Facility Expansion Plan Approved by FMC Board

On Wednesday, the Fairfield Medical Center Board of Directors approved the new facility expansion project. Ground should be broken for the $37.7 million building project in August.

The new building will include 10 large operating rooms on the first floor and 30 private patient rooms on the second floor. In addition, Central Sterile will be relocated to the basement of the new building. This project will allow Fairfield Medical Center to continue to provide the highest quality healthcare using best practice standards,” said Howard Sniderman, FMC chief operating officer. “We will be able to offer new services and recruit new physicians as a result of the expansion.”

The footprint of the building is marked in orange on the parking lot between FMC and the Pavilion. The building should be completed by the end of 2014 or the beginning of 2015.

Look for more information about the project in next week’s Monday Morning.

FMC Hosts Free Community CPR Day

FitTOGETHER Holds Corporate Outdoor Games

FMC Awarded Grade "A"

Volunteer Spotlight

FMC Volleyball Tournament

Fairfield Medical Center has been awarded a grade “A” safety rating from The Leapfrog Group for the third time in 18 months. This rating places the hospital among the top-performing medical centers in the nation for its patient safety standards.

We all love seeing our pet therapy dogs – they brighten our day, and we know they encourage our patients and visitors. Enjoy this special story of a recent pet therapy visit with a patient on the third floor: While making pet therapy visits on a Thursday morning, I passed by the door of a room on the third floor. I saw there was a

The competition was fierce, the wind was brutal, the sun was scorching but the volleyball games were FUN!! Congratulations to all who participated in the 2013 beach ball volleyball games. The teams were; Cardiac Vascular Services (Cardiac Spikes), Team Crush (Biomed and Plant
Message From Mina

Last week I wrote about accountability as a missing factor in our culture. This week I want to write about another element that our culture sometimes lacks. That element is what I will call focus. For many reasons, we have put too much on our plates at the same time and that makes our focus blurry.

Part of the accountability I have asked us all to instill in culture is in making sure that we get the right job done. That’s being focused on what is most important now. Today, that right job is improving patient satisfaction and maintaining sustainability. If we have tasks on our plate or attend meetings that do not help us focus on these two elements, it is time to evaluate whether we should spend time on them. This may change how we work as we move forward. We need to question why we are doing what we are doing and work with our leadership to eliminate or postpone those things that don’t fit the patient satisfaction and organizational sustainability goals. We as an organization are accused of having too many meetings. Now is the time to look at the time these take and if they are truly necessary. Could we have electronic meetings instead of face-to-face? Do we need to meet as often or as long as we do? Do the meetings relate to patient satisfaction or organizational sustainability? If not, why are we having them right now? Do we spend time with special projects or data collection that we do because we have always done them? Is there a more efficient way to do them? Do we still need to do that work? Please talk in your department meetings or directly with those who have authorized or who receive the results of your work to see if it is still needed.

We have to maintain focus on what is most important. This has to be part of our cultural development. Based on what I have written this week and last, I want to remind you that while we need to keep our culture of relationships and friendliness, we also have to hold each other accountable to do the right job the right way and to keep our focus on patient satisfaction and organizational sustainability. This helps us meet our mission and achieve success. Thanks for your help!

From the Chief’s Desk

Imagine yourself sitting in that chair across from the doctor. You’ve just received news of test results. Regardless of the outcome, you suddenly feel a sense of relief just from knowing, because they are your results and yours uniquely. They aren’t just a statistic. They aren’t just numbers or words. They are you.

Of course you forgot to ask for a copy of the results at the visit. You were absorbing the information, trying to think of questions to ask, knowing that the doctor had other patients waiting. After the visit, you have more time to contemplate the information, but you can’t remember the exact details. What were the words the doctor used to describe the MRI? Was the blood sugar 110 or 160? Now you have to call your doctor or the hospital and request a copy of your medical records. This usually requires signing a release form, waiting for them to arrive in the mail, making an extra trip to pick them up or scheduling another appointment with the doctor. In the meantime, your family and friends are asking about you, but you are not sure of the details and may even missspeak because you didn’t understand everything the doctor told you. By this time, your confidence is eroded and frustration sets in.

