



# Monday Morning



**Snider Heart & Lung 5-mile Run** p. 4



**Cancer Resource Center Grand Opening** p. 3

## Williams Honored as OHA Health Care Worker of Year Finalist

Bob Williams, supervisor of the cardiac catheterization lab at Fairfield Medical Center, was named as one of five finalists for the Albert E. Dyckes Health Care Worker of the Year Award for the Heart Safe Community Initiative. The finalists and winner were announced Tuesday, June 11 at the Ohio Hospital Association's Annual Recognition Dinner.

The Health Care Worker of the Year Award recognizes an employee of an Ohio hospital or health care system who demonstrates leadership, reflects the values of Ohio's health care facilities, goes above and beyond the call of duty, gives back to the community and overcomes odds to



*Pictured (from left): Bob Williams, supervisor of the cardiac catheterization lab at Fairfield Medical Center, and James Pancoast, chair of the OHA Board of Trustees, at the Ohio Hospital Association's Annual Recognition Dinner.*

### Patient Safety Award



The Fairfield Medical Center Quarterly Patient Safety Award recognizes individuals for their contributions to the Patient Safety Program. This award honors those who go the extra mile to provide a safer environment for our patients. [Continued on p. 3](#)

### FMC Foundation Golf Outing



The Fairfield Medical Center Foundation hosted the annual Golf Outing on Monday, June 10 at the Lancaster Country Club. Dave Alvis was the \$1,000 winner of the helicopter ball drop. All proceeds from the event go to the FMC Cardiovascular Care Fund.

### Canoe Trip



The Employee Activities Committee is offering discounted tickets for canoeing at the Hocking Valley Canoe Livery at 2 p.m. on Saturday, Aug. 17. The cost is \$14.25 per person. For more information on this event and the others offered by the committee, see page 5.

## Message From Mina

I am not sure that everyone understands why we want the Fairfield Medical Center Foundation involved in the solicitation of vendors for support of educational programs. It may seem like we are injecting a new layer of bureaucracy into a process that wasn't broken. Let's start with what this doesn't mean.



First, it doesn't mean that those who have the relationships with the vendors can't help make the contacts and ask for support. Second, it also doesn't mean that the Foundation will dictate how the funds will be spent. Usually, the vendor has restrictions on how the funds can be used and we need to be sure we honor those. Third, it doesn't mean that the effort of FMC staff to solicit these funds is not appreciated or that these efforts are not done well. We need that involvement because you have the key relationships to find the funding for the programs that we want to provide.

So, why do we want to involve the FMC Foundation? First, having one clearing house for vendor solicitation ensures that we don't have multiple people in the organization asking the same vendor for funds. This can be a turnoff for vendors and can result in our receiving less funding than we might have. Second, it ensures that the donations we receive are acknowledged consistently and that we have a central database for the vendors who are able to provide educational funds for us. Finally, by having one place to record donations, we are able to maximize our funding opportunities with each potential donor in accordance with their capabilities and wishes. We also solicit vendors for sponsorships for Foundation events. Their support is vital, but can be abused when we aren't aware of what they are already providing.

So, where do we go from here? When you or your team is beginning to plan an educational event, I ask that you speak to Ricki Chenault or one of her staff to help coordinate that solicitation and make sure that someone else isn't already asking that vendor for funds. This isn't about saying "no." It is about making sure we are all moving in the same direction to respect our vendors and to find as many funding sources as possible for the events we want to present.

President and CEO

## From the Chief's Desk

I would like to take this opportunity to review the financial results for April.

### Volumes & Revenue

- Although inpatient admissions for April were 6 percent below budget, our total gross inpatient service revenue for the month was 5 percent above budget due to high inpatient surgical and cardiovascular service revenue.
- Outpatient volumes for April were 1 percent above budget and thanks again to a higher average charge per visit than anticipated in almost all service areas, our total gross outpatient service revenue was 9 percent above budget for the month.
- Combined, total gross revenue for the month was 8 percent above budget.
- Driven by the higher-than-anticipated gross charge revenue, our total net revenue for April exceeded budget by 8 percent.
- Thanks to April's strong revenue, year-to-date our total net revenue now exceeds budget by 2 percent.

