



Monday Morning



Girl Scout Troop 1985 Donates to Patients p. 3

5 year-old Donates Christmas Gifts to Patients p. 4

FMC Honors Debra Smith

After serving five years, Debra Smith has announced she will be stepping down as board chair of the Fairfield Medical Center Board of Directors. As of Jan. 1, 2015, Debra Smith will be transitioning the role of board chair to Linda Sheridan, current board vice chair. Ron Burris will be taking on the role of vice chair. Smith has been a board member with FMC since 2009 and is a strong supporter of the Lancaster community. She is married to Mayor David Smith and teaches at Ohio University-Lancaster. Deb became a board member at Fairfield Medical Center due to her background in healthcare and her interest in community health. She was a physical therapist for more than 28 years and is also chair of the Recovery Center Board.

“Debra is truly a humble leader who has demonstrated tireless dedication and professional insight toward the many roles she has served on the board, particularly as chair,” said John R. “Jack” Janoso, Jr., FMC President and CEO. “She has left a strong, positive and lasting imprint upon the vibrant future of Fairfield Medical Center. We can’t thank her enough and will miss her greatly.” Daniel J. Fruth will be the newest addition to the board. Fruth is a partner in Stebelton, Aranda and Snider’s litigation practice. He is also a board member of the Ohio Glass Museum and the Fairfield Community Health Center and resides



in Lancaster with his wife, Meg, and their children. Smith says the main reason she is stepping down is for health and personal reasons. She is well known by staff at FMC, fellow board members and others in the community as a compassionate and caring person who is always looking for ways to improve the lives of others. “We will miss her willingness to always jump in and continuously look for opportunities to improve the quality of care at FMC,” said Sheridan. “She will continue to be a valuable resource to our team. I have some very big shoes to fill, but am confident in our leadership team at Fairfield Medical Center. We are all here to serve the community.”

FMC Thanks Bobbie Lamb for Her Service



Bobbie Lamb is a Mammographer in the Mammography Department here at Fairfield Medical Center and is retiring on Jan. 8 after 32 years of dedicated service. We will all miss her, especially her patients! Thank you Bobbie for all of your years of service and we wish you the best in the years to come!

Amanda Clearcreek Student Council Donates Cookies



The Student Council at Amanda Clearcreek High School recently chose Fairfield Medical Center to receive the benefits of their service project. The Student Council baked dozens of cookies and packaged them up to donate to the 5th Floor Med./Surg. Thanks to these students for their willingness to serve! Above from left is Heather Huffman, CNL; Colten Blankenship, FMC volunteer/Amanda Clearcreek Student Council; and Debra Price, 5th Floor manager.



From the Foundation

At this time of year many of us find ourselves reflecting back and looking forward. It is such an exciting time to be a part of this organization. I have been



the FMC family, you support hospital initiatives and programs through your daily contribution of time and talent. Throughout the year you supported FMC through the

privileged to be a member of the FMC family for seven years and in that time I have met so many wonderful people both inside and outside our organization who support our mission.

Foundation and continue to give back – it's the FMC way!

Thank you for your dedication to help transform healthcare in our community and for all that we will accomplish together this new year!

On behalf of myself, my staff and our board of directors I want to say thank you to our employees, our volunteers, our donors and our ambassadors. As part of

Ricki Chenault,
Foundation Executive Director

Spirit of Christmas

I would like to take this opportunity to say THANK YOU, THANK YOU, THANK YOU, to all of the FMC family for your generous contributions for the Spirit of Christmas. More than 2,500 total can/food items were donated plus \$530 in cash and gift card donations. For those who did not hear, the Texas Rangers, won the food drive, winning the first ever "Giving Gobbler" trophy, with the L.A. Angles and Detroit Tigers coming in second and third respectfully. We were able to help six of our fellow family members this year and make a large food donation to Lutheran Social Services Food Pantry. The following was written in a card received from one of the family members: "Thank you all so much for your kind gestures. I am so grateful to get to work for such an amazing company and generous people! Thanks to all of you, my children will have a wonderful Christmas! Thank you from the bottom of my heart!" I would also like to send out a big thank you to Janet Cooper, Amanda Northrup, Jill Kennedy, Kim Kirchgessner, Tammy VanAtta, Regina King (and daughters), Chris Chong, Lavada Moorman and Darlene McMillan for all their help with the sorting of the food, wrapping of the gifts and assisting in loading the family vehicles as well as all the departments who adopted a family.

