



Monday Morning

TOP U.S. HOSPITAL

2013 Platinum Award



New FMC Ad Campaign

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Project BRIGHT Update

p. 2

Open House to Feature Anti-Gravity Treadmill and Dry Needling

Residents can take a weightless walk on a new, anti-gravity treadmill or learn about the benefits of dry needling as part of an upcoming open house at Fairfield Medical Center's Outpatient Therapy Services/Sports Clinic/WorkLife, 1143 E. Main St., Lancaster. The Spring Celebration will be held from 4-7 p.m. March 20. Attendees will have the opportunity to meet staff, tour the facility and preview current services and equipment. The first 25 visitors will receive a special gift. The AlterG® Anti-Gravity Treadmill, which was purchased through a donation from the Aladdin Shriners Hospital Association, stimulates an anti-gravity environment by un-weighting or reduc-

ing gravity's impact anywhere from 20 percent to 100 percent of the user's total bodyweight. Residents who attend this open house will have the opportunity to try out this unique piece of equipment. In addition, the open house will feature a presentation about dry needling, a type of physical therapy that relieves trigger points (taut bands of muscle) and heals muscle spasms associated with trigger points. The process also elicits electrical and chemical changes, which assist in tissue healing.

For more information about Outpatient Therapy Services/SportsClinic/WorkLife, call 740-687-8602.



Wyatt Predmore, student athlete uses the AlterG® Antigravity™ Treadmill.

Johnson Obtains Certification



The Surgical Services Division would like to congratulate Sara Johnson, BSN, CNOR, for obtaining her Surgery Management Certificate.

Community Healthfest Just Around the Corner



The 2014 Community Healthfest is right around the corner! The planning committee will meet between 1:30-2:30 p.m. the third Thursday of each month in Assembly Room 3. If you are interested in participating, either for committee planning, volunteering, or event execution, you are welcome! Please save the date of August 2 between 9 a.m. until 1 p.m. to attend and get your own free health screenings, as well as learn from the many service providers.

Straight Talk From Sky

The Forecast is Cloudy

While there are obvious effects of a harsh winter, one that may not be so evident is the impact the season has taken on our hospital's financial health. Both



As you are aware, we have been on a sustainability journey. To help us on this journey, we have been working with a consultant Caldwell Butler, who has assisted our management team in identifying areas of waste in our operation. If

our January and February financial performances were lower than expected. While March is headed in the right direction, it is unlikely that it will be enough for us to achieve our first quarter's pay-for-performance goal of a 1.6 percent operating margin.

A financial report with details about the past month will be forthcoming in the Monday Morning.

While the worst of the weather should be behind us, we have some making up to do on our financials in order to get back in line with our annual financial forecast. To this end, we will need everyone to do their part. This means looking for opportunities to save expense.

you have suggestions on ways we can operate more efficiently and therefore save money without negatively impacting the quality of patient care, please inform your manager.

Healthcare in America has to continue to find ways to reduce the cost of healthcare.

By becoming a low cost, high quality healthcare system; we will insure our future success. We need everyone working together in our sustainability journey in order to be successful.



Sky Gettys, Chief Financial Officer & Interim CEO

FMC Family Four Pack Meals

These items will be available at the cash register in the Cafeteria on the days noted below after 2 p.m. Each selection will include enough

food for four people. Instructions will be provided for those items that need further preparation. Each meal will be priced at \$18.

	Week 1	Week 2	Week 3	Week 4
Monday	8 Grain Rolls, Meat Loaf, Mashed Potatoes and Gravy	Taco Kit: Taco Meat, Taco Shells, Lettuce, Tomatoes, Cheddar, Sour Cream, Rice, Tortilla Chips and Salsa	Salisbury Steak, Au Gratin Potatoes and Cole Slaw, Corn	Macaroni and Cheese and Chicken Crunch
Wednesday	Meat Lasagna with a Garden Salad and Bread Sticks	Spaghetti and Meatballs with Bread Sticks and a Garden Salad	Grilled Chicken Fettuccini, Garlic Bread and Garden Salad	Southwest Meat Lasagna, Bread Sticks, Garden Salad

From the Chief's Desk

The Administrators are spending time speaking to groups about our newly articulated values. It seems to me that a measure

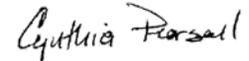


told it was a venting session we'd say we weren't interested in the information? What kind of organization would we be in if we talked each other up saying things like, "Amy is going to be part of your care team next shift,

she's really good at what she does, I've worked with her a lot and you can trust her."? I'm sure there are people among us who work this way every day who don't get trapped by gossip and enjoy speaking highly of their colleagues. They live our values of integrity, empathy, agility, teamwork and stewardship. They are people we hope are working when we work. They are the people our patients, physicians and staff reward with trust and gratitude.

