



Monday Morning



Sign up for the Snider Heart & Lung Run p. 4

FMC Kings Island Day a Hit! p. 3

21st Annual Fairfield Medical Center Kid's Bike Race

Fairfield Medical Center will once again host the Kid's Bike Race on Friday, July 25 at 5:30 p.m. as part of the Lancaster Festival. This sprint-style race and bike-decorating contest is free and open to children ages 10 and under.

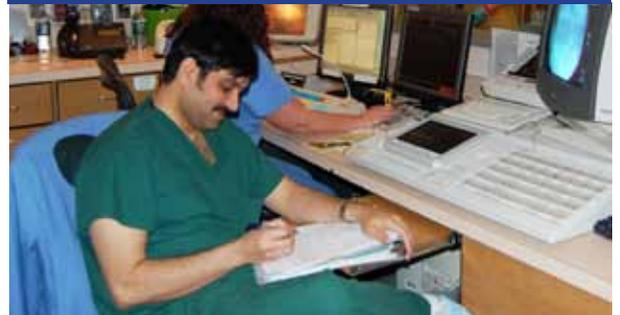


Registration for the event will be held on Wheeling Street in front of Standing Stone National Bank. A parent or guardian must accompany each child to sign a liability release form during the registration process. In addition, each child participating in the bike race must wear a helmet, and each bicycle must have brakes. Itinerary is as follows:

- 5:30 p.m. – Registration on the day of the event, in the bank parking lot.
- 6 p.m. – Bike-decorating contest.
- 6:15 p.m. – Sprint style races for children ages 10 and under.
- 6:45 p.m. – The presentation of awards. Prizes awarded to the top three winners in each age category.

The age groups this year are 4 and younger, 5-6, 7-8 and 9-10. For more information, please call 740-687-8007.

Dr. Qamar Memorial Service



Join us Thursday, July 10 at 3 p.m. in the Assembly Rooms for a memorial service in honor of Dr. Mehdi Qamar. All are welcome to attend. For questions or more information, call the Chaplains' office at ext. 8344.

Straight Talk From Sky

Patient-Centered Medical Home

“The patient-centered medical home is a way of organizing primary care that emphasizes care coordination and communication to transform primary care into ‘what patients want it to be.’” Medical homes can lead to higher



quality and lower costs and can improve patients’ and providers’ experience of care.” This quote comes from the National Center for Quality Assurance (NCQA). At its very heart is the challenge to healthcare that the primary care physician becomes the coordinator or quarterback for the entire healthcare that is delivered to each patient. All care is organized or controlled from the primary care office. Historically, healthcare has been delivered on a “just in time,” disorganized way. One example of this fragmentation is a patient who is treated by many specialists. Each specialist is treating just a portion of the overall health needs of the patient. The cardiologist is concerned about the heart, the surgeon about the surgery, the nephrologists about the kidney condition, etc. In some cases, patients can be on

as many as 15 different medications ordered by many different doctors. This can lead to interactions between the medications that were

not considered. Under the patient-centered medical home, the primary care physician is responsible for all the care that is provided to the patient. They actively get the information from the specialist and other providers to manage the overall health of the patients. In some parts of the country, these primary care doctors are managing the cost of the care for their patients. They will decide what hospital and what specialist the patient needs to see to get the most cost effective care necessary. If you have any questions regarding this or the other topics covered in my recent articles, send me an email at skyg@fmchealth.org.

Sky Gettys, Chief Financial Officer & Interim CEO

Mileage Reimbursement Rate

Effective Monday, July 1, the rate at which Fairfield Medical Center reimburses employees for mileage driven in personal vehicles for work related purposes will be 50¢ per mile. The reimbursement rate will be examined quarterly and will be set according to the following costs for gasoline based on the AAA state average:

- \$2.51 - \$3.00 per gallon 45¢ per mile
- \$3.01 - \$3.50 per gallon 47.5¢ per mile
- \$3.51 - \$4.00 per gallon 50¢ per mile
- \$4.01 - \$4.50 per gallon 52.5¢ per mile