This is an amazing place to work and you are all very generous in your giving. I'm already looking forward to the next Spirit of Christmas in 2015 with a goal to outdo this year.

Here's wishing you all a very happy and blessed New Year, Abby Mulholland, Spirit of Christmas Chairperson

Mileage Reimbursement Rate

Effective Thursday, Jan. 1, 2015 the rate at which Fairfield Medical Center reimburses employees for mileage driven in personal vehicles for work related purposes will be 45¢ per mile.

EVENTS

From the Employee Activities Committee

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 and submit directly to Nationwide group sales representative, Matt Menard. Check or credit card accepted.

Snow Trails – Save 25 percent with the Corporate Partner Program: Present your FMC ID badge or recent pay stub with a picture I.D. to receive valuable Snow Trails discounts. All employees, along with family and friends, qualify for the discount – number of participants will not be limited. Pay for all participants with one transaction. May not be combined with any other discounts. Discount good for snow tubing, rental equipment, lessons and all lift tickets. Visit www.snowtrails.com for pricing, snow report, hours of operation and directions. For more information, please see the flier posted on the FMC Intranet/Employee Activities button. Questions? Contact offer coordinator, Kellie Sharp, by email at kellies@fmchealth.org or at ext. 6454.

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.

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.

FMC Christmas Star Update

Many have asked why we have not continued the Fairfield Medical Center tradition of putting the Christmas star on the tower. Sadly, we have had to stop this tradition

because there are many more cables attached to the tower, which has made it too dangerous to install it in a safe manner.

Protect Yourself... It Starts With You...

It takes a team to prevent sharp injuries and blood/body fluid exposures. It Starts with YOU! Our quarterly review for Sept. 26-Dec. 14, 2014 is concerning. We had 14 incidents with seven being blood/body fluid exposures and seven sharps/needle events. We must be more careful with our day to day operations in regards to injuries. Bloodborne pathogens such as Hepatitis C are more prevalent and can be undetected for years before signs or symptoms appear. It is easy to become complacent in our work environment but in healthcare we have to remind ourselves to be safe at all times. Never let your guard down. The Bloodborne Pathogen and Safe Sharps Workgroup reminds you to:

- Be Prepared: Anticipate injury

risks and prepare the patient and work area with prevention in mind. Never pick up or look for a sharp without being protected (forceps, tape, magnet, etc.).

- Be Aware: Learn how to use the safety features on sharps devices. Be aware of risks for blood/body fluid splashes as well. Look for further information that will be coming soon regarding eye/face shield mask holders in patient care areas.
- Dispose with Care: Engage safety features immediately after use and dispose in sharps safety containers. Do NOT fill sharps containers with IV tubing or regular trash- this may affect the tray mechanism and prevent proper disposal of sharps.

Girl Scout Troop 1985 Donates Ornaments to Patients



On Dec. 22, the Lancaster Girl Scout Troop 1985 delivered 90 Christmas ornaments to patients at Fairfield Medical Center. Featured to the left are 5th Med./Surg. staff along with three girl scouts with their troop leader. The girl scouts made the ornaments because they wanted to make patients feel better during the holidays while they are recuperating in the hospital.

Did You Miss the Christmas Party?

The Employee Christmas Party entertainment will be running on channel 18 at the following times: 2:30 a.m., 6:30 a.m., 10:30 a.m., 2:30 p.m., 6:30 p.m. or 10:30

p.m. This is an edited version of the actual program. This version is approximately one hour and 40 minutes.

Blood Drive Update From Amy Reedy

Throughout the year as Fairfield Medical Center hosts blood drives, I am asked how the turnout was and if we met the goal put forth by the American Red Cross; so I wanted to provide some feedback for 2014. I am happy to report that we collected 270 units. The ARC goal was 323 units for the year, so you can see we were a bit shy of meeting the numbers. Keep in mind that blood products cannot be manufactured and can only be supplied by donors. A unit of blood can help save up to three lives, which equates to 810 lives touched in 2014 thanks to the generosity of the donors.