Information empowers, especially when that information is so personal. Having timely and accessible information has been proven through rigorous scientific study to alleviate confusion and misunderstandings, educate patients, relieve anxiety, provide reassurance and improve doctor-patient communication. This fall, the Center will launch a web-based, secure Patient Portal, improving patient access to their personal medical information (such as lab and radiology results) during and after discharge from the hospital. Over time, it will be expanded to include outpatients. In my opinion, this couldn’t come soon enough! For more information, contact me through email at drjrobertson@fmchealth.org.

Chief Medical Information Officer

Health Incentive Lunch & Learns

Join us on the following dates and times for an information session on the Health Incentive Program for 2014. Registration preferred. Call Ginger Davis at ext. 8459 or email gingerd@fmchealth.org:
- May 29 from 1 - 1:30 p.m., Assembly Room 3
- June 4 from 11:30 a.m. - noon, Assembly Room 1
- June 13 from 4 - 4:30 p.m., 2nd Floor Conference Room
- June 14 from 8 - 8:30 a.m., 2nd Floor Conference Room

Cancer Resource Center Grand Opening ~ Win an iPad

Share in the festivities throughout the month of June as we recognize Cancer Awareness Month:
- Tour Fairfield Medical Center’s newest community resource designed specifically for cancer patients, cancer survivors, their families and friends.
- Meet the Cancer Resource Center Coordinator Janice Novotni and the wonderful staff of volunteers.
- Allow them to share with you the many non-clinical resources available at the Cancer Resource Center.
- Don’t forget to register for the Apple iPad that will be awarded to one lucky visitor! Drawing will be held on July 11 during our monthly presentation.

The Cancer Resource Center is located at 616 Forest Rose Ave., hours are Monday 8 a.m. - 8 p.m., Tuesday – Friday 8 a.m. - 5 p.m. and some Saturdays. For questions, call (740) 277-6941.
FMC Hosts Second Annual Free Community CPR Day

The Snider Community Heart Watch, along with the Fairfield Medical Center Gordon B. Snider Cardiovascular Institute, sponsored CPR free training on May 18 at Pickerington High School Central and Fairfield Medical Center. Nearly 240 individuals are now trained to help in an emergency, creating a heart safe community. About 200 individuals were fully certified as community providers in adult, child and infant CPR with the American Safety and Health Institute during CPR Day. In addition, more than 40 individuals were trained in an abbreviated version of CPR called HOPE, which stands for Hands On Practical Experience. This technique focuses on quickly alerting EMS and starting chest compressions immediately.

“The more people we have trained in CPR, the safer people in Fairfield County are,” said Bob Williams, supervisor of the FMC cardiac catheterization lab and co-chair of the Snider Community Heart Watch.

For more information about the Snider Community Heart Watch or CPR training at FMC, call (740) 689-6893.

No One Dies Alone Volunteer Meeting Coming Up Soon

The next No One Dies Alone quarterly meeting will be Monday, June 10 in Assembly Rooms 1 & 5 from 4 p.m. – 5 p.m. This meeting is open to all Fairfield Medical Center employees and volunteers who would like to attend. Guest speaker Tracey Miller, grief communication specialist, with FairHoPe Hospice and Palliative Care, Inc. will provide an overview of children’s grief and the PALS for grieving children program. This program offers no cost grief support to children in the community. If you have any questions, please contact Melony Rarick, No One Dies Alone program coordinator, at ext. 8194.

Are You Ready for a Challenge?

The sixth annual Snider Heart & Lung 5-mile Run (and walk) will be held on Saturday, Aug. 24, at 9 a.m. Again this year, the Snider Heart and Lung Run Committee is issuing a challenge to all departments at FMC! This challenge will be based on department participation. Departments will be grouped based on number of employees. A small department is 10 or less, a medium department is 11 to 30 and a large department is 30+. Each group will have top winners! This is a fun way to get some exercise, show your department spirit, and help cardiac and lung patients in need!

