Vascular Lab Receives Accreditation

Congratulations to the Fairfield Medical Center Vascular Lab, which was recently granted a three-year term of accreditation in Vascular Testing by the Intersocietal Accreditation Commission (IAC). This accreditation covers extracranial cerebrovascular testing, peripheral venous arterial and vascular testing. The IAC only grants this accreditation to facilities found to be providing quality patient care in compliance with national standards. IAC accreditation is a “seal of approval” that patients can rely on as an indication that the facility has been carefully critiqued on all operational aspects considered relevant by medical experts in the field of Vascular Testing.

Vascular Testing procedures provide early detection of life-threatening heart disorders, stroke and other diseases. In 2012, FMC opened a dedicated vascular ultrasound laboratory for vascular exams such as peripheral venous and arterial exams, abdominal vascular exams, physiologic arterial exams and cerebrovascular exams. The next vascular screening will be held from 7-11:30 a.m. Thursday, March 13 in the vascular lab. Screenings are scheduled on a first-call, first-served basis. The cost is $75. Call (740) 689-6893 to schedule.

The Medical Staff welcomes David Howell, M.D. to Fairfield Medical Center. Dr. Howell is board-certified radiation-oncologist who practices at Newark Radiation Oncology, Inc. and Lancaster Radiation Oncology.

Approximately 40 community members attended a seminar on Tuesday, March 4 in Assembly Room 3 to learn more about the LINX, a treatment for gastroesophageal reflux.
Straight Talk From Sky

FMC Named 2014 Fit-Friendly Worksite

This past weekend we sprung ahead by turning our clocks forward. This is always an exciting time of the year as it means more daylight – and hopefully sunlight – will be coming our way.

It also means that there is more opportunity to get outside and exercise.

As you likely know, I’ve been walking to and from the parking lot by the Accounting Building each day. While it wasn’t always the most pleasant walk this winter, I am looking forward to making the journey this spring. It’s not easy making a commitment to fitness even in the best of circumstances. It requires discipline, determination and a positive attitude.

For these reasons, I am very proud to inform you that Fairfield Medical Center has been named for the 5th year in a row a Platinum Fit-Friendly Worksite by the American Heart Association. This distinction is a reflection of the quality of our employee wellness program led by our Health and Wellness Department and the engagement of our staff in those wellness activities.

You may not be aware that between our 2012 and 2103 employee health screenings, we made some significant accomplishments, including:

• 544 people losing a total of 3,830 pounds
• The percentage of high blood pressure decreasing by more than 4%
• 90.4% of participants met the blood pressure goal of ≤130/80
• 81.2% of participants met the LDL cholesterol goal of ≤130

Congratulations and thank you for being good role models for our patients.

Sincerely,

Sky Getty, Chief Financial Officer & Interim CEO

FMC Sponsors Psoriasis 5K Run

Dr. Jason and Rachel Lichten are chairs for the 5K to Cure Psoriasis Run in Columbus to benefit the National Psoriasis Foundation. They recently stopped in to Administration to honor FMC with a certificate for sponsoring the event, held on Oct. 27.

Approximately 250 people attended the run and FMC was a bronze level corporate sponsor. Psoriasis is a chronic, genetic disease that appears on the skin, causing it to crack, itch and bleed. It is not contagious and there is currently no cure. Psoriasis is the most common autoimmune disease in the U.S., affecting roughly 296,000 Ohioans and 7.5 million Americans. There are two purposes for the run: To raise money for the NPF and to raise awareness of psoriasis. Dr. Lichten and Rachel are particularly passionate about curing psoriasis because their 12-year-old son, Sam, has severe psoriasis. One of the main goals for the Lichten family is helping Sam to feel comfortable in his skin, no matter what it looks like.

This year’s run will be held on Oct. 26 at Bexley High School. For questions, email Dr. Lichten at Doctor@OhioPlastic.com.

FMC Spring Symposium

Share Your Research/Evidence Based Projects at the Spring Clinical Symposium on Friday, April 25 from 8 a.m.–4 p.m. (Poster Session from 1:45 – 2:30 p.m.)

