



# Monday Morning



**Join us Feb. 21 for a Heart Health Tea** p. 4

**Schedule Your Free Mammogram Today** p. 4

## FMC's First Baby of The Year

The first baby born at Fairfield Medical Center arrived on New Year's Day. Declan Matthew Cox was born at 1:27 p.m., weighing in at 7 pounds, 13 ounces and 20 inches long.

Zack and Katlyn Cox are residents of Lancaster. "We were very shocked and excited that Declan was the first baby born at the hospital," said the proud mother.

She and her husband were also delighted to deliver a baby boy.

On behalf of FMC, they were given diapers, a gift card, and a handmade quilted blanket congratulating them on their new addition. "We were very thankful to receive the gifts to congratulate us, it was a nice surprise," said Katlyn.



*The first baby of the year born at FMC, Declan Matthew Cox, featured above with his mother and father.*

## Due to the Increase in the Flu—Visitor Restrictions are in Place

On Jan. 5, Fairfield Medical Center's Infection Control team put in place Flu Restrictions for the safety of our patients, visitors and staff. We are continuously monitoring our community and the surrounding area for flu activity. We will send out a formal notice when the restrictions are lifted. 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).

## 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.*

### 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.



# From the Chief's Desk

I want to begin 2015 by wishing everyone a Happy New Year. This year is going to be remarkable, memorable and defining for Fairfield Medical Center.



Why is it so important to participate? Simply, our culture will define **HOW** we do our jobs, **HOW** we interact with each other, and **HOW** we serve our community.

This presentation will set my expectation of the absolute baseline of our behavior and culture moving forward at FMC. It is very important that you hear directly from me as to what we expect from each other and how we intend to use our culture to support our growth and sustainability.

I promise that I will not ask anything from you that I am not willing to personally commit to. I ask that you come to the discussion with open minds and hearts, ready to start our journey to excellence in all that we do. Remember, it is only you that can embrace the change—one person at a time. However, together—we make the difference that can change our community and our future for the better. Here is to a great 2015—let's get rolling!

John R. "Jack" Janoso, Jr.  
Chief Executive Officer

This New Year will be filled with important milestones and events that I believe will herald Fairfield Medical Center as an organization on the rise and a true asset to our community. As you know, the opening of Project BRIGHT and our pending centennial celebration will be signature events for us, and our community.

However, THE most important events of 2015 will begin to occur almost immediately over the next month. I will personally be holding employee meetings to define for the entire organization our new organizational culture.

The meetings will be entitled "**Culture of FMC.**" You will see meeting times and dates posted throughout our facilities and I am requiring that each of you take the time to attend at least one of these sessions.

## HR Corner Market Adjustments

Fairfield Medical Center is committed to providing a comprehensive total rewards package (wages, benefits and rewards) that attracts and retains employees who are committed to our mission, vision and values. Each year, we utilize up to eight external salary surveys as comparative data on a local, regional, state and national level for our jobs. We compare job titles, job duties and current wages to the data and then determine the market status for our positions. Market analysis for 2015 market adjustments was completed and approved in December, with 44 positions receiving a market increase. Employees who are positions that were approved for a market adjustment have received a letter at their home address. Should you have any questions regarding this information, please contact your manager.

## 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](http://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 Kellie Sharp, by email at [kellies@fmchealth.org](mailto:kellies@fmchealth.org) or at ext. 6454.

**FMC Family Fun Day at COSI** – Join us on Saturday, Jan. 24 from 10 a.m. -5 p.m. Your FMC group price is only \$10 per ticket (all ages). Save up to 48 percent off! Included in the price is general admission to COSI's classic exhibits and live shows. You can purchase the following add-on attractions for \$5 at COSI the day of the event: The Planetarium, National Geographic Giant Screen, and the Simulator or Adventure. FMC exclusive on Jan. 24: Live show on the Gadget Stage at 2 p.m. for FMC family and friends only. Maximum occupancy for this show is 220. Parking is \$5 per vehicle paid at COSI. Purchase your lunch in the café or pack your own and then come upstairs to the reserved group lunchroom on the mezzanine at noon to eat lunch with FMC family and friends. We have a limited number of tickets to sell at this special price. Tickets can be purchased in Human Resources Monday-Friday from 8 a.m.-4:30 p.m. Please complete the ticket order form found on the FMC Intranet/Employee Activities button. Deadline to purchase tickets is Friday, Jan. 23 at 2 p.m. Scheduled to work on Jan. 24, on call, or not available that day? Not a problem, you can still purchase these tickets and use another day of your choice in 2015.