Honor a Staff Member

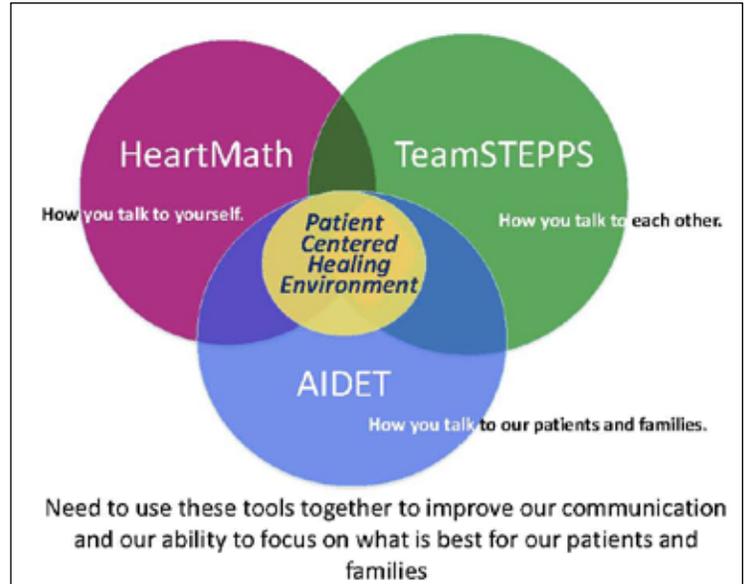
The Fairfield Medical Center Quarterly Patient Safety Award recognizes employees for their contributions to the Patient Safety Program. This award honors those who go the extra mile to provide a safer environment for our patients. Any hospital employee, physician, student or volunteer may be nominated. Complete the Patient Safety Award Nomination Form and return it to Eric Brandt. The form can be found on the Intranet searchable forms. 2nd Quarter Nominations will be taken until July 15. For questions, contact Eric Brandt at ext. 8489.

From the Chief's Desk

No matter how well we are doing, we are always trying to improve. Healthcare literature and analysis of our practices repeatedly tells us that communication



advises; to perform safety measures exactly the same way every time; when we see something unsafe or out of place point it out; and have each other's and the patient's back, so to speak. The



is the number one method of preventing poor outcomes. HeartMath, TeamSTEPPS, AIDET are three initiatives we've learned over the last many years are designed to improve communication. HeartMath began here in 2007, AIDET in 2012 and TeamSTEPPS in 2013. All of these tools are designed to improve our communication, either by helping us hear what others are saying or providing language that can be heard. The illustration above paints the picture that all of these initiatives are related to making us a better place to give and receive care. They hardwire practices that, when performed, do what John Nance in his book *Why Hospitals Should Fly*

Joint Commission when they were here last month said we were a "well kept secret" and "a diamond in the rough." They obviously didn't expect to meet such a dedicated and well run team caring for patients and each other. No doubt these initiatives and others have helped create the culture they experienced. And no doubt more initiatives will continue to be introduced and outcomes measured. If done well, we will all understand how they fit into the scheme of providing the best care for our patients and their families, our teammates and ourselves.

Cynthia Pearsall, Chief Nursing Officer

Beam Topping Ceremony

Fairfield Medical Center has changed the date of the Project BRIGHT beam topping ceremony to 11 a.m. July 28. During this ceremony, the final construction beam that contains the signatures of FMC staff and volunteers will be placed on the structure. Part of the tradition of a beam topping, also known as a "topping out ceremony," is to place a tree or a leafy branch on the beam before it is lifted into place. Look for more details about the ceremony in future editions of the *Monday Morning*.