It will feature “From Genes to the Genome: The Future is Now - What Every Practicing Clinician needs to Know.” Abstracts due March 31. Project poster drafts to be reviewed by NRC members by April 9. Posters need to be finalized with Marketing by April 14.

If you have questions regarding the call for posters, please contact Marilyn Hargett at mari lynha@fmchealth.org or Teresa Ryan at teresar@fmchealth.org. Please put “2014 Symposium Call for Posters” in the e-mail subject line.
Celebrate Bill Tschopp’s Retirement and Marilyn Fisher Retirement

The Plant Engineering Department would like to invite you to a retirement tea to honor Bill Tschopp. Bill is retiring after 34 years of service. He began working here in October 1979 in Plant Engineering. Join us from 1-3:30 p.m. March 14 in Assembly Room 2 to celebrate Bill’s contributions to FMC and wish him a happy retirement.

Lent – Why Ashes?

The season for Easter is coming soon. Many Christians celebrate the time before Easter with a Season of Lent (from the German language ‘Lenz,’ meaning long). Lent is the time period of 40 days before Easter (not counting Sundays). As mentioned earlier, Lent is devoted to fasting, repentance, moderation and spiritual discipline. The first day of Lent is known as Ash Wednesday in mainline (Catholic, Episcopal, Lutheran, Methodist, Presbyterian) Christian denominations. I began to wonder – why ashes? The answer lies in an Old Testament example. In the book of Esther, “A man by the name of Haman seeks the king’s permission to destroy, kill and cause to perish all Jews, both young and old, little children and women in one day and to take the spoil of them for a prey. Another man, Mordecai, perceived what was done, rent his clothes and put on sackcloth with ashes and went out into the midst of the city and mourned the decree. There was great mourning among the Jews and fasting and weeping and wailing and many lay in sackcloth and ashes.” (Esther 3:13, 4:1-3). Job came to a point in his life of suffering and complaining to God. He said, “I abhor myself, and repent in dust and ashes” (Job 42:6). Therefore, the ashes have served as a symbol of repentance, self examination, sacrifice and spiritual discipline in the days leading up to Easter. Christians also are called to examine themselves and to repent of their sins before partaking of the Lord’s Supper (1 Corinthians 11:28). What is your tradition during the Easter Season?

HR Corner

Utilizing the Tuition Assistance Program

Please be sure to review the policy on the Intranet to be familiar with the procedure and the employment time commitment. In completing an application, the employee agrees to remain an employee of the Center in a full-time or part-time status at least one year for each semester/course reimbursed. The time commitment starts when the reimbursement is paid to the employee and ends one year from the reimbursement date. Transferring to a contingent status would require the employee to make arrangements to pay the tuition assistance back in full if the time commitment has not been met. This also applies if you graduate and FMC does not have a position in your career field, if you are not chosen for an open position or you choose not to apply for a position.

ESS (Employee Self-Service)

Please be sure to update your Personal Contact information on ESS. You also can make any tax changes, address or phone number changes, add a new checking or savings account. If you add a new direct deposit account, make sure you inactivate any other accounts that you no longer have. ESS will not allow you to delete any account information.

FMC Email Communication

All employees are responsible for checking their FMC 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. Or, if you cannot access your FMC email, please communicate that with your supervisor for assistance.

Lunch and Learn - Social Security and Your Retirement

Join us Tuesday, March 11 from noon - 1 p.m. in Assembly Rooms 1 and 5. Pizza and soft drinks will be provided. You must register online for this seminar at the following email address: my.VALIC.com/seminars. Registration code: FMCLAN11AD. If you have any questions, call VALIC directly at (614) 403-0432. Remember, achieving a secure and comfortable retirement takes careful financial planning. Understanding the role of Social Security will help develop an effective retirement strategy that meets your needs and brings peace of mind. All employees are invited to attend the “Social Security and Your Retirement” education seminar sponsored by VALIC to learn:

• How social security benefits impact retirement;
• Strategies to maximize your benefits;
• How social security benefits impact retirement;
• How social security benefits impact retirement;
• Strategies to maximize your benefits;
• Converting your retirement savings into income that meets your retirement needs.

