



# Monday Morning



**Participate in Community Care Day**

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**Foundation 1916 Campaign a Success!**

## Nicole Lobo Announced as FMC Fit Employee

Congratulations to Nicole Lobo who has been selected as FMC's Second Quarter Fit Employee! The following comments were made from her nominators: "Nicole is an incredibly positive and motivating individual. She amazes me balancing working full time, caring for her four children and still manages to exercise daily. Furthermore, she has adopted healthy eating habits. Nicole's youngest child is just six months old and she includes even her young baby in her daily physical activities. This employee is a role model to me and others because of her positive, inspiring, motivating and encouraging attitude. This employee is



*Pictured above: Fit Employee Nicole Lobo pictured with Nominators Erica McDaniels (left) and Janet Cooper (right).*

definitely the ideal Fit Employee!" Congratulations to Nicole and all the quarters' nominees including Crystal Garcia, Carrie Dye, Mandi Taylor, Amy Smith, Melissa Newman, Christina Dominquez, Patty Vannoy, Tricia Baugess, Gwen Toth, Dalene Campbell and Melissa Turben.

## Employee Activity: Tecumseh a Blast



The Employee Activities Committee hosted an evening at the outdoor drama, Tecumseh in Chillicothe, Ohio on Thursday, Aug. 8. Sitting in the beautiful Sugarloaf Mountain Amphitheatre, employees and their families enjoyed the epic life story of the legendary Shawnee leader while surrounded by a herd of galloping horses, live military cannons in action and the most dazzling battle sequences offered on the American stage. Thank you to FMC hosts, Linda Cottrill and Janet Griffith, for a wonderful evening.

## Fairfield Today TV Show Airs



Make sure to tune in on the following dates and times on the LSN channel (offered through Time Warner Cable) to view FMC's TV segment called "Fairfield Today:" Aug. 19 at 12:30 p.m. and 5 p.m., Aug. 20 at 11:30 p.m., Aug. 21 at 12:30 p.m. and 6:30 p.m., Aug. 26 at 12:30 p.m. and 5 p.m., Aug. 27 at 11:30 p.m., and Aug. 28 at 12:30 p.m. and 6:30 p.m. Chief Operating Officer Howard Sniderman is featured regarding Project BRIGHT, so don't miss it!

## Education for all Nurses, Respiratory Therapists and Cath Lab Radiology Techs



All RNs and Respiratory Therapists at FMC as well as the Radiology Techs in the Cath Lab have been assigned Online Module 1LD03033 – Code Blue Form and Debrief. It should be visible on your Active Staffer Page along with all other required classes. Completion of this module is required for those to which it is assigned by Aug. 31 beginning Sept. 2.



# Message from Mina From the Chief's Desk

I hope you have seen the posters and e-mail about the Cancer Prevention Study-3 that is being done by the American Cancer Society. Many of you have already signed up to participate. For that, I thank you. For those



who were not aware of the study or have not elected to participate, I ask that you strongly consider doing so. Here's why. This is a study from which future generations will receive the benefit—not us, but by taking part in a study like this, you are making a difference in the effort to eliminate cancer as a major health problem. We have probably all been touched by someone who has or is battling cancer. We know what that can be like. What if that battle could be avoided? This is another way to put patients and families first in our culture. For your reference, here is the enrollment information:

## Who can join the study?

1. Men and women between the ages of 30 and 65 (do not have to be a resident of Fairfield County).
2. Anyone who has never been diagnosed with cancer (does not include basal or squamous cell skin cancer).
3. Anyone willing to commit to the study long-term and complete periodic follow-up surveys at home.

## What is involved in the study?

1. If you are eligible, go to [www.fairfieldcps3.org](http://www.fairfieldcps3.org) and take the 45-minute online survey asking information on lifestyle, behavioral, and other factors related to your health and make an appointment for late August or early September at one of the four enrollment sites in Fairfield County (Fairfield Medical Center, Robert K. Fox Family Y, Pickerington Public Library, or Ohio University Pickerington Center)
2. Arrive at your scheduled appointment where you will get a waist measurement and a small blood sample, drawn by a trained, certified phlebotomist.
3. Commit to the study long-term by simply completing survey's mailed to your home every 1-2 years for the next 20-30 years.

The FMC appointments are in Assembly Rooms 2 & 3 on Aug. 28 from 9 a.m. - 1 p.m. and Aug. 29 from 3 - 7 p.m. Thanks for considering this and helping to make a difference.

