



Monday Morning

1 in 20
has colon
cancer.



Get tested today!



March 6 is Wear Blue Day - Get Screened Today! p. 3

Grateful Patient Honors Surgery Nurses p. 2

Kailei Babcock Receives Great Catch Award

On Feb. 20, Kailei Babcock, RN-BSN, 3rd floor telemetry, was presented with the “Great Catch” award, which recognizes employees who have gone above and beyond their job duty to help someone else. Kailei recently helped a patient who had undergone surgery at FMC and was trying to get insurance approval for rehab. When the patient’s request for rehab was initially denied by the patient’s insurance company, Kailei stepped in and spoke directly to the insurance nurse, explaining that she felt the patient would greatly benefit from rehab. The insurance company resubmitted the claim and the patient was approved for rehab. Autumn Kincaid, clinical nurse leader, 3rd floor telemetry, said “Kailei demonstrates the culture of FMC – patients first, advocate, compassion, agility, stewardship and teamwork. We are blessed to have her a part of our team.” Do you know of a staff member who made a great catch? Email their story to Jack Janoso at jackj@fmchealth.org.



John R. “Jack” Janoso, Jr., president and CEO, and Howard Sniderman, chief operating officer, present Kailei Babcock, RN-BSN, a Great Catch Award among her peers on Feb. 20.

Fifth Floor Starts Pilot with Multidisciplinary Team That Shows Results



Pictured above are members of the multidisciplinary team on the Fifth Floor who are making a difference in the lives of our patients and the community in general.

The Fifth Floor Medical Observation pilot has reached its midpoint. “We are pleased to share that the hard work of our multidisciplinary team is beginning to show,” said Jodie Hildenbrand, clinical nurse leader. “The mid-point data results reveal decrease in length of stay by 2.3 hours and a great reduction in long observation stays (>80 hours).” Medical observation patients of any attending physician can now be placed in this area. The patient satisfaction survey data shows significant improvement in helping patients meet their discharge/follow-up care needs and an increase in patient understanding of observation status. Observation status education can now be found in the Care Notes system. Collaboration between clinicians has been vital to these results and continues to improve as the pilot progresses. We have identified areas of opportunity and look forward to improving efficiency, communication and patient placement. For further information or questions, contact Andrea Daley at andreada@fmchealth.org or Jodie Hildenbrand at jodieh@fmchealth.org.



From the Chief's Desk

I hope you've heard the talk about Fast Track or seen the signs in the North Lobby for Through Care. About two weeks ago, we



The best way to fix that, is to separate the most urgent patients from the least urgent patients. That is what the Emergency

Department decided to do, with a lot of help from the rest of the FMC Team. Between 5 p.m. and 11 p.m., every day, we open Through Care, in the Recovery Bays of the Endoscopy Department. So far, the results have been outstanding. We have been caring for 15-25 patients every day. Rather than having to wait a couple of hours to be seen, they are generally in and out in less than an hour. Those patients have been thrilled. The number of people who leave without ever being seen or treated has decreased to almost 0.

We started this as a pilot project, but it is already doing so well that we will need to figure out how to expand to see 30 or 35 patients in that time frame. I can't wait to see the patient satisfaction scores in the Emergency Department. I know they are going to increase significantly. Congratulations to Pam Reed, Mark Sedor, the entire Emergency Department staff, Dr. John Scott and the EMP team, and everyone at FMC who made this "pilot" the new way of caring for our patients.

What an outstanding PATIENTS FIRST project that we can all be proud of.

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Howard Sniderman
Chief Operating Officer

As most of us know and many of us have experienced, when we come to the Emergency Department for a true emergency, the entire experience is terrific. However, if we come for something that is urgent or convenient, we have a much longer wait so that those life-threatening emergencies can be handled first. Because of that, patients here and virtually every ED aren't always happy with those long waits.

EVENTS

From the Employee Activities Committee

Bingo Boogie at the Moose – Join us Saturday, March 21 from 6-11 p.m. Admission: FREE (adults-only event). Bingo starts at 7 p.m. and 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 (drawing at 10:30 p.m.). RSVP not required. For questions, please contact event host Marlene Lecznar of Accounting by email or at ext. 8046. Please see the FMC Intranet/Employee Activities button for more information.

