



# Monday Morning



**Learn How to Manage Cancer Fatigue** p. 4

**Grateful Patient Recognizes Staff** p. 3

## FMC Receives Echocardiography Accreditation By IAC

The Fairfield Medical Center Echocardiography Lab has been granted a three-year term of accreditation in echocardiography in the areas of Adult Transthoracic by the Intersocietal Accreditation Commission (IAC).

Cardiovascular diseases are the No. 1 cause of death in the U.S. On average, one American dies every 39 seconds of cardiovascular disease – disorders of the heart and blood vessels.

“We are proud of this achievement because it shows how we hold ourselves up to the highest standards of care,” said John R. “Jack” Janoso, Jr., FMC president and CEO. “Furthermore, our patients see how committed we are to their care by receiving this high honor.”

The American Heart Association estimates that the direct and indirect cost for cardiovascular disease in the U.S. for 2010 was \$503.2 billion. Early detection of life threatening heart disorders and other diseases is possible through the use of echocardiography procedures performed within hospitals, outpatient centers and physicians’ offices. While these tests are helpful, there are many facets that contribute to an accurate diagnosis based on echocardiography testing. The skill of the echocardiography sonographer [Continued on p. 3](#)



*The echocardiography team is featured above after being accredited by the IAC.*

## Update on the Pneumonia Vaccine

The American Committee of Immunization Practices updated the pneumococcal vaccine requirements in 2012 to add Prevnar 13 for certain conditions in adults. And again in 2014, to add Prevnar 13 doses for all persons over 65 years of age. Historically FMC has been providing Pneumovax 23 pneumococcal vaccine at discharge to patients who meet certain requirements since this was a core measure. As of January 2014, this is no longer a core measure. The vaccine recommendations have changed and FMC is changing our current practice to meet those recommendations.

Starting Jan. 19, we will no longer provide the Pneumovax 23 vaccine at discharge. The attached flier will be included in the discharge packet assembled by the volunteers and given to each inpatient and outpatient. The patient will then be instructed to give the flier to his/her primary care physician or pharmacist. Physicians may still order this vaccine for in-patients.

There are two **vaccines** for pneumonia that are given year round. Your physician or pharmacist can help you decide if you need them.



**Ask Your Physician if You Need Your Pneumonia Vaccine . . .**

- Adults 65 years of age or older are at increased risk for pneumococcal disease (pneumonia).
- Adults 65 years of age or older need both vaccines **unless** they have already received Prevnar.
- People under 65 years of age may benefit from these vaccines if they have certain medical conditions.
- People over 18 years of age who smoke or have asthma may benefit from these vaccines.

For questions or more information about this vaccine, contact your **physician** or local **pharmacist**.

Check with your insurance company for coverage.



# From the Chief's Desk

I've had my bucket filled and dipped this week. You are thinking, "She has a bucket?" Yes I do and you do



too according to a book that has become a topic of conversation at home since the beginning of the school year. It's a kid's book that has helped us identify opportunities to become self aware and other-centric. It occurs to me that its message serves well to teach and reinforce FMC's values and associated behaviors being taught by Jack to all employees over the next many weeks. The book is *How Full Is Your Bucket for Kids* by Rath and Mary Reckmeyer. It's the story of Felix, a young boy who is not having a good day. The issue at hand is a typical sibling squabble resulting in tears and intervention by Grandpa. Felix's little sister is annoying Felix and like many a sibling in similar circumstances, he retaliates. The wise of grandpa takes Felix aside and explains that we each have invisible buckets floating above our heads. When buckets are low, we feel badly and when buckets are full, we feel great. Felix has a choice of either dipping or filling his sister's bucket using words and actions. By being aware of other's buckets, Felix learns to perceive how others are feeling (even bullies) and that he has a choice to either dip or fill their buckets. The surprising thing for Felix was coming to the realization that when he filled someone else's bucket, his was also filled and when he dipped someone's bucket, he dipped his own. All of the behaviors being insisted upon by Jack in

his presentations are bucket fillers and support our values of integrity, empathy, teamwork, stewardship and agility. Some of the behaviors