President and CEO

I have heard from some of the leadership that there may be some concerns around the Hospital related to the Sustainability Project. Maybe people are worried about loss of jobs, layoffs or other takeaways. That is certainly not the intent of the project. The current plan is to look at waste in the organization with the overall goals to reduce cost, increase revenue and positively impact the patient experience. "Patients First" is involved with every recommendation. So, what is meant by waste? And, how can we save money and still focus on Patients First? The things to look at are those things that we all wonder: "Why do we do it this way" or "Why do we have this?" So, I thought it would help to share just what kinds of things have been suggested, so far. Here are a few of them: Reduce reports sent by mail; (Even though we have physician mail boxes and couriers who go to most physician offices daily, we still mail some reports through the postal service.) Have police officers utilize a golf cart on campus rather than the cruiser to reduce fuel costs; Decrease the size of tissue boxes in patient rooms; Change the lighting in the parking garage to LED lights; Reduce supply inventory and duplication;

## Can You Imagine?

Imagine you are collecting the regular trash and you pick up the bag and feel something sharp poke your skin. Would you be upset? We have had two incidents of IV spikes found in the regular trash which resulted in injury for two FMC employees. This was very upsetting to the injured employees. Please be mindful of your co-workers and their safety. Leave the IV spike in the IV bag and throw the bag and tubing in the regular trash. If there is IV fluid to drain before disposal – leave IV spike in the IV bag, cut the corner of the IV bag to drain and then dispose in regular trash. Also, if there is a patient identifier on the bag it needs removed or blacked out. Safety is everyone's responsibility. Your actions can and do effect others.

Charge for procedures done at the bedside; Capture charges for patient supplies; Substitute medications for one with negotiated rate; Charge colleges a fee to provide student rotations; Renegotiate expensive supply contracts; Reduce duplication of staff having to take both CPR and First Five Minute certifications; Renegotiate managed care contracts; Stop printing reports that no one uses. There also are some ideas that would reduce overtime in various departments. However, there is no thought to the idea of layoffs. You can see from the small sample of the list of ideas that most of these are fairly simple and things we should look at every day. I'm sure many staff reading this see things everyday that you think are wasteful and not an added value for our patients. If you do, please share them with your manager. That will help us all achieve the goal of a \$10 million improvement (we're close to \$3 million already) and help impact the financial goal that is tied to the bonus that you just recently received.

Chief Operating Officer

## HR Corner

### Wear Your College/High School

**Sweatshirts:** Neatly appearing college or high school sweatshirts or other college/high school clothing meeting the Fairfield Medical Center personal appearance guidelines may be worn on Fridays and Saturdays beginning Aug. 23 through the end of football season. Employees are reminded that jeans, T-shirts or jerseys are not permitted.

**Employee Opinion Survey:** Coming to a phone near you. The annual Employee Opinion Survey will be held from Sept. 16 - 30. All employees will receive information from their manager regarding details of the upcoming survey. This is a phone survey and only takes a couple of minutes to complete. FMC values your opinion and encourages your participation!

**Email Communication:** All employees are responsible for checking their email on a regular basis so that all communication is received. If there are questions regarding any communication, please contact the appropriate individual for clarification.



# Volunteers Needed to Help With Patient Experience Event

We need your help at the 3rd Annual Patient Experience Event. This event will be held on Sept. 5 from 6:30 a.m. - 4 p.m. Volunteers are needed

for registration and to assist with the activities at this event. If you are interested in volunteering, please contact Regina King at ext. 8578.

## Are You Having Trouble Controlling Your 'Waste' Line?

Join the Patient Experience Team in the 'Waste' Loss Challenge. In efforts to clean up the clutter at FMC and reflect the 'BRIGHT' concept, the Patient Experience Team would like to challenge every department to clean up their areas. There are three different challenge categories: Clutter to Clean Photo Contest, Lose the Waste Contest and the Lean, Clean and BRIGHT - Reusable Items Contest. The Challenge kicks off Monday, Aug. 26 and wraps

up Friday, Sept. 6. An application with rules for each category will be available the week of Aug. 19. Winners will be announced Wednesday, Sept. 18. Winning departments will not only receive bragging rights and a certificate of accomplishment but Subway for everyone in your department. Be watching for Mr. Clean as he will be making surprise rounds to multiple departments. Stay tuned for additional information.

## Healthy By Choice, Not By Chance!

New class beginning Tuesday, Sept. 24. CHIP (Complete Health Improvement Program) is a nine-week comprehensive, educational, 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. All information sessions will be held in Health and Wellness Services (by Outpatient Therapy in the Kroger shopping plaza). Refreshments and a light snack will be provided.

- Tuesday, Sept. 10 at 5:30 p.m.
- Wednesday, Sept. 11 at noon

For more information about CHIP or to register for an information session, contact Corinn Gehle at (740) 689-6831 or corinnf@fmchealth.org.

## Community Care Day is Sept. 10

Community Care Day serves as United Way's one-day volunteer event where community members come together to participate in hands-on projects throughout Fairfield County.

