressure.

Also popular were the annual Baby Crawl and a performance by the Joe Grkman "Grkmania" Polka Band.

"I want to thank everyone who contributed to bringing another great HealthFair to the community," Eberhart said. "I ask everyone to continue thinking of new ideas that will make Health Fair 2016 even better." ✨

## Patient Safety Week



During Patient Safety Awareness Week, March 8-14, staff had a chance to "spin the wheel" and answer patient safety and infection control questions. Each number on the wheel corresponded to a question. Those who answered correctly won a prize of antibacterial hand sanitizer spray. Pictured, left to right, are Mary Carpenter of Environmental Services, Mandy Cutright of Human Resources, Jamie Smitley of Education, and Patient and Environmental Safety Coordinator Maxine Cantis.

## Benefit Discount Savings Program deadline nears

The deadline for employees to participate in the Benefit Discount Saving Program and receive discounted medical insurance premiums is quickly approaching.

Employees have through April 30 to submit their completed Benefit Discount Application to Employee Wellness. Supporting documentation of completed Healthy Activities programs are also due April 30. Documentation may include, explanation of benefits (for preventive screenings), bulletin board quizzes, Lifeslide cards, etc.

Employees completing all components by the deadlines and whose screening goals are within acceptable ranges will be eligible to receive the discounted medical premiums beginning July 1.

Employees whose screening

goals fall outside the ranges will be eligible for the discounted medical insurance premiums upon completion of the Health Management Program. The programs must be completed by April 30.

Screening goals are as follows: fasting glucose – less than 126; LDL cholesterol – less than 130; and blood pressure – less than 140/90.

The Wellness Profile can be completed online by going to [www.mybenefitshome.com](http://www.mybenefitshome.com). Instructions to complete the wellness profile are posted on the MonNet Wellness page under Benefit Discount Program. The wellness profile will be available through March 31.

Contact Employee Wellness at (304) 285-2122 with any questions. ✨



## President's message



“Neither snow, nor rain, nor heat, nor gloom of night stays these couriers from the swift completion of their appointed rounds,” is the unofficial motto of the U.S. Postal Service. But those words could apply just as easily here at Mon General Hospital.

I was very proud of the way our team of caregivers and support staff pulled together when Morgantown was hit by a major snowstorm on March 5. The storm forced the closing of schools throughout the state, including a rare closing of West Virginia University, and resulted in a state-wide “state of emergency.”

Mother Nature dumped close to 10 inches of snow on Morgantown within a short time and even more in the higher elevations. Every road was snow covered and treacherous. Getting to work was an adventure for each of us. But, get to work we did.

I am so very thankful to the many dedicated members of the Mon General team of caregivers who braved the conditions

and safely made it to work. I am also very thankful to the many employees who decided to stay over, rather than risk the trek home. While some areas were short staffed, everyone pitched in to ensure that our patients continued to receive the compassionate and personalized care that we are known for.

We have a special team of workers at Mon Health System. I see this every day. But this dedication to the community and each other really shines when we are faced with adverse conditions. It also stood out at our recent HealthFair, Feb. 27-28, at Morgantown Mall.

When Mon General held its first HealthFair 32 years ago, it was a one stop shop for health information. If you had medical

questions, you could find answers once a year at your local mall. Since then, the world has changed and health information is just a few clicks away for anyone with access to the Internet.

Some people question why we continue with HealthFair. There is a difference between reading text on a screen and actually speaking to a human being. And, when it comes to health-care, that human interaction can make all the difference.

As I walked through Morgantown Mall during HealthFair, I was impressed with the efficiency at which the health screenings were performed, the smiling faces of caregivers answering questions from visitors, the interactive and educational exhibits and the fun people were having cheering

on the babies at the annual Baby Crawl.

It takes quite a bit of work to plan for HealthFair, coordinate the move of equipment to and from the mall and maintain staffing at the exhibits. Even more amazing is that we have done this for 32 consecutive years. I know the community looks forward to the event every year and is very appreciative of all our efforts to make the region a healthier place.

