



Monday Morning

Without **YOU** we couldn't have reached Meaningful Use Stage 2!

Call Center
Contracts and Collections
Laboratory
Marketing
Medical Information Services
Nursing Staff

Nursing Assistants
Patient Advocate
Pharmacy
Physicians/AHPs
Quality Outcomes

Registration Systems
Tempo Masters
Unit Clerks



Celebrate Meaningful Use at Sundae Bar
p. 4

FMC Choir Sings at Christmas Party for Staff

Omar Al-Nouri, D.O., Performs First Incision-less Endovascular Aneurysm Stent Repair

Omar Al-Nouri, D.O., recently performed the first percutaneous, or incision-less, endovascular aneurysm stent repair (EVAR) at Fairfield Medical Center. This procedure is common in academic centers and has many advantages for the patient such as reduced hospital stay and shorter recovery time. Patients also have minimal scarring due to the utilization of a significantly reduced entry site. During a typical EVAR, a physician will make a 2.5 inch incision to perform the EVAR procedure, but with a percutaneous EVAR a physician will use only the needle puncture to access the aneurysm repair site. Performing the procedure with this technique will result in far less pain for the patient than with traditional EVAR. Dr. Al-Nouri compared the recovery of this procedure to the recovery that a patient would experience with a routine cardiac catheterization and said there is less risk for wound related complications. Dr. Al-Nouri joined Fairfield Medical Center in August of this year and is a part of Fairfield Healthcare Professionals Vascular Surgery. For more information or to refer a patient to FHP Vascular Surgery, call the office at 740-687-6910.



Pick Up Your FMC 2015 Calendar



Remember to pick up your Fairfield Medical Center calendar in the Marketing Department on the second floor!

We Thank Christy and Hammy for Their Service



Christy and Hammy Webb joined us as a pet therapy team in November, 2010. Hammy is an eleven year old Boston Terrier. Encouraging a countless number of patients, visitors and staff, Christy and Hammy have served more than 100 hours in their four years of volunteer service. Thank you, Christy and Hammy, for making a difference at Fairfield Medical Center!

FMC Christmas Party: Special Thanks to Dietary Staff



Fairfield Medical Center would like to thank the Dietary Department and the following key workers for all their hard work and dedication during the FMC Christmas Party: Molly Jones, Barb Grant, Ashley Brown, Mark Driver, Annette Eltringham, Theresa Rooker, Loren Lemon, Devon Carlisle, Mathew Johnson, Linda Downhour, Linda Huber, Jodi Hampton and Dina Hall. We wouldn't be able to have the Christmas party without all their help and assistance. People you know. Care you trust.



From the Chief's Desk

Selecting the right gift for those we care about can be challenging. I received the perfect gift that I believe will fit you too. It came from a colleague at Fairfield Medical Center. Please enjoy the following letter that I received permission to share with you and have a very merry holiday season:



was smooth and without incident. We went home for Jim's recovery and all was good—excellent care, excellent service, caring staff and "those hugs" from leadership, nurses, aides and housekeepers. It was as though we were one of those people on the "empathy video" with a sign over our heads that said—"they need a hug."

We all have seasons in our lives and there are some seasons that we are just not prepared for—after all those seasons typically happening to other people not to "me or our family."

Our family had one of our most difficult seasons this summer, and Jim and I did not realize how much Fairfield Medical Center would impact our lives with kindness, professionalism, and outstanding healthcare service.

Jim and I received confirmation that he had lung cancer the same week our daughter was killed in a tragic accident. Jim had a stroke several years ago, so I have been the one in charge of taking care of and making all of the decisions. During this season in our life—I was not in control and just barely functioning.

I immediately felt the embrace of our family physician, Dr. Aebi and his staff making sure that we were linked to FMC and to other outstanding physicians, Dr. Cohen, Dr. Singh and Dr. Venkataraman. Ivy O'Neal came by our side and has been a friend, educator and advocate through the entire process, and made me feel like everything was under control. The nurses, housekeeping, case managers—all staff—were outstanding during Jim's hospitalization and everything

A few weeks after Jim was home my uncle had surgery. My uncle was in ICU and then PCU, same as Jim, but it was during his hospitalization that I realized the everyday depth of compassion our staff has for our patients and their families.