Not a runner? No problem! You can walk the 5 miles! The idea is to rally as many people from your department as possible to participate! If you participate in the Wellness Program, this event is worth six points. Make it a fun, team-building activity. Make shirts, have a funny team name, meet after work and train together. So what does the department with the most participation win? Bragging rights for sure! And the distinct title of “WINNER” as well as fabulous prizes.

For more information on how to register your department, please contact Lindsey Kincaid at (740) 687-8174 or lindseyki@fmchealth.org. We will see YOU at the finish line!

Human Resources Corner: UNUM Products

Unum products (short term disability/group life insurance/long term disability/voluntary term life/accidental death dismemberment)

- **Eligibility:** Full-time and part-time status
- **Newly Hired Eligibility:** Upon employment, sign up within 30 days of hire date. Guarantee issue if signed up with 30 days of hire date – no evidence of insurability (EOI) required.
- **New to Benefit Eligibility** (examples: transfer from contingent status to full-time or part-time status/transfer from non-benefit option to benefit option/life-changing event): Sign up within 30 days of transfer date or qualifying event. Guarantee issue if signed up within 30 days of transfer date or qualifying event – no EOI required.
- **Electing new Unum coverage:** Open enrollment, if currently benefit eligible: Benefit eligible and not currently covered with Unum; electing initial coverage. EOI is required.
- **Always a Guarantee Issue:** Group life insurance accidental death & dismemberment (AD&D)

- *Guarantee Issue:* You may apply for coverage without answering any medical questions or providing EOI if you apply for coverage within 30 days after your eligibility date (new to benefit eligibility). If you elect coverage outside of your eligibility date or do not currently have Unum coverage, your coverage will be medically underwritten and you will be required to qualify based on information you provide on your overall medical health. This includes routine, planned, unplanned or ongoing medical care or consultation. This review may result in a declination of coverage.

**REMINDER:**
As always, please be sure to check your bi-weekly paystub and follow up with Human Resources with any discrepancies.
We Are the Difference!

To the staff and leadership of FMC:

I would like to take this opportunity to thank everyone who provided excellent care and compassion to me and my family during the hospitalization of both my parents in March. From the moment my mother entered the ED until her death on March 24, the care she received was exceptional. I want to thank the ICU staff who responded to her CAT calls for their expertise and caring ways in explaining to her what was going on, to the PCU nurses who cared for her; and the Fifth floor staff for accommodating all our needs. When my father was admitted for the last few days of her life, the Fifth floor leadership and nursing supervisors were gracious to accommodate them being in the same room for one last night together. I cannot put into words how much that meant to both of them and to my family, knowing that their time together was probably going to come to an end soon. I also want to thank the Palliative Care staff for their caring ways during the last 36 hours before she passed away. Bethany and Nicole were wonderful at her time of death and stayed with me throughout the time, even comforting my father as we shared the terrible news with him at 2 a.m. that morning. They allowed all of us the time we needed to say our final goodbyes.

I especially want to recognize two staff members who I feel truly displayed what it means to put “Patients First.” The first one is Emily Forgrave, R.N. in ICU for the exceptional care she provided my mother. As a fellow nurse, I was overwhelmed by the compassion shown by this extraordinary young lady. She made us all feel that Mom was her only patient and did extra things to make sure she was comfortable. She was attentive to all our questions and got answers for us when we needed them. Even when she was not assigned to Mom, she still made it a point to check on us and make sure that we were okay. The second one is Jodie Hildebrand, C.N.L., on the Fifth floor. Jodie made sure that Mom got the physician care that she needed on several occasions, being proactive in notifying them of changes in her condition and following up with them when response was slower than she wanted. She was attentive to her needs and mine, being very supportive and calming during the critical times. Jodie and Emily will always be remembered for their compassion, care and commitment to taking care of my mother and all of my family in the gentlest and kindest manner.

Last, but certainly not least, I want to thank the physicians and assistants who cared for them: Dr. Lloyd, Dr. Twehues, Dr. Jeremy Buckley, Dr. Reinig, Dr. Wilmer and Dr. Venkataraman. Their expert care and knowledge drove the needed decisions and treatments to facilitate recovery for my father and a comfortable and peaceful end of life for my mother.

