



# Monday Morning



**ED Donates Adaptor to Hocking Township Fire**  
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**FMC Fairfield Today TV Show Airs on LSN** p. 4

## FMC Hosts Shine a Light on Lung Cancer Vigil

On Nov. 13, Fairfield Medical Center held the Shine a Light on Lung Cancer Vigil to honor and remember those touched by lung cancer. "The vigil provides hope, compassion and support, empowering attendees to join the historic movement for lung cancer," said Ivy O'Neal, FMC oncology nurse navigator. Shine a Light is dedicated to those affected by cancer and is a way for people in the community to come together for awareness, remembrance and support. Mayor David Smith hosted the event. Dr. Louann Cummings, Dr. Aryeh Cohen and Lung Cancer Advocate Maggy Brown were the guest speakers for the evening.



FMC Chaplain Greg Schmaldfeldt pictured above alongside Oncoology Nurse Navigator Ivy O'Neal at the Shine a Light on Lung Cancer Vigil.

### Twig 12 Gift Shop Holiday Sale



The Twig 12 Gift Shop will be having their Holiday Sale starting Dec. 13. Stop by to see our wide selection of new Christmas items to give to that special someone. Items include: stuffed animals, jewelry, Christmas cards and more. We get new arrivals all the time!

### Stein Receives Certification



Cardiovascular Business Development Manager Kelly Marion (right) recently congratulated Kristin Stein, RN, for receiving her ANCC Cardiac Vascular Nursing Certification.

### Tree of Light Ceremony



Please join us for the Twig 7 Annual Tree of Light Celebration at 1 p.m. on Tuesday, Nov. 26 in the FMC North Lobby. All are welcome to attend and join in with our very own FMC Choir!

## Message from Mina

With the Thanksgiving holiday this week, it is a good time to say 'thank you.' Thank you to the staff members who are giving up family time to be here for our patients that day. Thank you to the staff members who skip the Black Friday shopping experience to be here for our patients. Thank you to our physicians who take time away from their loved ones to take care of our patients. All of you are putting patients first and I appreciate the sacrifice of your time to make that happen on days when it would be easier to let someone else provide the care.

For those who are able to be with loved ones over this holiday, please thank those loved ones for their support of you when you do have to give up family time for our patients. I know time off at holidays is shared and you may have a holiday where the family traditions are interrupted by your need to be here. Without the support of your loved ones, this is difficult.

One could say that working on



holidays comes with being in healthcare. That is true, but I don't want to understate the value that you bring when you are helping those patients and their families whose traditions are interrupted by illness. Your empathy for their situation is extremely important at a time that they are experiencing an illness and fear.

Your care and kind words do make a difference and that difference is not taken lightly. Thanks to all of you, no matter what role you play in our organization. You are here to be sure our patients are in a safe and healing environment, even when many of your friends, neighbors and relatives have the day off.

President and CEO

## From the Chief's Desk

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



### Volumes & Revenue

- Inpatient revenue was right at budget for the month on higher inpatient cardiology service revenue that helped offset lower than anticipated admissions.
- Outpatient revenue significantly exceeded budget in September thanks to above budget volumes in almost all outpatient service areas.
- Combined, total gross revenue for the month was 5 percent above budget.
- Thanks to some favorable reimbursement settlements, our Net Revenue for September came in at 13 percent above budget.

### Expenses

- Payroll-related expenses for the month were significantly above budget due to the \$500,000 quarterly Pay-For-Performance bonus earned in the 3rd quarter.

- Supply expenses for the month came in at budget.
- All other expense categories were slightly over budget for September due mostly to higher electric and bond interest expenses.
- Combined, these items made for expenses that exceeded budget by 9 percent.

### Summary

- The better than expected revenue helped drive us to a 4.5 percent operating margin gain for September.
- Year-to-date, our operating margin gain is at 3.1 percent as compared to a 0.5 percent budget target and a 1.5 percent prior year-to-date gain.
- Year-to-date, we are at a 5.0 percent total margin as compared to a 1.5 percent budget target and a 2.7 percent margin at September 30, 2012.

Thank you for your many contributions that have helped achieve such solid financial results.

Chief Financial Officer

## Stuff-A-Bus Begins

Lancaster-Fairfield Community Action Agency (LFCAA) and Fun Bus Adventures again are partnering with the goal of collecting enough non-perishable food donations to fill a shuttle bus. Their annual Stuff-A-Bus campaign runs from now until Wednesday, December 11. FMC is participating as a drop-off site for donations; collection boxes are located in the hospital and River View Surgery Center and Fairfield Diagnostic Imaging. Collected donations will be made available to income-eligible individuals who visit the LFCAA Choice Food Pantry.