In looking back at all we've accomplished in the last few weeks - dealing with the harsh winter and pulling off a great community wellness event - all I can say is “Wow!” We have a great team here at Mon Health System. Thank you.

— *Darryl*

## Hospital named Fit-Friendly Worksite

Mon General Hospital has been recognized as a Gold Fit-Friendly Worksite by the American Heart Association for demonstrating a strong commitment to providing a healthy workplace for employees.

“Employee wellness has been a priority at Mon General Hospital for many years,” said Mon Health System President and CEO Darryl Duncan. “We offer employees a variety of resources to make healthy lifestyle choices, such as our “Follow the Green Dot to

Health” healthy food program in the cafeteria. We also implemented a Benefit Discount Program to encourage staff to learn about their health and be proactive at reducing health risks.

“We are honored to be recognized by the American Heart Association as a Gold-Level Fit-Friendly Worksite,” Duncan said.

Gold level recognition is for worksites that fulfill criteria such as offering employees physical activity support, increasing healthy eating options at work and

promoting a wellness culture. As a Fit-Friendly Worksite, Mon General is recognized on the American Heart Association's website [www.heart.org/FFWrecognition](http://www.heart.org/FFWrecognition).

The Fit-Friendly Worksites Recognition program is offered through the American Heart Association's My Heart. My Life. initiative. It is designed to be a catalyst for positive change in American business. The program recognizes worksites for making the health and wellness of their employees a priority. ✨

## Auten named ED and Trauma Director



Kimberly Auten, MSN, RN was recently named the new Emergency and Trauma Director at Mon General Hospital. She brings 31 years of experience in clinical nursing, education, management and quality in a variety of hospital settings to her new position.

“I have a passion for emergency department operations and look forward to leading the Mon General Emergency Department,” Auten said. “My goal is to guide and support our staff so that they may provide the best possible care to our patients.

“Patient safety, quality and service will be key areas of focus as I move forward in this new role,” she said.

Auten comes to Mon Gen-

eral from Wheeling Hospital in Wheeling, WV, where she started as a staff nurse in the Emergency Department in 1991 and most recently served as Trauma Program Manager. While at Wheeling Hospital she also held the positions of Clinical Educator/Quality Coordinator for the Emergency Department; Clinical Director of Critical Care; Director, Nursing Administration; Director, Critical Care/Emergency/Trauma Services; Division Director Emergency/Trauma Services; and Trauma Coordinator.

She started her nursing career as a staff nurse at Reynolds Memorial Hospital in Glen Dale, WV.

Auten received her MSN in Nursing Administration from Wheeling Jesuit University; her BSN, cum laude, from West Liberty University; an Associate Degree from West Virginia Northern Community College; and a

LPN diploma from the B.M. Spurr School of Nursing.

“Working in an emergency department is fast paced and you never know what is going to come through the door,” she said. “I love the variety. It is a privilege to serve the community by providing high quality, patient centered care.”

“I was attracted to Mon General because my family loves Morgantown,” Auten said. “My husband and I have spent a great deal of time here over the last 12 years, as all three of our children attended West Virginia University.” She has a daughter who is a teacher at Morgantown High School, a son who is a band director in Florida and her youngest son will be graduating from WVU in May and plans to attend law school.

Auten, a native of Moundsville, WV, began her new position at Mon General on Feb. 16. ✨

### THE WELLNESS PROGRAM

Mon Health System

#### Activities through April 30

**April 1** – Wellness Bulletin Board & Quiz. The Bulletin Board Quiz is available on the MonNet Wellness page. 5 Points.

