



# Monday Morning



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## Tobin Receives Firefly Award

Mike Tobin, Fairfield Medical Center Six Sigma black belt, received the Firefly Award from the Adult, Family and Children First Council of Fairfield County on Nov. 21 during a celebration at Alley Park in Lancaster. Tobin received this recognition for compiling and graphically preparing a usable injury data report on childhood injuries for multiple healthcare facilities. This data will be used for grants, government reporting and a focus on future work with council endeavors. "I felt a need to step up and help them with this report," said Tobin. "I knew it would be challenging for them to go at it alone and it is information I work with on a regular basis." The Firefly Award was created

many years ago to recognize those who have worked alongside the Adult, Family and Children First Council to create energy and light by their collaborative work. These award winners are able to provide just what is needed at just the right time. "Collaboration is a word that is used rather loosely by many people," said Becky Edwards, Adult, Family and Children First Council executive director. "True collaboration is hard work and sometimes collaborations get weary. But often when that weariness sets in or obstacles begin to emerge that threaten our success, someone steps up and shows us a flicker of light that draws us forward and that light for us was Mike."



*Pictured (from left): Ann Probasco, Safe Kids - Safe Collalition coordinator; Mike Tobin, FMC Six Sigma; and Becky Edwards, Adult Family Children First Council of Fairfield County.*

## Twig 16's Gift Card Raffle Winner



Bethany Cottrill, a RN on the 5th floor, was the lucky winner of the drawing held during the Books Are Fun Book Sale. Twig 16 hosts the semi-annual book sale to fund their projects for FMC's patients. In gratitude to the FMC employees, they wanted to offer a door prize drawing to show their appreciation. The Christmas wreath contained approximately \$300 in various retailer gift cards. Congratulations, Bethany, and happy shopping!

## Lancaster Country Club Offering FMC Staff a Discount



The Country Club has an exclusive offer for Fairfield Medical Center staff. Join the Lancaster Country Club by March 1, 2014 and pay no initiation fee, a savings of up to \$1,000, and get the first three month's membership dues free. For adults, save \$1,155 (normal annual dues \$4,620). For seniors, save \$630 (normal annual dues \$2,520). For associates, save \$630 (normal annual dues \$2,520). For juniors, save \$450 (normal annual dues \$1,800). For a social membership, save \$330 (normal annual dues \$1,320). Call (740) 653-5150 for information regarding the above-mentioned memberships.

## Straight Talk From Sky

I would like to take this opportunity to thank FMC team members for the support they have shown this past week as we begin the transition to a new hospital president. As we approach the end of 2013, we



can look back with pride over the many accomplishments we have made under the leadership of Ms. Ubbing. She will be greatly missed and we wish her well in future pursuits.

The Board of Directors has informed us that they will begin a formal search process for a new hospital president after the first of the year. They will keep us informed as plans evolve. Throughout this transition period, the goal of the senior leadership team is to provide you with straightforward, timely information. To this end, the vice presidents will be hosting open office hours on Fridays for the remainder of December. Feel free to stop by whether you have a specific question or just want to say hello. In addition, the team will be offering a series of "Let's Talk About Its" next week.

In this weekly column, *Straight*

*Talk from Sky*, I will address topics of importance to FMC so that you can be more fully informed.

The FMC Board of Directors took several actions at its meeting last week. Of importance, there were \$3.4 million in market

adjustments approved for staff members. This will result in a wage increase of at least 2.5 percent for non-management staff.

Staff members should look for their increase to be reflected in the paycheck for the first full pay period in January. The Board also approved the operating, capital and I.T. budgets for 2014.

I am pleased to announce that FMC finished the year in a very strong financial position, and we anticipate continued growth in 2014.

As always, if you have any questions about topics in this column or other FMC items, please feel free to stop in to speak to any of the chiefs in Administration.

Chief Financial Officer and Interim CEO

## 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.

## From the Chief's Desk

We are drawing close to Christmas and many of us are still in the throes of figuring out what the perfect gift is for someone we care about.