### Expenses

- Payroll and benefit expenses for the month were 2 percent above budget mostly due to staffing up to the higher overall patient volumes. Year-to-date, total payroll related expenses are 1 percent above budget.
- Supply expenses for April were 13 percent above budget due to the high number of surgical and cardiovascular cases for the month. Year-to-date, total supply expenses are now 3 percent above budget.
- All other expenses combined were 11 percent above budget for the month due to higher physician and purchased service expenses related to the higher service volumes. Year-to-date, all other expenses



combined are 1 percent below budget.

- Total expenses for April were 7 percent above budget due primarily to the higher payroll, supply and purchased service expenses. Year-to-date, our total expenses are now 1 percent above budget.

### Summary

- Thanks to the higher-than-anticipated gross patient service revenue, we earned a 1.7 percent operating gain for the month of April.
- Year-to-date, our operating margin is now at 1.5 percent as compared to a 0.5 percent budget target and a -1.0 percent prior year-to-date result.
- Our joint ventures and subsidiary interests enjoyed another month of good financial results, which when added, made for a total margin gain of 4.8 percent for the month of April.
- Year-to-date we are now at a 3.9 percent total margin as compared to a 1.5 percent budget target and a 0.4 percent prior year-to-date result.

Our strong April financial results were driven by higher-than-anticipated inpatient surgical and cardiovascular revenue along with higher outpatient revenue from nearly all outpatient service areas. Thank you for your service to our patients.

Chief Financial Officer

## OHA Awards (cont.)

succeed.

"We are so proud of Bob for all of his hard work with the Snider Community Heart Watch in creating a heart safe community," said Mina Ubbing, FMC president and CEO. "It is a tremendous honor to be named as a finalist for Health Care Worker of the Year, and Bob is very deserving of this recognition."

Also at the awards ceremony, Fairfield Medical Center was named as a Gold Partner in the Hospital Champions Partner Award. This was awarded for the Center going above and beyond to promote organ donation, increase organ donor registration and build community awareness. In 2012, 170 Ohioans died while waiting for an organ

transplant.

"Today, we commend Fairfield Medical Center for their advocacy on behalf of donation and congratulate the organization for earning Gold status in this statewide program," said Mike Abrams, OHA president and CEO. "We are thrilled to have their return participation in the 2013-2014 program and look forward to working with Fairfield Medical Center to extend this important message in the year ahead."

In addition, FMC was recognized for a Melvin Creeley Environmental Leadership Award for promoting sound practices through environmental stewardship.

## We Are the Difference!

To my Fairfield Medical Center family,

I cannot express how much your kind words, thoughts, gifts and prayers meant to our family during the loss of our grandson, Jeremiah. Your compassion and love made such an impact during a very difficult time.

Passion

Commitment

I have been so blessed to work with such wonderful people and be part of a family that has such a caring heart. May God Bless!!

Thank You,  
Sharon Scruggs

## 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 July 11 during our monthly presentation.

The Cancer Resource Center is located at 616 Forest Rose Ave. The 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.



**Fairfield Medical**  
Cancer Resource Center

## FMC Volunteer Opportunities

Volunteers are needed for upcoming summer events:

- Lancaster Fourth of July Parade – The parade will take place on Thursday, July 4.
- Perry County Fair – Volunteers are needed for the Perry County Fair July 15-20 from the hours of 11 a.m. - 9 p.m.
- Lancaster Festival Kid's Bike Race and Decorating Contest – The race will take place on Friday, July 26.

Please contact Ann Cly at ext. 8007 or [anncl@fmchealth.org](mailto:anncl@fmchealth.org) if you are interested!

## Patient Safety Award (cont.)

The winner for the first quarter of 2013 is Sherry Parmenter, dietitian. Sherry walked into a room and it looked like total parenteral nutrition (TPN) was going into a peripheral IV in the patient's arm. The nurse said, "yes, it is going into a peripheral IV," and she was not aware that you had to have central access for TPN. If the patient continued to have TPN running through a peripheral vein, it could have caused the vein to blow and an increased risk of infection. Sherry was astute enough to catch this and review the error with the RN.

Safety Tip: If you see something that is not correct, please speak up. You may save a patient.

Others who were nominated for safety awards:

- Paula Hall – 5th Med./Surg.
- Lisa Joos – Endoscopy
- Karli Amick – 5th Med./Surg.
- Mary Warthman – Case Management
- Wanda Pierce – 5th Med./Surg.

