



# Monday Morning



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# Dr. Walz Honored by PCU Staff as Legendary Caregiver

Elizabeth Walz, M.D., is the most recent recipient of a Legendary Caregiver award through the Fairfield Medical Center Foundation. The staff of the PCU honored Dr. Walz with this award and a letter of thanks signed by dozens of staff who are grateful and proud to be a part of Dr. Walz's team.

"What makes Dr. Walz's award particularly special is that it came from those who work most closely with her and recognize what an outstanding asset she is to FMC and the entire community," said Ricki Chenalt, FMC Foundation executive director.



*Pictured (from left): Talal Sabbagh, D.O.; Carol Stefaniak, director; Ashley Gaddis, supervisor; Stacie Howe, R.N.; Legendary Caregiver Elizabeth Walz, M.D.; Justin Brumley, assistant manager; Becky Grubb, R.N.; Holly Chain, R.N.; Sarah Conrad, R.N.; and Teresa Ryan, Inpatient Services director*

Dr. Walz is the physician who made the swift diagnosis of botulism in April. Botulism is so rare in this day and age. Her calm, swift and decisive action

enabled FMC to take almost immediate action to appropriately treat the patients and communicate to the community.

## FMC EAC Hosts Wine Festival Trip



On Aug. 8, 45 employees and guests participated in this year's Vintage Ohio Wine Festival trip to Lake Metro Parks Farmpark in Lake County, Ohio. Participants enjoyed wine tasting, shopping, live music and other activities around the Farmpark. This is the third year for this trip and the weather was beautiful.

## Foundation Employee Campaign Kick-off



FMC Employees came out in full force to kick-off the annual 1916 employee giving campaign! The café was packed with people enjoying "dime a dog" day complete with complimentary peanuts, Cracker Jack and root beer. Volunteers from all over FMC came to help out the Foundation, serving food, playing trivia games, and passing out prizes. More than 600 pledge cards were turned in at the kick-off. After the first week, the Detroit Tigers are in third, the Baltimore Orioles are in second and the Boston Red Sox are in first. Pledge cards were still streaming in for double runs last week, so stay tuned for results today and see if your team has moved up in the rankings!

# From the Chief's Desk

This past week Fairfield Medical Center kicked off our partnership with the Disney Institute. This is the next step on the journey to transform and build upon our culture. We started this journey with the CEO culture meetings, that was presented to all staff, leadership, volunteers and physicians. Now it is time to build upon that foundation to create an exceptional experience for our customers, employees, physicians and volunteers. Our goal is for FMC to be a place where staff and volunteers want to work, physicians want to practice and patients and family members want to come for their care.

So, why Disney? This is a question many of you wondered and even asked during the kick-off meetings. The answer is simple. We want to learn from the best and Disney is recognized for their business and customer service practices. We want to be very clear, that this is not about creating a theme park or asking staff to wear costumes, it is about building our culture and creating an exceptional experience for our customers.

For this endeavor to be successful, we need your engagement, optimism and trust. This is a journey that we will take one step at a time together. Over the next few months we will be asking everyone for their feedback.

Beginning Aug. 21, we will be sending you a survey that has been designed to capture the current state of our organization and will help guide us through our journey. We know we have asked for your help in completing surveys in the past, but your feedback is crucial for us to make the most out of our partnership with Disney.

We have defined our culture as being customer-focused and now it is time to build the infrastructure to begin our journey.

John R. "Jack" Janoso, Jr.  
President & CEO

Helen Harding, M.B.A.,  
B.S.N., R.N., N.E.A.-B.C.  
Chief Nursing Officer

Sky Gettys, Chief Financial Officer

Martha Buckley, M.D.  
Chief Quality Officer

Debra L. Palmer, M.S., R.N.  
Chief Human Resources Officer

## Community Food Drive Sept. 3 at Fairfield Medical Center

- Be a part of Hunger Action! Consider bringing a can of food to the food drive display in the cafeteria on Sept. 3.
- All donations will be shared with Fairfield County food pantries.

## Volunteer for the Rock Party

There are just a few weeks left to sign up to volunteer for the Rock Party Celebration. Volunteer with us on Aug. 22 for the opportunity to personally thank our community for 100 years of their support. Numerous volunteers are needed for this event to work in two-hour shifts.