FMC Movie Night and Easter Bunny Visit – Join us Friday, March 27 in the Assembly Rooms. The featured movie is *HOP*. The Easter Bunny will be available for pictures from 6-7:30 p.m. Activities include face painting, an Easter-themed coloring station/popcorn and candy which will start at 6 p.m. The movie begins at 7:30 p.m. No cost to attend. Registration is required due to room capacity for the movie. Adults must stay with children at all times (no drop-offs). You may bring blankets and pillows for floor seating. Limited chair seating also will be available. RSVP to event host Amy Black of MIS by email or at ext. 8241. Please see the FMC Intranet/ Employee Activities button for event flier.

Amish Country Bus Trip to Berlin, Ohio – Join us Friday, May 8. This day trip includes a bus ride to Berlin, a guided tour and a meal provided by an Amish family at their home. The meal includes homemade bread, salad, hot and cold beverages, peanut butter spread, roast beef, baked chicken, mashed potatoes and gravy, noodles, green beans and assorted pies. The cost per person is \$64. Please see the FMC Intranet/Employee Activities button for additional trip details, reservation form and release of liability form. Completed forms can be sent to trip coordinator Heather Davis, Six Sigma (ext. 8047 for questions).

Chicago Bus Trip – Join us Sept. 18-20. Your trip includes two nights at the Hampton Inn & Suites Downtown Chicago, which is located just three blocks from the Magnificent Mile, two blocks from North Bridge shopping, and one mile from the Navy Pier. The cost of the trip includes transportation and hotel accommodations; meals not included. The bus departs from FMC at 7 a.m. on Sept. 18 and arrives in Chicago by 1 p.m. On Sunday, Sept. 20, we will depart at noon and arrive at FMC by 6 p.m. Please see the FMC Intranet/Employee Activities button for additional trip details on the flyer, reservation form and release of liability form. Completed forms can be sent to trip coordinator Amy Reedy of the Lab (ext. 8443 for questions).

Price with transportation and hotel accommodations:

- Two people per room: \$351 per person
- Three people per room: \$261.15 per person
- Four people per room: \$217.72 per person

Current discount ticket offers – please see posted order forms for details:

- Monster Truck Nationals on April 11
- Ringling Brothers Circus from April 23-26
- Snow Trails
- Broadway in Columbus – Sister Act and Once

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.

Grateful Patient Honors Surgery Nurses

Steven Cox, M.D., and Joyce Cox took a moment at Monday's leadership meeting to thank two very special employees, Rachel Carpenter, R.N., and Tara Miller, R.N., from the Surgery Department. "Rachel and Tara took care of a special loved one with humor, compassion and empathy. They do this in their jobs every

day, but for us, the 'above and beyond extras' they provided were extremely appreciated," said Joyce. Dr. Cox and Joyce made a monetary gift to the FMC Foundation in Rachel and Tara's honor, and we welcome them as our newest members of the Grateful Patient circle. Congratulations to Rachel and Tara.



Pictured: Lily, daughter of Anne Stoughton, Accounting, at COSI.

COSI a Hit for All Ages

The COSI event was a huge success with over 500 tickets sold. Employees enjoyed special perks at FMC Day on Saturday, Jan. 24 and many others continue to enjoy COSI this winter. Due to the popularity of this event, we have been offered the opportunity to purchase tickets again this coming fall when the LEGO exhibit comes to town. Watch for details about this exciting offer at the end of this summer.

Culture of FMC Meetings

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:

- **Monday, March 16, 2:30-3:30 p.m.** in Assembly Rooms 1, 2 & 5
- **Wednesday, March 18, 3-4 p.m.** at Diley Ridge Medical Center
- **Thursday, March 19, 4-5 p.m.** at Fairfield Diagnostic Imaging

Employee Education

Annual Employee Education lessons (AEEs) were assigned to all FMC employees, physicians and contract staff the week of Feb. 16. AEEs review information annually that is required by regulatory agencies that govern our organization. Employees can find these lessons listed within the Talent Development Center under "learning to do list." The deadline to complete all lessons titled AEE and MOST is Nov. 15, 2015. Please contact Learning and Development at ext. 8491 or Michelle Stiver at michellest@fmchealth.org should you have any questions.

