



Monday Morning



Autism Camp a Success

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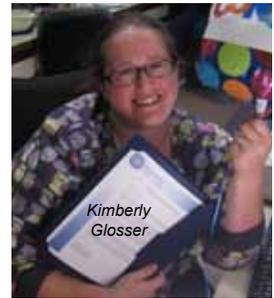
Physicians Speak at Renal Access Symposium

FMC School at Work Class of 2014

Fairfield Medical Center's Learning & Development Department is excited to announce that the fourth class of School at Work (SAW) participants has been selected. Please join us in congratulating the following employees who will begin their educational journey here at FMC on Sept. 17: Alisia Wise, Fairfield Healthcare Professionals; Barbara Morrison, Medical Information Services; Kaitlynn Lent, Contracts/Collections; Kimberly Glosser, Ewing Square Infusion Services; Linda Cottrill, Billing; Lisa Wilson, Wound Therapy; Sandra Rager, Laundry; and Sonya Skinner, Telemetry. SAW is a workforce development system that brings education directly to the work site. SAW targets workers that are hard working and committed to a future in healthcare. It is an accelerated learning program that provides healthcare-specific education while developing a customized Career and Learning Plan (CLP). The CLP allows students to learn about advancement opportunities at the hospital, research career steps, financial aid options, and determine what their next steps will be. The support of this program focuses on the organization's continued commitment to QS3. Would you like more information on SAW? Please contact FMC's SAW Coach, Wendy Travis at ext. 8395 or email wendyt@fmchealth.org.



Linda Cottrill



Kimberly Glosser



Kaitlynn Lent



Barbara Morrison

Sustainability Journey at FMC



Fairfield Medical Center is continuing on its Sustainability Journey as managers look for ways to make hospital operations more efficient. Randy Brown, Pharmacy manager, was able to re-negotiate the Ohio Valley Hospital Consortium (OVHC) AmeriSourceBergen wholesaler contract starting this past June, giving us an additional two percent off the cost of goods for FMC. This represents annualized savings of \$140,000 for FMC. This successful re-negotiation was made possible by partnering with the Order of St. Francis

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Personal Belongings Pilot

You're Valued!

Because we value you, we want your personal valuables to be safe and secure.



Please use our complimentary belongings bag to protect your valuables.



The Third Floor and Environmental Services staff will be piloting a project to take better care of patient's personal belongings. Following room turnover for inpatients, Housekeeping will be placing a belongings bag on the over-bed table with a small note to remind patients and their families that we value their personal belongings and encourage them to collect them in the belongings bag. Caring for personal belongings is one way of putting our patient's first at FMC.



Sonya Skinner



Lisa Wilson



Alisia Wise



Sandra Rager

Message from Mina

This will be an exciting week for Fairfield Medical Center. We will be breaking ground for Project BRIGHT on Thursday. Certainly, in the near term this means disruption due to parking changes, entrance changes, etc., it is going to be worth it. This is our investment in the future success of Fairfield Medical Center. It is meant to provide the right kind of space to offer the best possible care in our community.



This is also the week we have our annual planning retreat with the Board, Leadership, and the Medical Staff. We will be discussing what our next steps should be in meeting the requirements of healthcare reform and serving our community. Based on what the experts say, we have positioned ourselves well so far. The challenge is what changes could be on the horizon in legislation or the competitive environment that we need to address in addition to what we already know.

At the retreat we will report our progress on our Margin Improvement/Sustainability Project and seek input from the group on other ideas for improvement and revenue growth. We know that Medicare, our most significant payor, will not be increasing our payments at all next year. Therefore, we will have to continue to look at how we deliver care to keep it as cost effective as possible without unreasonably jeopardizing quality.

Another item for the retreat will be discussion of the results of our community health needs assessment. Besides planning for FMC itself we also need to address unmet health needs that might be in the community and find partners to help us do that. This can affect our outreach programs for health screenings and education.

I will keep you posted as we go forward and plan for the coming year. Change is tough, but together we can make change positive and in the best interest of our patients.

President and CEO

Community Care Day

Community Care Day is Sept. 10. For more information or to volunteer, call John Belin at ext. 8127 or email johnb@fmchealth.org.