What would it be like to work in an organization where gossip was unacceptable? What would it be like if, when we heard something negative about someone, we stopped the person speaking and asked if they were sharing because they were looking for advice about how to resolve their issue and if we were

she's really good at what she does, I've worked with her a lot and you can trust her."? I'm sure there are people among us who work this way every day who don't get trapped by gossip and enjoy speaking highly of their colleagues. They live our values of integrity, empathy, agility, teamwork and stewardship. They are people we hope are working when we work. They are the people our patients, physicians and staff reward with trust and gratitude.



Cynthia Pearsall, Chief Nursing Officer

Project BRIGHT Update

The Project BRIGHT Mock Room Tours Committee is looking for community groups that would be interested in touring and providing feedback on two mock rooms located in the back of the TWIG 17 Books and More bookstore, 1151 E. Main St, in the Kroger shopping plaza. The tours will be scheduled throughout the month of April. Attendees will have the opportunity to walk through both a mock



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patient room and mock pre-op/post anesthesia care unit (PACU) and provide feedback at the end. If you know of a community group that would be interested in touring the mock rooms, contact Marketing Coordinator Ann Cly at (740) 687-8007 by Friday, March 28.



Teresa Ryan and Chad Cupp in the patient mock room located in the TWIG Bookstore.

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 Burriss, 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

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. We are not sure how long the process will take, but FMC and our Board of Directors are committed to finding the right candidate through a quality search. We will share additional information as this process progresses. However, to protect the integrity of the CEO selection process and the privacy of those applying for the position, applicants and potential candidates will not be disclosed until the final candidates are selected.

Sign up for the Golf League

Employees, family and friends: You can sign up for the FMC Co-ed "Good Times" Golf League at Valley View Golf Course. League runs May 10-Sept. 19 starting at 4:45 p.m. on Tuesdays. Cost is \$200 for 20 rounds. Participants must be 13

years or older. Please see the FMC Intranet/Employee Activities button for additional information and team/individual registration form. Deadline to register is Friday, March 28. Questions? Contact Kevin Lynskey, Biomed, at kevinl@fmchealth.org.

FMC Spring Symposium

Share Your Research/Evidenced 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 marilynha@fmchealth.org or Teresa Ryan at teresar@fmchealth.org. Please put "2014 Symposium Call for Posters" in the e-mail subject line.

From the Chaplains - Lent

Does it appear at times that your life is out of control? Maybe you looked for a remote to change your life as you would your TV. Some may prefer an off switch to end their current circumstances...maybe restart life on a Caribbean island. Once your world starts to unravel, it seems challenging to turn things around and regain a sense of control. At the time of Jesus' death and crucifixion, he was facing significant opposition from the religious people of his day. From his follower's perspective, it was a time for arms and for battle.

However, Jesus chose the path of prayer. He isolated himself, with a few chosen friends, to confirm his purpose, his position and his destiny. It was in this time of talking with God that Jesus received the confirmation that he was selecting the path of obedience. It is in isolation, reflection and prayer that one may not alter the direction of their life, but they can alter their approach to the mayhem.

Chaplain Kermit L. Welty

HR Corner

The American Society for Healthcare Human Resources Association (ASHHRA) has recognized the week of March 16 – 22 as National Health Care Human Resources Week!

Paid Time Off (PTO) Cash Out - Benefit eligible employees, full-time and part-time, may voluntarily cash-in PTO hours quarterly. Requests must be made by the 15th of the second month of the quarter (February, May, August, and November) for processing with the first pay of the third month of the quarter. A minimum of eight (8) hours and a maximum of 25% of the employee's PTO balance may be requested and must be in whole hour increments. If you need additional information, please refer to the PTO policy on the intranet.

Primary Care Physician (PCP) - If you have medical insurance with MedBen, please contact them at 1-800-686-8425 to verify, update or provide your primary care physician's name for you and your covered dependents. If you are not sure if MedBen has your correct information, you should contact MedBen.

ESS (Employee Self-Service) - Please be sure to review your bi-weekly earnings statements on ESS. It is the employee's responsibility to verify your benefit deductions, 401(k) election, etc. If you have questions, please contact Human Resources for clarification. Also, please update your Personal Contact information on ESS. If there is an emergency, will Human Resources know who to contact?