HR Corner

Human Resources has the following tickets available for sale. You may payroll deduct for these tickets or pay by cash:

COLUMBUS ZOO

Adult - \$12 (Ages 10 and over)

Child/Sr. - \$7 (Ages 2-9 and over 60)

ZOOMBEZI BAY (includes admission to Zoo)

Adult - \$25.99 (Ages 10 and over)

Child - \$21.99 (Ages 2-9 and over 60)

KINGS ISLAND

Adult - \$37.99 (Ages 3 & up, over 48")

Jr./Sr. - \$33.99 (Ages 3 & up, under 48;" 62+)

KINGS ISLAND - 2 DAY

Adult - \$58.99 (Ages 3 & up, over 48")

NEWPORT AQUARIUM

Adult - \$21

Child - \$13 (Ages 2-12)

CEDAR POINT

Tickets may be purchased only by going online at:

www.cedarpoint.com

USER ID = FAIRFIELDMCCP

PASSWORD = fmc2014

(Username and password are case sensitive.)

Simply enter the number of tickets you would like to purchase and add them to your shopping cart! It's that easy!! Your Corporate Discount lets you purchase the following tickets:

Ride & Refresh: \$49.99

Good Any Day \$45

Jr./Sr. GAD \$34.99

Soak City GAD \$28

2-Day Ride & Slide \$79.99

FMC Preparing for Fifth Year of School At Work



The Learning & Development Department introduced an exciting program four years ago called School at Work, a workforce development system that brings education directly to the work site. SAW targets entry-level workers, such as housekeepers, nursing assistants and clerical staff that are hard-working and committed to a future in healthcare. Developed with funds from the US Department of Labor as part of the President's High-Growth Jobs Initiative, School at Work benefits loyal, hard working, support-level healthcare employees by improving their performance in current positions, preparing them for job advancements within their facility and revitalizing their dreams of continued education. FMC has

experienced great success offering SAW with students earning scholarships and starting back to college as early as summer session after graduating from the program. SAW is an accelerated learning program that provides healthcare-specific education while developing a customized Career and Learning Plan (CLP). The CLP allows students to learn about advancement opportunities at the hospital, research career steps and financial aid options and determine what their next steps are. Give School at Work a try if you want to:

- Gain the skills you need to move ahead at work
- Refresh your math, communication and reading skills
- Improve your time management, computer and study skills
- Learn what careers best fit with your interests
- Develop a personalized Career and Learning Plan
- Prepare for a certificate or degree program
- Challenge yourself and build self-confidence

Would you like to learn more about School at Work? Please register in the Talent Development Center to attend one of the following information sessions:

- July 22 from 10:30-11:30 a.m. in Classroom Beta
- July 25 from 1-2 p.m. in Classroom Beta
- July 31 from noon-1 p.m. in Classroom Gamma

For additional information or questions, contact Wendy Travis, FMC's School at Work Coach, at ext. 8395.

FMC Kings Island Day a Hit!

To the Employee Activities Committee: Thank you sincerely for organizing the Kings Island event. My family and I had a wonderful time. The hotel was lovely. We enjoyed the extra hours on Friday evening. You did an amazing job at communicating/marketing the event. All details were so clearly outlined. My kids, niece and nephew have already begun planning their "rollercoaster itinerary" for next year's trip to KI! I am so grateful to the committee for planning this event! Thank you for consistently performing with excellence. Thank you for taking time to celebrate the people you work with! Please share my gratitude toward others that support and assist with employee activities. Sincerest appreciation!
~Jodie Hildenbrand, MSN, CNL, RN

The Employee Activities Committee would like to thank event coordinators Bob Williams and Donna Stalter for organizing another great year of Kings Island fun for FMC Family Day. From incredible cost savings to a delicious new menu, this year's event was spectacular!

Community HealthFest 2014

The Community Healthfest 2014 is right around the corner! The planning committee will meet the third Thursday of each month between 1:30-2:30 p.m. 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 Aug. 2 to attend, between 9 a.m. until noon and get your own free health screenings, as well as learn from the many service providers.



Are You Ready for a Challenge?

