

Monday Morning



Live United Through Our Culture of Giving
p. 3



FMC Holds Flu Vaccine Day on Oct. 13

FMC, Central Ohio Plastic Surgery, Inc. Celebrate BRA Day

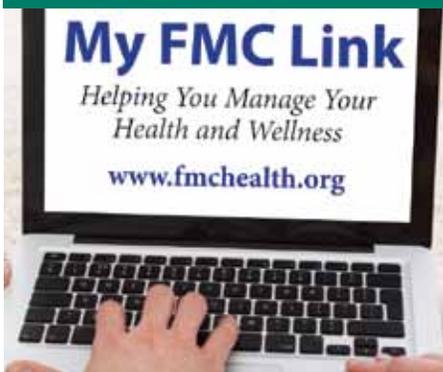
On Oct. 15, Fairfield Medical Center and Central Ohio Plastic Surgery, Inc. donated bras to a local women's shelter in honor of National BRA (Breast Reconstruction Awareness) Day. Beginning in September, residents had the opportunity to donate new bras at several Lancaster locations.

The goal of BRA Day is to ensure that all breast cancer patients are fully informed of their reconstruction options and are supported by a team of medical professionals working together for the patient's best interest. According to the Women's Health Act of 1998, if an insurance company covers a mastectomy, it must also cover reconstruction. However, research shows that 70 percent of women eligible for breast reconstruction are not even informed of their options.



Fairfield Medical Center and Central Ohio Plastic Surgery hand over donated bras to a local women's shelter.

Sign up for My FMC Link



Are you talking to your patients about My FMC Link? If you need additional copies of the instructions, please contact Marketing at ext. 8007. Do you have ideas on how to get patients to sign up? Share them with your manager or supervisor.

FMC to Hold Vascular Screening on Nov. 5



The Vascular Lab is currently scheduling 30-minute vascular screening appointments for Nov. 5. Vascular screenings provide easy, pain-free ultrasounds that can detect cardiovascular disease early. Schedule your appointment by calling 740-689-6893. The cost is \$75 (payment is required at the time of the screening).

From the Chief's Desk

The recent news of Ebola reminds me a lot of the AIDs outbreak. There was a great deal of emotional media attention and fearful reactions without clear understanding about how people become infected.



visitors of patients in isolation watch.

We are working very closely with the Ohio Department of Health, our EMS partners, and OSU. We are

unusually well-prepared in our ED because of our disaster preparedness gear and training from federal funds available after 9/11, of which we took full advantage. Our staff is very good at what they do throughout the house as evidenced by our low transmission rates of communicable diseases we see and care for every day. And Terri Higgins, our emergency preparedness expert, is in high gear as our point person.

The bottom line is that we are prepared and have a plan. We have good, smart people. We are well-equipped. And we care deeply. I have to say, there is no place I'd rather be or have my loved ones cared for.

Cynthia Pearsall, Chief Nursing Officer

This weekend I had the "opportunity" to watch a lot of television because the flu got me. Ebola was the top story and the media was on it. It didn't take me long to feel real empathy for the CDC Director. I just kept thinking what a perfect time this is for all of us to review our patient handoff information and isolation precautions. We have the proper expertise and equipment to recognize and keep ourselves safe. This is a great time to review how to put on and take off isolation garb. Our Infection Control Department will be putting together a video demonstrating how to properly do this and our Marketing department is going to work toward placing it on the Intranet. If it's suitable (no pun intended) it may be something to have

"Spirit of Christmas" Now Accepting Applications

Today is the start of the Fairfield Medical Center "Spirit of Christmas." Applications are being accepted for any employee who may need a little extra help this year during the holiday season. All applicants must be employees of Fairfield Medical Center or an affiliate. Copies of the guidelines for eligibility also are available with the application, which may be picked up in Human Resources. Completed

applications must be returned to Abby Mulholland in Human Resources by 4:30 p.m. on Monday, Oct. 27 to be considered. Any applications not completed in full or received after the deadline will not be considered. ALL APPLICATIONS ARE KEPT STRICTLY CONFIDENTIAL.