# HR Corner

## FMLA – You Have Questions? We’ve Got Answers!

The Family Medical Leave Act (FMLA) was created by the federal government to protect an employee’s position for up to 12 work weeks when certain serious medical conditions arise with the employee, a qualifying immediate family member with a serious health condition or for the birth/adoption of a child.

In order to be eligible, an employee must have worked for the organization for one year and have worked a total of 1,250 hours over the last 12-month period.

### Starting the Process of FMLA:

**Eligibility.** This process starts in Human Resources. Employees, family members or a designated person may request and complete an eligibility form. The completed form needs to be returned to Human Resources. The form will be reviewed for the above criteria and within five business days. The employee will receive written communication on the status of his or her application and eligibility.

**Certification.** If the employee is determined to be eligible, the appropriate FMLA paperwork will be emailed to him or her at the email address provided. It is the responsibility of the employee or a family member to have that form fully completed by the medical provider with a signed, not stamped, signature and returned to Human Resources within 15 days. Note: If the application is received in Human Resources with missing information, it will be returned to the employee or family member for completion and this will delay the approval process.

Once approved, the employee will receive a Department of Labor letter indicating the approval or denial of the FMLA, if additional information is needed and the date range of the FMLA request. Questions regarding FMLA, or leave in general, can be directed to the leave management coordinator at (740) 687-6919. For other questions, visit the Human Resources policies area on the Intranet or by call (740) 687-8017.

### Career Ladder

This is a reminder for anyone who wishes to turn in Career Ladder. The deadline to complete is June 30. All paperwork must be complete and received by your department manager on or before that date. Based on the changes to pay for performance, the Career Ladder program will not be offered after that date.

## TEMPO Committee Applauds Star Performers

Join the TEMPO Education Committee in applauding the teamwork and collaboration necessary to implement and manage the clinical systems among the TEMPO masters, Systems department and all clinicians.

Share your examples of staff displaying positive attitudes, team work and adjusting quickly to the needs of their co-workers when dealing with TEMPO-related outcomes. The TEMPO Education Committee will be sharing the stories of the individuals being applauded for their star performances.

Email your stories to [nikkid@fmchealth.org](mailto:nikkid@fmchealth.org).

## Are You Ready for a Challenge?

The sixth annual Snider Heart & Lung 5-mile Run (and walk) will be 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 Fairfield Medical Center. 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 50 and a large department is 50 plus.

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](mailto:lindseyki@fmchealth.org) or Kelly Marion at (740) 687-8951 or [kellym@fmchealth.org](mailto:kellym@fmchealth.org). We will see YOU at the finish line!

## Healthy by Choice, Not by Chance: New Class Coming

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

All information sessions will be held in Health and Wellness Services (by Outpatient Therapy in the Kroger shopping center). Refreshments and light snacks will be provided. For more information or to register for a session, call (740) 689-6831 or email [corinnf@fmchealth.org](mailto:corinnf@fmchealth.org).



## Dr. Lichten Offers Free Botox to FMC Employees

If you have been thinking about getting Botox® Cosmetic, but just haven't done it yet, now is the time to try. On Friday, June 28, for one day only, Central Ohio Plastic Surgery is offering one free area of Botox to Fairfield Medical Center employees who have never tried Botox. The injections will be performed by FMC's own board certified plastic surgeon, Dr. Jason Lichten.

Call (740) 653-5064 to make an appointment; appointments are limited and required. This Botox is direct from the manufacturer. If you've had Botox before, we won't leave you out. Payroll deduction and discounts will be available for new and established patients toward purchases of additional areas of Botox, Juvéderm, skin care products and spa services at Imagine . . . MediSpa. Dr. Lichten retains sole discretion to determine whether a patient is an appropriate candidate for Botox.

## Weight Watchers Session to Begin Week of June 17

The "Weight Watchers, At-Work" classes will be held on Mondays from noon - 12:45 p.m. in Classroom Gamma on the mid-level. The first class will begin June 17. Details of the program are as follows:

- Session length – 10 weeks (must pay for the entire 10-week session). Join on June 17 and get 11 weeks for the price of 10. The only sign-up dates for this session will be June 17 and 24. Classes will end the week of Aug. 26 and another session will start.
- The program is open to everyone – employees, physicians, volunteers, family and community members. You can even join through FMC and attend meetings anywhere by just showing your card.
- Cost per member is \$100 for current and \$110 for new members. Payment options – payroll deduction (if FMC employee, taken out in five pays), check, cash, MasterCard/Visa – option debit or credit cards can be split in two payments approximately four weeks apart.
- Meetings last approximately 45 minutes. The first 15 minutes is for weighing in and the second half hour is for a meeting (each week is a different topic) and motivational encouragement with time for questions.
- You may join until June 24, but after that date you'll need to wait until the next 10-week session to sign up.
- Interested? Notify Colleen Yarbrough at [colleen@fmchealth.org](mailto:colleen@fmchealth.org) and then simply show up to one of the classes and all the paperwork and informational material will be available.