Oxygen for the Soul

“Prayer is the very highest energy of which the mind is capable.” ~Samuel Taylor Coleridge

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.)

The Search Is On – FMC CEO Search Committee Formed

FMC and our Board of Directors have formed a search committee to begin the process of hiring a new chief executive officer. This search committee is led by Linda Sheridan, FMC Board and Executive Committee member; the full committee includes:

• Linda Sheridan, Chairwoman, FMC Board & Executive Committee Member
• Ron Burris, FMC Board & Executive Committee Member
• Milt Taylor, FMC Board Member
• Dr. Renee Wagner, FMC Board Member & Physician
• Dr. Jeremy Buckley, Physician
• Dr. Doug Pope, Physician
• Dr. David Scoggin, Physician
• Bill Bickham, Community Member
• Angela Krile, Community Member
• Dr. Doug Pope, Physician
• Dr. David Scoggin, Physician
• Bill Bickham, Community Member
• Angela Krile, Community Member

The search committee has been charged with selecting an outside executive search firm that will identify and present a field of qualified candidates to the committee for consideration. Upon approval of the recommended candidates, the selection committee will then present the best qualified candidates to the FMC Board of Directors for review, selection and approval of a new CEO.

The Fourth Floor Med./Surg. Department announces Marilyn Fisher’s retirement after 36 dedicated years of nursing service. Her tea is slated on Monday, March 31 from 2-4 p.m. in Assembly Room 2.

Please stop by and wish Marilyn well in her retirement.

Search Committee Formed

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Scholarship Opportunity

The Fairfield County Medical Alliance is once again offering its medical scholarship. This scholarship is available to any student who is a resident of or works in Fairfield County and wishes to pursue a degree in the healthcare field. The money may be used for tuition, books or housing. Last year, the Medical Alliance awarded more than $10,000 to area students. Please note: The deadline for the scholarship application is April 1. Selection is based on the quality of application, how well the student meets the criteria, need, character and motivation of applicant. Applications will be available in Marketing and Human Resources. If you have any questions, feel free to contact Amy Woo at (740) 277-7922.

**“Weight-Loss Surgery Saved My Life.”**

Savannah Danner experienced years of life-threatening high blood pressure and sleep apnea caused by her obesity. She elected to have life-saving bariatric weight-loss surgery at Fairfield Medical Center. A year later, Savannah has lost 100 pounds and has regained her health. “I’m healthy — and I’m getting my confidence back. I’m looking forward to getting back into theater performance — something I had given up a long time ago because of my weight.”

Led by bariatric surgeon Dr. Timothy Custer, a unique team of obesity experts provides patients with comprehensive, individualized care and ongoing physical, nutritional, behavioral and emotional support.

Specialized team members include a bariatrician, bariatric psychologist, dietitian and exercise specialist, making it the only bariatric team of its kind in Ohio.

The bariatric team at FMC offers permanent weight-loss solutions close to home with more than 1,300 procedures performed by Dr. Custer.

South Lobby Weekend Trial (Cont.)

On the weekends, when we do not have valet, our patients and families are coming into a lobby with a closed coffee bar, closed registration and soon to be closed gift shop. To better meet the needs of our patients and families on the weekend, we will be doing a six-week pilot in the South Lobby. Our South Registration will open on Saturday, at the same time as our outpatient lab (6:30 a.m. to 3 p.m.). This will be more convenient for testing on Saturday. We also will have a courtesy cart with coffee and we are working with our newspaper providers to once again offer newspapers in the dispensers in the South Lobby.

We will be monitoring patient volumes and patient and family feedback. Our goal is to be a facility that is open 24/7. We need to meet the needs of all patients at all different days and times.

LINX Seminar (Cont.)

disease (GERD) that was recently approved by the FDA. Fairfield Medical Center is one of only three hospitals in Central Ohio to offer the LINX, which is a small, flexible band of magnets enclosed in titanium beads that is surgically placed around the esophagus, just above the stomach. The LINX helps keep the weak lower esophageal sphincter closed to prevent acid and bile from flowing back from the stomach into the esophagus.