If you have any questions, please call Abby Mulholland at ext. 6873.

HR Corner Benefits Fair Coming Soon

Open Enrollment: Open enrollment for 2015 benefits is scheduled from Nov. 3-21. This will be an active enrollment process. **All full and part-time employees must log onto ESS and complete the open enrollment portion of the benefits tab.** All employees have received communication in regards to the 2015 Benefits.

The following are highlights from the communication sent to employees:

- The Affordable Care Act (ACA) requires FMC to offer health coverage for all employees who work 30 hours or more per week over a "look-back period" of 12 months. We meet the ACA requirement by offering medical coverage to part-time employees.
- FMC will auto-enroll employees who are eligible for benefits during the upcoming open enrollment period in the Employee Only Consumer Driven Health Plan. Employees will have the ability to "opt-out" of medical coverage. If FMC employees "opt-out" of medical coverage and choose to be uninsured, they will be subject to the ACA monetary penalty known as the "individual mandate."
- Non-benefit option (\$2, \$3 or \$4 non-benefit premium for waiving health coverage, short term disability and PTO) is being replaced with a health coverage waiver. The non-benefit premium will sunset at the end of 2014.
- Employees may waive any benefit except PTO. If an employee opts out of health coverage, he/she will receive per pay a lump-sum dollar amount known as "health coverage waiver." There is no financial reward for waiving any other benefit coverage.
- The benefits team will be available to assist any employee with their open enrollment.

Benefit education sessions will be scheduled to provide further detail and worksheets to analyse the benefits option you are scheduled for:

- Oct. 27, 9-10 a.m., Classroom Alpha
- Oct. 29, 4-5 p.m., Classroom Beta
- Oct. 27, 2-3 p.m., Classroom Alpha
- Oct. 30, 7:30-8:30 a.m., Classroom Alpha
- Oct. 28, 8-9 a.m., Classroom Alpha
- Oct. 30, 3-4 p.m., Classroom Alpha
- Oct. 28, 1-2 p.m., Classroom Alpha
- Oct. 31, 9:30-10:30 a.m., Classroom Delta
- Oct. 29, 11 a.m.-noon, Classroom Beta
- Oct. 31, 1:30-2:30 p.m., Classroom Alpha

Benefits Fair

The Benefits Fair is scheduled for Friday, Oct. 24 from 7:30 a.m. to 3:30 p.m. in the Assembly Rooms on the main campus.

School District Taxes

As a reminder to all employees, please be sure that you are reporting the correct school district for your taxes. Employees can add or update their school district through Employee Self Service (ESS).

Let's Talk About It Schedule:

- Oct. 21, 12:15-1:15 p.m. Outpatient Therapy
- Oct. 22, 1-2 p.m. Accounting
- Oct. 24, 3-4 a.m. Assembly Room 3
- Oct. 27, 1-2 p.m. Contracts & Collections
- Oct. 28, 10-11 a.m. Assembly Room 2
- Oct. 28, 2:30-3:30 p.m. River View

Live *United* Through Our Culture of Giving



Jamie Moore
Radiology Technologist

The donations received during the United Way campaign have greatly improved the quality of my life and my children's lives. The Lighthouse, which has personally touched my life, is an agency that receives support from United Way. In 2010, The Lighthouse provided me with resources, counseling services and support. I will always remember The Lighthouse's role as a major

support during that frightening time in my life. Without your help with the United Way campaign, these services may not have been available to me. Every day, women and children are in need of the support and guidance from The Lighthouse so they can also have a chance to live the healthy and happy life they deserve. Your donations help make this happen.



Pharmacy Week is Here

Health system pharmacy week is a time to reflect on, acknowledge and celebrate achievements in ensuring safe and effective medication use at Fairfield Medical Center. We certainly want to share those accomplishments with patients, other health professionals and the community. Over the last 12 months, our FMC pharmacists and technicians have carefully processed 750,000 medication orders, filled 30,000 intravenous admixtures and reviewed 20,000 patient allergies. Our buyer embraces stewardship, maintaining drug supply for our main hospital and 30 offsite locations.