The staff at FMC are a wonderful team to work with – from the cards and notes of sympathy, the smiles and words of comfort from staff outside of my own department, the support I received from the staff in Case Management and the knowledge that I could reach out to anyone here for help is amazing. We have an awesome family within the Center and I truly thank all of you for the exceptional care given to my parents.

~Suzi McClaskey,

Healthy by Choice, Not by Chance, New Class Coming in July

CHIP (Complete Health Improvement Project) is a comprehensive, educational, intensive lifestyle promotion program. It is designed to prevent, manage and even reduce today’s most common diseases; including high blood pressure, type 2 diabetes, obesity, heartburn and elevated cholesterol. Scientific studies have validated CHIP’s success. Reserve your seat at any of these FREE one-hour information sessions.

- Tuesday, June 18 - 5:30 p.m.
- Wednesday, June 19 - noon
- Thursday, June 20 - 5:30 p.m.

All information sessions will be held in Health and Wellness Services (by Outpatient Therapy in the Kroger shopping plaza). Refreshments and light snacks will be provided. For more information or to register for an information session contact Corinn Gehle at (740) 689-6831 or corinnf@fmchealth.org.

FMC Recognized Nationally for Patient Safety (cont.)

The Leapfrog Group, an independent non-profit organization and advocate for hospital transparency, just released its newest hospital safety standings based on the latest public data used to evaluate patient safety. The organization assigns letter grades biannually from “A” to “F” to hospitals throughout the country for their safety.

Earning an “A” on the Hospital Safety Score demonstrates that FMC has exhibited excellence in Leapfrog’s national database of patient safety measures.

“Patient safety is of the highest priority at FMC,” said Dr. Steven Cox, FMC chief medical officer. “This renewed recognition acknowledges the effort of our providers, nurses, staff and volunteers who carry out that commitment through every aspect of their work.”

The Leapfrog Group calculates Hospital Safety Scores by evaluating publicly available safety data that details how often a hospital gives patients recommended treatment for a given medical condition or procedure, and considers the environment in which patients receive care. Hospital Safety Scores also take patient outcomes into account in determining final marks. Scores are compiled under the guidance of the nation’s leading experts on patient safety and are intended to empower patients with information to objectively evaluate local hospitals and make healthcare decisions for themselves and their families.

To compare FMC’s scores to other hospitals locally and nationally, visit www.hospitalsafetyrate.org.
Volunteer Spotlight (cont.)

doctor in the room at the time so I did not plan to enter. Then I noticed the doctor, Amanda Slater, D.O., waved me in with a big smile and told the family she would check back with them later. When the patient saw Princess, she got a huge smile on her face, and she was hugging, kissing and cuddling Princess. I noticed a family member was crying and trying to take pictures of Princess with the patient. The family member told me the patient was her mom and that she had been non-responsive for days until Princess came into the room. She said her mom just loves dogs. We visited a while and then I made my way around to the other rooms on the third floor. Before I left the floor, I went back to that room for another visit and had the same response from the patient. I told them I just had to come back one more time. They took even more pictures and thanked me. It was a miraculous day for me at Fairfield Medical Center.

-Donna Kalis, Pet Therapy Volunteer

Fairfield Medical Center’s Pet Therapy program is a part of Volunteer Services and has been in existence for almost 20 years. We now have 18 pet therapy teams, ranging in size from 5 to 115 pounds. Our youngest (and smallest) is Princess, a 2-year old Havanese. And our oldest is Millie, a 14-year old Chocolate Lab. If you would like to request a pet therapy visit for a patient, you can call the Nursing Office at ext. 8190.

FMC Foundation Scholarship Funds

The Fairfield Medical Center Foundation is accepting applications for the FMC Scholarship, FMC Foundation Scholarship and the Emery and Evelyn Williams Education Fund Scholarship. The Center and Foundation scholarships are awarded based on several criteria and will be offered only once a year. Employees must have been with the Center for at least one year and be fulltime or parttime. You must be enrolled in an accredited university and be pursuing a degree that is considered of benefit to the mission of FMC. The Williams Scholarship, established in 2006 by grateful patients Emery and Evelyn Williams, is available to employees of FMC who are enrolled in an accredited university and pursuing education in medical or healthcare fields. Application forms are available in Human Resources or the Nursing Office. Deadline is June 14 and scholarships will be awarded by July 1. For questions call the Foundation at 8190.