**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](mailto:kellies@fmchealth.org).

## Schedule to Attend Culture of FMC Meeting

Listed below is the schedule for the all employee meetings that will be conducted by Jack Janoso regarding the "**Culture of FMC.**" These meetings are open to all FMC staff and **you are encouraged to attend one of the meetings.** Stop by at your convenience to hear about all of the new and exciting future of FMC:

- **Monday, Jan. 12, 10-11 a.m.** in Assembly Rooms 1 & 5
- **Monday, Jan. 12, 2-3 p.m.** in Assembly Rooms 1 & 5
- **Wednesday, Jan. 14, 7-8 a.m.** in Assembly Rooms 1 & 5
- **Thursday, Jan. 15, 5-6 p.m.** in Assembly Rooms 2 & 3
- **Thursday, Jan. 22, 1:30-2:30 p.m.** in Assembly Rooms 1 & 5
- **Monday, Jan. 26, 3-4 p.m.** in Assembly Room 2

- **Wednesday, Jan. 28, 2-3 p.m.** in Assembly Rooms 2 & 3
- **Monday, Feb. 2, 9-10 a.m.** in Assembly Rooms 1 & 5
- **Monday, Feb. 2, 3:30-4:30 p.m.** in Assembly Rooms 1 & 5
- **Friday, Feb. 6, 2-3 p.m.** in Assembly Rooms 2 & 3
- **Monday, Feb. 9, 5-6 a.m.** in Assembly Rooms 2 & 3
- **Tuesday, Feb. 10, 10-11 a.m.** in Assembly Rooms 2 & 3
- **Monday, Feb. 16, 7:30-8:30 a.m.** in Assembly Rooms 1 & 5
- **Monday, Feb. 16, 3:30-4:30 p.m.** in Assembly Rooms 1 & 5
- **Tuesday, Feb. 17, 10-11 a.m.** in Assembly Rooms 1 & 5
- **Wednesday, Feb. 18, 3:30-4:30 p.m.** in Assembly Rooms 2 & 3
- **Thursday, Feb. 19, 5-6 a.m.** in Assembly Rooms 2 & 3

# Interested in Attending OU-Lancaster?

FMC's School at Work students will be visiting the Ohio University-Lancaster campus on Tuesday, Jan. 27 at 5 p.m. to learn about admissions, financial aid and adult learning on the Lancaster campus. This two-hour



session will also include a brief tour of the campus. If you are interested in attending, please RSVP to Wendy Travis in Learning & Development by Friday, Jan. 23. If you have any questions, please email Wendy or call ext. 8395.

# Observation Status Cohort Pilot to Start Soon

In an effort to provide our medical observation patients with high-quality, personalized care, an observation status cohort pilot will be conducted on Fifth Floor. For six weeks beginning Jan. 13, medical observation patients meeting the inclusion/exclusion criteria will be placed in rooms 507-517. They will receive care from a

dedicated nursing staff and multidisciplinary care team that includes Arbor View and Community Hospitalist Physicians, CNL, Case Management, and supportive clinical staff. Our goal is to improve efficiency of patient centered care, while also improving patient outcomes.

# Help Us Tell FMC's Story for Our Centennial

We are looking for captivating stories to help us tell Fairfield Medical Center's story for our upcoming centennial celebration. If you have a special story or memory that has happened in your life we would like to hear about it! It can be a long or short story explaining why you value FMC and the care you or a loved one received that

transformed your life. Please send your stories to Latricia Johnston, centennial project director at latriciaj@fmchealth.org, or upload it on facebook by going to facebook.com/fmchealth. We are looking forward to hearing from you to help us celebrate 100 years of care.

# 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:

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.

# FMC Calendars

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

**2015**

401 N. Evelyn St. | Lancaster, Ohio 43130 | 740-687-8000 | fmchealth.org

**Important Phone & Fax Numbers:**

Cancer Resource Center - 740-687-6964	Inpatient Services (Bedroom) - 740-687-6130
Cardiovascular Services - 740-687-8170	Laboratory Services - 740-687-6160
Central Scheduling - 740-687-6666	Medical Records - 740-687-8023
Emergency Department - 740-687-8100	POI Office Fax - 740-687-6226
Pharmacy - 740-687-7620	Performance - 740-687-6265
Fairfield Medical Foundation Center - 740-689-6466	Wound Clinic - 740-689-6460