**April 1** – National Walking Day, Mon General Walking Trail. 5 Points.

**To Be Determined** – Adopt-A-Highway. Watch MonNet for details. 5 Points.

**April 28** – LifeStride Check-in/Blood Pressure Check. Check MonNet Announcements for locations and times. 10 Points.

**April 30** – Benefit Discount Applications (and supporting documentation) due.

**Contact Employee Wellness with any questions – (304) 285-2122.**



 Mon General Hospital  
**HealthFair**

Participants in Mon General's 32nd Annual HealthFair, Feb. 27-28 at Morgantown Mall, had plenty of activities to keep them busy. Among the photos to the right, a participant receives a multiphasic blood screening; R. Don Cunanan, MD of Core Health Care is interviewed by Kay Murray of WAJR during a live broadcast; Respiratory Therapist Shari Mezzanotte prepares to give a pulmonary screening; visitors to the Surgery Tent try their hand at the game "Operation;" characters from the movie "Frozen" greet children; Zach Kerns, Mon Health System Controller, sets his daughter Emery loose in the annual Baby Crawl; and visitors participate in face painting, walking through a giant colon and touring a Mon EMS ambulance.







HealthFair was both an educational and a fun event. Above, Surgeon C. Andrew Heiskell, MD helps a young doctor-to-be through a surgical procedure; Mon Health System President and CEO Darryl Duncan meets some Sesame Street characters; staff from Core Health Care and Lakeside Family Medicine prepare for a day of blood glucose screenings; the Joe Grkman polka band performs; Ann Keaton and Chef Nader Tehrani of The Village at Heritage Point share information about the retirement community; Imaging Services provided information about X-rays; a visitor has her blood glucose checked; Women's HealthCare of Morgantown and HealthWorks Rehab & Fitness both had educational exhibits; and Mon General's Diabetes Learning Center had a gas station where visitors could get behind the wheel of a car and pedal while learning about the fuel your body needs.





You'll see them in their maroon jackets, assisting a patient or helping visitors navigate the halls of the hospital.

Mon General Hospital volunteers work to make our hospital a friendlier place for our patients, their families and our staff.

Mon General's Volunteer Services runs a volunteer staff of up to 250, depending on the season.

Christina Brown, Volunteer Services director, interviews the volunteers, checks their references and backgrounds, completes placement selection and schedules orientations.

"We receive lots of volunteer applications," Brown said. "We don't accept everyone."

Each volunteer placement is different. Some people have great

phone skills while others have a completely different set of skills and abilities.

Following placement, Paula Mullenax, Volunteer Services secretary, schedules the volunteers, tracks their hours and replaces them if they call off. On an average day, she manages the schedules for 15 to 20 volunteers.

April 12 through 18 marks

National Volunteer Week. When you see our volunteers, take the time to stop and say, "Thank you."

"Our volunteers are vital to the continued success of our hospital," Brown said. "Without them, it would be difficult for us to provide the level of service to which our patients and visitors are accustomed. We are so grateful for their commitment." ✨



**Barbara Kent**  
-Pathfinder

**Length of Service: Four years**  
Kent assists in discharging patients, moving patients from one department to another, delivering flowers and delivering care cards.

Her smile greets patients and visitors, making their experience at Mon General a pleasant one.

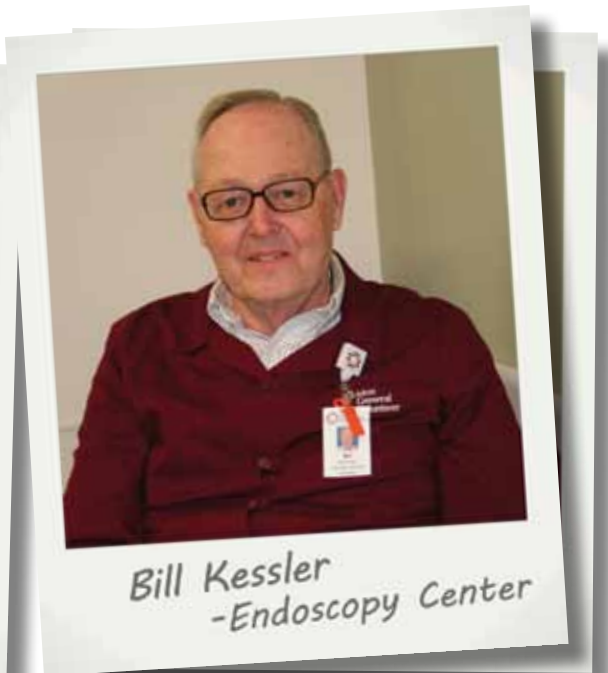
"Everyone is so complimentary of this hospital," she said.