THANK YOU simply does not seem like enough to convey appreciation from the American Red Cross, FMC and myself for the donors that give so selflessly of their time and energy during the monthly blood drives. As the coordinator, I hope that the appreciation is felt through the messages sent out and also for the incentives offered during each drive.

Please continue to step up and make the blood drives here at FMC such a success, as you keep in mind that the unit of blood you are donating can end up saving a family member, a friend or even your own life. Feel free to contact me, Amy

Reedy at ext. 8443 or amy@fmchealth.org to schedule an appointment or ask any questions. I enjoy my responsibility as the blood drive coordinator. It is because of the great team members that I get to work with that reminds me, each month, that our employees truly do put PATIENTS FIRST.

The following dates are for the blood drives scheduled for 2015. I will continue to send out messages on a monthly basis announcing the blood drives along with any additional information I can provide. If you have suggestions for the type of information that should be conveyed, please let me know.

- Thursday, Jan. 22
- Thursday, July 16
- Thursday, Feb. 19
- Thursday, Aug. 6
- Friday, March 20
- Thursday, Sept. 10
- Thursday, April 16
- Thursday, Oct. 1
- Tuesday, May 19
- Thursday, Nov. 5
- Thursday, June 11
- Thursday, Dec. 3

Each drive is scheduled from 10 a.m.-4 p.m. in Assembly Room 2.

We are the Difference!

To Fairfield Medical Center and Lab Employees:

I want to wish all of you a Merry Christmas and Happy New Year! Thank you for all of your prayers, cards, etc. You will always be my family. I will never be able to tell you or

Passion

show you my gratitude for all you have done for me. Keep in touch and may your Christmas be filled with peace and your New Year with prosperity!

~God's Blessings,
Christy Eckhart

Commitment

Birthdays

MONDAY

Kelsey Clement, Maternity
Jodie Cremean, Case Management
Lisa Dillon, Surgery Assessment
Julie Tharp, Pharmacy
Sarah Warehime, Cardiac Cath
Philip Whetstone, Emergency Dept.
Jill Winters, FHP Cardiology

TUESDAY

Morgan Dusenberry, Lab, Phlebotomy
Jacqueline Glass, FDI
Melissa Golobic, ICU
Jessica Haven, Registration
Latricia Johnston, Foundation
Jessica Jones, Nursing Services
Loretta Locke, Fifth Med./Surg.
Jamie Ratliff, Surgery River View
Samantha Smith, Volunteer, North Info.
Ashley Spires, Cardiac Cath

WEDNESDAY

Suzanne Cox, Registration
Jennifer Dicken, Cardio. Services Mgmt.
James Evan, Materials Management
Kenneth Hurst, Vascular Lab
Holly Miller, Fourth Med./Surg.
April Nicholson, Emergency Dept.
Clare Severns, Endoscopy
Rebecca Wolfe, Maternity

THURSDAY

Natalie Curtis, Surgery
Gary Ingo, Patient Services
Angela Spencer, MIS
Kara Smith, Endoscopy
Michelle Williams, Fourth Med./Surg.
Douglas Woo, M.D., FHP Neurology

FRIDAY

James Burger, Lab, Bacteriology
Kimberly Glosser, Ewing Square Infusion Services
Evin Jerkins, Family Medicine Resident
Alexis Mangels, Emergency Dept.
Louella McClaskey, Volunteer, Cookie Cart, South Registration, Marketing
Donna Runyon, Sixth Joint Unit
Brittany Shoultz, Housekeeping
Nancy Stone, Fifth Med./Surg.
John Whitlatch, Dietary
Miranda Williams, FHP EMR Team

SATURDAY

Carol Alford, Lab, Colonnade
Megan Berry, Third Med./Surg.
Jessica Jackson, Emergency Dept.
Jane Kibble, MIS
Mary Krannitz, Wound Therapy
Crystal Tolliver, Third Med./Surg.
Nathaniel Welsh, Fourth Med./Surg.