## Big Brothers Big Sisters Seeking Role Models

Big Brothers, Big Sisters (BBBS) of Fairfield County is entering into a partnership with a local non-profit to provide mentoring services for young, single moms. There is need for five experienced moms who would like to serve as a role model to these young women. If you are interested, please call Anna Tobin at BBBS at 740-687-9277.

## ED Donates Adaptor to Hocking Township Fire Department (cont.)

The Fairfield Medical Center Emergency Department recently donated an adaptor to the Hocking Township Fire Department so its EMS crew can successfully transmit EKGs to the hospital. "The Hocking Township Fire Department greatly appreciates FMC's generous donation of the purchase of software to be able to transmit 12 lead EKGs from our ZOLL cardiac monitor directly to their Physio-Control receiving

station," said Fire Chief Curtis Golden of the Hocking Township Fire Department. "Prior to this donation, FMC staff had to access our transmitted EKGs online through our ZOLL program." FMC Chest Pain Coordinator Rhonda Wells, R.N., C.C.P.C., said the donation shows the commitment that EMS providers and FMC staff have to patients in the area. With the help of the adaptor, EMS providers will be able to alert FMC staff of

a critical patient experiencing chest pain or cardiac symptoms. "For patients experiencing a heart attack, the longer the patient's artery remains closed, the greater the risk of muscle death or patient death," Wells said. "With Hocking Township having the capability to transmit EKGs to our facility, the Emergency Department and Cath Lab staff can prepare for the patient's arrival to get that artery opened safely and quickly."



## Volunteer for a Good Cause

The United Way of Fairfield County is looking for volunteers to help make a difference in our community. The VITA program will be underway soon and the United Way needs volunteers to assist with this program. VITA is a free service that provides income tax assistance to low and moderate income individuals and families earning up to \$52,000 a year. In 2013 with the help of nine volunteers, the United Way VITA program served hard working individuals and families by:

- Completing more than 1,200 tax returns
- Returning more than \$1.8 million in

tax refunds back into the community

- Saving taxpayers over \$300,000 in tax preparation fees

With this increased capacity, we need volunteers more than ever. In 2014, we anticipate a need to file over 1,400 tax returns. Preparers must certify, at a minimum, at the Basic level. Volunteer trainings will take place throughout the winter months. You may also go to IRS.gov and use the Link and Learn website, where you may prepare and train on your own to gain certification. Contact Scott Spangler at 740-653-0643 for more information.

## Visit the TJC Winter Wonderland

Plan to visit "TJC Winter Wonderland" for Joint Commission Readiness... The Joint Commission will visit FMC in 2014 for the accreditation survey. As we prepare for their visit, a "Joint Commission Wonderland" readiness event will be held from 7 a.m. - 4:30 p.m. on Dec. 19

in the Mid-Level Conference Rooms for all employees to attend and prepare for the survey. This fun-filled day will allow employees to review National Patient Safety Goals, win prizes and enjoy games! More information to follow.

## Hazards of Healthcare

*Please note this is a fictional scenario to illustrate real life hazards to FMC staff. Chapter Four:* In our last episode, John Doe had just been informed of the source patient's history of recent IV drug use and the Employee Health physician recommended preventative medication... John takes his first dose of medication but has a sick feeling in the pit of his stomach. Why did this have to happen to me? He is on his way back to the Laundry. The Employee Health nurse said she would contact him as soon as she had the patient's rapid HIV result, which should be in about an hour. He hoped he could keep his mind on his work for

that long. Back at the Laundry, John's co-workers are very supportive and encouraging. They try to keep him focused and busy while he waits for more news. However, he is just too upset and cannot continue his tasks. His supervisor suggests he return to Employee Health and calls the nurse. John arrives in Employee Health and talks with the nurse about his concerns. Realizing he has a lot of anxiety, she tries to reassure him but also reminds him of the counseling available through the Employee Assistance Program. As she is getting the contact information for him her phone rings...