At least 20 members per class are needed in order to hold the class. We will cancel if we do not have at least 20 members who pre-register with Colleen. Please email or call Colleen Yarbrough at (740) 687-8191 if you are interested in joining (even if you are a current member, please let me know if you will re-sign for the next session).

## EVENTS

### From the Employee Activities Committee

**Are you working the weekend of June 22 but still want to go to Kings Island?** Full details on Good Any Day tickets will be in the June 23 Monday Morning.

**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.

**Hocking Valley Canoe Livery**, Saturday, Aug. 17 at 2 p.m. The cost is \$14.25 per person. Please visit the FMC Intranet/Employee Activities button to print the reservation form with liability statements that must be signed by each person participating. Completed forms should be sent to Rhonda Wortham in Human Resources. Reservations must be received by Aug. 9. Payment must be received with reservation. Payroll deduction preferred for full-time and part-time employees.

**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 representative. Tickets start at \$36. Submit orders by fax (614) 246-4301 or email to [eganyard@bluejackets.com](mailto:eganyard@bluejackets.com). Order forms 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 on the Intranet for a summer schedule and pricing.

**Cirque Du Soleil – Totem Show**, Sunday, Sept. 15 at 4:30 p.m. at the Ohio Expo Center. Discounted ticket prices:

- Premium Tickets: Section 200 - \$115 per person
- Level 1 Tickets: Sections 201 & 202 - \$65 per person

Limited tickets available. Visit the FMC Intranet/Employee Activities button to print the order form. Due to this special FMC offer, orders must be received by June 21. Payroll deduction is available. Send completed order forms to Don Duvall in Pharmacy. For questions, call ext. 6829.

For more information, visit the Intranet and click on the "Employee Activities" button at the bottom of the home page.

## Tour de Cause: Calling all Cyclists

The Tour de Cause Bicycle Tour will be held Saturday, July 13. Fairfield Medical Center will sponsor 10 cyclists once again this year. This event offers something for everyone! Cyclists may choose from a variety of routes. Rides range from 12-100 miles. Please visit the Tour de Cause website for specific information at [www.tourdecause.org](http://www.tourdecause.org). A kick-off party for this event will be held Friday, July 12 at 5:30 p.m. at Ohio University-Lancaster. For information and/or to purchase tickets for this event, visit the event website.

If you are interested in being a sponsored rider with the FMC team, please call or email Ginger Davis at (740) 687-8459 or [gingerd@fmchealth.org](mailto:gingerd@fmchealth.org). Sponsorship is limited to the first 10 respondents.

# Hospital Happenings

**Mount Carmel College of Nursing Online RN-BSN Completion Program • Tuesday • June 18 • FMC Cafe • Featuring Dr. Tara Spalla, associate dean of distance learning** • Information about the program will be available.

**Blood Drive • Thursday • June 20 • 10 a.m. – 5 p.m. • FMC Assembly Rooms** • To schedule an appointment, contact Amy Reedy at (740) 687-8443 or amy@fmchealth.org. Donors receive a buy-one-get-one-free entry coupon for the Columbus Zoo and Aquarium and are entered for a weekly drawing for Zoombezi Bay tickets.

**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. Find out the difference between exercise and physical activity. To register, call the CRC at (740) 277-6941.

**CARE Fair • Friday • June 21 • 6 – 8 p.m. • Fairfield County Fairgrounds** • An extension of the Relay for Life Event, the CARE Fair includes various vendors sharing information and services for the benefit of attendees. This will be held under the grandstands at the Fairfield County Fairgrounds. If you have any questions, please contact Amy Sampson at (740) 687-8071.

**NRC-Facilitated Journal Club Event: Defend Your Care! • June 26 • 11:55 a.m. – 12:30 p.m. and 12:55 -1:30 p.m. • Assembly Rooms 2 & 3** • Please join us for our second Journal Club event of 2013! We will be discussing defending your care through documentation. Lunch will be provided. Please go to the Nursing Research Bulletin Board on the Intranet to retrieve articles for discussion (reading the articles is recommended, not required).