My cousin was very difficult and very demanding of the staff and I found myself apologizing for her ugly behavior and somewhat embarrassed. My uncle's nurse, Becky Grubb, smiled and said "we just keep telling ourselves that she just really loves her daddy." Wow, what compassion to see beyond the ugly, demanding behavior and see the root of her behavior was out of love. Jim and my Uncle both received outstanding care (that I never doubted would happen and care I expected) after all I have been saying that to our community for 25 years. Now when I talk to our community I will emphasize not only does Fairfield Medical Center provide outstanding care, but what makes us different is a culture of relationships, culture of caring and empathy and culture of compassion.

I am so proud to be part of this organization. ~Sharon

Cynthia Pearsall

Cynthia Pearsall,
Chief Nursing Officer

EVENTS

From the Employee Activities Committee

The Nutcracker Ballet – Dec. 12-27 at the Ohio Theatre. Tickets starting at \$29. To order tickets, please email Rick Hole, group sales representative, at rhole@balletmet.org. Please mention FMC to receive the discount. By contacting Rick directly, FMC employees, physicians and volunteers can avoid ticket fees while enjoying savings up to 25 percent off per ticket (depending on seat location). Please see the FMC Intranet/Employee Activities button for additional information.

Monster Jam 2015 – at Nationwide Arena on Saturday, Jan. 3 at 2 p.m. or 7:30 p.m. Tickets are \$17 per person. Please complete the order form found on the FMC Intranet/Employee Activities button and submit directly to Nationwide group sales rep, Matt Menard. Check or credit card accepted.

Disney's Frozen on Ice at Quicken Loans Arena in Cleveland: Jan. 9-18. Tickets are \$28 per person with all fees included. Contact Mark Mazzagatti, group sales representative, by email at mmazzagatti@cavs.com for tickets. All tickets will be delivered via Flash Seats.

Ohio State vs. Michigan Hockey – Jan. 16 at 7 p.m. Limited tickets available in Section 122, rows G, H and J. Tickets are \$9.

Valentine's Day comedy night and dinner with comedian Eric Kirkland – Saturday, Feb. 14, 2015. \$25 per person at the Moose Lodge, 1201 Sugar Grove Road, Lancaster. Doors open 5:30-6 p.m. Dinner and photo booth (\$1 per photo strip) from 6-7 p.m. The comedy show is from 7-8:30 p.m. The photo booth and door prize announcements will follow the show. Sweetheart dessert, coffee, tea, water and fabulous doorprizes will be provided, compliments of FMC. Cash bar available. Italian dinner – two pasta choices, two sauce choices, two meat choices, salad and garlic bread included in price. ADULTS ONLY. Reservations are required by completing the payroll deduction form on the Intranet. Please call Kellie Sharp with any questions at 740-689-6454 or at kellies@fmchealth.org.

New FHP Manager Announcement



Kelly Clay

FHP Administration is pleased to announce Kelly Clay and Penny Krug as the newest additions to the administrative team! Kelly will serve as the FHP office manager responsible for Cardiovascular, Thoracic and Surgical practices. Penny will be responsible for all other



Penny Krug

specialty practices within FHP. Kelly previously functioned as an FHP supervisor before being promoted to this position. Penny is new to FMC and brings 14 years of prior practice management experience. Penny began her employment with FMC on Dec. 1, 2014.

Departmental Food Ordering FYI

Reminder for those that order food deliveries (for example: pizza deliveries) to call the North Lobby ED Intake Desk, at ext. 3809, to let them know who to call when the order arrives. Many times the delivery person only has the 687-

8000 number and a name without the area. The front desk then has to call each floor/department to get the food delivered and this advance notice would expedite the delivery.

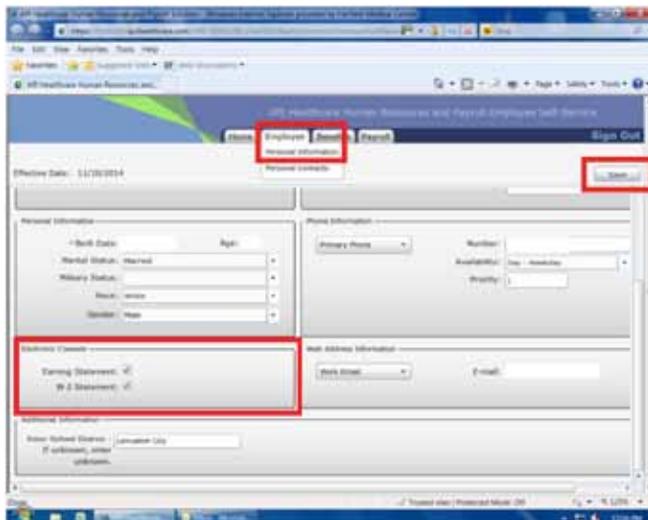
Electronic W2 – Sign up Today!