Our data managers define agility as they optimise 40 Pyxis automated dispensing cabinets and work with IT personnel to maximize the efficiency and safety benefits of technology. Our clinical staff has continued



to enjoy the teamwork found in engaging frontline staff while caring for patients in 5th floor, ICU and Heart Failure multidisciplinary rounds.

Our pharmacy chemotherapy experts partner with our chemo infusion staff to ensure timeliness and accuracy for our deserving patients.

Finally, since 2012, our facility has embraced the development of newcomers to the pharmacy profession by leading 29 students from Ohio Northern, Ohio State, Rutgers and Cedarville schools of pharmacy through clinical experiential rotations and by delivering 14 medication information presentations to our medical resident staff.

Celebrate Respiratory Therapy Week

Just Breathe ... the Respiratory Department will be taking time out of its busy schedule to celebrate Respiratory Week. Respiratory therapists will use this week to advance their skills and knowledge by taking an

airway class. Did you know that Respiratory Therapy performs thousands of EKG, treatments, and blood gases every month? Please take the time this week to thank them for all they do.

Recognizing our Certified Nurses

Fairfield Medical Center is celebrating Certified Nurses Day on Oct. 29 by honoring its board certified nurses. Board certification of nurses plays an increasingly important role in the assurance of high standards of care for patients and their loved ones. Nursing, like health care in general, has become increasingly complex. While a registered nurse (R.N.) license provides entry to general nursing practice, the knowledge-intensive requirements of modern nursing require

extensive education, as well as a strong personal commitment to excellence by the nurse.

Please join us in honoring these dedicated nurses for their professionalism and a job well done!

Certified Nurses: Please RSVP by calling Linda Brown at ext. 8259 by Oct. 22. The celebration begins at 5 p.m. in the Assembly Rooms. Contact Debbie Tinto at ext. 6832 for more information.

Do it for them . . .



*This program provides free mammograms to the uninsured and underinsured (those with high deductibles of \$500 or more). If you live in Fairfield, Hocking or Perry counties and meet the financial eligibility, you may qualify for this program.

Call today to see if you qualify!

Contact Carol DiSanto, Komen Grant administrative assistant, at carold@fmchealth.org or 740-243-8924.

Team Implements Process For Bedside Procedure Charges



Congratulations to the multidisciplinary team that has been working diligently to implement a process for Bedside Procedure Charges. An electronic program that provides the opportunity to generate charges when documentation is completed by nursing staff, occupational, physical or speech therapy staff and respiratory therapy staff has been implemented. Kudos to each team member — your expertise and passion were key to the development

of a new process. This has been a long and arduous project, as unanticipated process improvement challenges were unearthed, but is nearing completion and will provide approximately \$500,000 in additional reimbursement. We are passing the torch to Amy Black, our Process Owner, and Sky Gettys, our Sponsor. Great job, team! Pictured above are some of the team members involved with this project.

FMC Introduces Newest Oncology Nurse Navigator



Fairfield Medical Center is pleased to introduce Shelly Romine, B.S.N., R.N., B.C., C.C.R.N., as its newest oncology nurse navigator. Shelly will work alongside oncology nurse navigator

Ivy O' Neal, B.S.N., R.N., O.C.N. and will serve as an advocate for breast and colon cancer patients.

"As an oncology nurse navigator, I have the honor of assisting cancer patients with their care during a very intimate and terrifying period in their lives," Romine said. "To me, that is a privilege."

Oncology nurse navigators wear many hats as they direct cancer patients and their families through unfamiliar healthcare territory. They also offer a broad array of services, including education regarding diagnosis and treatment, information on what to expect before, during and after surgery, referrals and appointments, emotional support for patients and loved ones and collaboration with financial aid representatives in assisting with any questions and/or concerns.

EVENTS

From the Employee Activities Committee



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. Deadline is Oct. 17 at 3 p.m. or until sold out.

Cincinnati Bengals tickets available at the season ticket rate, saving about 10 percent per ticket! Please see the FMC Intranet/Employee Activities button for order information. Remember to enter special offer code fmchealth when ordering! Any questions, contact Amy Black at ext. 8241. The discount is valid for the Bengals vs. Ravens on Oct. 26 at 1 p.m. and Bengals vs. Browns on Nov. 6 at 8:25 p.m.