Corporate Outdoor Games (cont.)

The first annual Corporate Outdoor Games were held Saturday, May 18 at Ohio University-Lancaster. The event was a huge success. Six local organizations competed for the title of fitTOGETHER Corporate Outdoor Games champion. Teams competed in various physical challenges including tug of war, tire flip relay and a 100-yard dash relay. Competition was spirited and a good time was had by all. Fairfield County Board of Developmental Disabilities was crowned the 2013 champion. The team consisted of Bryston Lee, Chad McKnight and Brent Thorne. Thank you to all who participated in this year’s games and a special thanks to all the volunteers who help make the event a success!

Win $1,000 at the Ball Drop

The Fairfield Medical Center Foundation Golf Outing will be held Monday, June 10 and offers a chance for you to win $1,000. You can win during the ball drop contest at 1:15 p.m. on June 10 if your numbered golf ball lands closest to the pin when released from a helicopter. It’s that easy! Tickets are available for $20 each and payroll deduction is available. Tickets will be sold in the Café June 7 from 11 a.m. – 1 p.m. or in the Foundation office 8:30 a.m. – 5 p.m. Monday-Friday. You do not need to be present to win. All proceeds from this year’s events will go to the Cardiovascular Care Fund. For more information, contact the Foundation Office at ext. 8107.

EVENTS

From the Employee Activities Committee

Mormon Tabernacle Choir and Orchestra at Nationwide Arena, Wednesday, June 12 at 7:30 p.m. Tickets starting at $18.

Columbus Crew vs. Montreal Impact, Saturday, June 15 at 7:30 p.m. Take dad to a Crew game for Father’s Day! All participants will receive reserved seating. Tickets are only $23 (Regular price $33) Each employee ticket order includes a $5 food voucher. Special Promotions: - Columbus Crew $1 Night - $1 Bob Evans Buck-a-Brat - $1 Budweiser Draft Please visit the FMC Intranet/Employee Activities button for the official order form. For more information, call Lisa at ext. 8449.

Save the Date for Kings Island on June 21 and 22. Purchase your tickets in Human Resources through June 7 at 4 p.m. Remember, the first 150 employees are able to purchase their personal ticket for only $25. Each employee can purchase one ticket at $25 and each additional at $32 (regular price $54.99). This ticket also includes a picnic meal and admission to Soak City Waterpark. Questions can also be emailed to Bob at robertw@fmchealth.org. FMC has once again reserved rooms at the Cincinnati Marriott Northeast for both June 21 and 22 at $102 per night. Rooms can be booked by calling 1-877-204-8216 and asking for the FMC rate.

Free Kona Shaved Ice, Wednesday, July 10 from 7:30 a.m. - 3:30 p.m. Located by the Cafe outdoor patio. Join us for free small shaved ice for FMC staff, volunteers and physicians with a badge, compliments of the Employee Activities Committee. Additional sizes are available for purchase.

American Idol Live, Thursday, Aug. 29 at 7:30 p.m. at the Schottenstein Center. Save $10 per ticket plus fees by purchasing tickets through FMC’s group sales rep, Erica Ganyard. Tickets start at $36. Submit orders by fax (614) 246-4301 or email to eganyard@bluejackets.com. Order form can be found on the FMC intranet under Employee Activities.

Columbus Symphony’s Picnic with the Pops, various dates in June and July. Ticket prices starting at $25. See the Employee Activities button for a summer schedule and pricing.

For more information a, visit the Intranet and click on the “Employee Activities” button at the bottom of the home page.
Hospital Happenings

Get Off your Assets and Walk with the CFO! • Wednesday • May 29 • 5 p.m. Join Sky Gettys for a leisurely stroll the last Tuesday of each month at 5 p.m. The group will start by walking 0.5k and progress by 0.5k each month. This is a no one is left behind walk! Beginners are welcomed and encouraged. Get off the couch and on the path! We will meet on the bike path across from the parking garage so come join us for a walk with the CFO! Contact Misty at (740) 687-8137 or mistyn@fmchealth.org to sign up.