We still have many openings available. To volunteer, contact Don Duvall, Rock Party volunteer coordinator, at ext. 6829 or email [dond@fmchealth.org](mailto:dond@fmchealth.org). **We also are in need of ice coolers that we can borrow for the event, and tent canopies for use by our volunteers.**



Congratulations to Cheryl Quinlan, Sonographer in the Ultrasound Department, who for being the first employee to specialize in Ultrasound Breast Exams. Cheryl recently passed her registry exam with the American Registry for Diagnostics Medical Sonography (ARDMS). Last year, only 1,077 sonographers took this exam; therefore, we are thrilled to have Cheryl be a part of our FMC team. Congratulations Cheryl!



## New Employees at FMC

Please welcome the following new employees who joined the team on Aug. 10:

- Haley Anderson, Fifth Med./Surg.
- Lakota Bartow, Fifth Med./Surg.
- Janet Cramer, ED
- Tiffany Dalrymple, Vascular Lab
- Sandra Decot, Nursing Services
- Lauren Farrell, Registration
- Debra Gilmore, Respiratory
- Brittany Haddix, Third Med./Surg.
- Michael Hall, ED
- Regina Hines, FHP
- Boyce Isabel, ED
- Sarah Martin, ED
- Danielle Metcalf, Respiratory
- Lisa Meyers, Sleep Lab

- Elizabeth Miller, Medical PCU
- Gypsy Morningstar, ED
- Nancy Mullins, DHS
- Tonya Mundy, Sleep Lab
- Caitlin Phillips, ED
- Tyler Reid, Cath Lab
- Michelle Rogers, ED
- Bert Sergent, ED
- Brittany Shumaker, DHS
- Heather Sloan, 2 Surgical
- Jessica Starett, Lab
- Mickey Steyaert, FHP
- Daniel Sycks, ED
- Amy Teasley, Sleep Lab
- Julieanne Winkel, Nursing Services

## Carnival Foods Express

Carnival Foods in Lancaster is offering an express "Personal Supermarket" service to FMC employees. This service will allow employees to shop online at [www.carnivalfoodsohio.com](http://www.carnivalfoodsohio.com) or call 740-687-1495 to order groceries. Employees will be able to pick up this order at the

end of their shift. A picking fee of \$5.95 per order will be assessed. Each employee is asked to note in the comments section that they are an FMC employee. Store hours are 6-1 a.m. daily. More information is available in the Human Resources Department. Happy Shopping.

## How Do I Contact a Hospitalist?

Our Hospitalist physicians here at Fairfield Medical Center are located by the Cath Lab across from the Service Elevators. Their Administrative Assistant, Debbie Roberts is onsite and more

than willing to help answer your questions or needs. Debbie is here at the center Monday-Friday from 7 a.m.-3:30 p.m. and can be reach at ext. 6907.

**Volunteers are needed** to help set up, tear down and help with the route during the Heart & Lung Run on Aug. 29 at Fairfield Medical Center. All volunteers will receive a free T-shirt. Set-up begins at 6 a.m. and tear down will take place at approximately 11 a.m. Please contact Noelle Pierce in Cardiac Rehab if you are interested in volunteering at ext. 8262.

MONDAY

## Make a Difference on Community Care Day

Sept. 8 has been designated as the annual Community Care Day, sponsored by the United Way. Each year, individuals from various organizations throughout the county get together to complete projects for those in need or for the betterment of our community. We are proud to say that last year 12 people from Fairfield Medical

Center volunteered their time to clean the bike path along Goslin Drive. Please call John Belin at ext. 8127, or email at johnb@fmchealth.org. This is an excellent opportunity to do volunteer work that will benefit our community and to share our time and talents with those that may not be as fortunate as we are.

## Enhancing Our Patient's Experience Through Art

Several years ago, I went to an art show at my son's school and witnessed amazing talent that the children had when drawing the human skeleton. Working in Imaging, I thought that this would be a perfect solution to our bare walls and was granted approval to seek donated artwork from our local schools for display in the Imaging Department. Shannon Fish, the Art teacher at Lancaster High School, immediately responded and was eager to share her student's work with me. We have maintained our relationship through the years and the Imaging Department continues to receive artwork from our local high school students.

Our Radiology group, Columbus Radiology, was also impressed and wanted to support this initiative and our community. During the first year, our radiologist's made a cash donation to the Art Department at Lancaster High School and has paid for the framing of

all of the pieces that we have received so far. We routinely receive positive comments on the artwork and even have family members come in to take a picture of their child standing beside their framed artwork that is now on display. What a wonderful partnership that we have formed that allows our community youth to share in our commitment to enhance our patients and family members visit to FMC.

