



Monday Morning



Students Lend a Helping Hand at FMC

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Congrats to our Residency Graduates

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The Monitor Recognized for Excellence in Medical Marketing



Fairfield Medical Center's Fall 2014 issue of The Monitor, a 28-page magazine produced by the Marketing and Community Services department, recently was awarded a Silver Aster Award in the category of Magazine Publication – Single. The Aster Awards Program is an elite competition dedicated to

recognizing the nation's most talented healthcare marketing professionals for outstanding excellence in advertising. This is the second time The Monitor has received an Aster Award.

Keep an eye out for the summer edition of The Monitor, which hit mailboxes last week. This new issue includes a special section, as well as three behind-the-scenes videos showcasing patients whose stories are featured in the magazine. The videos and an electronic copy of The Monitor will be made available at fmchealth.org.



Pictured from left: Michelle George, public relations specialist; Devon Marshall, graphic artist; and Angela Davis-Morrison, marketing manager, hold the new summer edition.

Don't Miss Out on Festival Tickets

Human Resources has Lancaster Festival tickets for sale for the following dates:

- July 25 – Thompson Square (Adult - \$20 each; Child - \$5 each)
- July 29 – The Police Experience (Adult - \$15 each; Child - \$5 each)
- Aug. 1 – Blues Traveler (Adult - \$25 each; Child \$5 each)

Both Saturday concerts are lawn seating so, plan to bring your own chairs and blankets. The Wednesday concert will have table seating available on a first-come, first-serve basis. You may pay by cash or use payroll deduction for the tickets.

We Need Your Help!

As the final stages of construction are planned for the FMC chapel, we are excited about the opportunity to feature individuals from our FMC family in a beautiful sculpture that will be created by longtime supporter, Charles Eversole. For this featured sculpture, we are looking for 22 pairs of healing hands that represent the many diverse aspects of patient care.

Would you like a chance to have your hands be a part of the Healing Hands sculpture? Is there someone you

would like to nominate to be included? A patient's experience is crafted by more than doctors and nurses; please know that we would like as many facets of FMC work represented as possible.

Please fill out a nomination form for yourself, a co-worker, or a volunteer. Forms are available in HR and Nursing Services and must be turned in to one of these locations by Monday, July 13. Thank you for being a part of our patients' entire journey to good health!



From the Foundation

There has been a lot of discussion and debate recently on the state and federal stages about the “cost” of healthcare, but “cost” in this context means different things to different stakeholders. To employers and insured individuals, “cost” generally represents premiums paid for health insurance coverage. To health plans, government agencies and uninsured individuals, “cost” means the price paid for healthcare services to service providers – hospitals, physicians and other medical practitioners, and other entities. To hospitals, “cost” is the resources it takes to produce and deliver high-quality medical services to the community.



As a non-profit hospital, many people get the wrong impression. Many believe FMC should have no profit margin. What would that look like? And, if FMC makes a profit of any kind, why do we need the Foundation?

Food for thought:

- It costs FMC approximately \$600,000 per day to operate
- FMC strives to have approximately 150 days of operating expenses set aside. That's \$90 Million, yes, MILLION dollars.
- Healthcare is very complicated and is acutely necessary in any community. FMC recognizes its responsibility to be able to provide access to everyone, every day.
- FMC must be able to invest in and bring state-of-the-art technology to our community.
- FMC is committed to bring the services it offers to communities it serves in comfortable, modern and safe environments.

As long as FMC remains open to everyone who comes to us for care, the need for additional funding sources will be necessary. As the philanthropic arm of the hospital the Foundation plays an important role. We are the means for individuals, corporations and other grant entities to invest in our mission. We act as the good stewards of all these funds to ensure the intent of the donor is honored and the needs of the hospital are prioritized and stay in sync with FMC's strategic goals.


Ricki Chenault,
Foundation Executive Director

CONGRATULATIONS 2015 GRADUATES

- Janet Arribas, D.O., Family Medicine
- Laura Mong, D.O., Family Medicine
- Nicole Sabatina, D.O., Family Medicine
- Ovidiu Ghita, D.O., Internal Medicine
- Majida Giancola, D.O., Internal Medicine
- Talal Sabbagh, D.O., Internal Medicine
- Tamara Scott, D.O., Internal Medicine
- Amanda Slater, D.O., Internal Medicine

Why Should I Attend?

- ALL staff are highly encouraged to attend!
- This is your opportunity to contribute to the system selection.
- Your scorecard ratings will guide the final selection.
- Talk with your manager to decide the best sessions to attend.

Join us at the Former Surgery Waiting Room and Pre-Op Area
McKesson Paragon June 30 & July 1 6:30 a.m.-5:30 p.m.