Cafeteria to Be Remodeled

Beginning in mid-March, the Cafeteria will undergo a face lift. In order to expedite this process, the cafeteria will be completely closed on two consecutive weekends from Saturday beginning at 8 a.m. until Sunday at 6:30 p.m. The two weekends involved are March 21 and 22 and March 28 and 29. The first weekend we will set up temporary quarters in the Second Floor Conference Room and

the second weekend we will be located in Assembly Room 3. The menu will be scaled down and involve simple items like cold sandwiches, salads, snacks and soup and will obviously be available for carry out only. We do encourage everyone to consider brown bagging as an alternative during this phase of the remodeling. If you have any questions, call John Belin at ext. 8127.

FMC Welcomes New Employees

Please welcome the following new employees who joined the team on Feb. 23:

- Melanie Bennett, FHP
- Adrienne Emmert, Fourth Med./Surg.
- Robert Graham, Materials Management
- Ryan Griffin, Pharmacy
- Laura Lehman, Fourth Med./Surg.
- Kate Mariscal, Fourth Med./Surg.
- Julia Mason, Psych.
- Bill Parker, Fourth Med./Surg.
- Jessi Roe, Fourth Med./Surg.
- Randy Smith, Central Transport
- Bethany Strickler, Surgery Assessment
- Natalie Trick, Psych.
- Crystal Walker, Fourth Med./Surg.
- Alysa Webb, Third Floor
- Kathy Weber, FHP

Be SEEN Get SCREENED

Beginning at age 50, both men and women should follow one of the below testing schedules:



Tests that find polyps and cancer:

- Flexible sigmoidoscopy every five years
- Colonoscopy every 10 years
- Double-contrast barium enema every five years
- CT colonography (virtual colonoscopy) every five years

Tests that primarily detect cancer:

- Yearly Fecal Occult Blood Test (FOBT)
- Yearly Fecal Immunochemical Test (FIT)
- The tests that are designed to find both early cancer and polyps are preferred if these tests are available to you and you are willing to have one of these more invasive tests. Talk to your doctor about which test is best for you.

If you have a family history of colon, pancreatic or breast cancer, speak to your physician about starting screenings at age 40.

Get tested today!

740-687-8863
fmchealth.org





FMC Clinicians Educated at Genetics CME



FMC CEO Takes Time for Bake Off With Employees

Join Us For the Annual **FMC EMPLOYEE WELLNESS FAIR**

Services to be provided:

- FREE** Bone Density Screenings
- FREE** Biometric Screenings (height, weight, BMI and body fat)
- FREE** Blood Pressure Checks
- FREE** Hearing Screenings*
- FREE** Glucose Screenings
- FREE** Vision Screenings
- FREE** Chair Massage
- FREE** Cholesterol Checks (to the first 40 participants)

FMC's own Chef
Jamie will wow us
with his culinary
magic from
noon-12:30 p.m.

* To schedule a hearing screening, contact Health and Wellness at ext: 6822. The number of screenings are limited.

Thursday, March 19
FMC Assembly Rooms • 7:30 a.m. – 3:30 p.m.

Just for YOU:

- Interactive and informative booths will target issues relevant to the total well-being of FMC employees.
- Register for a chance to win a weekly basket of produce throughout the summer, AAA membership and other fabulous prizes.
- A variety of healthy snacks prepared by Lancaster High School's Culinary Art students will be available throughout the day.



YMCA 5K Run/Walk "Give Today For Tomorrow"

Join us Saturday, May 9 at the Robert K. Fox Family Y at 9 a.m. for the YMCA 5K Run/Walk. The 5K course will start and end in the YMCA rear parking lot. Awards will be given to the overall male and female winners and the top three in each age group. There also will be a Kids Fun Run in the parking lot following the 5K. Registration fee is \$15 for

YMCA members and \$20 for non-members if received by May 2. T-shirts will be given to the first 150 registered. Race day registration and packet pick-up will be held at the YMCA beginning at 7:30 a.m. (actual race time is 9 a.m.). Please contact Bob Ross at 740-504-1701 or bobx456@hotmail.com for questions or more information.

You're Invited - FHP General Surgery Open House

Join Fairfield Healthcare Professionals, Steven Cox, M.D., general surgeon, and Joyce Cox, C.N.P., for an open house to celebrate their move to the FMC Surgery Pavilion on March 12 from 5-7 p.m. at the

FMC Surgery Pavilion located at 135 N. Ewing St., Suite 204 in Lancaster. Come learn about our many outpatient procedures, receive referral information and mingle with staff. Light refreshments provided!