Did you recently move or change your phone number? If so, did you update this information on your Personal Information tab on ESS? Employees no longer need to complete a change of address/phone number form in Human Resources. You can go directly to ESS to update this information. You also can make any tax changes or add/change direct deposit information. If you change an account number but not your bank, just edit the current direct deposit. If you no longer need an account, inactivate the account by making the dollar or percentage amount zero. 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.

Oxygen for the Soul

"Prayer is not conquering God's reluctance, but taking hold of God's willingness." ~Phillips Brooks

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.*)



**TOP U.S.
HOSPITAL**

2013 Platinum Award

National Leader in Heart Attack Care

When a heart attack strikes, the faster a patient receives a balloon angioplasty to open a clogged artery the better chance they have for survival.

In recognition for its high standard of heart attack care, achieving **100% of door-to-balloon times in less than 90 minutes and beating the national average by six minutes**, Fairfield Medical Center has received the **2013 Platinum Performance Achievement Award** sponsored by the American Heart Association and the American College of Cardiology Foundation.

This award recognizes FMC for **exceeding established guidelines and standards** for proper drug administration and door-to-balloon time.

When seconds matter, FMC delivers **life-saving heart attack care** close to home.



fmchealth.org
740-689-6893

Bowl for Kid's Sake

Bowl for Kids' Sake is Big Brothers Big Sisters' signature fundraiser. Each year, half a million people across America come together to have fun and raise money to support Big Brothers Big Sisters as we change how children grow up! Bowl for Kids' Sake is the perfect way for the business community and individual donors to make an impact on our community. It's not just about bowling; it's about having fun and supporting a great cause. We've been holding Bowl for Kids Sake in our community for the past 26 years. Join us in helping make this year's event the best yet! Recruit a team of bowlers to participate in one of the bowling sessions scheduled for April 26 & 27 at Tiki Lanes in Lancaster, with sessions at noon or 2 p.m. or on May 3 at Rule(3) in Pickerington with a session at 1 p.m. For more information, call 740-687-9477 or register on-line at www.bbbs-fairfieldoh.org.



Big Brothers Big Sisters
of Fairfield County

Career Closet

The Career Closet serves women in need of clothes for interviewing and employment. Individuals may choose their own outfits at no cost to them. Volunteers will assist with clothes selection and may help with employment applications, resumes or interviewing skills. Donation of clothes are needed consisting of scrubs, contemporary women's business/business casual attire and accessories. New and like new, clean donations on hangers can be dropped off to the United Way office at 115 S. Broad St., Monday-Friday 9 a.m.-4 p.m. Volunteers also are needed. The Career Closet will rely entirely on volunteers. The store will be open Tuesdays and Thursdays beginning in April. To sign up, please call Sherry Orlando at 740-653-0643.

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 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.



WELLNESS Corner

New CHIP Class Beginning April 8

Upon demand, Health and Wellness will offer a daytime CHIP program on Tuesday and Thursday afternoons from 12:30-2 p.m. beginning April 8! Lunch is provided at each class. CHIP (Complete Health Improvement Program) is a nine week comprehensive lifestyle promotion program. It is designed to prevent, manage and even reduce today's most common diseases including high blood pressure, Type 2 diabetes, obesity, heartburn and elevated cholesterol.

There is a discount for FMC employees and the program is free for FMC employees and spouses with MedBen insurance. If the program schedule conflicts with your work schedule, employees must obtain prior approval (PTO) and make arrangements with their managers to attend. The next evening CHIP program will begin July 8. Scholarships are available for individuals demonstrating financial need.

Reserve your seat at any of these FREE, 30 minute information sessions to learn more! All information sessions will be held in Community Health and Wellness Services on Wednesday, March 19 at noon or Thursday, March 27 at noon.

For more information about CHIP or to register for an information session, contact Health and Wellness Services at 740-689-6822 or corinnf@fmchealth.org.

Two Weeks and Counting ...

Learning and Development continues preparation for the Talent Development Center's release. Go-live is planned for April 1 – No Foolin! The last few articles focused on "what," "who," and "where." This article will focus on "why." So – "why" are we changing systems? Have you experienced frustration when trying to sign up for a class or complete an online lesson? Active Staffer once met FMCs needs very well, but as technology has advanced, the needs of the system have increased.

Responsibilities within the system:

- The new system allows for responsibilities and privileges to be assigned based on the need of specific groups of users (managers, training coordinators, employees, administrators, etc.) This will promote added security of learner information.