The Ohio State Marching Band's "Hometown Concert" on Thursday, Nov. 13 at 7:30 p.m. at the Schottenstein Center. Tickets are \$20 each. Order deadline is Oct. 31 at 3 p.m. See the FMC Intranet/Employee Activities button for order form/event details.

The Ohio State Marching Band's "Hometown Concert" on Thursday, Nov. 13 at 7:30 p.m. at the Schottenstein Center. Tickets are \$20 each. Order deadline is Oct. 31 at 3 p.m. See the FMC Intranet/Employee Activities button for order form/event details.

Join us for the **Employee Craft Fair** on Friday, Nov. 21 from 7 a.m.-4:30 p.m. in the Assembly Rooms. Come visit our employee vendors and purchase tickets for the Chinese auction. All monies collected from vendor table fees and the Chinese auction will go to the Employees Helping Employees Fund. Any questions? Please email Misty Altier at mistyj@fmchealth.org.

Gaither Christmas Homecoming at the Schottenstein Center on Friday, Dec. 5 at 7 p.m. Tickets starting at \$21.50. Order deadline is Friday, Nov. 28 at 3 p.m. Please see the FMC Intranet/Employee Activities button for order form.

To reserve tickets for the above events, complete the request form on the FMC Intranet through the Employee Activities button.

Romine is a familiar face at FMC. She has worked at the center for 15 years, starting as a licensed practical nurse/dietary attendant and later as a registered nurse in the Intensive Care Unit. She received her L.P.N. and Associates Degree of Nursing from Hocking College, a Bachelor of Science in Nursing from Ohio University and a Master of Science in Nursing from Grand Canyon University. For more information, contact Romine at 740-687-8863 or shellyr@fmchealth.org.

We Remember You

Annual Memorial Service
Tuesday, Nov. 11, 2014
2:30 p.m. OR 3 p.m.
 FMC Assembly Rooms 1 & 5
 RSVP requested: 740-687-8344

Fairfield Medical Center invites you, your family and your friends to one of our two memorial services. We hope you can join us!

WELLNESS Corner

Have Yourself a Happy and Healthy Holiday

The FMC Internal Wellness Committee is offering a seasonal lunch and learn series to help you prepare for some of what the holiday season brings. Register to attend any or all of the upcoming lunch and learn opportunities by contacting Health and Wellness at ext. 6822. Preregistration is required, as seating is limited. Lunch is provided.

Smart Supermarket Shopping with Corinn Gehle M.S., R.D., L.D., on Tuesday, Nov. 4, from noon-12:30 p.m. in Assembly Room 3. The holidays tend to bring extra expenses and your grocery bill should not be one of them. Making healthy food choices does not have to hurt your wallet. Come and learn how to make simple, nutritious choices at the grocery store without breaking the bank.

Fight Off the Seasonal Blues with Ginger Davis B.S.N., R.N., on Tuesday, Nov. 18, from noon-12:30 p.m. in Assembly Room 1.

Just a Reminder . . .

If you were unable to meet the FMC Goals earning points toward your insurance premium you still have an opportunity to earn those points. A Type 3 Appeal (Improvement Appeal) will allow you to improve your health and later meet the original health goal(s). Simply make the improvement, see your health care provider and submit

Acknowledge the stress in your life and walk out refreshed by learning a few easy and usable tools to combat stress and depression during the winter months.

Are you Tech Fit? with Chris Chong M.S., C.S.C.S., on Tuesday, Dec. 2 from noon-12:30 p.m. in Assembly Room 1. Are you "technology fit?" Make sense of the different types of activity trackers that are available on the market today. Leave with a great holiday gift idea for you or a friend.

Healthy Eating for the Holiday Season: A Recipe for Success with Kate Kanner R.D., L.D., on Tuesday, Dec. 16 from noon-12:30 p.m. in Assembly Room 1. Weight gain over the holidays doesn't have to be inevitable. Learn how you can make healthier choices and maintain your weight while still enjoying your favorite seasonal treats.

the Type 3 Appeal form (Improvement Appeal Form on the Bravo Wellness website) before Feb. 15, 2015. Points awarded will be applied in March 2015. Any retesting is at the participant's expense. Please contact Health and Wellness @ 689-6822 or gingerd@fmchealth.org with questions or concerns.