Touching Poem From an FMC Patient

There's a little brown hospital
In Lancaster town
Where a host of sweet loving
Angels are found
Just open the doors and go on in
When you are in trouble and
Need a friend
You'll find it's the best place
You've ever been
The sweet smiling faces and
The voices you'll hear

Will made this place to you
Very, very dear
There's too many faces to call
Them by name
But they know what I need
Just the same
If I have to come back
I shall have no fear
These sweet smiling faces
Will be right here
~Telemetry Patient

March is National Nutrition Month

March is National Nutrition Month as recognized by The Academy of Nutrition and Dietetics. This year's theme is "Bite Into a Healthy Lifestyle." The registered dietitians, in conjunction with the Nutrition Services Department, would like to invite Fairfield Medical Center employees to join in the festivities throughout the month:

- **Week 1** – Dietitians will distribute stickers to anyone exhibiting behaviors of a healthy lifestyle, such as taking the stairs, packing a healthy lunch or snack, staying hydrated with water, educating others about following healthy eating principles, etc. Stickers also will be provided to anyone purchasing Fit and Fresh entrees in the cafeteria.
- **Week 2** – A cafeteria display will allow employees to post their personal success tips for living a healthy lifestyle.
- **Week 3** – Nutrition information, a game, and a chance to win a prize will be available at the Employee Wellness Fair on March 19. Employees also may register to win a FREE grocery store tour conducted by one of our registered dietitians (up to 10 winners will be chosen). Moreover, a Farmer's Market will be available in the cafeteria on March 20 featuring fresh produce and freshly baked breads.
- **Week 4** – Facebook "Ask an RD Day." On March 27 from 2-3 p.m., the registered dietitians will team up with our Marketing Department to give consumers an opportunity to post nutrition-related questions on our FMC Facebook page. The questions will be answered by a dietitian.



For information about the Heart Safe School Accreditation, please contact Bob Williams, manager of Diagnostic and Interventional Cardiovascular Services at ext. 8154 or robertw@fmchealth.org.

Chieftain Elementary Heart Safe Accredited

Birthdays

MONDAY

Misty Altier, Cardiac Cath
Ashley Graves, Endoscopy
Natasha Hayman, FHP Cardiovascular Surgery
Elaine Salvatori, Chemotherapy
Peggy Sisson, ICU
Marsha Smith, Fairfield Diagnostic Imaging

TUESDAY

Suzanne Culver, Volunteer, North Info. Desk, Learning & Development
Izac Gatwood, Dietary
Diana Horn, Fairfield Occupational Health
Connie Johnson, Psych.
Debra Price, Fifth Med./Surg.
Heidi Raymond, Contracts & Collections
Elizabeth Snelling-Baker, Pharmacy
Morgan Sparks, Lab-Phlebotomy
Stephanie VanHorn, Dietary

WEDNESDAY

Nickie Billings, PCU
Rebecca Darst, Observation Unit
Dawn Horn, Maternity
Marie Jones, FHP Primary Care of Diley Ridge
Shawnta Kemerer, Third Med./Surg.
Alexandra McGuire, Psych.
Lori Orecchio, Psych.

THURSDAY

Jennifer Masten, Endoscopy
Linda Pesta, Respiratory Therapy
Anthony Phoenix, Cardio Fitness
Beverly Raybourne, Central Sterile
Anthony Robison, Plant Engineering
Brittany Walsh, Respiratory Therapy

FRIDAY

Kathryn Brennick, Internal Medicine Resident
Carol Harris, Nuclear Medicine
Tammie Leidner, Maternity
Loretta Nixon, Volunteer-South Information Desk, Cancer Resource Center, NODA

SATURDAY

Heather Doty, Catscan
Ranee Fauble, FHP Neurology
Brook Kussmaul, Cardiovascular
Melanie Morgan, Surgery River View
John Schmelzer, Medical Information Services
Haley Stangle, Respiratory Therapy

SUNDAY

Dawn Benson, Lab-Specimen Procedure
Jennifer Birch, Third Med./Surg.
Alyssa Butler, Third Med./Surg.
Tracy Hagen, Lab-River View
Jennifer Heck, Surgery River View
Addie Knox, Fourth Med./Surg.
Debbie McCafferty, PCU
Jan Noice, Psych.
Avee Osborn, FHP Vascular Surgery
Jackie Teasdale, Maternity

Hospital Happenings

TeamSTEPS Class

Join us Thursday, March 19 from 9-11 a.m. in Classroom Alpha. Register in the TDC using keyword: "team." This TeamSTEPS Fundamentals class is for any employee who did not complete the training during the initial house-wide rollout. New employees receive TeamSTEPS training during their 60-day event (effective Feb. 1). For questions, contact Wendy Travis at ext. 8395 or wendyt@fmchealth.org.