When I give a gift I want it to be meaningful and useful to the recipient. I want it to make the person feel good about using it and not so complicated that it takes too much time and energy to figure out. Many of you have received such a gift and some of you have even opened that gift and used it. Several of you have told me that you liked it when you received it and even like it more after using it. It was useful, meaningful, and easy to use. In case you are wondering what I am talking about, the gift is the TeamSTEPPS methodology.

One of your colleagues, Cece Peters used it soon after Thanksgiving to ensure that a complicated and unusual (for us) birth went smoothly. A mommy was too far along to be sent to a more specialized hospital. The baby was small and early. Cece recognized the potential for risk so she called a brief of the OB staff, physicians, respiratory therapist and patient's family. She made sure each participant knew what the goal was, what each of their roles was, what the plan of care was, who was available for what and when, what the workload was for the team members, and what the available resources were. The team consisted of OB staff, an obstetrician, a pediatrician, respiratory therapy and the family. As the staff changed shifts she huddled with the oncoming staff. The birth went beautifully and the team was very pleased with the outcome. When I saw Cece in the hall a couple of days after this event

she was smiling broadly and said "I liked TeamSTEPPS before but I even like it better now!"

Are you comfortable using the TeamSTEPPS tools you've learned; asking for a brief; debrief; huddle; using CUS, or SBAR? For those of you who haven't had TeamSTEPPS training you might be thinking "What is she talking about?" If you have had the training I hope you are thinking, "Not only am I comfortable, I do these all the time."

The beauty of these tools is that they level the political playing field. Anyone who has a safety or quality concern can use any of the tools anytime and know they are doing the right thing for their patients.

The staff who see patients at their most vulnerable have taken TeamSTEPPS training. They total a bit over 1,000. We are going to educate the rest of our staff this coming year.

We are doing this in response to what we know from data and what we have been told when we conduct studies. The data shows we need to improve our communication and that people are afraid to speak up. This is not at all unusual in healthcare.

TeamSTEPPS is designed to expect the person with the information to share the information with language that immediately says "I have something important to say that affects a patient." If you've taken TeamSTEPPS training use the gift to keep your patient safe. If you haven't taken the class yet, plan to use the tools as soon as you can. I also know from personal experience the tools work with husbands and I'm told teenagers respond well too! Have a safe and blessed holiday season.

Chief Nursing Officer

## Changes in Store for Adult Crash Carts

Starting Dec. 9, the following changes will take place in the Adult Crash carts:

- Medication drawers 1 and 2 will continue to be stocked in labeled trays and covered with a plastic, tamper-evident wrap.
- This wrap has an easy tear “zipper” on the top of the tray.
- To open the wrapper, grasp each side of the “zipper” and pull.
- Each drawer will have clear “Tear Here” labels placed on each side of the zipper to assist staff in knowing where to tear.
- A sticker with the name/date of the first drug to expire will be affixed on the outside of each filled drawer.

Change in IV Drawer 3 – the 250 ml bottle or Avia bag of D5W - will now be stocked in medication drawer 1. This is dispensed from the pharmacy and stocked with the medications. These changes will facilitate the safe and expeditious restocking of carts after use or with updates, out-dates, etc. Updated crash cart supply lists and pictures of drawer interiors will be created and will be placed on each cart as the changes are made to the cart. If you have any questions, please contact Betsy Winsley in Pharmacy at extension 8861 or by email at [betsy@fmchealth.org](mailto:betsy@fmchealth.org).

## TJC Winter Wonderland

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. This fun-filled day will allow employees to review National Patient Safety Goals, win prizes and enjoy games! Hope to see you there for this fun-filled event more information to follow.

## New Diamond Pattern

Many of you might be wondering why we installed the diamond shapes in the flooring outside of Administration and the Assembly Rooms on the second floor. The diamond pattern has been added to the flooring in the administrative hallway to assist in ease of completing a six minute walking test by cardiac and pulmonary rehab staff. This distinct pattern allows patients to quickly identify points to walk to and turn around. Each diamond is 25 feet apart, which allows staff to quickly measure the distance each patient completes.