SUNDAY

Jennifer Johnson, Decision Support
Veronica Kirkhart, Physical Therapy
Carol Murdock, Emergency Dept.
Stacey Scarmack, Wellness Services
Jennifer Stivison, Surgery
Kristy Swinehart, FHP

Hospital Happenings

Healthy Eating for Life

Join us for this cumulative eight-week nutrition program helping participants change everyday behaviors to achieve and maintain a healthy weight and lifestyle for life! The next eight-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! 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.

CPR and First Aid Class

Learn adult, child and infant CPR and receive a certification card upon completion of a written exam. The class will be held on Jan. 10 at 8:30 a.m. in the FMC West Wing Classrooms. Registration is required by calling ext. 8007 and the fee is \$35.

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. Adults who are interested in heart health are welcome. Call ext. 8071 to register.

Larry Beougher Tea

Larry Beougher will be honored with a retirement tea on Jan. 7. Larry is known throughout the Center as the trash guy on second shift. He began his career with FMC on Sept. 14, 1998. Please join us as we celebrate Larry in Assembly Rooms 1 and 5 from 2:30-3:30 p.m.

Becky Devoss Retirement Tea

Becky will be retiring from FMC on Jan. 8. Becky has accomplished so much in her 25-year career here. She created the HOPE program which went worldwide through ASHI, she is famously known by many as "Nurse Tenderheart," and she led us in many successful Joint Commission surveys as our TJC coordinator. Becky has been recognized as FMC's Employee of the Year, received the Chamber of Commerce Education Award, and was named a finalist in the March of Dimes Nurse of the Year Award. Becky has served as an IT (instructor/trainer) for ASHI and is past chair of the AHA Central Task Force and Community Training Centers. Please join us in congratulating Becky at her

retirement tea on Jan. 8 from 1-3 p.m. in Assembly Room 2.

Ric Hurst Retirement Tea

Ric is retiring Jan. 2 from FMC. Be sure to wish him well at his retirement tea on Dec. 29 from 1-3 p.m. in Assembly Room 5. Thank you Ric 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 consists of four regular bowlers, this could be any combination of male/female bowlers. All bowlers MUST be at least 18 years of age. To sign-up as an individual or team, contact Kim at ext. 8544.

5 Year-old Donates Gifts

On Dec. 23, Jeremiah Grimes, 5 year-old from Whitehall, stopped by the 4th Med./Surg. Department to drop off gifts to patients during the holidays. If it were up to us, he would move to the top of Santa's nice list. His mother, Tia Grimes, thought it would be a good way for him to learn the true meaning of Christmas. Special thanks to Jeremiah for his wonderful donation to those needing a little "cheering up" during Christmas.

WELLNESS Corner

Get Exercising Again

Health & Wellness Services will offer exercise classes beginning Monday, Jan. 5. This series of classes will run for six weeks. Join us Monday and Wednesdays for Open Circuit from 3-5 p.m. Stop in any time to complete an independent circuit. The circuit will take about 20 minutes to complete, however you are welcome to complete as many rounds as your time permits. We will offer Boot Camp on Tuesdays 3:45-4:30 p.m. to participate in a 35-minute workout with minimal rest. This class is a mixture of cardio, calisthenics and core strengthening. This class is designed to keep your heart rate elevated. Class ends with ten minutes of flexibility training. On Thursdays you can sign up for BOSU® from 3:45-4:30 p.m. Through this class you can participate in a series of exercises using a BOSU balance trainer to improve core strength, balance and tone muscle. Registration is required for all these classes. Forms are located on the FMC Intranet, Wellness Tab. Please send completed forms to amandano@fmchealth.org or fax to 740-689-6853. If you have questions please call 740-689-6822.

Monday Morning Deadline

Please submit your articles for Monday Morning by Tuesday at 4 p.m. for the Jan. 5. edition. For questions or more information, contact Donna Stalter at donnas@fmchealth.org or ext. 8108.

Oxygen for the Soul

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."

~Buddha

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.

 it for them . . .
Schedule your **FREE**
Mammogram today*



*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.