**Tae Kwon Do • Mondays beginning July 1 • 6 – 7:30 p.m. • Health & Wellness Services (in the Kroger shopping center)** • This is an eight-week session.

**Community Healthfest • Saturday • Aug. 3 • Fairfield Christian Church** • Join us for free screenings such as blood pressure checks, cholesterol and glucose checks; spinal screenings; childhood immunizations; and much more. There will also be free school supplies (while supplies last), entertainment and information provided by local community organizations and services. For more information, call (740) 687-8007.

**3rd annual Nursing Research Expo: "Preventing Patient Care Nightmares with Evidence Based Practice" • Friday • Sept. 13 • Presented by Nursing Research Council** • If you would like to submit an evidence-based poster, please con-

tact Marilyn Hargett at marilynha@fmchealth.org or Teresa Ryan at teresar@fmchealth.org. Please put "2013 Research Expo Call for Posters" in the email subject line. Posters are open to all disciplines.

## CEO Let's Talk About It

Employees are invited and encouraged to attend the CEO Let's Talk About It meetings with Mina Ubbing, President & CEO. If you are unable to attend any of the dates listed below you may also e-mail Mina at minau@fmchealth.org or by using the "E-mail the CEO" option on the Center's website at www.fmchealth.org.

- Wednesday, June 19 • 3 p.m. • Assembly Room 2
- Thursday, June 27 • 5 p.m. • Assembly Room 2

## Health Incentive Program Assistance

Health and Wellness Services will be available to assist employees who need help registering for the Health Incentive Program for 2014 on the following dates/times:

- June 17 • 7-8 a.m. • Call for location
- June 18 • 8:30-10:30 a.m. • Assembly Room 1
- June 19 • 9:30-10:30 p.m. • Call for location
- June 27 • 3:30-4:30 p.m. • 2nd Floor Conference Room

Please email gingerd@fmchealth.org or call (740) 867-8459 to register.

## Oxygen for the Soul

"You are as young as your faith, as old as your doubt, as young as your self-confidence. As old as your fear, as young as your hope, as old as your despair."  
~ Douglas MacArthur

Reminder - The chaplains are here to assist you with any spiritual concerns or to speak with someone confidentially. Contact us by dialing "0"; the operator can reach us 24/7.

(The Chaplains' Thought of the Week 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.)

### MONDAY

**Cheryl Eads** – Maternity  
**Gretchen Forsythe** – Surgery  
**Judy Fulk** – Surgery  
**Sandra Lafollette** – Fifth Med./Surg.  
**Camielle Mitchell** – Third Med./Surg.  
**Eva Payne** – Maternity  
**Mary Shook** – Clinical Systems Support  
**Stacey Snider** – MIS  
**Paula Stuck** – Surgery

### TUESDAY

**Debra Barber** – Fairfield Diagnostic Imaging  
**Vicki Brown** – Housekeeping

### WEDNESDAY

**Heather Deskins** – Cardiovascular  
**Patricia Durst** – Registration  
**Tangie Kessler** – Fifth Med./Surg.  
**Lisa Scott** – Case Management

### THURSDAY

**Sarah Fondale** – Lab, DHS  
**Vicki Goodin** – Fifth Med./Surg.  
**William Maffit** – Endoscopy

### FRIDAY

**Cheryl Capps** – Central Transport  
**Stefanie Coyle** – Emergency Dept.  
**Leah Heady** – Lab, General  
**Cherry Lambert** – Dr. Mannava  
**Linda Plummer** – Surgery, Pavilion  
**Marcia Price** – Fourth, Med./Surg.  
**Marybeth Stefaniak** – Sixth Joint Unit

### SATURDAY

**Kara Reynolds** – Fourth Med./Surg.  
**Brittany Wellman** – Third Med./Surg.

### SUNDAY

**Joseph Corley** – Surgery  
**Alexandria Dodds** – Fourth Med./Surg.  
**Mona Seymour** – Medical Supplies  
**Jennifer Stewart** – Patient Representative

**Fairfield Medical Center's Mission:**  
 FMC delivers outstanding healthcare for our patients, their families and our communities.

**Fairfield Medical Center's Vision:**  
 FMC will be recognized as the leader in patient/family-centered care for those we serve both in our facilities and in our communities.