## Volunteers Needed to Walk in Lighted Parade

The Bremen Lighted Parade is just around the corner on Saturday, Dec. 14 at 5:30 p.m. This is a short parade Fairfield Medical Center will once again participate in. Any staff that is interested in walking will hand out BRIGHT information with light sticks. To participate, please contact Resa Tobin at ext. 8477. Hope to see you there spreading good will and cheer!

## New Policies Roll Out

FMC has developed a treatment plan for pulmonary hypertension patients. As a result, there are two new policies to direct the care of these patients. “Flolan/Remodulin Prostacylin Therapies, Intravenous (Nursing)” and “Flolan/Remodulin Prostacylin Therapies, Inhaled (Respiratory). “Stroke Alert” policy was developed as a guide to provide evidence-based care

to stroke patients in our community. The policy details the role of each healthcare provider: Both in-house and ED are required to initiate a stroke alert when needed to meet the standards of TJC as we move toward Primary Stroke Certification. Detailed information will be coming to your unit managers, physician liaisons and will be added to upcoming Nurses Notes.

## Do Your Part to Stuff-A-Bus

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.



## Hazards of Healthcare

*Please note: This is a fictional scenario to illustrate real-life hazards to FMC staff.* **Chapter Six:** John has his prescription and is heading home. He is having a difficult time concentrating on driving. So many thoughts keep racing through his head. *I don't want to tell my wife, Jane, but I have to. I know that she will be upset and worry about my health. I love her and the kids so much. Jane is recovering from recent surgery and is just starting to feel like herself again. Financially it's been tough but we are getting by. How will we make it if I become sick and cannot work for awhile? I want Jane to stay home and take care of the kids.* John walks in the house and Jane is surprised to see him home early. “John, are you all right?” she says. “Did something happen at work?” “Jane we need to talk, can we sit down

a minute?” he says. Jane walks over and is concerned. John seems down. “I was stuck by a dirty needle today.” “How did that happen, you work in Laundry!” “Someone accidentally left it in the sheets.” “Oh John, that is terrible but you are going to be OK, right?” John lovingly looks into her eyes and reaches for her hand. “Honey, the patient has a history of drug abuse and I have to be tested for HIV and hepatitis.” Jane is speechless and looks back at John with tears in her eyes. *I must be strong for him, but I am so scared. He told me he has to take some medication for the next couple of days and that we can't have unprotected sex. Just like that, our world has been turned upside down and waiting for answers will be agonizing for the both of us.*

## Colonial Heights Discount

Due to an outstanding turnout on Dec. 1, Colonial Heights has extended their savings on furniture and accessory items until the end of the month. All employees and volunteers are welcome to shop during the month of December for these incredible savings. You must show your FMC ID badge in order to receive the discount. The discount may only be used by employees and volunteers.

## Bargain Boutique Holiday Schedule

The Bargain Boutique, operated by TWIG 2, announces its holiday schedule for 2013. We will be closed for Christmas Sunday, Dec. 22 through Tuesday, Jan. 7. First consignment date for 2014 is Saturday, Jan. 4. Open for business 2014 on Wednesday, Jan. 8. The Bargain Boutique is located at 1724 E. Main St. in Lancaster. The shop is open from 10

a.m. - 4 p.m. on Wednesday and 10 a.m. - 2 p.m. on Thursday, Friday, and Saturday. Consignments are accepted from 10 a.m. to noon on Saturdays. Donations are accepted any time the shop is open and there is a full inventory! All proceeds benefit Fairfield Medical Center.

## 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.

## FMC Logo Wear Website is Down But Orders Still Being Taken

The FMC logo wear website is temporarily down. However, you can still order logo wear! Promotions by Design is available for your gift giving needs by calling (740) 687-5929. There are a lot of choices of apparel.

The website's relaunch is planned for January. Let Kathryn at Promotions by Design know if there are items you would like to see added to the website. For questions or more information, call Marketing at ext. 8007.

