



Monday Morning



Cardiac Rehab Celebrates the Holidays

Happy New Year from FMC

Flu Restrictions Likely to Happen Soon

Fairfield Medical Center's Infection Control team met recently about the flu. The team said there is a strong possibility of starting Flu Restrictions in the near future. Please review the below protocol to be prepared when we do implement Flu Restrictions. We are continuously monitoring our community and the surrounding area for flu activity. We will send out a formal notice when the restrictions are actually implemented. Please call Infection Control at ext. 8625 for questions or more information. When the Influenza Restrictions are in effect, the following regulations will be implemented:

Influenza VISITOR Restrictions:

The purpose of visitor restrictions is to reduce the chances of exposure for our patients, staff and community members.

1. No visitors under the age of 12 are to be allowed above the first floor of the hospital (for rare exceptions please notify the House Supervisor at 740-243-1099).
2. Limit visitors to immediate family members. (Immediate family members may include spouses, grandparents, siblings over 12 years of age, or in some cases significant

- others or very close friends).
3. No visitors with flu-like symptoms (fever, cough or cold).

STAFF Requirements:

1. All staff, physicians, students and volunteers who have received the influenza vaccine must wear their laminated badge card. The badge card must remain on until May 1.
2. All those who have not received the influenza vaccine must wear a surgical mask while at work and in the presence of other persons. Non-compliant individuals are to be referred to their supervisor or manager. (In the case of physicians, refer to Andrew Murry, M.D., C.W.S., F.A.C.P., or Martha Buckley, M.D.)

Any staff, physician, student or volunteer who has not received their influenza vaccine can go to Employee Health, Monday-Friday from 7:30 a.m.-4 p.m. to receive their vaccine. When Influenza restrictions are in effect:

- FMC continuously monitors flu activity and the restrictions are implemented and lifted at the discretion of our infectious disease physician. Restrictions will be lifted when the number of cases diminishes.

- During restrictions, signs will be posted at all doorways and updates will be published weekly in the *Monday Morning* and sent by email. When the restrictions are lifted, signs will be removed and staff will be notified.

Script for Callers:

"Fairfield Medical Center is currently under flu restrictions. For the protection of everyone, no visitors under the age of 12 are allowed to go above the first floor of the hospital. Please limit visitors to immediate family members. Persons with flu-like symptoms (fever, cough or cold) should avoid visiting if possible."

Frequently Asked Questions:

- Q. What about children who need to be at the hospital for their own care?
A. Children are permitted

VISITOR RESTRICTIONS

Due to the high numbers of flu cases and for the safety of our patients, visitation is limited:



- No visitors under the age of 12 above the first floor of the hospital (Contact the House Supervisor at 740-243-1099 for exceptions).
- Limit visitors to immediate family members.
- No visitors with flu-like symptoms (fever, cough or cold).
- If you must be here with a patient, please report any flu-like symptoms to hospital staff.

Thank you for your cooperation in preventing the spread of the flu.

on the first floor of the hospital which would include outpatient testing areas such as Outpatient Lab and X-ray and also Surgery. For the rare situation that a child would need to go to an area above the first floor, contact the nursing supervisor at 740-243-1099 to review the situation and assist you.

Q. What if I have cold symptoms but must be at the hospital with a family member?

A. Report your symptoms to a staff member so that a mask can be provided for you to wear.



From the Chief's Desk

Today is the first *Monday Morning* of 2015. It is the beginning of a new year for each of us and for the Center. For some of us, 2014 was a tumultuous year, with lots of changes. We were certainly fortunate to be led by Sky for most of the year, as well as a very strong Board of Directors. At the end of the year, we were all very excited to welcome Jack as the new CEO. He brings lots of experience, lots of energy and a great appreciation for what an excellent Hospital we have. 2015 will be a banner year at FMC. We will be starting the year with a renewed emphasis on our mission, vision and especially our values and our culture. The goal is for all of us to be fully engaged in providing a true "Patients First" experience for everyone we come in contact with.

In addition to focusing on our culture, we will have the rare opportunity to change our image with the opening of Project BRIGHT. Much of 2014 was spent on building the plans that have been developed over the past few years. Beginning June 1, we will be opening a brand new OR Department, Central Sterile Supply Department and a new 30 bed inpatient unit. Those new beds will immediately allow us to



make all of our inpatient rooms private. What a great benefit to our patients. The new OR will consolidate the Pavilion and the Main OR into one department and provide the ability to add new technology. (The first example of that will be a hybrid OR suite, which combines a cath lab and an operating room for procedures that need both types of facilities.)

While adapting the culture and opening Project BRIGHT are both significant, we will also begin the celebration of our 100 year anniversary. October starts the beginning of our 100th year as a hospital. We are planning many events to thank the community for allowing us to serve them (us) for the past 100 years as well as continuing to be an important part of the fabric for the next 100 years.

Above all, while these major exciting things are happening, we will continue to provide excellent care for our patients. Thank you for a great 2014 and I hope we all have a happy, successful 2015.