Improved course registration:

- Self-registration for learning and courses will be much easier. Employees will be able to search by title and keyword. Usually, you will not have to have the number

of the course to register.

- Information and reminders related to training will be sent to the learner via the system to their FMC email account. Manager and supervisors will receive reminders related to their reports.
- Users also will enjoy improved ability to view their records, un-enroll from activities, and actually complete required learning events/activities.
- Closer link to other critical systems: The new system will link to the other components of the Human Resources Information system, including Payroll, HR, Time and Attendance, Scheduling and more.

Compliance with Conditions of Employment:

- At a future date, the system will know if someone is out of compliance for mandatory requirements (condition of employment).
- It will then not allow clock in until the requirements are completed.

Keep your eyes posted for the training schedules!

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.

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 ranging from \$43.50 to \$168. Please see the FMC Intranet/Employee Activities button for ticket information, seating chart and order form.

Thunder Alley Bowling at Tiki Lanes - on Friday, May 2 from 10 p.m. – midnight. All are welcome. Bowling is \$8 per person and includes shoe rental. Lanes can be reserved for 4-6 bowlers per lane. Please see the FMC Intranet/Employee Activities button for reservation form. Reservations are due by April 18.

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

MS Walk is April 12

Walk with us April 12 in the 2014 MS Walk. The 3-mile walk begins at 9 a.m. at 157 E. Fair Ave. Contact Ashley Clouse in Marketing at ext. 4447 or ashleycl@fmchealth.org.



Hospital Happenings

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 gift!

Wound Clinic Open House • 10 a.m. to 3 p.m. • Thursday • April 3 • Pavilion, Suite 302 • Light Lunch Provided • Take time to meet the staff in the wound clinic and tour their space.

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.

Acid Reflux Seminar • Thursday • April 3 • 6:30 p.m. • Assembly Rooms Is your acid reflux treatment failing to provide relief? Join us for a free seminar to learn about a new, FDA approved device called the LINX® System that is changing the treatment of acid reflux. Dr. Elwood Martin, medical director for the Fairfield Medical Heartburn Center, will discuss how the LINX can help patients who continue to suffer from gastroesophageal reflux disease (GERD), despite prior medical

intervention. Fairfield Medical Center is one of only three hospitals in Central Ohio to offer the LINX. Seating is limited. To RSVP, call FMC at 740-687-8007.

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 • 6-7:30 p.m. • 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.

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.

Birthdays

MONDAY

Monday

Dustin Geil – Lab, Histology
Annette Jasper – Administration
Joy Longstreth – Diley Ridge
Rachel Purdy - Volunteer, Maternity
Kelli Staten – MIS
Sherri Stephenson – Fifth, Med./Surg.
Jennifer Wile – Fifth, Med./Surg.
Katherine Williams – Dietary

TUESDAY

Jamie Arnett – PCU

Alecia Buck – Surgery Pavilion
Kevin Chase – Radiology, General
Hannah Lough – Fifth, Med./Surg.
Janice Lutes – Lab, Chemistry
Joel Morton – Surgery
Denise Ream – Cardiovascular
Donna Stalter – Marketing
Stacy Thompson – Endoscopy

WEDNESDAY

Lacy Burnette – Surgery
Jeremiah Jenkins – Radiology, General
Lori Underwood – Maternity

THURSDAY

Kelly Baker – Recovery, PACU
Matthew Boyer – ICU
Anna Deitz – Lab, Bacteriology
Victoria Hicks – Fifth, Med./Surg.
Katherine McIntosh – Central Sterile

FRIDAY

Ashley Barringer – PCU
Stephanie Fyffe – Maternity
Debra Glaze – Maternity
Danielle Grady – Emergency Dept.
Teresa Horn – Cardio Fitness
Micah Martindale – Emergency Dept.
Lynne Schultz – Dietary

SATURDAY

Ken Darst – Police
Karl Justus – Dietary
Kimberly Starlin – Housekeeping

SUNDAY

Janice Call – Lab, River View
Pam Dye – Case Management
Trisha King – MIS
Lou Miller – Volunteer, Chaplain Services, NODA
Buffy Ruff – FHP, Physician Services
Connie Seesholtz – Fourth, Med./Surg.
Kay Sims – Catscan
Carol Smith – Fourth, Med./Surg.
Angela Stuller – Maternity
Gretchen Tomson – Ewing Square, Infusion Services

Ethics & Compliance Hotline

1-855-541-4169

or go to

www.fmchealth.ethicspoint.com