## WELLNESS Corner: Turkey Day 5k

We would like to thank all of the participants and volunteers who braved the frigid temperatures to take part in the 2nd Annual Turkey Day 5K. The event was a success with 207 participants, ages 7 to 70+, registered to complete the 5K run or 2 mile walk. Race results will be posted on FMC's website. We hope to see you again in 2014!

## Natural Remedies Discount

Receive \$10 off any massage at regular price for any employee/associate affiliated at FMC. Please provide current FMC identification at the time of service. Go to [naturalremedies.massagetherapy.com](http://naturalremedies.massagetherapy.com) for questions or call (740) 407-2814.

You're  
Invited

**Wednesday, December 11**

**4:30-6:30 p.m.**

Ribbon Cuttings:

*Cardiology, Suite 100 - 5 p.m.*

*Specialty Suite, Suite 280 - 5:45 p.m.*

River View Medical  
Office Building  
2405 N. Columbus St.  
Suite 100 & 280  
Lancaster, OH 43130

## Open House & Ribbon Cutting Ceremony

Join us for an open house and ribbon cutting event for our new Fairfield Healthcare Professionals' practices that are located in the River View Medical Office Building.

**Light refreshments will be available.**

*For questions, call Ashley Clouse, FHP marketing specialist, at (740) 689-4447.*

### Fairfield Healthcare Professionals Cardiology:

*Jeremy Buckley, M.D.*

*Michael Reinig, D.O.*

*Alaeddin Ayyad, M.D.*

*Alyson Adams, C.N.P.*

### Fairfield Healthcare Professionals Internal Medicine:

*Brian Hendrickson, D.O.*

*Charlotte Izyk, C.N.P.*

### Fairfield Healthcare Professionals Bariatric Medicine:

*Jeannine Abbott, Psy.D.*

*Robert Zee, D.O.*

### Fairfield Healthcare Professionals Neurosurgery:

*Carolyn Neltner, M.D.*



**Fairfield Healthcare  
Professionals**

An Affiliate of Fairfield Medical Center

# Holiday Order Form



**(Orders must be received in the Dietary Department by December 16 and will be available for pick-up on December 20, between the hours of 7:00 am and 5:00 pm in the hallway by the Dietary storeroom.)**

Item	Price	Quantity
Pumpkin Roll, 22 Ounces	\$6.50	
Pre-Baked Pecan Pie	\$7.50	
Pre-Baked Pumpkin Pie	\$6.25	
One Dozen Unbaked Chocolate Chip Cookies, 1 Ounce	\$2.50	
One Dozen Unbaked Ranger Cookies, 1 Ounce	\$2.50	
One Dozen Unbaked Macadamia Nut Cookies, 1 Ounce	\$3.50	
One Dozen Holiday Cookie Shapes	\$3.00	
One Dozen Gingerbread Men	\$3.00	
*Sweet Potato Souffle, 70 Ounces	\$12.50	
** Hash Brown Casserole, 70 Ounces	\$12.00	
Macaroni and Cheese, 5 Pounds	\$11.00	
***Bob Evans Breakfast Casserole, 5 Pounds	\$15.00	
Spiral Sliced Smoked Honey Ham, Approximately 9.5 Pounds	\$28.00	
****One Dozen Assorted Mini Quiche	\$6.50	
*****One Dozen Mini Pork and Veggie Egg Rolls	\$6.00	

<b>Total</b>	
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\*MASHED SWEET POTATOES TOPPED OFF WITH PECANS, WALNUTS AND A BROWN SUGAR TOPPING. MAKE THIS A GREAT SIDE ITEM TO ANY MEAL. VEGETARIAN PRODUCT.

\*\*GFS BRAND FRESH HASH BROWNS BLENDED WITH SAVORY ONIONS AND CHEDDAR CHEESE, THEN TOPPED OFF WITH MORE CHEDDAR CHEESE. A DOWN HOME, FLAVORFUL SIDE ITEM.