The seminar was led by Dr. Elwood Martin, medical director of the Fairfield Medical Heartburn Center. Dr. Martin was one of 80 physicians in the United States to be selected by Torax Medical, the manufacturer of the LINX, to go through the training and be certified to surgically place the device. Dr. Martin has already educated approximately 60 patients about the LINX through two community seminars. Due to an overwhelming amount of interest from the community, three more seminars have been scheduled for this spring and summer. The next seminar will be held from 6:30-7:30 p.m. April 3 in Assembly Room 3. Seating is limited for this seminar. To RSVP, call (740) 687-8007.

It’s On It’s Way!

Three weeks and counting...FMC continues to prepare for the launch of its new Learning Management System (LMS) and the Talent Development Center (TDC) on April 1. Last week, Monday Morning ran an article that discussed what a Learning Management System is and how the new system would benefit employees. This week, access to the new system and end user training will be discussed.

How will users access the new system? The system is an Internet-based system, so access should be easier than with the previous system. A link to the Talent Development Center (TDC) will be made available via Employee Self Serve. Training sessions have been established for each group that will be using the system. Training dates and times are available via a posting on the Learning and Development tab of the Intranet. Flyers also are available listing the dates and times of upcoming trainings and will be sent to all employees via email. Registration can be completed in Active Staffer. The system is very intuitive and it is not anticipated that most learners will need for much training to be successful within the system. Job aids also will be available to assist users at the time of go-live. Learning and Development plans to provide support from April 1-11. Special sessions will be provided for managers/supervisors and training coordinators.

Contact us for your free, confidential consultation.

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People you know. Care you trust.

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740-689-4460

Elwood Martin, medical director of the Fairfield Medical Heartburn Center.
WELLNESS Corner

COMING SOON!
Mark your calendars for the first EMPLOYEE WELLNESS FAIR. The event will take place Tuesday, April 29 from 7 a.m. - 4:30 p.m. in the FMC Assembly Rooms. Interactive and informative booths will target issues relevant to the total well-being of FMC employees. Further, employees may take advantage of many FREE health screenings! Please watch the Monday Morning for details as the event gets closer!

Ohio State Football Tickets

HR has Ohio State football tickets for sale for their Annual Spring Game on April 12. The game is scheduled to begin at 1:30 p.m. All tickets are general admission and cost $8.80 per ticket. Included in the price is a Men’s Lacrosse game between Ohio State and Michigan. This game will begin at 11 a.m. with the “Scarlet vs. Gray” game beginning immediately after. The tickets do not have seat numbers, so it’s a first come, first serve basis. The game is scheduled to begin immediately after the Scarlet vs. Gray game. Special 50/50 raffle will be available. Special 50/50 raffle will be available. Prices are only on sale until April 1.

Pulmonary Rehabilitation Week is March 9-15

This week is Pulmonary Rehabilitation Week (March 9 - 15) and the theme is “Better Breathing, Better Living.” This week is celebrated nationwide at hospitals, exercise facilities and outpatient rehabilitation centers throughout the country. National Pulmonary Rehabilitation Week was initiated by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) to focus national attention on pulmonary rehabilitation’s contribution to enhancing the lives of individuals with chronic obstructive pulmonary disease. AACVPR believes that greater visibility is needed for the chronic pulmonary patient who constantly lives with shortness of breath and faces a future of declining health.

PCU Unit Council Holds Celebration

PCU’s Unit Council sponsored a celebration Feb. 22-March 1 called “We are PCU” to acknowledge the staff and their 2013 accomplishments. The week started and ended with a breakfast for the staff cooked by members of Unit Council. Each employee received a purple and green bracelet (matching the new room colors chosen by staff who assisted with redecorating) imprinted with “WE ARE PCU- PRIDE-CARING- UNITY.” Drawings were held daily on each shift with employees winning gift cards from Conversations or Subway. A bulletin board in the break room announced the new values for FMC which are INTEGRITY, TEAMWORK, STEWARDSHIP, AGILITY and EMPATHY. In the months ahead staff will be invited to recognize their coworkers for putting these values into action. Those recognized include recipients of the Safety Award and Legendary Caregivers (both individual and unit), those who participated on committees to decrease pressure ulcers, decrease supply waste, capture patient charges to improve revenue and bedside reporting. We also celebrated our quality metric scores.