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. You may also email Mina at minau@fmchealth.org or by using the "Email the CEO" Option on the Center's website at www.fmchealth.org.

- Thursday, Sept. 12, 7 a.m. Assembly Room 2
- Thursday, Sept. 12, 10 a.m. 2nd Floor Conference Room
- Thursday, Sept. 26, 5 p.m. 2nd Floor Conference Room
- Tuesday, Oct. 1, 3 p.m. Assembly Room 3
- Friday, Oct. 4 (Thursday, Oct. 3 Night Shift), 3 a.m. Assembly Room 3



Sue Ann Clark Honored with Womb Service Award

Sue Ann Clark, Maternity nursing assistant, recently received the Womb Service Award on behalf of Dr. Suzanne Barnhart for her hard work and dedication. She is pictured above in the middle alongside Mary McGee, Maternity manager, and Dr. Barnhart. The Womb Service Award is an award from Maternity in conjunction with the OB/GYN physicians for individuals who demonstrate outstanding care.

Staff Experiencing IV Spikes

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

Pharmacy Helps with Sustainability Journey (cont.)

Healthcare (OSF) in Indiana and the Community Hospitals Group in Illinois. "By combining our volumes, we were able to save more money," said Brown. "We did this over a six-month period and I am happy to say it eventually saved us a great deal of money." The Pharmacy department is also going through the Amerinet pharmacy contract portfolios to identify other potential contract savings. "We have already identified and implemented at least \$150,000 in savings and have several other opportunities that are coming down the pike in the near future giving us a total contract savings of \$250,000 annually." Brown noted. "We continue to look for other opportunities to save money through contract utilization and maximization."



Congratulations to Barb Welch, R.N., from Systems, who recently received her Master's in Nursing in Clinical Systems Management from Excelsior College.

Congratulations to Ashley Graves and Laura Ratliff, from Endoscopy, for obtaining their M.S.N. degrees. Good job!

Symposium FYI

The 2013 Critical Care Symposium is scheduled for Friday, Oct. 25 at Ohio University-Lancaster. Registration fee for Fairfield Medical Center employees and students is \$25, non-employees is \$75. Registration forms will be available soon.



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.



FMC's Journey to Competency

Did you know that FMC has a Staff Competency Committee and we have begun a journey to improve our competency process? Did you know that competency is about more than skills?



Competency versus

Skills - What is the big deal? Currently we have many different operational definitions for the word "competency." For years we have been calling skills check off as "Competency Day" or "Competency Assessment." In fact we were reviewing/learning the skills necessary to complete our job. Our first task was to get our operational definitions clearly written and to get all of our employees on the same page. Here are our operational definitions:

Skills - "A learned ability to perform a task effectively." Example: Washing dishes is performing a task.

Competency - "A measured and evaluated integration of knowledge, skills, desirable behaviors, and experience required for performance"

in a designated role as outlined in the employee's job description." Example: Knowing there are required temperatures for washing/rinsing dishes and required chemicals for cleaning

is knowledge and experience for performance. Washing dishes with a smile and being pleasant around others while performing the task is the desirable behaviors in work performance.

So become engaged in "A Journey to Competency" to provide the highest standards of practice to our customers. Next time you perform a task, think about the other behaviors and knowledge that shows your competence in that skill—using AIDET, a TeamSTEPP tool, taking initiative or some other behaviors. Watch Monday Morning for more information on the competency process in the coming months.

Autism Camp a Success

In early August, Fairfield Medical Center staff as well as numerous volunteers successfully completed the 11th year of Autism Camp. The camp is a non-profit venture for children ages 5 - 12 who have diagnoses in the Autism spectrum. Each year the camp is a two-week program held at Forest Rose School in Lancaster. The goals of the camp are to provide the children with opportunities to develop and enhance their communication, fine motor, gross motor and sensorimotor skills. The

children also utilize picture schedules each day to establish routines necessary to prepare them to return to school. This years camp theme was "Big Top Circus" and each day the kids learned about activities that occur at a circus. On the final day of camp, children and their families were invited to enjoy a performance by professional jugglers. The children involved in the camp enjoyed a fun-filled yet structured event and are better prepared for the 2013-14 school year.