\*\*\*BOB EVANS BREAKFAST BAKE CONTAINS: COUNTRY GRAVY AND SAUSAGE WITH POTATOES, EGGS AND CHEDDAR CHEESE

\*\*\*\*AN ASSORTMENT OF FOUR DELICIOUS FLAVORS. QUICHE LORRAINE, SPINACH QUICHE, MONTEREY JACK CHEESE QUICHE, AND GARDEN VEGETABLE QUICHE.\*\* UPSCALE, HANDMADE HORS D OEUVRES. FULLY ASSEMBLED AND READY TO HEAT AND SERVE, PREPARATION IS EASY AND QUICK.

\*\*\*\*\*EASY TO PREPARE; CREATED FROM TRADITIONAL ASIAN RECIPES WITH THE FRESHEST VEGETABLES; NO MSG IS ADDED DURING MANUFACTURING.\*\*EGG ROLLS ARE HAND ROLLED FOR AN AUTHENTIC LOOK; FULLY COOKED; QUICK FROZEN TO SEAL IN THE FRESH FLAVOR & CRISP DELICATE TEXTURE

Name \_\_\_\_\_ Extension \_\_\_\_\_

# Key Contributor Awards



Below is a list of employees who received Fairfield Medical Center Key Contributor Awards.

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

The next set of applications for the fourth quarter are being accepted now! 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
Arnold	Dixie	Patient Rep.	Development of advanced directive display
Baker	Joseph	Cath Lab	Developed process to collect recyclable wires
Baker	Maurisa	PT	Coordinated successful autism camp
Blosser	Tammy	Pavilion	Fundraiser for Perry County Cancer Alliance
Bond	Laura	Surgery	Knitted caps for babies
Brannon	Katrina	Surgery	Protocol for IV Tylenol to reduce SCIP fallouts and sterile wrap product
Brumbaugh	Jamie	Dietary	Activities in support of Wine Tasting event
Carpenter	Rachel	Surgery	Revised Pre-op/PACU call coverage
Cass	Tina	Heartburn Center	Led effort to bring LINX procedure to FMC
Chong	Chris	Health and Wellness	Designed and built frames - saved \$863
Comer	Laura	Surgery	Co-chaired Professional Recognition Week
Conrad	Katie	4th Med./Surg.	Stayed with patient well past shift until patient was transferred
Cook	Corrie	Materials	Organized/led Capital review process
Cruit	Julie	Pavilion	Pink Out fundraiser for Cancer Fund
Dicken	Jennifer	Cardiovascular Services	Discovered significant billing error during chart abstract
Dawson	Mandy	Orthopedics	Reduction of readmissions through education to SNF
DeLong	Pam	Riverview Surgery	Discovered/corrected medication billing errors
Deskins	Heather	Cardiovascular Services	Led initiative to ensure billable diagnostic codes
DeWitt	Betsy	Case Management	Extra efforts for patient medications and nursing home placement
Everett	Thea	Surgery	Promotion of Surgical Services Week
Forgrave	Lynne	Surgery	Organized Breast Cancer Awareness Event
Fowls	Cassie	Laboratory	Significant input in building/implementing LIS
Gerber	Dee	XRy Nursing	Learned how to create biopsy slides to help lab
Hasson	Cheryl	Endoscopy	Researched and recommended new scope cleaning brushes
Huffman	Heather	5th Med./Surg.	End of Life conversation Education & HEP Project
Hurst	Jamie	Contracts/Collections	Development of competency program
Johnson	Sheri	PAT	Decreased printing of label pages
Lavey	Jeannie	Environmental Services	Worked as a housekeeper on July 4 after staff call offs (decision on her own)
Lifer	Bryce	Pharmacy	Expansion of Pharmacy Student rotations
Lobo	Nikki	TEMPO Coordinator	H-Lab go-live support (not her project)
McGonigle	Adam	Laboratory	Significant input in building/implementing LIS
Mead	Deb	Riverview Surgery	Strength Finders team building initiative
Miller	Tara	Surgery	Developed Surgery Education books for patients