**Diane Taylor**  
-Birth Center

**Length of Service: Eight months**  
Taylor, a retired speech pathologist, answers the phone, greets and admits patients who come to the window and delivers messages to the nurses. She also occasionally gets to volunteer as a cuddler and hold the newborns.

Taylor said she enjoys seeing the happy faces.



**Bill Kessler**  
-Endoscopy Center

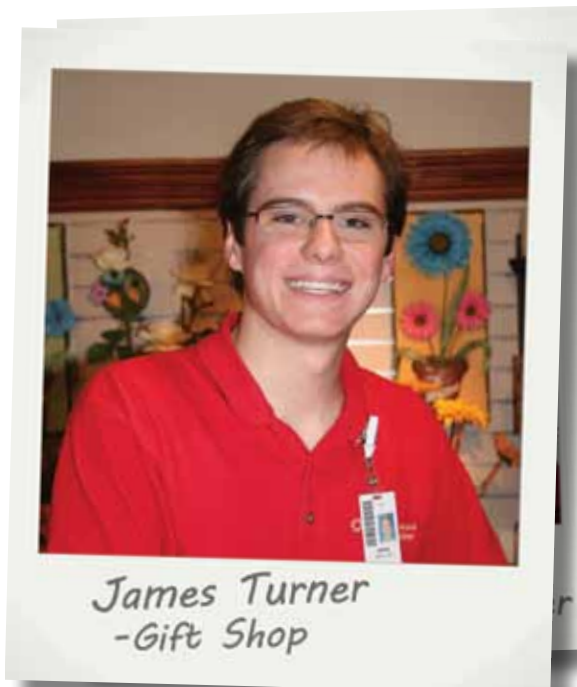
**Length of Service: Two years**  
Kessler began volunteering at Mon General, because he was looking for something meaningful to do post retirement. As an endoscopy volunteer, he cleans and prepares the room for the next patient and walks patients to their cars. His favorite part is the interaction with the staff and the people.



**Sharon Cheney**  
-Patient Representative, 6N

**Length of Service: Six weeks**  
As a patient representative, Cheney helps to introduce the patient to hospital, specifically the sixth floor.

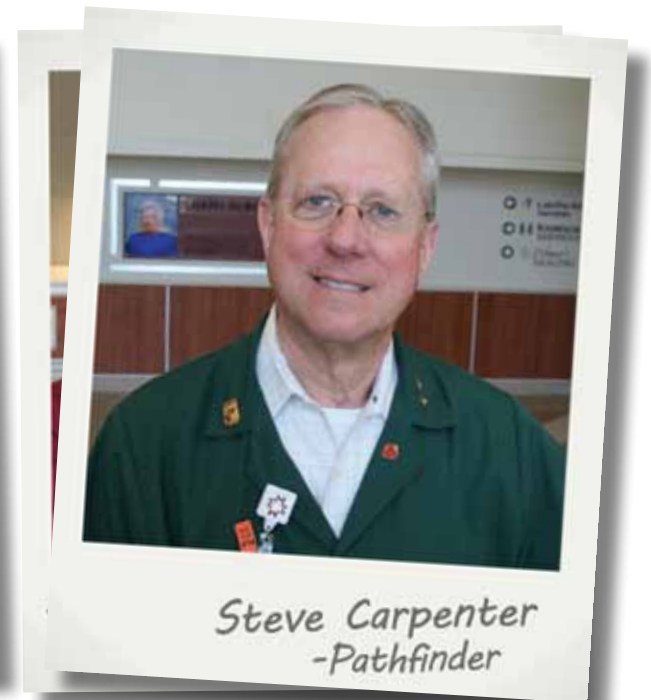
Cheney's faith and belief that God's gifts are meant to be shared led her to volunteer. "The Lord led me here," she said.