Employee Opinion Survey is Coming

This years Employee Opinion Survey will be held Sept. 16 - 30. An opinion survey is used to measure engagement in an organization and we want to hear from you. It's easy and will only take a few minutes of your time. Here are some details:

- You will receive information in the next couple of weeks explaining how the survey will work.

- It's a phone survey.
 - You can call from any phone.
 - It is confidential and anonymous.
- You will be hearing more about the survey in the weeks to come. You are a valued member of the FMC Team and we want to hear from you. Stay connected and make your opinion count!

EVENTS

From the Employee Activities Committee (EAC)

Bengals Tickets at Discounted Rate - FMC employees will now be able to purchase tickets for five of eight regular season home games, including the Jets, Browns, Colts, Vikings and Ravens, at the season ticket rate, saving about 10% per ticket! The discount is valid for the dates listed below:

Bengals vs. New York Jets - Oct. 27, 4:05 p.m.
 Bengals vs. Cleveland Browns - Nov. 17, 1 p.m.
 Bengals vs. Indianapolis Colts - Dec. 8, 1 p.m.
 Bengals vs. Minnesota Vikings - Dec. 22, 1 p.m.
 Bengals vs. Baltimore Ravens - Dec. 29, 1 p.m.
 To purchase tickets, just go to: <https://oss.ticketmaster.com/html/go.html?I=EN&t=bengals&o=2952762&g=1020>. At the website you will have the option to either enter your work email address (with the @fmchealth.org domain name) or use the promotional code: fmchealth. Each person will be asked to set up their own account once you've accessed the Fairfield Medical Center group, then you will be free to browse ticket availability! For questions, please contact Amy Black at ext. 8241.

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.

Oxygen for the Soul

"Maturity doesn't come with age; it comes with acceptance of responsibility." ~Ed Cole

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.)

Key Contributor Awards



Below is a list of employees who received Fairfield Medical Center Key Contributor Awards. We received about 90 applications. Of those, 36 were selected. All of the applicants are outstanding employees.

To receive an award, the employee must be an outstanding employee, as well as have done something

unique during the time period of Jan. - June, 2013.

The next set of applications for the third quarter will be for the time period of July - Sept. The deadline is Oct. Thank you for all the applications we received. It was great to read them all and see all the innovative things our staff are doing.

Congratulations to the Winners Below!