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Moss	Abigail	Renal Access	Planned/organized Renal Access Symposium
Murray	Becky	Surgery	Organized Breast Cancer Awareness Event
Northrup	Amanda	Health and Wellness	Worked on own time to make privacy screen covers
Oldfather	Jennifer	Dietary	Discovered gaps in documentation and designed training module
Orr	Caryn	Riverview Surgery	Suggestion to reduce money
Parrish	Deb	Pavilion	Spruced up Pavilion landscaping
Pierce	Noelle	Cardiac Rehab	Intervened with patient to get to ED - Stent
Pugh	Barb	Distribution	Worked with Project Search student
Rarick	Brad	Learning/Development	Had crucial conversations with team to resolve communication issue
Reed	Kristin	Vascular Lab	Coordinated efforts and submitted accreditation application
Ross	Tony	4th Med./Surg.	Volunteered to switch shifts to help department staffing
Russell	Kelli	Radiology Supervisor	Planning/implementation Blast Cancer and Breast Cancer Vigil
Sahr	Amy	XRay Nursing	Learned how to create biopsy slides to help lab
Scott	Carolyn	Contracts/Collections	Led team to become Certified Application Counselors
Thomas	Arlene	Pavilion	Spruced up Pavilion landscaping
Thompson	Robin	Infusion/Chemo	Found patients who hadn't been billed for service
Tobin	Colleen	5th Med./Surg.	Assisted with pilot project outside scope of work
VanMeter	Victor	Laboratory	Significant input in building/implementing LIS
VanZandt	Phylcia	FHP	Major improvements and onboarding of FHP physicians
Wakefield	Kelli	4th Med./Surg.	Created comprehensive Pediatric care manual
Weekley	Tammy	Distribution	Re-organized 10 supply rooms
Wells	Rhonda	Cath Lab	Planned EMS dinner and tripled previous attendance
Wesaw	Jennie	Employee Health	Administration and reading of TB skin tests
Williams	Bob	Cath Lab	Overall involvement in revising AED legislation

## We are the Difference!

I am writing to tell you how impressed I was with the hospital staff during my recent stay. I felt everyone was considerate and helpful, but I would like to praise the following in particular: I wish to thank the entire ER staff and supportive services for their prompt and complete assessment of my condition and their thorough explanations of what they were doing and why (particularly Katy and Ricardo, who cared for me directly). The entire staff of the observation unit were patient and cheerful while giving me good care, from Jean in housekeeping to Jennifer and Stephanie in nursing.

Special thanks to Barbara and Mimi for their care, concern and support of me in my nervous fearfulness over what was happening with me and my admiration and praise to Shari for her excellent and efficient care and wonderful orchestration of my father's complicated discharge, which prepared me for and informed me about how to properly care for myself at home. Finally, thanks to Robin in Respiratory for her suggestion of a homegoing device that is working perfectly to resolve a particular issue

I was worried about. This has been the most positive and pleasant hospital experience I have ever had and I am grateful to all of you.

~Thankful Patient

Dear Ginger Davis and the Turkey Day 5K Race Volunteers, Thank you sincerely for organizing such a wonderful 5K. My family and I are grateful that you sacrificed special holiday time to create such a memorable event. Every volunteer had a smile on their face despite the chilly temperature. We loved the turkey marker signs. We loved the yummy treats at the finish line. We loved that you ordered youth size T-shirts! We loved the fact that you care so much about the health and wellness of our community. My kids are learning that fitness can be so much fun! It was a wonderful way to begin Thanksgiving Day. Thank you!

Sincerely,  
Jodie Hildenbrand, RN, MSN, CNL

Passion

Commitment

## EVENTS

From the Employee Activities Committee

**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.

**Join us at the World's Toughest Rodeo at Nationwide Arena** on Saturday, Jan. 11 at 7:30 p.m. Tickets starting at \$10.50.

**WWE Live at Nationwide Arena** on Sunday, Jan. 19 at 5 p.m. Tickets starting at \$28.

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

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



## Hospital Happenings Your Feedback is Needed

**Ostomy Support Group • Thursday • 6 - 7 p.m. • Jan. 2 • Fairfield Medical Cancer Resource Center** • This support group is for anyone who has an ileostomy, colostomy or urostomy. No fee to attend. Questions? Call (740) 689-6430.