Again this year, the Snider Heart and Lung Run Committee is issuing a challenge to all departments at FMC. This challenge will be based on department participation. Departments will be grouped based by number of employees. A small department is 10 or less, a medium department is 11 to 50 and a large department is 50+. Each group will have top winners. This is a fun way to get some exercise, show your department spirit, and help heart and lung patients in need! Not a runner? No problem! You can walk the 5 miles or volunteer! The idea is to rally as many people from your department as possible to participate. Make it a fun, team building activity! Make shirts, have a funny team name, meet after work and train together. So what does the department with the most participation win? Bragging rights for sure! And the distinct title of "WINNER" as well as fabulous prizes. For more information on how to register your department please contact Stephanie Johnson at 687-8174 or stephaniebo@fmchealth.org or Kelly Marion at 687-8951 or kellym@fmchealth.org. **We will see YOU at the finish line!**

FMC Snider Heart & Lung Run

The Snider Heart and Lung 5-mile Run is fast approaching! Staff will have the opportunity to register for this event every pay day until August 15. Look for the Heart and Lung Run table that will be set up in the cafeteria. Pre-registration is \$25 and ends August 8. Registration after August 8 is \$30. For more information about the race, contact Kelly Marion at 740-687-8951.

WELLNESS Corner

Wellness Points Due July 11

Second quarter points for the FMC Wellness Program (points for prizes) are due to Health & Wellness by Friday, July 11. Remember:

1. Please reference the "max points" key at the bottom of each monthly tracking form.
2. Please total your points on each page before submitting.
3. Tracking forms received AFTER the July 11

deadline will not be accepted.

You may email (aman-dano@fmchealth.org), fax (689-6853) or interoffice your points to Health & Wellness, attention: Amanda Northrup. All forms must be received by our office no later than July 11. If you have any questions, please contact Health & Wellness Services at ext. 6822.

1916 Club Campaign

August 1 – September 1, 2014

Take me out to the ball game...take me back to 1916. What legacy will you leave? More details forthcoming as the 1916 Committee will begin meeting with your departments!

Let's Ride for a Cause!

The 2014 Tour De Cause Bicycle Tour will take place starting at Ohio University Lancaster, on Saturday, July 12. Fairfield Medi-

cal Center is sponsoring a 10-member team to participate in this year's ride. If you're interested in being a member of the FMC

team, please contact Ginger Davis at ext. 6822. For more information, call ext. 2453 or visit tourdecause.org.

EVENTS

From the Employee Activities Committee



Nashville, Tennessee Bus Trip - Aug. 29-31! Trip includes transportation to Nashville and a two-night stay at the DoubleTree by Hilton. **The deadline is Friday, July 11 for sign-ups and the Country Music Hall of Fame is now offering discounts for FMC employees that includes access to their Miranda Lambert and brand new Alan Jackson exhibits.**

Discounts are available for optional attractions, including the Opry and Ryman Auditorium. Prices are Double \$309.33, Triple \$235.89, and Quad \$199.16. For questions, call ext. 6910.

Kona Ice Day at FMC on Wednesday, July 9 from 7 a.m.-3:30 p.m. in the 2nd Floor Tranquility Garden. Free small Kona Ice for staff, physicians and volunteers with FMC badge. The Kona truck also will be at the following offsites that day: Riverview Surgery Center from 11 a.m.-12:30 p.m. and Fairfield Diagnostic Imaging from 12:45-1:15 p.m. Make a donation to the Employees Helping Employees Fund that day and be entered into a drawing for two tickets to the Saturday, Aug. 9 Columbus Crew versus Toronto soccer game compliments of Kona Ice. For questions, please contact Lisa Lanning at ext. 8449.

FMC Day at the Ballpark - Cincinnati Reds versus Atlanta Braves on Aug. 24 at 1:10 p.m. Order online at www.reds.com/fmc, by fax 513-765-7665, or mail to Group Sales. Ordering tickets online at www.reds.com/fmc allows you to view discount prices for FMC employees and use the interactive map to select seats. Remember to put in the FMC code when ordering. Order early, as seats are sure to sell out quickly. Seating chart and order form can be found on the Intranet/Employee Activities button.

Disney Live! Mickey's Music Festival on Sunday, Oct. 26 at 1 p.m. or 4 p.m. at the Schottenstein Center. Tickets starting at \$17 per person. Order deadline is Oct. 17 at 3 p.m. or until tickets sell out. See the FMC Intranet for an order form. See order form for details to send it in once completed.