One of the great new features we can now offer as part of our implementation of the API Healthcare Human Resources and Payroll software is an ability to make your W2 form available to you via the Employee Self-Service (ESS) site.

The greatest advantage of selecting this electronic delivery option is that you will gain access to your W2 form much earlier in January rather than waiting on a paper form to be sent to you.

By selecting this electronic option, the Accounting department will not print or mail you a paper copy of your W2 form, however you will have the ability to access, view and print your W2 form as often as you want. For this exciting new option to be available for you to view, you must sign up for this option. The following are the steps you need to take in ESS in order to activate this feature:

1. Log into the ESS system.
2. Click on the Personal Information option under the Employee tab.
3. Scroll down the screen to the Electronic Consent box and check mark the W-2 Statement box.
4. Then click on save.



It's that simple! **Please log onto ESS and elect this option no later than Dec. 19** so you may have this electronic W2 delivery option available for you.

The Joint Commission Gives us Good News!

The Joint Commission recently notified us that three of the five submitted "Best Practice" documents identified by the on-site survey team have been accepted and are posted in the TJC Leading Practice Library. "These documents are now posted as a leading practice thanks to the hard work of our staff," said Dora Metzger, Quality Outcomes and Regulatory manager. "I am so happy we have been recognized for this achievement."

The Leading Practice Library is an important initiative that allows Joint Commission accredited organizations to find "real-life" solutions that have been successfully submitted by their peers. It is

a constantly-evolving, up-to-date collection of outstanding documents from healthcare leaders such as you.

Our submission underwent rigorous clinical review and was accepted by The Joint Commission staff members because it supports quality and safety, and it is felt to be of benefit to other organizations.

The ICU Electrolyte Replacement Therapy, the Snider Cardiovascular Heart Failure Zones, and the PAT/Preop-Sedation of Preop Patients Policy and Procedure are currently under review. For questions or more information, contact Dora Metzger at ext. 8482.

Turkey Day 5K a Hit

The Third Annual Turkey Day 5K was held Nov. 27. A record number of 265 runners and walkers participated in this event. Participants ranged from 2 to 70+ years of age, making this an experience the whole family enjoyed. Amazingly, 58 of the participants were in the 13 and under

age group. Topping off the race was the awarding of pumpkin pies to the first 30 finishers! A special thanks to the FMC Foundation for sponsoring the event, our volunteers, and everyone who came out to participate in this event. See you next Thanksgiving!

Birthdays

MONDAY

Myra Anderson, Maternity
Ron Clark, Volunteer-Patient Pal
Dawn Compston, Central Transport
Janet Cooper, Human Resources
Angela Delong, Housekeeping
Kristine Figueroa, Emergency Dept.
Jessica Fugate, Emergency Dept.
Paul Goodyear, Housekeeping
Kathy Harden, Dietary
Laura Trickle, Maternity

TUESDAY

Cynthia Hargett, Float Pool Phys. Services
Karen Kemmerer, Cardiac Cath Recovery
Jeannie Lavey, Housekeeping
Lori Lucas, Respiratory Therapy
Beverly Smith, Accounting

WEDNESDAY

Diane Cochran, Volunteer-North Registration
Shane Duncan, Materials Management
Dawn Fulk, Cardiac Cath Recovery
Lillian Kraner, Volunteer-Environmental Services
Heather Milhon, Fourth Med./Surg.
Rachael Smith, Fourth Med./Surg.
Shelly West, Coding

THURSDAY

Melissa Davis, Case Management
Travis Dean, Chaplain Services
Charissa Dickerson, Lab-Histology
Joel Hankinson, Fifth Med./Surg.
Roger Holmes, Fourth Med./Surg.
Tina O'Brien, Housekeeping
Carolyn Van Atta, Third Med./Surg.

FRIDAY

Karen Casey, Maternity
Cindy Clark, Third Med./Surg.
Wendy Mellott, Recovery/PACU
Neva Nameth, Volunteer-Marketing, Cookie Cart, Menu Education

SATURDAY

Nancy Anders, School Based Nursing
Holly Chain, Fourth Med./Surg.
Beth Lamp, Cardiovascular
Tracy Monk, Maternity
Ryan Snider, Center Police
Arlene Vest, Volunteer-South Registration

SUNDAY

Kristy Johnston, PBX
Brian Myers, Volunteer-Tranquility Garden, Messenger Services, Storeroom, Environmental Services
Marlana Solgot, Fifth Med./Surg.
Jessica Weaver, Respiratory Therapy
Deborah Wolford, Float Pool Phys. Services



Hospital Happenings

Ostomy Support Group Meeting

This is a support group for anyone who has an ileostomy, colostomy or urostomy. The next meeting will be held on Jan. 8 from 6-7 p.m. at the Cancer Resource Center, located at 616 Forest Rose Ave. There is no fee to attend.