Let’s Talk About it in Baltimore • Thursday • May 30 • 6 - 7 p.m. • Community Room - Walnut Creek Village, 1051 S. Main St., Baltimore We invite you to this community conversation with Mina Ubbing, FMC president and CEO, to discuss the local, regional and national healthcare landscape. Light refreshments available.

$5 Jewelry & Accessory Sale • Everything is Just $5 • Thursday • May 30 • 7 a.m. - 7 p.m.

Vascular Screenings • Friday • May 31 • 10:30 a.m. - 1:30 p.m. • FMC North Entrance • Vascular screenings are done through easy, pain-free ultrasounds that can detect disease early. Screenings will be scheduled on a first-call, first-served basis. Call (740) 689-6893 to schedule. Screening cost is $75.

FMC Foundation Golf Outing • Monday • June 10 • Lancaster Country Club • 8 a.m. Scramble or 1:30 p.m. Best Ball Tournament • $150 per golfer includes: continental breakfast, green fees, cart fees, tee gift, box lunch, refreshments, hors d’oeuvres in the evening and prizes for top two winners of each division. Proceeds will benefit the Foundation’s Heart & Lung Fund. Please contact the Foundation office at ext. 8107 if interested.

Navigating the Difficult Waters of HealthCare Bills and Financial Assistance Programs Monday, June 10 • 6:30 - 8 p.m. • Cancer Resource Center located at 616 Forest Rose Ave. • Featuring Sharon Scruggs, Contracts and Collections manager • This presentation will provide you with information and resources that will assist you with navigating through the difficult financial hurdles related to your Cancer Care. For questions, call the Cancer Resource Center at (740) 277-6941.

Exercise and Physical Activity: What is the Difference? • Presented by Chris Chong • Thursday • June 20 • 5:30 - 6:30 p.m. • Cancer Resource Center • June is Men’s Health Month. Gentlemen, do you know what the differences are between exercise and physical activity? Feel free to invite your spouse, friends or family members. To register, call the CRC at (740) 277-6941.

Camp N.O.V.A.C. • June 11 - 13 • 10 a.m. - 2 p.m. • Health and Wellness Exercise Room This camp is for children entering grades 4 - 6. The goals of Camp NOVAC are to educate children on the importance of exercise, nutrition and healthy lifestyle habits. The cost of the camp is $50 (includes all three days) and financial assistance is available. To register, please contact Health and Wellness Services at ext. 6831 by Thursday, June 6.

2014 Health Incentive Program

Did you know that if you are enrolled in Fairfield Medical Center’s insurance you have the opportunity to participate in a free wellness screening that may reduce your health insurance costs? You can only register June 1 - 28 by 4 p.m. All insured employees and their spouses who are interested in improving their health and decreasing their health insurance costs can register to participate in the program. You and/or your spouse must register on the website (www.bravowell.com/fmchealth), complete a brief questionnaire and schedule your screening appointment. Screenings are performed in July and/or August. Extra Incentive! This year, there will be an extra incentive point. You will not be penalized if you do not make the extra incentive goal, but if you do, you get a deeper discount on your insurance costs. The extra incentive goal is BMI ≤27. More information will be provided in the Monday Morning and FMC emails in May and June. If you have any questions at any time, please feel free to call Health & Wellness Services at ext. 8137 or email Misty Newsome at mistyn@fmchealth.org.

Oxygen for the Soul

God told us, ”Love your neighbor as yourself.” So first I am to love myself rightly, and then to love my neighbor like that. But how can I love myself unless I accept myself as God has made me? ~Mother Teresa

Reminder - The chaplains are here to assist you with any spiritual concerns or to speak with someone confidentially. Contact us by dialing "O"; the operator will run you 24/7.

(W is not intended to be an endorsement of any particular religion, but rather serves as an avenue for our FMC chaplains to provide weekly inspiration.)