include escorting people who are lost to their destination; making eye contact when within 10 feet of each other in the hallway and saying good morning, afternoon or evening, as appropriate, when within five feet; speaking to each other with undivided attention; communicating well of the organization in and out of the Center; treating all colleagues with respect; being blame free and assuming good intent. Would anyone disagree with any of these? When our grandchildren came home from school talking about the book, it launched us into an almost daily discussion of others buckets – whose was full and whose was dipped and what we did that day that filled or dipped buckets. It's been good for our little family. I am not suggesting that "bucket" discussions are going to be expected of us at the Center. I am suggesting that, like my little family at home, we will all necessarily need to become aware of our personal and external environments, be expected to behave in specific ways that will be good for us both as individuals, teammates, employees, professionals, and community citizens. Here's to a new perspective, attitudes and actions that will take us into a healthy and happy 2015.

Cynthia Pearsall,  
Chief Nursing Officer

# 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 door prizes 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 required to attend one of the meetings.** Stop by at your convenience to hear about the new and exciting future of FMC:

- **Thursday, Jan. 22, 1:30-2:30 p.m.**  
in Assembly Rooms 1 & 5
- **Thursday, Jan. 22, 3-4 p.m.**  
at River View
- **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, 10:30-11:30 a.m.**  
in the Accounting Training Room
- **Monday, Feb. 2, 3:30-4:30 p.m.**  
in Assembly Rooms 1 & 5
- **Friday, Feb. 6, noon-1 p.m.**  
at Amanda
- **Friday, Feb. 6, 2-3 p.m.**  
in Assembly Rooms 2 & 3
- **Monday, Feb. 9, 5-6 a.m.**  
in Assembly Rooms 2 & 3
- **Monday, Feb. 9 at 7:30-8:30 a.m.**  
in Assembly Rooms 2 & 3
- **Tuesday, Feb. 10, 10-11 a.m.**  
in Assembly Rooms 2 & 3
- **Tuesday, Feb. 10, noon-1 p.m.**  
at Bremen
- **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
- **Thursday, Feb. 19 at 7:30-8:30 a.m.**  
in Assembly Rooms 2 & 3

# FMC Receives Echocardiography Accreditation By IAC (cont.)

performing the examination, the type of equipment used, the background and knowledge of the interpreting physician and quality assurance measures are each critical to quality patient testing.

Accreditation by the IAC means that FMC has undergone a thorough review of its operational and technical components by a panel of experts. The IAC grants accreditation only to those facilities that are found to be providing quality patient care, in compliance with national standards through a comprehensive application process including detailed case study review.

"IAC accreditation is the seal of approval that patients can rely on," said Jeremy Buckley, M.D., FMC interventional cardiologist. "It's a way of validating all of our staff's hard work and dedication and is an ongoing process

that we will continue to strive for every three years."

IAC accreditation is widely respected within the medical community, as illustrated by the support of the national medical societies related to echocardiography, which include physicians and sonographers. When scheduled for an echocardiography procedure, patients are encouraged to inquire as to the accreditation status of the facility where their examination will be performed and can learn more by visiting [www.intersocietal.org/echo/main/patients.htm](http://www.intersocietal.org/echo/main/patients.htm).

FMC, a regional leader in advanced cardiac care, performed 16,130 cardiology procedures in 2014, including 1,714 catheterizations.

## 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](mailto:latriciaj@fmchealth.org), or upload it on facebook by going to [facebook.com/fmchealth](https://www.facebook.com/fmchealth). We are looking forward to hearing from you to help us celebrate 100 years of care.

## Grateful Patient Recognizes Staff

Congratulations to Barb Stivison, Denise Primmer and Shari Music on receiving the Legendary Caregiver Award from the Fairfield Medical Center Foundation.

These staff were recognized because they held her hand, gave her a hug and spoke in a calming voice. Grateful patient Betty Shugert knew that she was being cared for by people who not only loved their jobs, but also cared deeply for their patients. "Thank you from the bottom of my heart," said Shugert.

### VISITOR RESTRICTIONS

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



Fairfield Medical Center  
People you know. Care you trust.

- 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.



Congratulations to Katie Stevens for being selected to serve as a member of the CGS Jurisdiction 15 (J15) Part A 2015 Provider Outreach and Education (POE) Advisory Group.

Katie was selected to represent hospitals from Ohio, Indiana and Kentucky. She will be part of an advisory group that will assist CGS in the creation, implementation and review of provider education strategies and efforts.