Howard Sniderman
Chief Operating Officer

Looking for Physician Committee Members

Fairfield Medical Center is taking great strides to protect patients and staff in the event of an emergency. For this reason, an Emergency Preparedness Committee meets regularly to ensure policies/procedures and training for staff is initiated and practice drills are conducted. The committee is in search of

physicians who have an interest in this area to join the committee and help make a difference should an emergency arise at FMC and the surrounding area. Please contact Terri Higgins, emergency preparedness coordinator, at ext. 8190 or by email at terrih@fmchealth.org if you are interested.

EVENTS

From the Employee Activities Committee

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. \$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.

Save the Date: Bingo Boogie – Saturday, March 21 at the Moose Lodge located at 1201 Sugar Grove Road, Lancaster. Admission: FREE (adults-only event). Bingo starts at 7 p.m. (doors open at 6 p.m.) Boogie with DJ Jon Bauer after Bingo (about 9 p.m). Snacks will be provided and a cash bar will be available. Special 50/50 raffle to benefit the Employees Helping Employees Fund.

Please see the FMC Intranet/Employee Activities button for order forms. To reserve tickets for the above events, complete the request form on the FMC Intranet through the Employee Activities button.

Horizon Patient Folder Downtime

Start: Jan. 11 at 6 p.m.
Ends: Jan. 12 at 6 a.m.

Medical Information Services will have a 12 hour downtime in January to upgrade the Horizon Patient Folder medical record system. This will affect any user that accesses the Incomplete Records tab and the Medical Records tab in Portal, ILE, HPF Workstation and the Central Fax Line. Registration and

MIS document scanning will also be down during the 12 hours. MIS staff will have variable access to view and print documents, however there will be periods of complete inaccessibility. Clinicians may call MIS at ext. 8053 if documents are needed from a patient's prior visit(s). MIS will have the documents available for pickup or tube to the nursing unit.

It's Time to Think About Your Retirement

Now that the New Year is here and the holidays are behind us you may want to think about retirement goals. The Internal Revenue Service (IRS) recently announced an increase to the contribution limits for retirement plans for 2015. For 2015, you can contribute up to \$18,000 in the 401k/Pension

plan or a 403(b). For employees over age 50, you can make a catch up contribution of another \$6,000, for a total retirement savings of \$24,000. If you would like to change your elections, please contact Human Resources or Fairfield National Bank at 740-681-8246.

FMC Welcomes New Employees

Fairfield Medical Center is happy to announce the following new employees joining the team:

- Bates, Adrian, Radiology
- Billings, Nickie, PCU
- Burger, James, Lab
- Chesser, Joshua, PBX
- Dupler, Samantha, FHP

- Fizer, Charles, 4th Med./Surg.
- Hamilton, Christina, ICU
- Hanscel, Emily, 5th Med./Surg.
- McClain, Kimberly, 5th Med./Surg.
- Peltier, Angela, Contracts & Collections
- Rooker, Shelby, Registration
- Young, Gina, Housekeeping

FMC Welcomes New C.N.P. at OB/GYN Associates of Lancaster

Please welcome Brandie Shirey, C.N.P., to the staff at Fairfield Medical Center. Brandi has joined OB/GYN Associates of Lancaster, the practice of Dr.'s Froman, Santino and Barnhart, and is now accepting patients in their office. Brandie received her associate's degree in nursing from Hocking College in 1997, a Bachelors of Science in nursing from Ohio University in 2002 and her Masters and Certified Nurse Practitioner degree from Ohio University in 2013. Brandie has a wide array of nursing experience and has previously worked at Fairfield Medical Center, River View

Surgery Center, The James Cancer Center and Hocking Valley Community Hospital. In addition, Brandie completed a three month rotation with OB/GYN Associates of Lancaster while working toward her C.N.P. degree. Please welcome Brandi to our medical staff.



2015 Price Increase Talking Points

Fairfield Medical Center is committed and dedicated to providing high quality healthcare services, while maintaining reasonable and competitive charges based on the cost of providing those services.

- In 2015, FMC incorporated an overall price increase of five percent that will impact some service areas.
- It is important that our community understands our commitment and hears the same message from all employees when asked about the costs of their healthcare services.
- We would like all staff to utilize the script below when speaking to patients, their families and our community about the cost of healthcare.
- We are committed to assist our patients with any financial burden related to their healthcare services. We have trained certified financial counselors to meet with them to provide confidential assistance.
- A financial counselor is available to meet with patients at FMC or they can call to set up an appointment at 740-687-8025.
- Financial counselors are available by contacting the following:

1. Business Office located on the main campus – Ext. 8371 or 6419 (Open Monday–Friday from 7 a.m.-4:30 p.m.)
2. Business Office located in the

Emergency Room – Ext. 6743 (Open seven days a week from 10 a.m.-10 p.m.)