**James Turner**  
-Gift Shop

**Length of Service: 10 months, plus summer 2013**  
Turner is a senior at University High who plans to attend either West Virginia University or Georgia Tech to pursue a degree in mechanical engineering. He hopes to one day work in the solar energy field.

Turner decided to volunteer as part of his 12-hour National Honor Society and four-hour graduation requirements. Over 200 hours later, Turner is still assisting customers in the Gift Shop.



**Steve Carpenter**  
-Pathfinder

**Length of Service: Three and a half years**  
Carpenter's road to volunteering began when he had a heart attack in 2007. He calls himself a "Mon General success" due to his treatment and cardiac rehabilitation, which helped him back into great health.

Following retirement, Carpenter wanted to give back. He tells cardiac patients, "I've been there" to put them at ease. "It's my way of helping them," he said.



## Bob Milvet named new VP of Physician Services



Mon General Hospital recently filled a new administrative position to oversee hospital-owned physician practices and to support community physician practice service needs.

Bob Milvet, previously the Chief Financial Officer (CFO) at Preston Memorial Hospital, joined Mon General on March 2 as its new Vice President – Physician Services. He will be responsible for a variety of initiatives pertaining to Mon General's physician practices.

"My role is to develop an enterprise that offers services to our employed physicians and to physicians in the community who may also desire certain business services for their practices," Milvet said.

Some of the initiatives will be to ensure consistency in electronic medical record applications between the groups and the hospital, establish policies and procedures that are pertinent to the practices and to coordinate billing and collection services. He will also provide support to the hospital's physician recruitment functions.

Physician practices that Milvet oversees extend from Morgantown to Elkins, Fairmont/Mannington, Waynesburg, PA and into Preston County.

"I'm excited to get started at Mon General," he said. "Everyone I have met so far are very passionate and committed about what they do and have been overwhelmingly supportive of my role here."

Milvet has a Bachelor's Degree in Business Administration from West Virginia University.

He served as CFO at Preston Memorial Hospital for five and half years. Prior to that, he served WVU Healthcare for nearly 9 years. During that time he was CFO at University Health Associates for seven years. He also worked at WVU Hospitals-East for two years. Milvet also served as a Certified Public Accountant for a variety of healthcare and non-health care clients nationally.

"My work experience has taken me through all aspects of healthcare, including physician practice management, hospital finance administration and academic medicine," he said. "I'm

most proud of being part of the team that helped build a new hospital in Preston County, as well as helping Preston Memorial join Mon Health System."

Milvet is originally from Apple Pie Ridge, WV, which is located near Oglebay Park outside of Wheeling. "I enjoy everything outdoors," he said, including fly fishing, skiing, rock and mountain climbing, kayaking and canoeing.

Milvet and his wife, Natalie, reside in the Suncrest area of Morgantown. They have four daughters, Allison, 15; Olivia 13; Arden, 6; and Delaney, 1. ✨

## Preston Sleep Solutions receives accreditation

Preston Sleep Solutions of Preston Memorial Hospital in Reedsville recently received program accreditation from the American Academy of Sleep Medicine (AASM).

"Preston Sleep Solutions is proud to be accredited at the level considered to be the 'gold standard' of sleep medicine," said Melissa Lockwood, President and CEO of Preston Memorial Hospital. "Our Preston Sleep Solutions staff and Lab Manager, Dennis Lusin, have worked very hard to achieve this high-reaching goal."

To receive accreditation for a five-year period, a sleep center must meet or exceed all standards for professional health care as designated by the AASM. These

standards address core areas such as personnel, facility and equipment, policies and procedures, data acquisition, patient care, and quality assurance. Additionally, the sleep center's goals must be clearly stated and include plans for positively affecting the quality of medical care in the community it serves.