## Birthdays

### MONDAY

**Nawal Al-Nouri**, Dietary  
**Pamela Hicks**, Administrative Secretaries  
**Catherine Hurst**, Fourth Med./Surg.  
**Megan Kibler**, Fourth Med./Surg.  
**Mick LaVeck**, Housekeeping

### TUESDAY

**Catherine Baughman**, Case Management  
**Deserae Belcher**, Cardiac Cath  
**Stacie Howe**, ICU  
**Mary Mathias**, Fairfield Diagnostic Imaging  
**Mary Ogg**, Lab-Histology  
**Lisa Stevens**, Cardiovascular Research  
**Marilyn Thompson**, Radiology-General

### WEDNESDAY

**Deborah Ashbaugh**, Lab-General  
**Catherine Ballenger**, Emergency Dept.  
**Kyle Bower**, Emergency Dept.  
**Laura Garrett**, Cardiovascular  
**Cynthia McGowan**, FHP Carroll  
**Jean Robertson**, MD, Administration  
**Brenda Stewart**, FHP Cardiothoracic Surgery

### THURSDAY

**Beverly Adams**, Dietary  
**Annette Eltringham**, Dietary  
**Autumn Jones**, Ewing Sqr-Infusion Services  
**Randy Oyster**, Infection Control  
**Richard Storts**, Center Police  
**Rita Sullivan**, Materials Management  
**Nichole Wight**, Maternity

### FRIDAY

**Teniece Heston**, Housekeeping  
**Tyler King**, FHP EMR Team  
**Shirley Lawson**, Contracts/Collections  
**Nancy Miller**, Administrative Secretaries  
**Megan Novotni**, FHP Neurology  
**Michelle Smith**, Third Med./Surg.  
**Jeffrey Solenbarger**, Cardiac Cath Recovery  
**Christopher Waldeck**, Patient Rep.

### SATURDAY

**Kaylea Davis**, Fourth Med./Surg.  
**Betty Kochheiser**, MRI  
**Dawn Rose-Lewis**, PCU  
**Debbie Speakman**, Lab-Hematology  
**Lisa Winter**, Cardiovascular

### SUNDAY

**Lora Bowersock**, Housekeeping  
**Nichole Conkel**, Emergency Dept.  
**Rebecca Keyes**, Vascular Interventional Radiology  
**Jaimie McCown**, Physical Therapy  
**Cheryl Muetzel**, Nursing Services, Volunteer-Systems  
**Joan Ray**, Maternity  
**Chuck Schooley**, Volunteer-North Information Desk

# Hospital Happenings

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

On Jan. 29, we will hold a Grand Rounds 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.

## Becky Gaylord Retirement Tea

Becky began her career at FMC in 1988 working as a contingent MLT, generalist for 10 years. She returned to her FMC Lab family in 2011 as a full time second shift generalist. Shortly thereafter she became the second/third shift supervisor. Her tea is Jan. 30 from 2-4 p.m. in Assembly Room 2.

## 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.

## 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. Call Colleen Yarbrough at ext. 8191 if you are interested in joining.

We're getting ready to celebrate 100 years at FMC and YOU can be part of the celebration!  
**We want to include your baby photos in our upcoming centennial celebration.**

If you, or a loved one, were born at FMC and would like to be part of this celebration, please email a copy of your photo or bring it by our marketing office. Photos can be emailed to [latriciaj@fmchealth.org](mailto:latriciaj@fmchealth.org). For FMC centennial photo submission rules go to [fmchealth.org/photo-rules.aspx](http://fmchealth.org/photo-rules.aspx).



## FMC Welcomes New Employees

Please welcome the following new employees joining the team on Jan. 12:

- Emily Archer, Housekeeping
- Zach Chaffin, Pharmacy
- Suzanne Garner, Central Scheduling
- Melissa Golobic, ICU
- Whitley Hanna, 5th Med./Surg.
- Jessica Hughes, 5th Med./Surg.
- Sarah Lanson, FHP
- Jason Mathes, Registration
- Erica McDaniels, Systems
- Denise Miller, Lab
- Bethany Zeigler, Medical Information Services

## 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

Yesterday is gone, tomorrow has not yet come. We have only today. Let us begin.

~Mother Teresa

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.