Picnic in the Valley on Sunday, Sept. 14 from noon-6 p.m. at Valley Zipline Tours, 3465 Duffy Rd SE, Lancaster. Enjoy fishing, volleyball, cornhole, beautiful surroundings, yummy food and more at our fall picnic. Event information:

- All are welcome to the picnic (zipline event is optional).
- Hotdogs, chips, apples, and water will be provided by FMC at the large event tents. Picnic tables available.
- You are welcome to bring your own picnic lunch and snacks with you (no alcohol according to park rules).
- Fishing (FREE – normally \$18 per person) ** Individuals will need to bring their own fishing equipment and bait. **
- Valley Zipline Tours has a 2+ acres lake and farm pond that is stocked with catfish, some weighing 70+ pounds.
- Please note, Catfish Valley has a "Catch and Release" Policy. Fishing licenses are not required to fish on site.
- Volleyball nets/balls provided.
- Cornhole sets provided.

Optional fun: Purchase a zipline package at almost 35 percent off. Please see the FMC Intranet/Employee Activities button for more information, zipline package prices, Reservation Form and Release of Liability Waiver. Deadline to register for zipline: Reservations must be received by Wednesday, July 23 to ensure enough zipline guides are available for our event. Questions? Contact Wendy Travis by email or at ext. 8395.

My FMC Link

Helping You Manage Your Health and Wellness

My FMC Link offers patients a secure environment to perform functions related to their healthcare. This application allows patients and their families to play a more active role in managing their health and wellness. My FMC Link also allows FMC staff to appropriately access their records.

To Access Your Information

Option One: Register With an Invitation Email

To activate your My FMC Link account after a procedure or test, simply click the personalized link in your invitation email from Fairfield Medical Center and follow the prompts.

Option Two: Register Without an Invitation Email

- 1) Visit www.fmchealth.org.
- 2) Select "My FMC Link" at the top of the page.
- 3) Select "Register Now" on the right side of the login screen.
- 4) Select "Patient" in the center of the screen.
- 5) Complete the information and click "Register."
- 6) After three business days, your identity will be verified and you will receive notification confirming your access.

To Request Access for a Dependent or Family

- 1) Log in to your personal My FMC Link account; if you do not have an account, follow the steps above to create one.
- 2) Select "My Providers" at the top of the screen.
- 3) Select "Add a Patient to this Account" on the left.
- 4) Complete the information and click "Save" at the bottom.
- 5) Follow the additional steps to add providers and exit.

Questions

- Medical-Related Questions: Contact your physician.
- Health Information Accuracy: Contact Medical Records at 740-687-8053.
- Technical Support: Contact our partner, Relay Health, at 1-866-735-2963, option 1.



Fairfield
Medical Center

People you know. Care you trust.

Hospital Happenings

FMC Blood Drive • Thursday • July 17 • 10 a.m.-5 p.m. • Assembly Rooms • Make a difference in the lives of others. Receive a Columbus Zoo BOGO entry offer and enter for a drawing for four Zoombezi Bay passes. Schedule an appointment today by calling ext. 8443 or amyrr@fmchealth.org.

Childcare & Babysitting Safety (CABS) Course with ASHI's National Curriculum • Friday • 8:30 a.m.-3:30 p.m. • July 18 • FMC, Classroom B
• Learn what to do in an emergency, what to expect at what age and how to positively discipline kids. Participants will receive CPR and Foreign Body Airway Obstruction Training. This class is open to children ages 11-15. The cost is \$35 and pre-registration is required. For questions, call ext. 8007.

FMC Bike Race • Friday • July 25 • 5:30 p.m. • Join us in front of Standing Stone National Bank as children take to the street to compete in a bike decorating contest and sprint-style race as part of the Lancaster Festival. This event is free and open to children ages 10 and under. Please note: A parent or guardian must accompany the child to the race to sign the liability release form, and riders must wear a helmet. Sponsored by Fairfield Medical Center and Standing Stone National Bank. If you have any questions, please call 740-687-8007.