Last Name	First Name	Department	Highlight
Blosser	Tammy	Pavilion	Developed a comprehensive laser safety orientation program.
Brown	Linda	Nursing Office	Active involvement in development of HRIS.
Bussert	Tracy	Med Staff Services	Significant effort to complete credentialing for psychiatrists and cardiologists - average of 11 days.
Campbell	Greta	Physical Therapy	Instrumental in adding chair alarms to 5th Floor.
Carr	Josh	V.I.R.	Two full days volunteering with CPR/HOPE Training.
Dyer	Daryl	Environmental	Recognized various inefficiencies and transformed various storerooms/workrooms on his own.
Evans	Mitch	Storeroom	Closely reviewed freight charges and found error in charges. Result was a 10 percent decrease for all OVHC.
Freeman	Jacob	PCU	Holds team members accountable for performance measures. Follow up calls to patients. Neuro Care development.
Gastin	Ashley	Pavilion	Planned the change in number of staff involved in PAT process.
Haungs	Terese	Surgery	Took on clerical support for surgery co-management and all committees, without decreasing other duties.
Hech	Jennifer	Riverview	Developed and chairs committee for interdepartmental Safety, Quality Assurance and Perf. Improvement.
Hildenbrand	Jodie	5th M/S	Rolled out music therapy, bedside reporting, DVT protocol and key presenter at nursing symposium.
Hutchison	Ressa	Riverview	Chairing a committee to develop a more secure and friendly identification process.
Joos	Lisa	Endoscopy	Took product manual home, read cover to cover. Made changes that allowed scope to be utilized.
Karns	Dustin	Surgery	Volunteered to become specialized in patient education for total joint procedures.
Kincaid	Lindsey	Cardiac Rehab	Pediatrics needed parent to be taught CPR, volunteered to stay over. Allowed patient to be discharged.
King	Kelly	Respiratory	Developed protocol, policy and education for new treatment of inhaled Flolan.
Kirchgessner	Kim	Human Resources	Added hydration station to welcome area. Used 5S process to better organize department.
Krile	Christine	Case Management	Accepted additional responsibility to analyze avoidable day data. Developed a report tool. Prepare data/reports for company.
Lewis	Joyce	Riverview	Combined management of Riverview and Pavilion, standardization of practices, Press Ganey focus.
Mahaffey	Darlene	Quality Outcomes	Took on additional duties due to vacated position. Successfully appealed Aetna survey results.
Murray	Becky	Pavilion	Researched and developed perioperative high fall risk protocol.
Oyster	Randy	Infection Control	Took ownership of dept. after resignation of coordinator, worked many hours even with other full time job
Proudfoot	Vicki	Riverview	Created, assembled and distributed home going instructions/care notes.
Robinson	Mary	PCU	Designed process for core measure audits. Appropriate level of care project.
Rowe	Corry	Surgery	During HSM upgrades, on her own, researched clinical and legal issues regarding medication processes.
Ruffner	Kenyan	ICU/PCU	Found dietary inventory system not accurate and now monitors daily.
Sisson	Peggy	ICU	Daily multidisciplinary rounds. Core measure audits. Redesigned new graduate orientation. Prisma/Cabg orient.
Thompson	Robin	Infusion/Chemo	Led move of Chemotherapy department and coordinated the relocation.
Toth	Gwen	Riverview	Concerted effort to improve handwashing scores and Press Ganey scores.
Trowbridge	Keita	ICU	Since Jan, focused efforts on assisting staff meet performance goals.
Waldec	Chris	Patient Rep	Patient belongings improvement. Emergency Response Team. Cross trained for AV support.
Wells	Rhonda	Cardiovascular Services	Instrumental in becoming an accredited Chest Pain Center. Varied work hours to help with local EMS.
Will	Jennifer	5th M/S	Discovered patient was a significant fall risk. Created a process to make the patient a "Super High Fall Risk".
Williams	Bob	Cardiac Cath	Created the Snider Community Heart Watch group. Led efforts for heart safe school/business accreditation.
Zachrich	Christine	Dietary	Kids Eat Right mini grant. East Elementary School PTO Spring Carnival coordination.

Anne Brown – Volunteer, CRC
Charlotte Dresbach – Case Mgt.
Amy Hoch – Pharmacy
Ashley Renee Murphy – 4th Med./Surg.
Carrie Rector – Cardiovascular
Andrea Richards – FHP Phys. Services
Barbara Shriner – Surgery Pavilion
Judy Stemen – Volunteer, Music Comfort

TUESDAY

Deborah Graff – Housekeeping
Amanda Hershberger – Orthopedic Unit
Jamie McKinley – 4th Med./Surg.
Catherine Mohler – Endoscopy
Laura Raybourne – Lab Chemistry
Katherine Snide – 4th Med./Surg.

WEDNESDAY

Veronica Dodds – Maternity
Bethany Gaul – Case Management
Deborah Nash – Central Transport
Connie Persichetti – Volunteer, CRC
Anthony Ross – 4th Med./Surg.

THURSDAY

Heather Busby – Materials Management
Julie Edwards – Respiratory Therapy
Freda Ann Marshall – Housekeeping
Stacy Metz – Physical Therapy
Amber Miller – Observation Unit
Abigail Moss – Cardio Services Mgt.
Sharon Nusser – Volunteer, Cardiovascular Services
Sarah Renko – 3rd Med./Surg.
Breanna Savage – 5th Med./Surg.
Amber White – 5th Med./Surg.

FRIDAY

Shelly Arnett – Surgery Assessment
Emily Berry – 3rd Med./Surg.
Heather Forbush – Respiratory Therapy
Wendolyn Hartman – School Based Therapy
Sarah Huddle – Nuclear Medicine
Donna Kalis – Volunteer, Pet Therapy
Trece Mikruta – Phys. Services Float Pool
Dawn Ondusky – MIS
Ryan Osborn – ICU
Sandra Smith – Chemotherapy
Stacey Thimmes – Lab Colonnade