Look Good Feel Better Class

Join us to learn how to look good and feel better about the skin and hair changes caused by cancer treatment. Join us Jan. 12 from 10 a.m. to noon at the Cancer Resource Center located at 616 Forest Rose Ave. in Lancaster. Registration is required by calling the American Cancer Society at 1-888-227-2745.

Heart Health Tea

Join us for an afternoon tea to learn more about heart health on Feb. 21 at 1:30 p.m. at Crossroads Event Center. \$10 per person. Offering free blood pressure checks and glucose screenings. Couples welcome. Call ext. 8071 to register.

Healthy Eating for Life

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! The next 8-week session starts Jan. 7 and is held each Wednesday from 5:30 - 7 p.m. 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 \$220 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 at ext. 8468.

Becky Devoss Retirement Tea

Becky is retiring Jan. 8 and be sure to wish her well at her retirement tea on Jan. 7 from 11:30 a.m. - 1:30 p.m. in Assembly Rooms 1 & 5. Thank you Becky for your devotion to FMC!

ATTENTION BOWLERS

Fairfield Medical Center Bowling league is now looking for teams or individuals for team sign-ups. The league bowls on Sunday afternoons beginning on Jan. 11, 2015 for 10 weeks. Practice starts each week at 4:15 p.m. with regular games starting at 4:30 p.m. The cost for each week is \$8.50 per bowler and can be payroll deducted. Each team will consist of 4 regular bowlers, this could be any combination of male/female bowlers. All bowlers MUST be at least 18 years of age. For information or to sign-up as an individual or team, contact Kim Kirchgessner, 740-687-8544.

WELLNESS Corner

Have Yourself Happy and Healthy Holidays!

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.

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.

Celebrate With Us!

In celebration of FMC meeting Meaningful Use Stage 2 standards there will be a sundae bar Tuesday, Dec. 16 between 10:30 a.m.-1:30 p.m. for lunch and 4-6:30 p.m. for dinner. Third shift employees can get their sundaes in the cafeteria between 2-3:30 a.m. early Wednesday morning Dec. 17. Thank You to EVERYONE for all their assistance with this project! Great job FMC!

Oxygen for the Soul

In remembrance of Hanukkah: "Never fear shadows. They simply mean there's a light shining somewhere nearby."
~Ruth E. Renkel

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).*

Ethics & Compliance Hotline: 1-855-541-4169
or go to 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.

Tis the Season to Give

The Pritchard family recently welcomed a new addition to their family at Fairfield Medical Center. Unfortunately, on this day of celebration, they received the news that their new home had caught on fire, causing serious damage and the loss of two family pets. Donations to the family can be made at Telhio Bank through the Kyle Pritchard Fund. For those who would instead like to donate goods to the Pritchard family, please take them to the Fairfield Medical Center Marketing Department (second floor off of the North elevators) between the hours of 8 a.m. and 4 p.m., Monday – Friday by Dec. 30, 2014 (note: the office will be closed Dec. 25 and 26). If you would like to make a financial donation, it can be done through Telhio or online at <http://www.gofundme.com/ij3ee0>

The following is a list of clothes sizes for the family:

Dad:

Men's Shirt: Med-Large
Men's Pants: 32/32 or Med-Large
Underwear: Medium Boxers
Men's Shoes/socks: Size 11

Mom:

Women's Shirt: Large-Extra Large
Women's Pants: Large-Extra Large (Stretchy Pants) or 14-16
Bra: 38C or 40C (Nursing Bras)
Underwear: 7 or 8
Women's Shoes/socks: Size 10

2-year-old daughter:

Diapers: Size 5
Clothes: 3T to 4T
Shoes/socks: Toddler 7 or 8

Newborn daughter:

Diapers: Size 1
Receiving Blankets
Infant Socks
Clothes: 0-3 months and 3-6 months

For questions, please call 740-687-8007.

No One Dies Alone FYI

Attention No One Dies Alone

Volunteers: Our annual Christmas get-together will be held on Monday, Dec. 15 at the Pickering House from 4:30-6:30 p.m. Katie Hannahs, clinical education coordinator in the FMC Learning & Development department, will be our guest speaker. Contact Melony Rarick at ext. 8194 if you have any questions. Hope to see you there!