Birthdays

MONDAY

Ramona Cottrill, Cardiac Cath Recovery
Tera Cox, FHP Cardiology
Daniel Fishbaugh, Housekeeping
Alexandra Karns, Lab-Phlebotomy
Jessica Klingelhafer, Ewing Square-Infusion Services
Ashley Leach, Surgery
Charlene Lunsford, Contracts & Collections
David Osborn, Dietary
Alicia Wentz, Medical Information Services

TUESDAY

Mark Antal, Fairfield Diagnostic Imaging
Peggy Groff, Systems
Kimberly Jackson, PCU
Christina Kelley, Medical Information Services
Sherri Malone, Lab-DHS
Connie Miller, Volunteer-Diagnostic Services

WEDNESDAY

Tamara Arrowsmith, Housekeeping
Tierra Baker, Nursing Services
Camille Bowen, Central Sterile
Katherine Brenstuhl, Volunteer-North Information Desk
Sue Graham, PBX
Sherrice Hopkins, Physical Therapy
Jim Teeter, Volunteer-Diagnostic Services

THURSDAY

Andrea Bartlett, Coding
Sondra Bash, Surgery River View
Susan Errett, Volunteer-South Information Desk
Jaime Reed, Speech Therapy
Kimberly Vermillion, ICU
Dana Weisenberger, Dietary

FRIDAY

Debra Cologie, PICC
Ashley Hall, Respiratory Therapy

SATURDAY

Sarah Childers, Radiology
Katherine Hannahs, Learning & Development
Stacey Tooill, Contracts & Collections
Rachel Wagner, Fourth Med./Surg.
Marti Weis, Pharmacy

SUNDAY

Mary Lou Creed, Volunteer-South Information Desk-NODA
Cassie Gabriel, FHP
Candace Hurley, Cardiac Cath.
Randal Kuhn, Materials Management
Brittany Lovell, Laundry
Kacy Petty, Lab, Phlebotomy
Joanne Poorman, Emergency Dept.
Debra Tinto, Clinical Systems Support
Callie Zeisler, Third Med./Surg.



Congratulations to Chemotherapy for achieving 100 percent Oncology Nurse Certification.

Hospital Happenings

Healthy Eating for Life • Wednesdays 5:30-7 p.m. • 8-week session starting Oct. 22 • Fairfield Medical Center • Join us for this cumulative 8-week nutrition program helping participants change everyday behaviors to achieve and maintain a healthy weight and lifestyle for life! Registered Dietitian Kate Kanner will lead participants through the program every step of the way! Included in the \$220 registration fee are individualized nutrition assessments, weekly weigh-ins, a class binder full of helpful resources, prizes and giveaways. To register, contact Kate at ext. 8468.

Tobacco Cessation Support Group • Mondays • Oct. 27-Dec. 1 • 6-7:30 p.m. • Cancer Resource Center • This support group is open to staff and the public who would like support in quitting tobacco products or remaining tobacco-free. Join us to discover effective methods to conquer the habit! Seating is limited. Call ext. 6822 to register.

Community Clergy Workshop Faith and Health: Understanding the Faith and Health Link • Thursday • Oct. 30 • 11 a.m.-1 p.m. • FMC Second Floor Conference Room • Join us as our guest speakers Chris Chong, exercise specialist and Sherry Parmenter, registered dietitian, connect the dots between faith and your health. A healthy lunch is provided. **This workshop is only for clergy members.** Registration is required at ext. 8344.

Acid Reflux Seminars • FMC Assembly Rooms • 6:30 p.m. • Nov. 4 • All seminars are free. RSVP is encouraged at ext. 8071. Jeffrey Yenchar, M.D., medical director of the Fairfield Medical Heartburn Center, will discuss the signs and symptoms of heartburn, as well as potential treatment options, including the LINX®.