Staff led, the Unit Council, which is part of a shared governance model, is made up of registered nurses, nursing assistants and unit clerks who meet monthly. Employees provide input into unit decisions and lead unit initiatives with the goal of increasing employee satisfaction, decreasing turnover and improving both patient safety and satisfaction. Initiated in December of 2012, the council is currently chaired and co-chaired by Kym LaPorte and Christy Cooper, who have grown and maintained the council to its current active state.

EVENTS

From the Employee Activities Committee

Broadway in Columbus 2014 – The Phantom of the Opera (March), The Addams Family (April) and The Book of Mormon (May). For questions, please contact Amy Reedy at ext. 8443.

Bingo Boogie - Saturday, March 15 at the Moose Lodge – 1201 Sugar Grove Road, Lancaster. Admission: FREE (adults-only event) Bingo starts at 7 p.m. (doors open at 6 p.m.) Boogie with DJ Jon Bauer after Bingo (about 9 p.m). Snacks will be provided and a cash bar will be available. Special 50/50 raffle to benefit the Employees Helping Employees Fund. Hosted by the Employee Activities Committee. For more information, call Marlene at ext. 8046.

Kings Island Family Fun Day - Join us Saturday, June 28. As in previous years, our tickets will allow us into the park after 5 p.m. on Friday, June 27. Watch for more information in future editions of Monday Morning. FMC has reserved a block of rooms at the Hilton Garden Inn in Mason, Ohio for both June 27 and 28. Due to the very large number of events occurring in the Mason and Cincinnati area that weekend, we highly recommend employees book rooms as soon as possible. Our block is only guaranteed until April 27. The link to reserve a room can be found on the Intranet under the Employee Activities tab. This link will reserve the room through the Hilton and you will pay FMC for the room (this will waive the Ohio State sales tax). For questions or more information, contact Bob Williams at robertw@fmchealth.org.

Casting Crowns - Thrive Tour at the Schottenstein Center on Friday, May 2 at 7 p.m. Tickets are $26 per person. Order deadline is April 25 at 3 p.m. See the FMC Intranet/Employee Activities button for order form.

Cirque du Soleil’s Michael Jackson – The Immortal World Tour at the Schottenstein Center, Friday, April 18 and Saturday, April 19 at 8 p.m. Tickets are $37.50 per ticket. Order deadline is April 25 at 3 p.m. See the FMC Intranet/Employee Activities button for order form.

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

FMC Vascular Screenings • Thursday • March 13 • 7 - 11:30 a.m. (1/2 Hour Appointments) • FMC North Waiting Room Area • $75 • Call (740) 689-6893 to register • Early detection is the key. Cardiovascular disease often goes undetected until it is too late. Vascular screenings provide easy, pain-free ultrasounds that can detect this disease early.

TWIG 6 Bag Lady and More Sale • Monday • March 17 • 7 a.m. - 4 p.m. • Assembly Rooms 1 and 5 • Payroll deduction will be available.

Healthy Eating for Life at FMC Wednesdays • 5:30 - 7 p.m. • 8-week Session Starting March 19 • May 7 at FMC • 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. To register contact Kate Kanner, RD, LD, at (740) 687-8468.

Get the “Spring” Back in Your Step Spring Celebration • Thursday • March 20 • 4 - 7 p.m. • Tour FMC’s Outpatient Therapy Services/Sports Clinic/WorkLife Facility • 1143 E. Main St. • Take the opportunity to preview our current services and equipment. Experience our new antigravity treadmill, understand the benefits of dry needling and watch live demonstrations and learn how our accredited Industrial Program gets our patients back to work. The first 25 visitors will receive a special gift!