This year's United Way Campaign Kickoff will be held in conjunction with our Community Care Day breakfast. Breakfast will be held at Crossroads, 2095 W. Fair Ave. Attendees will hear from Rick Szabrak, 2013 campaign chairman, and be the first to see our campaign video produced by Varga

Communications. Itinerary includes:

- 7:45 a.m. - Breakfast and Campaign Kickoff held at Crossroads, 2095 W. Fair Ave.
- 9 a.m. - Leave for project sites
- 9:30 a.m. - Welcome, orientation/ tour, project presentation
- 9:30 a.m. - 3:30 p.m. - Volunteers work at project site
- 3:30 - 4:30 p.m. - Volunteer work complete

For more information or to volunteer, call John Belin at ext. 8127 or email johnb@fmchealth.org.

## EVENTS

### From the Employee Activities Committee (EAC)

**American Idol Live** - Thursday, Aug. 29 at 7:30 p.m. at the Schottenstein Center. Save \$10 plus fees per ticket 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. Order forms can be found on the Intranet under Employee Activities.

**Fall Hike and Bonfire at Alley Park** - Sunday, Sept. 8, from 2 - 6 p.m. Attention: FMC employees, physicians, and volunteers Please bring your family and join us for an afternoon of fun. Hotdogs, chips and water will be provided by FMC. We will also have graham crackers, chocolate, and marshmallows for smores. Roasting sticks and bonfire will be provided by Alley Park. Family photos will be offered by the bridge.

Fishing and hikes offered by Alley Park staff. Please complete a registration form found on the FMC Intranet under the Employee Activities button if you plan to attend. Send completed registration forms to Marlene Lecznar, Accounting by September 3rd.

**Cleveland Browns Football FMC Days** - Browns vs. Bengals Sept. 29, Browns vs. Ravens Nov. 3 and Browns vs. Jaguars Dec. 1. Please see the FMC Intranet/Employee Activities button for seating, pricing guide and order form. Order directly from Browns Group Sales Representative Iman Warren.

**Chicago Trip in the Fall** - Nov. 8 - 10. Your trip will include two nights at the Hampton Inn & Suites Downtown Chicago. The cost of the trip includes transportation and hotel accommodations; meals are not included. Bus departs from Fairfield Medical Center at 7 a.m. on Friday, Nov. 8. On Sunday, Nov. 10, we will depart at 11 a.m. Price with transportation and hotel accommodations:

- 2 people per room: \$298 per person
- 3 people per room: \$225 per person
- 4 people per room: \$189 per person

There is a \$350 maximum for payroll deduction. The registration form can be found on the FMC Intranet under the Employee Activities button. Please send or take your completed registration form to Jennifer Dicken in Cardiovascular. Deadline to register is Oct. 3.

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

# Hospital Happenings

**Snider Heart & Lung 5-mile Run (and walk) • Saturday • Aug. 24 • 9 a.m. • Fairfield Medical Center** • Join us to support FMC's cardiovascular rehabilitation services. There is a \$25 entry fee if you register before the day of the race or \$30 the day of. Registration begins at 8 a.m. and the race begins at 9 a.m. For more information on how to register, contact Kelly Marion at ext. 8951 or [kellym@fmchealth.org](mailto:kellym@fmchealth.org).

**Tae Kwan Do At FMC! • Mondays • Starting Aug. 26 • 6 - 7:30 p.m. • FMC Exercise Room** • Dr. Kolli will be instructing this eight-week long session with a fee of \$55 for adults and children ages 6 and up.

**Certified Nurses Day Recognition Dinner Wednesday • Sept. 4 • 5 - 7 p.m. • Assembly Rooms** • All certified nurses are invited to attend this celebration in honor of their achieving and maintaining national board certification in their nursing specialty. Please contact Debbie Tinto at ext. 6832 if you would like more information.

**New Screening Guidelines for Prostate Cancer—the Good, the Bad and the Ugly! Thursday • Sept. 5 • 6 - 7 p.m. • Cancer Resource Center • Featuring Bill Stevens, Ph.D.** • Recent prostate cancer screening guidelines released are confusing and contradictory. Will lives be saved? Will the PSA test continue to be covered by insurance? Should you be screened? These questions will be addressed from a patient's perspective. For questions, call the Cancer Resource Center at (740) 277-6941.

**Weight Watchers at FMC • Next 10-week Session Begins on Sept. 9 • Mondays - noon - 12:45 p.m. in Classroom Gamma Mid-Level and Tuesdays - 5:15 - 6 p.m. in Classroom B** • Join on Sept. 9 and get 11 weeks for the price of 10. The only sign up dates for this session will be Sept. 9, 10, 16 and 17. Cost per member is \$100 for current members and \$110 for new members. Meetings last approximately 45 minutes. If you are interested, notify Colleen Yarbrough at [colleen@fmchealth.org](mailto:colleen@fmchealth.org). At least 20 members per class are needed in order to hold both classes. We will cancel if we do not have at least 20 members who pre-register with Colleen.