**Fairfield Medical Center**  
People you know. Care you trust.

- 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

# 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.

# Birthdays

MONDAY
Charles Anderson, Surgery Lawrence Beougher, Housekeeping Joshua Chesser, PBX Ginger Davis, Wellness Services Haley Horton, Endoscopy James Tipple, Surgery Amanda Wagner, MIS
TUESDAY
Brandice Anders, Surgery River View Joyce Cox, FHP General Surgery Sarah Lanson, FHP Randal Spearman, Physical Therapy
WEDNESDAY
Loren Lemon, Dietary Sabrina Miller, Surgery Megan Shaeffer, Lab Angela Stevenson, Respiratory Therapy Michaela Thompson, FHP Neurology
THURSDAY
Evelyn Bennett, Maternity Elizabeth Hammack, Fifth Med./Surg. Casey Lingerak, Lab-Blood Bank Stacy Mitchell, Endoscopy Marcia Parker, Registration Mary Rogers, Learning & Development Stephanie Stoneburner, Radiology Joshua Williams, Vascular Interventional Radiology
FRIDAY
Jeffrey Bryan, Emergency Department Aubrey Coykendall, Third Med./Surg. Jacqueline Hillyer, Fifth Med./Surg. Tonya Julian, Materials Management
SATURDAY
Nicole Arnold, Fifth Med./Surg. Juliana Barker, Volunteer, Pet Therapy Robin Carlisle, Central Scheduling Patricia Hecker, Sleep Lab Kelsy Nye, Fifth Med./Surg. Keita Trowbridge, ICU
SUNDAY
Christine Cordle, Nursing Services Paul Hilderbrant, Vascular Interventional Radiology

# Patient Safety Award

It is time again to start nominating individuals for the quarterly patient safety award. 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.

**Eligibility:** Any hospital employee, physician, student or volunteer may be nominated.

**Nomination Procedure:** Complete the Patient Safety Award Nomination Form and return it to Eric Brandt. The form is under searchable forms and Eric also has copies. Fourth quarter nominations will be taken until Jan. 15.

## Hospital Happenings

### Chamberlain College Visit at FMC

Learn about educational partnership with Chamberlain College of Nursing on Jan. 15 in the Fairfield Medical Café from 10:30 a.m.-3 p.m.

### Grand Round Presentation: Redesigning Heart Failure, A New Model of Care

On Jan. 29, we will hold a Grand Round Presentation from noon-1 p.m. in the Assembly Rooms. The topic is heart failure and will feature a case presentation on a heart failure patient.

### 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 740-277-6941.

### 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 featuring Jym Ganahl from NBC 4. \$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.

### 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 required. This test 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.

### FMC Weight Watcher's Classes Coming Back to FMC this Winter

The "Weight Watchers, At-Work" classes will come back to FMC beginning the week of Feb. 1, Mondays from noon-1 p.m. and Thursdays from 5:15-6 p.m. (location to be determined). An open house will be held on Jan. 19 at noon in Classroom Gamma and Jan. 22 in Classroom B at 5 p.m. for you to attend and complete paperwork. Session length is 15-19 members for 12 weeks at \$156 (\$26 per pay for six pays). Payroll deduction is available. For 20 or more members at 17 weeks the cost is \$186 (\$31 per pay for six pays). These fees include all meetings, materials, etools and both phone apps. The program is open to EVERYONE—employees, physicians, volunteers, family and community members. You can even join through FMC and attend meetings ANYWHERE by just showing your card. Meetings last approximately 45 minutes. If you are interested, notify Colleen Yarbrough at [colleen@fmchealth.org](mailto:colleen@fmchealth.org) or Pamela Hicks at [pamelah@fmchealth.org](mailto:pamelah@fmchealth.org) with what day you are interested and then simply show up to one of the classes and all the paperwork and informational material will be available to get you started on a healthier YOU! Please e-mail or call Colleen Yarbrough at ext. 8191 if you are interested in joining.

## Do it for them . . .



Schedule your **FREE Mammogram** today\*



Fairfield Medical Center  
FOUNDATION

susan g. komen  
FOR THE CURE COLUMBUS



\*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](mailto:carold@fmchealth.org) or 740-243-8924.

## WELLNESS Corner

### The FMC Internal Wellness Committee Lunch & Learn Series Continues in 2015

Join us Jan. 21 from noon-12:30 p.m. in Assembly Room 1 with Kate Kanner, R.D., L.D. She will do a presentation regarding the topic: This year, resolve to quit dieting. Many people resolve to lose weight for the New Year and are disappointed with their lack of results. Don't miss this discussion on why the diet mentality does not work long term, gain knowledge on basic healthy eating, and gather tips on how to stay healthy and maintain good nutrition throughout the year.

Also join us Feb. 18 from noon-12:30 p.m. in Assembly Room 3 to hear Tracy Oppenheimer discuss the benefits of yoga and lead the group in a chair yoga demonstration. In this busy world where most of us live a nonstop lifestyle, we don't take the time to sit down and relax, even for just a few minutes. Don't miss this informative and calming presentation aimed at improving your mind-body balance.

Register to attend any 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!

Remember to **SAVE THE DATE** for the Second Annual Employee Wellness Fair on Thursday, March 19 in the Assembly Rooms.

## Oxygen for the Soul

Your success and happiness lies in you. Resolve to keep happy, and your joy, and you, shall form an invincible host against difficulties. ~Helen Keller

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](http://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.