Diabetes Support Group • Monday • July 28 • 6 - 7 p.m. • Join our certified diabetes as she helps people with diabetes face the challenges of this disease. These support groups will be held in FMC Assembly Room 1. For more information, call 740-687-8492.

Acid Reflux Seminar • Thursday, July 31 • 6:30 p.m. • Assembly Rooms at FMC • This is a free seminar to learn about an FDA-approved surgical treatment for acid reflux called the LINX® System. Dr. Martin, medical director for the Heartburn Center, will discuss how the LINX can help patients who continue to suffer from gastroesophageal reflux disease (GERD), despite prior medical intervention. Call ext. 8007 to RSVP.

Heart Failure Management and Support Class • Thursday • Aug. 7 • 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.

Snider Heart and Lung 5-mile Run Saturday • Aug. 16 • 8 a.m.

Fairfield Medical Center • As part of this annual event, we have a 5-mile run or walk, 1-mile walk and kids' race. For race information, please contact Kelly Marion at 740-687-8951. To register, go to fmchealth.org and click on the Snider Heart & Lung 5-mile Run link.

CEO Let's Talk About It • Employees are invited and encouraged to attend the CEO Let's Talk About It meetings with Sky Gettys, Interim President & CEO. You may also e-mail Sky at skyg@fmchealth.org or use the "E-mail the CEO" option on the Center's website at www.fmchealth.org. Please remember that dates may change due to a scheduling conflict. You can refer to the most recent schedule in the *Monday Morning* or through e-mail.

Be sure to join us:

July 10 7 a.m. 2nd Floor Conf. Room
July 10 10 a.m. 2nd Floor Conf. Room
July 16 3 p.m. Assembly Room 2
July 22 5 p.m. Assembly Room 3

Night Shift Option:

July 25 (Thursday, July 24 Night Shift)
3 a.m. in Assembly Room 3

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.

Oxygen for the Soul

In the truest sense, freedom cannot be bestowed; it must be achieved.

~Franklin D. Roosevelt

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

Chris Baldwin - Fifth Med./Surg.
Cassie Chase - FHP-EMR Team
Jessie Cherry - Fourth Med./Surg.
Andrea Daley - Fifth Med./Surg.
Stephen Fuller - Nursing Services
Patricia Lamb - Nursing Services

TUESDAY

Kathy Ardrey - Contracts/ Collections
Justin Brumley - ICU
Kimberli Carver - Central Sterile
Jennifer Hanson - Fourth Med./Surg.
Erica Mack - Third Med./Surg.
Christina Perry - Central Sterile
Jill Perry - Lab -DHS
Angela Ross - FDI
Edgar Tirado - Housekeeping

WEDNESDAY

Cynthia Coffey - Lab General
Michele Ewing - Medical Info. Services
Melissa Hedges - PCU
Robbyn Holt - Endoscopy
Monica Householder - ICU
Luz Jimenez-Eversman - Lab-Hematology
Josh Vinson - Dietary

THURSDAY

Lisa Filyo - Maternity
Cassie Fowls - Lab Specimen Procedure
Tisha Ogg - ICU
Lisa Reedy - Case Manager
Vickey Tipton - Laundry
Peng Wang D.O. - Medical Student/
Residency Program

FRIDAY

Allie Barnhart - ICU
Rachel Hinkle - Physical Therapy
Karen Knisley - LCS
Sauna Lemaster - Ophthalmology Fairfield
Kimberly McCann - Radiology-PACS
Danielle Vanhorn - Fifth Med./Surg.

SATURDAY

Kimberly Castle - Cardio Services Mgt.
Stacy McKee - Emergency Dept.
Debbie Solenbarger - Volunteer, Cancer Resource Center
Jessica Shea - Volunteer, North Info. Desk
Mary Vandermark - Fairfield Diagnostic Imaging

SUNDAY

Tyler Evans - Contracts/Collections
Rhonda Harvey - Medical Info. Services
Jennifer Leaming - Dietary
Julie Nungesser - FDI
Jill Wesaw - Medical Information Services
Melissa Willard - Volunteer, North Reg.
Diane White - Contracts/Collections