**3rd Annual Nursing Research Expo: "Preventing Patient Care Nightmares with Evidence-based Practice" • Friday • Sept. 13** • If you would like to submit an evidence-based poster, contact Marilyn Hargett at [marilynha@fmchealth.org](mailto:marilynha@fmchealth.org) or Teresa Ryan at [teresar@fmchealth.org](mailto:teresar@fmchealth.org). Put "2013 Research Expo Call for Posters" in the email subject line. Posters are open to all disciplines.

**Rotary Health Check • Saturday Oct. 5 • 7 - 11 a.m. • Fairfield Medical Center Health & Wellness Services • 1145 East Main Street** • The Lancaster-Sherman Rotary Club has teamed up with FMC to provide residents of Fairfield County low-cost blood testing two times per year. Health Check pricing is \$40 Blood Profile, \$42 Vitamin D, \$25 Prostate Cancer Screening (PSA) and \$20 Hemoglobin A1C. Only cash, check or money orders will be accepted. We recommend 10-12 hours of fasting. For questions, call ext. 8139, email at [lsrotary@yahoo.com](mailto:lsrotary@yahoo.com) or go to <http://shermanrotary.com/>.

**Breast Cancer Awareness Walk & Candlelight Vigil • Tuesday • Oct. 15 • 6 p.m. • Lancaster Downtown Gazebo** • Join us as we promote breast cancer awareness by honoring our survivors and remembering those that have lost their battle. The public is welcome to attend this free event that will start promptly at 6 p.m. at the corner of Main and Broad Street in Lancaster. A brief ceremony will take place with music, the sending off of doves and candle lighting. Participants will then walk to the Fairfield Medical Cancer Resource Center for a balloon launch, tours, refreshments, and music. For more information, please call Joyce Cox, oncology nurse navigator, at (740) 687-8863 or Sharon Roshon at (740) 467-3198.

**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.

## Oxygen for the Soul

"True silence is the rest of the mind, and is to the spirit what sleep is to the body, nourishment and refreshment." ~William Penn

Meaningful moments – Prayer time: Monday – Friday, 11:45 a.m. – 12:15 p.m. in the Chapel. Self-directed or with one of the chaplains.

(The Chaplains' Oxygen for the Soul 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.)

## Birthdays

### MONDAY

Sarah Boone – Third, Med./Surg.  
Ronnie Cullumber – Systems  
Jennifer Feigley – Fifth, Med./Surg.  
Connie Fisher – Billing  
Tammy Gleissner – MIS  
Carrie Kessler – Recovery, PACU  
Ginger Perry – Emergency Dept.  
Gwen Toth – Surgery, River View  
Terri Wolf – Dietary

### TUESDAY

Gina Born – Emergency Dept.  
Brandy Crew – River View Imaging  
Gloria Livingstone – Respiratory Therapy  
Sherrie Ludwin – Endoscopy  
Talal Sabbagh – Med. Student, Residency Program  
Penny Strohm – Physical Therapy

### WEDNESDAY

Franklin Caldwell – Surgery, River View  
Kelby Conkel – Systems  
Therese Kirchgessner – Central Sterile  
Jeremy Muck – Surgery, River View  
Evelyn Ponn – Maternity  
Joshua Roe – Surgery  
Jared Schoenlaub – Human Resources  
Sherry Swinehart – Internal Medicine Residency Clinic

### THURSDAY

Terrie Faris – Cardiac Cath Recovery  
Sabrina Greer – Audiology  
Tina Hedges – Volunteer, South Info. Desk  
Ressa Hutchison – Surgery, River View  
Jennifer Morrow – Fourth, Med./Surg.  
Cecilia Peters – Maternity  
Angela Solyan – ICU

### FRIDAY

Debra Kay Roberts – FDI  
Michael Strayer – Volunteer, Outpatient Lab  
Bob Wilson – Volunteer, Marketing, Cardiovascular Services

### SATURDAY

April Frost – Housekeeping  
Zachary Griggs – Emergency Dept.  
Margie Kunkler – Housekeeping  
Kathy Thompson – Wound Therapy  
Colleen Tobin – Fifth, Med./Surg.

### SUNDAY

Janice Evans – Housekeeping  
Rebecca Gaylord – Lab, Chemistry  
Kathy Gossel – MIS  
Nick Hoover – Cardiovascular  
Jennifer Shull – Dr. Mannava