## Nurse Residency Program at FMC

Did you know that FMC has started a nurse residency program for graduate nurses? New graduate nurses typically experience some stress and anxiety during their transition from student to professional nurse. Pathways to Practice, FMC's nurse residency program, is designed to support these new nurses with the tools they need to manage the transition successfully. Beginning in June, all graduate nurses hired at FMC are being enrolled in the residency program. Pathways to Practice is an evidence based, year-long program which includes a structured orientation, clinical enrichment classes, professional development sessions, and transition

support. There are twenty-two nurses enrolled in the current cohort of nurse residents. One nurse said she feels like her critical thinking skills are being enhanced by the classes. "Pathways to Practice provides new nurses with the tools and experiences they need to achieve success at FMC", said Deb Price, MSN, Clinical Nurse Specialist, who was an active member of the residency design team. "It will help them critically think about the patient care experience as a whole instead of as a diagnosis. It is this concept that defines the clinical nurse of today and of the future."

## EVENTS

### From the Employee Activities Committee

Did you miss **Fort Rapids Family Fun Day** because you had to work? No problem, the Employee Activities Committee is offering discount tickets to any employee with a clocking out or clocking in entry on Saturday, Nov. 2 from midnight - noon. A clocking report has been provided with this information so that we can make this special offer to those employees who had to work that day. Fort Rapids Good Any Day tickets are good for six months from the time of purchase. Ticket orders will be accepted until 2 p.m. on Nov. 29. At that time, our FMC order will be placed with Fort Rapids. Tickets will be in the second week of December. Completed order forms and signed liability waivers may be sent or delivered to Wendy Travis in Learning & Development, basement level. See the FMC intranet / Employee Activities button for order form and waiver. Payment options: Check made payable to FMC or payroll deduction. Discount tickets are \$12 per wristband, savings of almost \$18 per wristband! A \$5 pizza/soda coupon is included with each wristband purchased compliments of the Employee Activities Committee. Children three and under get free admission (does not include pizza coupon).

**The Story Tour** - Christmas Celebration at the Schottenstein Center on Dec. 9.

**Donny & Marie** - at the Schottenstein Center on Dec. 19 at 8 p.m.

**Harlem Globetrotters World Tour** at the Schottenstein Center at 2 p.m. or 7 p.m. on Thursday, Dec. 26. Tickets starting at \$15 per person. Save up to \$12 per ticket with FMC discount.

**Trans-Siberian Orchestra at Nationwide Arena** on Thursday, Dec. 26. Show times at 3 p.m. or 8 p.m. Tickets are \$46.50. Order deadline is Nov. 1. Submit pre-order to Cheryl Sroufe in Cardiovascular.

**Monster Jam 2014 at Nationwide Arena** on Jan. 3 and 4. Tickets are \$16.

**Disney on Ice** - Princesses and Heroes at Nationwide Arena on Feb. 5-9. Tickets start at \$18.

**Mad River Mountain** - Avalanche Tubing Park. Discount tickets on sale now for use in January. Tickets are \$20 each for a three-hour tubing session, a savings of 20 percent! Please see the FMC Intranet/Employee Activities button for order form and information sheet. For questions, please contact Kellie Sharp at ext. 6454. Order deadline is Dec. 2; tickets will arrive in time for Christmas.

See the FMC Intranet/Employee Activities button for an order form for the above mentioned events.

# Hospital Happenings

**TWIG 16 Books are Fun Sale • Nov. 25 from 7 a.m. through Nov. 26 at 4 p.m. • FMC Assembly Rooms • Open all day and night!** Cash, checks and credit cards accepted. Payroll deduction available. Sponsored by TWIG 16 to benefit patient care.

**Turkey Day 5k & 2 Mile Walk • Thursday • Nov. 28 • 8:30 a.m. • Forest Rose School • 1592 Granville Pike, Lancaster, OH •** Race day registration: \$25 per person (includes T-shirt while supplies last). Begins at 7:30 a.m. To register call Ginger at (740) 687-8459 or at [gingerd@fmchealth.org](mailto:gingerd@fmchealth.org).

**Yoga Classes • Mondays • Dec. 2, 9 & 16 • 4:30 - 6 p.m. or 6:30 - 8 p.m. • Three weeks for only \$45 • FMC Assembly Room 3 •** Registration is required. Mickey Hartung began studying yoga in 1985 and received her teaching certification in 1998. Emphasizing a contemplative and non-competitive approach, her classes are an eclectic blend of posture flow, restorative yoga (relaxing poses of stillness), yin yoga (stretching the deep connective tissue in the joints) pranayama (breathing) and mindfulness. The classes are mixed level, appropriate for everybody. To register, call Mickey at (740) 987-7378 or [earthshanti@gmail.com](mailto:earthshanti@gmail.com).