Attention Nurses: Plan to attend a DVD-based, one-hour presentation: Your Collaborative Role in Reducing Readmissions • Wednesday • Nov. 5 • 11 a.m. OR 2 p.m. • Assembly Rooms 1 and 5 • Presented by Jane Ryan, Ph.D., R.D., Director of Nutrition Services at Virtual Health in New Jersey • Preregistration required. Please contact Jennifer Hellmich, R.D., L.D.,

by email at jennifer@fmchealth.org to sign up. This program is approved for one nursing contact hour. It also can be used as one of the seven modules needed to complete the Certificate of Training in Malnutrition.

4th Annual Patient Experience Event – Through the Patients' Eyes • Nov. 6 • 6 a.m.-4 p.m. • Entrance at the Ground Level of Parking Garage • Come and participate in the 4th Annual Patient Experience Event. We will be sharing the patient perspective and how we can all improve the experience for our patients and families. This is a fun and interactive event! There will be several door prizes, including two \$50 Kroger gift cards and a \$100 super shopper gift care of your choice. The more you participate, the more chances you earn.

\$5 Jewelry Sale • Thursday • Nov. 6 • 7 a.m.-7 p.m. OR Friday • Nov. 7 • 7 a.m.-2 p.m. • FMC Assembly Rooms • Cash, credit cards and payroll deduction will be accepted. Sponsored by FMC volunteers, the proceeds benefit the Dale Buck Volunteer Fund.

Cancer Fatigue • Thursday • Nov. 6 • 2-3 p.m. • Cancer Resource Center - 616 Forest Rose Ave. Lancaster • Join Ivy O'Neal, oncology nurse navigator, as she focuses on common side effects that may be associated with chemotherapy or radiation and what to do to help manage them. For questions, call 740-277-6941.

Shine a Light on Lung Cancer Vigil • Thursday • Nov. 13 • 6-7 p.m. • The Pickering House • Shine a Light is an event to bring hope, inspiration and support for all those impacted by lung cancer. Help us brighten the lives of people touched by lung

cancer in our community and raise awareness around this disease. Join us for this free event filled with hope and information about lung cancer. There will be a special illumination ceremony for all to participate in. Weather permitting, attendees will have the opportunity to write a message on a floating lantern and send it into the sky to symbolically recognize a loved one. A special art exhibit, "Expressions of a Cancer Journey," will be on display and refreshments will be provided. This vigil is brought to you by the Lung Cancer Alliance in partnership with Fairfield Medical Center and FairHope Hospice. Register by going to www.shinealightonlungcancer.org/lancaster. For questions, call Ivy O'Neal at ext. 6889.

Community CPR Day • Saturday • Nov. 15 • Full CPR 9 a.m. AND 10 a.m. (Registration Required) • Hands-On - 9 a.m. - 1 p.m. (Walk-ins Welcome) • Location: Taylor Chevrolet, 2510 N. Memorial Drive, Lancaster • The Dr. Gordon B. Snider Cardiovascular Institute at Fairfield Medical Center, in collaboration with the Snider Community Heart Watch, is sponsoring Community CPR Day. Participants can learn Hands-On CPR (a 30-minute course) or complete the Community Provider CPR class through the American Safety and Health Institute (three- to four-hour course). The goal of Community CPR Day is to teach as many community members as possible cardiopulmonary resuscitation (CPR) in order to save lives. Community CPR Day is free. Call today to register at 740-689-6893.

Trans-Siberian Orchestra - The Live Debut of *The Christmas Attic* • Sunday • Dec. 28 • 3 p.m. AND 7:30 p.m. • Nationwide Arena - 200 W. Nationwide Blvd., Columbus • Trans-Siberian Orchestra will wrap up 2014 by performing their rock opera *The Christmas Attic* live in arenas across the nation. Group order forms will be available on the Intranet. The order deadline is Dec. 19 at 3 p.m.

Oxygen for the Soul

If God is your partner, make your plans BIG!
~D.L. Moody

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.*)

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.

**Ethics & Compliance Hotline: 1-855-541-4169
or go to fmchealth.ethicspoint.com**