For questions or more information, contact Jean Robertson, M.D., F.A.A.P.,
Chief Medical Information Officer, at ext. 6825.

Summer Wellness Lunch n' Learn Series

Register to attend any or all of these upcoming educational opportunities by calling 740-689-6822. Preregistration is required as seating is limited. Lunch is provided:

Growing Herbs for Beginners

Doris Marcus, Master Gardener
– Keller Farms Greenhouse on Wednesday, July 15 from noon-12:30 p.m., in Assembly Room 3
Come learn the basics to planting and growing a variety of herbs both indoors and outdoors, as well as how to harvest, dry, and properly store your herbs. Doris will also share some tips for cooking with herbs and share some of her favorite recipes.

Introduction to Essential Oils

Nancy Gray - DōTerra Essential Oils
Wednesday, Aug. 19 from noon-12:30 p.m., in Assembly Room 1
– Learn what essential oils are, how

to use them properly and how they work with our bodies to enhance our immune system. They can be used to change our moods when feeling down, they have been proven to inhibit bacteria and viruses, and can even be used on your pets and in your garden to deter pesky insects.

Are you really ready for a Colon Cancer Screening?

Robin Sheets, M.S.N., F.N.P.-B.C., FMC Employee Health Nurse Practitioner
Wednesday, Sept. 16 from noon-12:30 p.m., in Assembly Room 1
– Now that you're 50 or older, come learn what types of screenings are now available and which one is appropriate for you. Robin Sheets will review the standard screening techniques utilized for colon cancer and discuss when a diagnostic test is most appropriate over screening.

Athena Award Nominations Being Accepted

Nominations are being accepted for the Athena Award this year. The Athena Award Banquet will be held Aug. 27 at the Lancaster Country Club and it is the 30th year. The Athena Award was inspired by the goddess of Greek mythology who is known for her strength, courage, wisdom and enlightenment. These are qualities embodied in the Athena Leadership Model. Locally, the award is presented annually to a woman who demonstrates

professional leadership, is actively involved in the community, and who assists women in reaching their full leadership potential. Contact the Lancaster Fairfield County Chamber of Commerce to nominate someone deserving of the award, go to www.lancoc.org to download a nomination form or go to the FMC Marketing Department to pick up a form. Nominations should be sent in to the Chamber of Commerce no later than July 31.

The Lancaster Festival Celebrates with FMC for Providing 100 Years of Care

The Lancaster Festival is joining in our musical centennial celebration kick-off with a special concert by flutist Diane Schick and harpist Hee Jin Yoon on Wednesday, July 29. Please join us at FMC in the South Lobby from 1-2 p.m. to hear these

very talented musicians. Come early to find a spot, as several community members will be joining us for this wonderful opportunity! Many thanks to the Lancaster Festival board and committee for their partnership in our 100th anniversary!

Line/Catheter/Tubing Management

A patient's path through the healthcare system can be complex. Our most important job is to keep our patients safe during their stay. Currently, there is no standard process for line/catheter/tubing labeling of fluid or medication. A multi-disciplinary workgroup was formed to look at this problem after reviewing a Root Cause Analysis (RCA) involving IV narcotic medication. The workgroup researched best practice for management of lines/catheter/tubing. The goal of the workgroup is to create a safer healthcare environment for FMC's patients and staff. This includes standardization by providing guidelines for clinical staff to promote safe handling of all IV lines, as well as all other tubes and catheters for patients receiving therapy at FMC. Labeling all lines, tubes and catheters establishes a consistent process for patient safety. **Roll-out is planned for July 2015.** The proposed solution consists of the following actions:

- Ensure appropriate lighting in the room before connection or reconnection of lines or tubes.
- Labeling of IV lines/tubing before connecting IV lines/tubing to a patient.

Tubing must be labeled using the FMC standardized hospital labels, including secondary lines (at the connection point, between tubing Y site and patient and below the drip chamber, between drip chamber and IV pump). In addition, the FMC standardized label consists of the name of any fluid or medication infusing in the IV line/tubing and the route of fluid by indication (i.e. IV, epidural, pressure line, or as specified other).

- Trace all patient tubes and catheters (IV lines, epidurals, pressure lines, enteral feedings, etc.) from patient to point of origin before:
 - Making any connections
 - Making any reconnections
 - Administering medications, solutions or other products
- Recheck connections and trace all patient tubes and catheters:
 - Upon patient's arrival to a new unit or department
 - Upon return after patient has left the unit or department
 - When initiating a new IV fluid/medication

Employees Helping Employees To Host Fundraiser

The Employees Helping Employees Committee will host a fundraiser on Wednesday, July 1. The Committee has teamed up with the Café to offer a Hot Dog Bar during the lunch and dinner hours. The cost will be \$5 per person with \$2 going back to the Employees Helping Employees program. The money raised through the fundraiser will help our fellow employees who may be going through a catastrophic

event and have a need for assistance. The committee also will raffle off a "Fun Summer Time" basket. Tickets are one for \$1 or six for \$5. Ticket sales will begin on Monday, June 29. The winner will be drawn at 4 p.m. on Wednesday, July 1 (winner need not be present). Make sure to stop in the Café on July 1 to enjoy a fun summertime meal to help raise funds for a great cause!