Heart Failure Management and Support Class • Thursday • April 3 • 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.

Diabetes Self Management Class • Friday April 4 • 9 - 11 a.m. • Fairfield Medical Center • Whether you have been recently diagnosed with diabetes or have been managing it for several years, the Diabetes Self-Management education is designed to teach you more about healthy lifestyle skills that are required to manage your blood sugar levels. The team of healthcare professionals at Fairfield Medical Center use several different methods of learning to teach you how to properly use medications and insulin, make healthy food choices, and be physically active to help control your blood sugar. Registration is required by calling Stephanie VanHorn, RN, CDE, at (740) 687-8492.

Annual State of Fairfield Medical Center • Wednesday • April 16 • 5:30 p.m. • Assembly Rooms 2 & 3 • Join us for an FMC update and the new services being offered to benefit the community. Refreshments will be provided. Seating is limited. RSVPs are requested at ext. 8009 during office hours or ext. 8077 after hours.

Ohio Nursing Law Update 2014 - Pam Dickerson with PRN Continuing Education 3 Category A (nursing law) contact hours • Tuesday • April 22 • Two sessions offered 8:30 - 11:45 a.m. or 12:30 - 3:45 p.m. • Accounting Training Building • Self-registration at www.ActiveStaffer Course # 1LD00464. Contact Mary Rogers at ext. 8529 or maryr@fmchealth.org for questions.

Tobacco Cessation • May 7 - June 11 • 6:30 p.m. • Cancer Resource Center • Learn methods to quit tobacco and discuss the latest treatments and medications available. This six-week class is held every Wednesday at the Cancer Resource Center. The expectation is for all participants to quit smoking by the fourth class (May 28). Seating is limited and registration is required. The fee for the class is $30 and will be refunded if participants attend all six sessions. To register, call (740) 689-6822.

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**Ethics & Compliance Hotline**

1-855-541-4169 or go to www.fmchealth.ethicspoint.com

**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.

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**Birthdays**

- **MONDAY**
  - Joan Evans – ICU
  - Linda Grover – Surgery
  - Lindsey Mullins – Emergency Dept.
  - Amie Romine – Volunteer, North Info. Desk

- **TUESDAY**
  - Susan Cooperider – Maternity
  - Matthew Mathias – Contracts & Collections
  - Mary Pollock – Wound Therapy
  - Linda Rowles – Volunteer, Menu Education
  - Wendy Travis – Learning & Development

- **WEDNESDAY**
  - Mark Hendrickson – Pharmacy
  - Jamie Klibarger – School Based Therapy
  - Beverlee Klinebriel – Housekeeping
  - Ryan Miller – Lab, Phlebotomy
  - Amber Rivers – ICU
  - Annette Sylvester – Recovery/PACU
  - Suanne Watts – PCU
  - Sara Wright – Maternity

- **THURSDAY**
  - Crystal Garcia – Radiology, PACS
  - Sallyann Haase – Contracts & Collections
  - Lindsay Kunkler – Lab, DHS
  - Misty Robison – Materials Management
  - Robert VanHorn – Emergency Dept.

- **FRIDAY**
  - Paula Barnhart – Dietary
  - Janice Brenstuhl – Medical Student/Residency Program
  - Taryn Dunn – Vascular Interventional Radiology
  - Troy Hampton, D.O. – Medical Student/Residency Program
  - Eileen McClellan – Surgery
  - Elizabeth Sullivan – Contracts & Collections

- **SATURDAY**
  - Melissa Ballenger – Maternity
  - Jovetta Hampton – Dietary
  - Gloria James – Lab, DHS
  - Kathleen Shoults – Housekeeping

- **SUNDAY**
  - Cheryl Crist – Volunteer, North Info. Desk and Emergency Dept.
  - Melissa Finnicum – Housekeeping
  - Ashley Gastin – Surgery, River View
  - Paul Purtsman – Emergency Dept.
  - Jennifer Ranegar – Lab, Hematology
  - Brenda Winegardner – Contracts & Collections
  - Elizabeth Sue Zellers - Pharmacy