SATURDAY

Amy Beck – School Based Nursing
Leslie Cooper – Cardiovascular
Alyssa Coyle – Nursing Services
Jill Davisson – Surgery Pavilion
Jessica Grandy – Physical Therapy
Lori Linton – PCU
Brian Meinardi – Accounting
Tonya Nafzger – Orthopedic Unit
Kathleen Tripp – ICU

SUNDAY

Kalyn Beery – PCU
Ronda Highley – 4th Med./Surg.
Casey Stevens – Observation Unit
Diana Thompson – ICU
Jessica Welsh – Surgery Assessment

Lab Upgrading Horizon System

On Sept. 22 the Laboratory will go-live with a Horizon Laboratory Information System. The Lab is upgrading from their current information system, Sunquest. The new system will allow us to meet meaningful use requirements, as well as provide some enhancement opportunities. A four hour lab system downtime is scheduled on Sunday morning from 6 - 10 a.m. while everything gets switched over. There are several changes that will be implemented along with the go-live, including:

- Reference Lab will now be LabCorp, instead of ARUP
- We will implement new Hematology

Instruments

- Mobile Care Phlebotomy (bedside scanners that generate a label for patient draws)
- Pap smears will be sent out to LabCorp, instead of performing in-house
- Lab will no longer be a Quest draw site
- ISBT go-live for Blood Bank
- Blood product tags will look different
- Cumulative reports will no longer be printed, all electronic
- Cumulative reports for discharged patients will go to HPF (currently they do not)
- Acid fast smears will not be performed in-house (send out only)

Have You Huddled Lately?

Consider this scenario. It's a pretty routine day in the Laundry department. The patient count is about 160 and all units are busy. It is the middle of the week when activity is at its highest. About 5,000 pounds of linen will be used and needs to be replenished. There are carts of sheets ready to be processed and you have a few hours under your belt. Suddenly, you hear that dreaded "clang" and the ironer comes to a screeching halt. As an operator on this piece of equipment, you know this isn't good. You have lots of thoughts running through your head..... how long will it be down? What do we do in the meantime? Who will be responsible for seeing that it gets done? What impact on deliveries will this have? One thing is clear....in order for this downtime not to negatively impact patient care, your team has to have a plan. Time for a huddle! This is a true story and the Laundry staff is crediting the use of this vital TeamSTEPPS tool as a successful strategy in mitigating the downtime of this critical piece of equipment. A "huddle" is an opportunity to pull everyone together in the moment to reestablish situation awareness, reinforce plans and assess the need to adjust the plan. The machine operators knew that this downtime would impact all positions in the Laundry and managing it efficiently would require teamwork, so they initiated a huddle. "We had two choices," said Linda Renz, Linen attendant. "We could break into our reserve

stock that was stored in the disaster supply area or we could start drying the sheets in the dryer and folding by hand." Of course, there were some differing opinions. I had experience with a similar situation and knew that we could do it. I offered up the encouragement that if we all pitched in, we could get through this and it wouldn't be that big of deal." added Renz. Paul Kinser, also a linen attendant, noted "We knew if we got into that emergency supply, we would have to replace it at some point. We all agreed we wanted to try to avoid that." The group came up with a plan that involved reassigning the machine operators to the hand folding station. They also planned that in order not to impact other items being produced, they would alternate their dryer loads with every other one being sheets. "It kept a nice balance and nothing got behind. We also agreed during our huddle that we would reassess the situation at the end of the day and decide if our plan was working or not," said Renz. The huddle also included staff members Shawn Myers, Debbie Erskin and Stacy Ashcraft because everyone working that day needed to have input and buy-in into the decisions.

The group was successful and survived the downtime without any interruption to patient care. Furthermore, Renz shared, "We were able to go home and say that was awesome teamwork and it was a very good day!"

WELLNESS Corner

Congratulations summer CHIP Graduates! Ten people participated in this summer's Complete Health Improvement Program. In just nine weeks the group showed significant health improvement. Group averages:

- Total cholesterol lowered 10.3%
- Triglycerides lowered 8.6%
- Glucose lowered 12.4%
- Average weight decreased by 9.9 pounds
- Systolic BP lowered 4 points
- Diastolic BP lowered 3 points

• Pulse lowered 6 points
 We would like to congratulate all the participants and thank them for their dedication to better health! It is not too late to experience significant health improvement in 2013! Sign up for the Fall 2013 CHIP class. Free information sessions are offered Sept. 10 at 5:30 p.m. or Sept. 11 at noon. Classes will begin Sept. 24. To register for information sessions, call ext. 6822.