SAVE THE DATE! 2nd Annual Employee Wellness Fair

Join us Thursday, March 19, from 7:30 a.m.-3:30 p.m. in the FMC Assembly Rooms. For more information, view the flier on the FMC Intranet, Wellness Tab. Would you like to receive via email wellness information such as wellness tips, success stories, lunch & learn opportunities, exercise class schedules and more? If so, email amandano@fmchealth.org and request to be added to our email distribution list.

Give a Gift: Your Living Wish on Decision Day

You are invited to join us for National Decision Day on April 16. We will offer four workshops about living wills, Healthcare Power of Attorney and DNR documents. You will have the opportunity to complete these documents free of charge. You can choose to attend one of the following: FMC Classroom Alpha from 9:30-10:30 a.m. or 11 a.m.-noon, or Reflections Retirement Community from 1-2 p.m. or Olivedale Senior Center from 4-5 p.m. For more information or to RSVP, call 740-687-8555.

Yoga Classes

Join us Thursdays from 4:30-6 p.m. or 6:30-8 p.m. at the FMC Wellness Center. An 8-week session is \$120. Registration is required. Instructor Mickey Hartung began studying yoga in 1985 and received her teaching certification in 1998. Emphasizing a contemplative and non-competitive approach, her classes are an eclectic blend of posture flow; restorative yoga (relaxing poses of stillness); yin yoga (stretching the

deep connective tissue in the joints); pranayama (breathing); somatic movement and mindfulness. The classes are mixed level, appropriate for everybody. To register or for more information contact Mickey at 740-987-7378 or earthshanti@gmail.com.

MS Walk is April 11

Walk with us April 11 in the 2015 MS Walk. The three mile walk begins at 9 a.m. at 157 E. Fair Ave. Contact Raneef Faule at FHP Neurology at ext. 8475 or raneef@fmchealth.org.



Faces of Fairfield Medical Center



Believe

Ron takes great strides to give back to the Lancaster community through his strong belief in doing great things. He has been a resident of Lancaster since he was 8-years-old and is a division manager at Diamond Power International, Inc. He became interested in serving as a board member at Fairfield Medical Center due to his strong belief to tell the story of FMC.

"I serve on the board because we need to show how great our hospital is and that good things happen when you believe," Burris said.

To learn more about volunteering at FMC, call volunteer services at 740-687-8109.



The Fairfield County Medical Alliance is once again offering its medical scholarship. This scholarship is available to any student who is a resident of or works in Fairfield County and wishes to pursue a degree in the healthcare field. The money may be used for tuition, books or housing. Last year, the Medical Alliance awarded more than \$10,000 to area students. The deadline for the scholarship application is April 6. A committee of local professionals selects the recipients of the scholarships. Selection is based on quality of application, how well the student meets the criteria, need, character and motivation of applicant. Applications will be available in Marketing and Human Resources. If you have any questions, please feel free to contact Amy Woo at 740-277-7922. We look forward to hearing from many great students again this year.

Lenten Light – Ready to Take a Journey?

As we go about our routine, we miss many opportunities in life. In going from work to children's activities to a hurried meal to household chores to helping with homework, we leave little time for contemplation and reflection. Without thinking and reviewing, we will remain in a rut, convincing ourselves we are living the dream. In reality, we're neither evaluating nor assessing our purpose, what is my contribution to bettering, not only my life, but the lives of those around me. During Lent consider changing your routine. Give up an activity or two and try something challenging, something beyond the scope of your normal routine. Enjoy the satisfaction of helping someone less fortunate than you. Explore the meaning of yielding to your desires and find meaning in something larger than yourself. ~Kermit

Oxygen for the Soul

Faith is the art of holding on to things your reason has once accepted in spite of your changing moods. ~C.S. Lewis

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.