The American Academy of Sleep Medicine is a professional medical society for clinicians, researchers and other health care providers in the field of sleep medicine. As the national accrediting body for sleep disorders centers, the AASM is dedicated to setting standards and promoting excellence in sleep medicine health care, education and research. ✨

## MHS April birthdays

<b>April 1</b> Lucielena Bourne Lorelei Erwin Carol Michaud Kathleen Ofsanik Melissa Ratliff Kristine Robinson, MD Melody Wilkins	Tanya Long David McClure, MD	David Kinney, MD Dana Miller Bonny Seese Ashli Shahan Laura Weaver	<b>April 21</b> Nicole Allamon V.K. Raju, MD Rebecca Slaughter Dustin Wilburn
<b>April 2</b> Abby Cox Barbara Deems Adrian Hagood Marcia Kelly Audrianna Ormsbee	<b>April 8</b> Kasandra Mullens Helen Sutton Madeline Thompson Beth Twigg Pamela Varner	<b>April 15</b> Nancy Baker Melissa Lockwood Nadeem Malik, MD Jaysea Moran Janis Wright	<b>April 22</b> Melinda Chong
<b>April 3</b> Tammie Hewitt April Holmes Larry Springer	<b>April 9</b> Sylvia Heston Stephanie Martin William Rinehart Brittany Satterfield Clarence Swiger Julie Wilson	<b>April 16</b> Darryl Duncan Jodie O'Neil Mary Pike	<b>April 23</b> Danielle Poland
<b>April 4</b> Mohammed Ashraf, MD Holly Hudkins Gretchen Kaczmarczyk Lisa Lewis Carol Pusateri	<b>April 10</b> Frances Baker Christy Brambley Donna Devores Pamela Dunlap Lesli Gordon-Buttermore Brittney Hall	<b>April 17</b> Annette Campbell Katie Linville Robin Martin Angela Wilmouth	<b>April 24</b> James Bailey, MD Lisa Fuller Joseph King Judith Taylor
<b>April 5</b> Deborah Bennett Skylar Greene Vincent Kolanko, MD Elizabeth McCarty Jody Nguyen Melinda Shrout	<b>April 11</b> Scott Benson, MD Kira Kisner	<b>April 18</b> Cody Bair Corey Colley Thaddeus Rusiecki, DDS John Statler Amy Tingler Richard White Deborah Wright	<b>April 25</b> Vicki Barnett Amy Guidi Daniel Merenda Faye Tichnell
<b>April 6</b> Brandy Davis Jacqueline Davis Jessica Leu Edward Phillips Lisa Santella Samantha Saunders Megan Yoho	<b>April 12</b> Brenda Debastiani Caroline Dill Joyce McCallister Heather McLaughlin	<b>April 19</b> Cynthia Beabout Jodi Butcher Caroline Scherer Daniel Six Vera Speicher	<b>April 26</b> Firas Almahasneh, MD Jessica Balsinger Shelly May Laura Mercer Patricia Raudenbush Melissa Weaver Patricia Wray
<b>April 7</b> Joseph Berens	<b>April 13</b> Rosemarie Gibson BethAnn Guzzi Adam McKnight Justine Pagenhardt Kayla Roy James Smith	<b>April 20</b> John Battin, MD Ashley Blair Charlene Dixon Tara Elliott Theda Embacher Brian Hawthorne, MD Teresa Nolf Kellie Shaw Sister Nancy White	<b>April 27</b> Kevin Grubb Lindsey Poling Lori Savitch Meredith Snider
	<b>April 14</b> Paul Alappat, MD		<b>April 28</b> Erika Feikema Bryant Hall
			<b>April 29</b> Stephanie Bowser Chelsea Chipps Leah Myers Stacey Robinson Christine Rosier Brian Springer Jessica Wadley

## What our patients are saying about us

Each day, Mon General Hospital patients provide feedback about their stay or treatment through comments made on patient surveys and social media. Below are some of the more recent comments about the hospital and the personalized care and service provided by staff:

"What most impressed me?...Everything from pre-admission, ortho surgery unit and staff, hospital stay to the volunteer who escorted me to my car at checkout."

"Emergency Department: Entire staff was very caring and we really appreciated it, best hospital that is out there...not just the local area, the doctor was kind and listened...really seemed interested."

"I could tell that this was a very experienced staff that takes pride in their work."

"I was impressed at the cleanliness of the facility and how extremely helpful, polite, and attentive the staff was."