Wellness Programming

The Wellness Team has been providing Monday Morning updates regarding our wellness programming for 2016. Employees will receive letters in the mail from MedBen explaining the new WellLiving Program. The WellLiving Program is practicing timely preventative care through regular wellness exams and recommended screenings. It helps to keep you healthy, and saves you money in the long run! WellLiving will recommend five screening tests based on

age and gender. You will have from June 2015 through February 2016 to complete these volunteer screenings. The screenings include a wellness exam, a cholesterol screening, a colonoscopy, a mammogram and a pap smear. The letter from MedBen will outline the details of the WellLiving Program. Take the time to read your letter and contact the WellLiving Program at 1-866-448-1682 if you have any questions.

Students Lend a Helping Hand at FMC

Last month, more than 100 students from Pickerington's Ridgeview Middle School participated in a day of service, giving back to their community at a variety of different nonprofit organizations in Fairfield County. More than 40 of those students spent their time here at FMC. Led by FMC team leaders, Chad Cupp, Regina King and Sandi Wagner, students cleaned up the entire perimeter of the hospital, picked up trash in the parking garages, assisted in the breakdown and reorganization of office

packets and cleaned the windows and floors of the new connector areas. It was great timing for the students to be here because they were also able to tour the new Surgical Tower and have some fun participating in a variety of interactive mock procedures. We are grateful to the staff and students of Ridgeview Middle School for their time. Who knows, perhaps in a few years we will see some of those faces here as doctors and nurses and staff!

Birthdays

MONDAY

Jeannine Abbott, PsyD, FHP Bariatric Medicine
Jennifer Coleman, Emergency Dept.
Patricia Hoisington, Maternity
Tamara Huffman, 2 Surgical
Regina King, Nursing Services
Robin Maust, Surgery
Lavada Moorman, Surgery
Laura Owings, Emergency Dept.

TUESDAY

Kathleen Ball, Physical Therapy
Nancy Eden, Surgery
Deborah Mead, Cardio Fitness
Carolyn Scott, Contracts/Collections

WEDNESDAY

Shannon Lafferty, 2 Surgical
Denise Pimmer, Observation Unit
Kenneth Tao, Respiratory Therapy
Darren Vaughn, Housekeeping
Karen Workman, Ultrasound

THURSDAY

Nicholas Decker, Central Transport
Robert Wentz, Physical Therapy
Zachary West, Internal Medicine Resident
Lisa Young, 2 Surgical
Katrina Adornetto, Lab-Chemistry

FRIDAY

Megan Corwin, Medical Stabilization Unit
Richard Hurst, Volunteer Imaging
Lynne Lutz, Administrative Secretaries
Kathryn Mariscal, 2 Surgical
Jessica Neely, Fifth Med./Surg.
Kimberly Whaley, Third Med./Surg.

SATURDAY

Amy Everett, Third Med./Surg.
Kimberly Hillyard, Cardio Fitness
Teresa Ryan, Nursing Services

SUNDAY

Anastasia Bessas, Internal Medicine Resident
Heather Burgess, 2 Surgical
Carolyn Gilliam, Physical Therapy
Lois Highley, Volunteer Cancer Resource Center

Oxygen for the Soul

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."

~Dr. Martin Luther King Jr.

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.*)

Hospital Happenings

Prostate Health Education Group of Fairfield County

Join us July 13 from 7-9 p.m. for an informative and educational session on prostate cancer. Guests may ask questions and hear members discuss their experiences. There is no charge to attend and all men and women are welcome. Please meet in the Chapel at Fairfield Christian Church. For additional information, please contact Bill Stevens, Ph.D., at 740-687-6543.

Look Good Feel Better Class

This class is for women undergoing cancer treatment to learn skin care and makeup tips. It will be held on July 13 from 10 a.m.-noon at the Cancer Resource Center located at 616 Forest Rose Ave. Call 1-888-227-2345 for the next class time/registration.

Childcare and Baby-Sitting Safety (CABS)

Children ages 11-15 will learn what to expect at what age and how to positively discipline, as well as CPR and Foreign Body Airway Obstruction Training. The next class is July 17 from 8:30 a.m.-3:30 p.m. Registration is required by calling 740-687-8007. The fee is \$35 per person and will be held at FMC.