3. Business Office located at 1149 E. Main Street – 740-687-8025 (Open Monday–Friday from 8 a.m.-4:30 p.m.)

SCRIPTING WE WOULD LIKE ALL STAFF TO USE:

“We thank you for choosing Fairfield Medical Center for your healthcare services. We recognize the impact the cost of healthcare has on our community, and FMC works hard to maintain and keep our charges reasonable. We did have increases and decreases in some areas this year. The increase or decrease was based on the cost of providing those services that you rely on from FMC.”

“We have trained financial staff who can assist in answering any financial questions you may have about your services. They will provide assistance and education about the many programs available to meet your individual needs.”

“Financial representatives can be reached by calling 740-687-8025 OR Heidi Fisher, supervisor, at 740-687-8039 or Sharon Scruggs, manager, at 740-687-8235.”

Birthdays

MONDAY

Debra Bookman, Housekeeping
Danielle French, Fifth Med./Surg.
Molly Jones, Dietary
Tammie Jones, Cardiac Cath
Jason Mathes, Registration
Christyann Phillips, FHP Rheumatology

TUESDAY

Kelley Ayers, Case Management
Brandy Speaks, Lab

WEDNESDAY

Shauna Conley, Housekeeping
Vivian Hastings, FHP General Surgery
Sarah Large, Sixth Joint Unit
Margaret Muckensturm, Volunteer, South Information Desk, Cookie Cart, Marketing
Pamela Starlin, Housekeeping
Andrew White, Radiology

THURSDAY

Tina Deeter, Emergency Dept.
Courtney Duffy, Lab-DHS
Carol McQuate, Case Management
Emma Mosack, FHP Family Medicine of Carroll
Lori Myers, Cardiac Cath Recovery
Barbara Sudlow, Endoscopy
Christina Valentine, FHP General Surgery

FRIDAY

Kristen Clemons, Central Scheduling
Adrienne Ferryman, Emergency Dept.
Sarah Harb, Cardiovascular
Jennifer Southard, Emergency Dept.

SATURDAY

Brandy Altier, Respiratory Therapy
Michaela James, Emergency Dept.
Heidi Kohler, ICU
Cheryl Moore, Maternity
Melinda Mount, Fourth Med./Surg.
Dan Notestone, Volunteer, Chaplain Services
Melissa Shifflett, Dietary
Robert Simpkins, Radiology
Jill Williams, Housekeeping

SUNDAY

Jennifer Beiter, Cardiac Cath Recovery
Mark Borys, Diagnostic Services
Dina Hall, Dietary
Melissa Holter, Lab
Devin Hurst, Plant Engineering
Angela Marshall, Dietary
Jennifer Picetti, Central Scheduling
Angela Zamarelli, Maternity

Mileage Reimbursement Rate

Effective Jan. 1 the rate at which Fairfield Medical Center reimburses employees for mileage driven in personal vehicles for work related purposes is now 45¢ per mile.

Hospital Happenings

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.

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.

Becky Devoss Retirement Tea

Becky is 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.

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.

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

Tobacco Cessation

Learn effective methods and tools for quitting tobacco on Mondays Feb. 25-April 1 from 6-7:30 p.m. at the Cancer Resource Center located at 616 Forest Rose Ave., Lancaster. Please register by calling 740-689-6822. The price is \$30 per person.

Cancer Fatigue Class

Join Ivy O'Neal, oncology nurse navigator, as she focuses on the common side effects that may be associated with chemotherapy or radiation and what to do to help manage them. The next class is from 2-3 p.m. on Feb. 12 at the Cancer Resource Center. The goal of this class is to help you cope with cancer fatigue and is for anyone who is actively receiving cancer treatments or has received treatments in the past. Loved ones are welcome to participate, as well. For questions, please call 614-277-6941.

Diabetes Support Group

Join us for monthly meetings every last Monday of the month taught by our certified diabetes educator as she helps people with diabetes face the challenges of this disease. Meetings are held from 6-7 p.m. in the Assembly Rooms on the second floor at FMC. For schedule, cost and more information, call 740-687-8492.

Lung Cancer Screening

Give yourself peace of mind, schedule your lung cancer screening today. A physician order is recommended for people with a significant smoking history who are 55-74 years of age. To register, call 740-689-6889. There is a \$99 fee per person. The screenings are held at River View Imaging, located at 2405 N. Columbus St. and at Fairfield Diagnostic Imaging, located at 1241 River Valley Blvd.

WELLNESS Corner

Just a Reminder. . .

If you were unable to meet the Fairfield Medical Center goals of earning points toward your insurance premium, you still have an opportunity to earn those points. A Type 3 Appeal (Improvement Appeal) encourages you to improve your health and allows you to meet the original health goal(s) at a later time. Simply make the improvement, see your healthcare provider and then submit the Type 3 Appeal form (Improvement Appeal Form on the Bravo Wellness website) before Feb. 15, 2015. Points awarded will be applied in March. Any retesting is at the participant's expense. Please contact Health and Wellness at 740-689-6822 or gingerd@fmchealth.org with questions or concerns.

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.

Oxygen for the Soul

He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the Lord. ~Psalm 40:3
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.