Hospital Happenings

The Bargain Boutique to Accept Fall and Winter Clothing • Operated by TWIG 2, the store is located at 1724 E. Main St., and is open 10 a.m.- 4 p.m. on Wednesdays and 10 a.m. - 2 p.m., Thursday - Saturday. Consignments are accepted on Saturdays from 10 a.m. - noon. Donations are accepted any time the shop is open. The Bargain Boutique will be accepting gently used and clean fall and winter clothing for men, women and children in mid-September. Winter coats will be accepted beginning in mid-October. If you have questions, please call the Bargain Boutique at (740) 654-4620 during business hours. Shop the Bargain Boutique for quality items at bargain prices!

Prevention & Treatment of Sports Injuries in Young Athletes • Monday • Sept. 9 • 6 - 7:30 p.m. • FMC Assembly Rooms 2 & 3 • Light dinner provided • Please R.S.V.P. at (740) 689-4447 • Join Orthopedic Surgeon Steven Priano, Neurologist Douglas Woo and Physical Therapy Supervisor Corey Callahan to learn how to better protect your young athlete and learn about treatment options available should they endure a sports-related injury or concussion.

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 • FMC 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. If you are interested, notify Colleen at colleen@fmchealth.org.

Project BRIGHT Groundbreaking Ceremony • Thursday • Sept. 12 • 2 p.m. • In the Parking Lot on the South Side of FMC • You're invited to join us for the groundbreaking celebration. It will run from 1:30 - 3:30 p.m. and marks the beginning of FMC's 14-month facility expansion project. There will be refreshments served and displays with Project BRIGHT information. Special event parking will be available. R.S.V.P. by calling Marketing at (740) 687-8007 or marketing@fmchealth.org.

Go Pink at the Mill • Saturday • Sept. 14 • 10 a.m. - 3 p.m. • Join us to "Ride for the Cure" Poker Run, from many different locations, including: Granville, Pataskala, Newark, or Delaware beginning at 10 a.m. The ride will conclude at 2 p.m. in Johnstown. Complimentary food and beverages will be available. Featuring pony rides, antique tractors, inflatables, raffle, petting zoo and more. An FMC Foundation basket will be included in the raffle. For more information, call (740) 467-3533.

FMC Foundation's Food & Wine Tasting and Charity Auction • Thursday • Sept. 19 • 5:30 - 8:30 p.m. • Fisher Catholic Alumni Hall • \$50 per person • All proceeds will benefit

the Cardiovascular Care Fund. Payroll deduction is available. For reservations or information, please call (740) 687-8107 or bethd@fmchealth.org.

CHIP (Complete Health Improvement Program) • Starting Sept. 24 • This nine-week comprehensive, educational, lifestyle promotion program is designed to prevent, manage and even reduce today's most common diseases. 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) on Sept. 10 at 5:30 p.m. or Sept. 11 at noon. Refreshments/light snack will be provided. To register for an information session, contact Corinn at (740) 689-6831 or corinnf@fmchealth.org.

Healthy Eating for Life • Wednesdays • 5:30 - 7 p.m. • 8-week Session Starting Sept. 25 - Nov. 13 • Fairfield Medical Center • Join us for this cumulative 8-week nutrition program helping participants change everyday behaviors to achieve and maintain a healthy weight and lifestyle for life! Registered Dietitian Kate Kanner, will lead participants through the program every step of the way! Exercise Specialist Chris Chong, Bariatric Psychologist Dr. Jeannine Abbott and Bariatrician Dr. Robert Zee will provide specialized expertise to this comprehensive program. Included in the \$180 registration fee are individualized nutrition assessments, weekly weigh-ins, a class binder full of helpful resources and some additional prizes and giveaways. For more information or to register contact Kate Kanner, R.D., L.D., at (740) 687-8468.

Rotary Health Check • Saturday • Oct. 5 • 7 - 11 a.m. • Fairfield Medical Center Health & Wellness Services - 1145 East Main Street (In the stripmall next to Kroger) • 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 or email lsrrotary@yahoo.com.