TeamSTEPPS Class

Join us July 22 from 9-11 a.m. in Classroom Beta. Register in the TDC using keyword: "team." This TeamSTEPPS Fundamentals class is for any employee who did not complete the training during the initial house-wide rollout. Reminder: New employees receive TeamSTEPPS training during their 60-day event. For questions, contact Wendy Travis at ext. 8395 or wendyt@fmchealth.org.

Gynecological Cancer Education Information & Caregiver Support Group

Featuring: Laurianne Scott, D.O., Gynecologist – Join us July 28 at 7 p.m. at the Cancer Resource Center for our first gynecologic cancer support group. We will discuss gynecological cancer (ovarian, uterine and cervical cancer). This is a great way to relate with others dealing with cancer. Questions? Call 740-277-6941 or mytealfriends@gmail.com.

Bike Races for Kids

Grab your helmet and join us July 31 at 5:30 p.m. in front of Standing Stone National Bank. Prizes for best bike decorations and prizes for the bike races are presented by Fairfield Medical Center. The age ranges for the bike races are: 4 and younger, 5-6, 7-8 and 9-10, and are divided into male and female groups.

CPR or First Aid

Join us on Aug. 1 to learn adult, child and infant CPR and first aid. Receive a certification card upon completion of a written exam. CPR will be held from 8:30 a.m.-noon and first aid will be held from noon-3:30 p.m. in the FMC West Wing Classrooms. Registration is required at 740-687-8477 and the fee is \$35 per person, per class.

Centennial Celebration Rock Party

Join us Aug. 22 from 9 a.m.-10 p.m. at the Fairfield County Fairgrounds, 157 E. Fair Ave., for a full day of rock music from local bands that will conclude with a spectacular fireworks display. In addition to rock music, a Community Healthfest, food and crafts for purchase, and fun giveaways will be offered throughout the day. Price: Admission is FREE (no registration required).

Heart and Lung Run

Join us on Aug. 29 for a 10K run or a 5K run/walk to help provide financial assistance for the rehabilitation of heart or lung patients at FMC. Registration begins at 6:30-7:45 a.m. The race begins at 8 a.m. and includes chip timing. The entry fee is \$25 pre-race and \$30 the day of the race. Bring the kids for a 100 meter dash, which will follow the 10K and 5K Run/Walk! No entry fee for Kids' Race. For race information or a registration form, contact Kelly Marion at 740-687-8951. Register online after July 1 by going to fmchealth.org and clicking on the Heart & Lung Run link on the Events page.

Volunteers Needed

Volunteer with us on Aug. 22 for the opportunity to personally thank our community for 100 years of their support. You will receive a free T-shirt if you sign up by July 31. Lots of volunteers are needed for this event to work in two-hour shifts. To sign up, contact Don Duvall, Rock Party volunteer coordinator, at ext. 6829 or dond@fmchealth.org.

We Need You



Attention employees, physicians and volunteers: Show your pride and support for Fairfield Medical Center by walking in the **4th of July Parade**.

For details or registration, contact Human Resources at ext. 8544.

EVENTS

From the Employee Activities Committee



Kona Ice Day – Join us July 1 from 7 a.m.-3:30 p.m. by the café outdoor patio. Free small shaved ice for staff, volunteers, and physicians with badge compliments of the EAC. Free ice also being served the same day at River View Surgery Center 11 a.m.-12:30 p.m. and FDI 12:45-1:15 p.m. Additional sizes available for purchase.

FMC Family Day at Kings Island – Aug. 1. Event will include admission to the park on July 31 after 5 p.m., admission all day on Saturday, Aug. 1 with all you can eat picnic style lunch and admission to Soak City waterpark. Tickets can be purchased in HR. A ticket order form, FAQ sheet, and Marriott reservation form can be obtained from the Intranet (employee activities tab) or from HR. As an employee, physician or volunteer, YOUR ticket is only \$34.09 or \$27.09 for seniors for the first 150 staff members. The deadline to purchase tickets is July 16. **Rooms at the Marriott must be booked by July 3.** If you work that day, Kings Island consignment discount tickets are available for other days through HR. For questions, email Bob at robertw@fmchealth.org.

FREE Arena Football: Cleveland Gladiators vs. Orlando Predators on Saturday, July 18 at 6 p.m. at Quicken Arena. FREE tickets!!! Bring your family and friends! Join us for "Classic Rock Concert Night" with \$1 soda and \$2 draft beers. Post-game activities: team autograph session and concert by 38 SPECIAL. Gladiators feature multiple players with NFL experience and prospects, including Ohio State alumni. How to order tickets: please send completed order form to Jennifer Dicken, Cardiovascular. Order form located on the FMC Intranet/Employee Activities button. Tickets on a first-come, first-serve basis. Questions? Email Jennifer at jenniferd@fmchealth.org.

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.