**Heart Failure Management and Support Class • Thursday • Dec. 5 • 6 p.m. • Second Floor Rehab Gym Conference Room • No Charge to Attend •** Have you or a loved one been diagnosed with heart failure? Register by calling (740) 687-8261.

**Healthy Eating for Life • Wednesdays • 5:30 - 7 p.m. • 8-week Session Starting Jan. 8 - Feb. 26 • 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, RD, LD, at (740) 687-8468.

## Sam's Club Discount

Sam's Club is offering a special membership for \$45 to Fairfield Medical Center's employees, volunteers and employees of physicians' offices. Anyone who is interested should please

complete the application available in Human Resources and attach cash or your check made out for \$45 to Sam's Club. Anyone completing the application along with payment for a new membership or renewing an existing membership, will receive a \$10 Sam's Club gift card. The completed application along with payment, is due in Human Resources by Friday, Dec. 6. This offer is not available at Sam's Club, only through Fairfield Medical Center.

## Massage Discount

Thank you for your hard work and dedication in the health field. As a small token of our appreciation, we are offering \$10 off any massage at regular price for any employee/associate affiliated at FMC. Please provide current FMC identification at the time of service for your discount. Thanks again! Visit us on the web at [www.naturalremedies.massagetherapy.com](http://www.naturalremedies.massagetherapy.com) or call (740) 407-2814.

## Oxygen for the Soul

"Enter into His gates with Thanksgiving and into His courts with praise. Be thankful to Him and bless His Name."  
~Psalm 100:4

Meaningful moments – Prayer time: 11:45 a.m. – 12:15 p.m. Monday – Friday 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 serve as an avenue for our FMC chaplains to provide weekly inspiration.)*

## Colonial Heights

FMC night at Colonial Heights Furniture will be from 5 - 9 p.m. on Dec. 1. Invitations offer incredible savings on furniture and accessory items and may be picked up in Human Resources. You must have an invitation to attend, along with your FMC ID badge, and you may bring one guest. The invitation is non-transferable and may only be used by an employee of FMC and their guest.

## Fairfield Today

Make sure to tune in on the LSN channel (offered through Time Warner Cable) to view FMC's TV segment called "Fairfield Today." The show will air every Wednesday at 12:30 p.m., 6:30 p.m. and 11:30 p.m. until Dec. 11. Christina Seimer-Harley is featured this month regarding a new class FMC is offering and John Hilliard from the Lancaster Amateur Radio Club talks about our relationship

with the club when it comes to emergency preparedness. Dr. Gordon Snider and Ann Preble from Employee Health also give viewers information about getting their flu shot. Don't miss it! Let me know if you have any questions.

## Birthdays

### MONDAY

**Nicole Lobo** – Learning & Development  
**Caryn Orr** – Surgery, River View  
**Susan Saddler** – Volunteer, South Info. Desk  
**Meredith Smith** – Fifth, Med./Surg.

### TUESDAY

**Jennifer Mitchell** – Emergency Dept.  
**Erika Pontious** – Cardiac Cath  
**Anita Stevens** – Cardiac Cath Recovery

### WEDNESDAY

**Michael Giles** – Housekeeping  
**James Hammond** – Nursing Services  
**Linda Karshner** – Dietary  
**Kimberly Mikesell** – Volunteer, Pet Therapy  
**Stephanie Mitchell** – Surgery Assessment  
**Jenny Perrault** – Southeast Surgery

### THURSDAY

**Claudia Dent** – Contacts & Collections  
**Mindy Miller** – Maternity  
**Michelle Stiver** – Learning & Development

### FRIDAY

**Steven Burgess** – Plant Engineering  
**Abigail Grubb** – Third, Med./Surg.  
**Donna Holbrook** – Dietary  
**Kaitlynn Lent** – Contracts & Collections  
**Chaz Russell** – Volunteer, Courtesy Cart  
**Rebecca Virgin** – Fairfield Cardiology  
**Christina Whitaker** – Psych.

### SATURDAY

**Rachel Barlow** – Physicians Services Float Pool  
**Kendra Butcher** – ICU  
**Christy Caronis** – Cardiovascular  
**Mark Hunter** – Lab, Phlebotomy  
**Lisa Meyers** – Sleep Lab  
**Keith Swartz** – Radiology, PACS

### SUNDAY

**Ashley Barton** – Fourth, Med./Surg.  
**Valerie Eckman** – Volunteer, South Info. Desk, Menu Education  
**Caryn Gorby** – Fifth, Med./Surg.  
**Deidre Goss** – Psych.  
**Mackenzie Jacobson** – Third, Med./Surg.

### 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.