TWIG 1 Cancer Care Run & Walk • Saturday • Oct. 12 • 9 a.m. • Join us for

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.

this 5K run or 2-mile walk and family fun run. It will start and end at Marten's Park in Lancaster. \$20 early bird registration (until Sept. 28). \$25 regular registration. All proceeds benefit FMC's Cancer Care Fund. For registration, visit twigone.com.

BRA Day • Wednesday • Oct. 16 • Research shows that 70 percent of women eligible for breast reconstruction after breast cancer are unaware of their options. Dr. Jason Lichten, FMC plastic surgeon, believes all women should be educated about the option of breast reconstruction so they can make an informed decision as to whether or not it is right for them. To raise awareness about this, FMC is partnering with Dr. Lichten and Ohio University-Lancaster to collect new bras for women in need. New bras can be dropped off to the FMC Café, Dr. Lichten's Office, Fairfield Diagnostic Imaging, Diagnostic Health Services, Riverview Surgery Center, Ohio University- Lancaster, Central Ohio General Surgeons and General Surgical Associates. For more information, contact Dr. Lichten's office at (740) 653-5064.

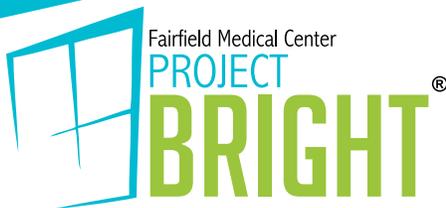
2013 Organ and Tissue Donation Collaborative CEU • Tuesday • Oct. 22 • 8 a.m. • Fawcett Center • 2400 Olentangy River Road, Columbus, Ohio • Located at the North Edge of the OSU Campus • LOOP is offering this day of education at no cost to hospital staff. A parking permit is required and one will be emailed to you. To register go to <http://tinyurl.com/Collaborative2013>.

Strike Out Breast Cancer • Sunday • Oct. 13 • 10 a.m. or 1 p.m. • Lancaster Tiki Bowling Lanes • Help us strike out breast cancer by bowling to benefit cancer patients in our community through the FMC Foundation's Cancer Care Fund. \$10 per bowler. Send entry with fees to: Joy Kellenbarger at 2026 Lake Road S.E., Lancaster, Ohio 43130. For more information, call (740) 653-1598 or go to seohusbc@aol.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 Cancer Resource Center for a balloon launch, tours, refreshments and music. Call ext. 8863 for more information.



COMING IN!
2015!



Build, Revitalize and Innovate for Greater Healthcare Tomorrow.

Project BRIGHT Updates

Thursday, September 12 will be the official beginning of Project BRIGHT. There will be a Groundbreaking Ceremony at 2 p.m. that will take place on the southside of the building, just outside of the Human Resources entrance. A reception will be held at the same location under a tent from 1:30 - 3:30 p.m. There will be displays on the project and dessert provided throughout the reception. Please stop by for this momentous occasion!

In other Project BRIGHT news:

- Elford Construction has set up an onsite office in Suite 304 in the Pavilion.
- This week Elford will begin working on the temporary entrance on the N. Ewing Street side of the building. They will prepare the area outside of the coffee bar down to the sidewalk to create the temporary entrance. This work will include the removal of plants, excavating work and the pouring of the sidewalk.
- FMC will be closing approximately 16 parking spots at the Pavilion to tie in the storm sewer to the new parking lot.
- Claypool Electric will begin this week setting up light poles for the new parking lots on Harmon and Ewing.
- The Ewing Street parking lot will be used for valet parking and will be completed the third week of September. The Harmon Avenue parking lot will be used for employee parking and be finished September 30.
- Parking Solutions will begin patient valet parking at the South Entrance beginning September 23. The valet booth will be put into place September 16. Fencing will go up in September.

September 9, 2013

A special publication for the FMC facility expansion project

Vol. 1, No. 11



Project BRIGHT is a \$37.8 million facility expansion underway on FMC's main campus. The FMC Marketing Department publishes this newsletter on a regular basis to help keep FMC team members and the community well informed. To be added to our electronic distribution list, or to submit a question about Project BRIGHT, email us at marketing@fmchealth.org.