**Fairfield Medical Cancer Resource Center's First Anniversary Open House Celebration • 11 a.m. - 2 p.m. • Jan. 3 • 616 Forest Rose Ave.** • Celebrate with us for our one year anniversary. Displays from FairHoPe Hospice, Plastic Surgeon Dr. Jason Lichten's Office, BioCare, LanFair and more will be featured. Light refreshments will be available. For questions or more information, call Janice Novotni at (740) 277-6941.

**Yoga Classes • Mondays • 4:30 - 6 p.m. or 6:30 - 8 p.m. • Jan. 6 - Feb. 10 • 6 weeks for only \$90 • 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 appropriate for everybody. To register, call (740) 987-7378 or earthshanti@gmail.com.

**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 every day 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.

The Patient Education Committee will hold a vendor fair from 10 a.m. - 4 p.m. in Assembly Room 3 on Wednesday, Dec. 18. We are reviewing patient education software from the following companies:

- Krames
- Carenotes
- EBSCO

We ask staff members who use this information to attend the session and review the different patient education options. You are the experts! We will have laptops set up for a hands-on experience and representatives will be available to answer any questions you may have. If you have any questions, please contact Robin Thompson via email or at ext. 3803.

## Request for Lap Blankets for Palliative Patients

The Palliative Care Unit is in need of donations of lap blankets for our end of life patients. If you know of anyone who enjoys knitting or sewing who would like to donate their work to a good cause, the palliative care unit and would appreciate it. This is a donation to the patients that the patients and families take away with them. They are always so appreciative to receive these blankets.

## Gift Shop Sale

The TWIG 12 Gift Shop will hold 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!

## Oxygen for the Soul

Christmas is not just a time for festivity and merry making. It is more than that. It is a time for the contemplation of eternal things. The Christmas spirit is a spirit of giving and forgiving. ~J.C. Penney

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.*)

## Birthdays

### MONDAY

**Bethany Cottrill** – Fifth, Med./Surg.  
**Kimberly Harrison** – Observation Unit  
**Brian McCloskey** – Respiratory Therapy  
**Alexandria Saldana** – Fifth, Med./Surg.  
**Julie Sites** – Contracts and Collections  
**Ashley Wilkins** – Lab, General  
**Bonnie Wright** – Fifth, Med./Surg.

### TUESDAY

**Wada Harmon** – Sixth, Joint Unit  
**Jennifer Oldfather** – Dietary  
**Jennifer Smith** – Radiology, General  
**Haley Warthman** – Fourth, Med./Surg.

### WEDNESDAY

**Janice Costanzo** – Surgery, River View  
**Julia Courtright** – Emergency Dept.  
**Deborah Thornton** – ICU  
**Phylcia Vanzandt** – FHP, EMR Team

### THURSDAY

**Joyce Dummitt** – Radiology, PACS  
**Amanda Gardner** – Housekeeping  
**Christine Hall** – Radiology, General  
**Stephanie Harris** – PCU  
**Kendra Myers** – Maternity  
**KeithAnn Sayre** – Cardiac Cath

### FRIDAY

**Melissa O'Neal** – Lab, Bacteriology  
**Vicki Shahan** – Nursing Services  
**April Thompson** – Nursing Services

### SATURDAY

**Mary Fornadley** – Psych.  
**Christine Krile** – Case Management  
**Elizabeth Schwieterman** – Volunteer, Cancer Resource Center, Diagnostic Services, Hospital Rounds

### SUNDAY

**Myra Anderson** – Maternity  
**Ron Clark** – Volunteer, Hospitality Rounds  
**Dawn Compston** – Central Transport  
**Janet Cooper** – Human Resources  
**Jessica Cranmer** – Emergency Department  
**Angela Delong** – Housekeeping  
**Kristine Figueroa** – Wound Therapy  
**Kathy Harden** – Dietary  
**Bryan Sheets** – Cardiac Cath  
**Laura Trickle** – Maternity

**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.

**Nationally  
 Recognized Orthopedics**



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