Thank you to those decision makers here at FMC that allow for ideas like this to come to fruition, and to our radiologists who support us. I am truly blessed to work at FMC and with such wonderful radiologists.  
~Kelly Russell, Imaging supervisor

*Pictured on front (from left): Art students Leah Camps, Madison Bernis, Haili Mathias, Charles Blackston and Jenna Ford (not pictured: Jessie Six and Jennifer Valentine)*

## OB-GYN Associates of Lancaster Offers Gentle C-Section

OB-GYN Associates of Lancaster is now offering the option of a gentle c-section, or family-centered c-section, at Fairfield Medical Center for mothers who require non-emergent cesarean deliveries. Unlike a typical c-section, in which a curtain separates the mother from the doctors who are doing the procedure, a gentle c-section allows the mother to view the birth of her child through a clear plastic drape. In addition, the mother, father or support person has immediate bonding time with their child following delivery. Suzanne Barnhart, M.D., performed the first gentle c-section at FMC on June 2; in all, seven gentle c-sections have been performed. Mothers who are interested in the gentle c-section option are encouraged to talk to Drs. Barnhart, Froman and Santino with OB-GYN Associates of Lancaster for



*Kealee Humphrey smiles at her son, Luke, moments after he was delivered by a gentle c-section on July 7.*

more information. An article featuring the first gentle c-section patient, Amanda Horn, also will appear in the fall issue of The Monitor, which comes out in October.

*Pictured on front page: Dr. Barnhart holds Luke Humphrey, son of Tom and Kealee Humphrey, who was born by a gentle c-section on July 7.*

**Kimberly Anderson**, Learning and Dev.  
**Kenneth Brown, D.O.**, Internal Medicine Resident  
**Nicole Collins**, Fifth Med./Surg.  
**Megan Edgar**, PCU  
**Maelon Ferguson Jr.**, Central Transport  
**Deanna Hendrickson**, River View Surgery  
**Dianna McLaughlin**, River View Surgery  
**Sharon Miller**, Registration  
**Karen Moyer-Swyers**, North Information Desk Volunteer  
**Cassi Rainier**, Cardiac Cath Recovery  
**Nicole Rathburn**, 2 Surgical

TUESDAY

**Neal Allison**, Accounting  
**Tina Cass**, Heartburn Clinic  
**Jeffrey Doty**, General Radiology  
**Justin Grant**, Materials Management  
**Misty Harmon**, Cardio Fitness  
**John R. "Jack" Janoso, Jr.**, Administration  
**Ron Rowley**, Human Resources  
**Dina Searles**, Vascular Int. Radiology

WEDNESDAY

**Jennifer Feigley**, Fifth Med./Surg.  
**Tammy Gleissner**, MIS  
**Carrie Kessler**, Recovery/PACU  
**Nancy McGushin**, Recovery/PACU  
**Carla Moore**, Surgery  
**Ginger Perry**, Emergency Department  
**Heather Sloan**, Pharmacy  
**Gwendolyn Toth**, Cardiovascular  
**Terri Wolf**, Dietary

THURSDAY

**David Boyer**, PCU  
**Sarah Covert**, 2 Surgical  
**Brandy Crew**, River View Imaging  
**Sherrie Ludwin**, Nursing Services  
**Talal Sabbagh, D.O.**, Internal Medicine Resident  
**Penny Strohm**, Physical Therapy

FRIDAY

**Ashlee Brown**, Dietary  
**Franklin Caldwell**, River View Surgery  
**Kelby Conkel**, Systems  
**Therese Kirchgessner**, Central Sterile  
**Evelyn Ponn**, Maternity  
**Shirley Reed**, 2 Surgical Waiting Volunteer  
**Joshua Roe**, Surgery  
**Jared Schoenlaub**, Human Resources  
**Steven Scott**, Emergency Department  
**Sherry Swinehart**, FHP Internal Medicine Residency Clinic

SATURDAY

**Mary Bowers**, Contracts and Collections  
**Terrie Faris**, Cardiac Cath Recovery  
**Sabrina Greer**, Audiology  
**Ressa Hutchison**, River View Surgery  
**Peggy Stevens**, Lab

SUNDAY

**Tiffany Davis**, Lab  
**Kristin Emmert**, Maternity  
**Debra Roberts**, MIS  
**Travis Yzenski**, 2 Surgical



## Hospital Happenings

### 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. Admission is FREE.

### Imlay's Uniforms Shop at Work Day

Sponsored by FMC TWIG 9 to Benefit Patient Care on Aug. 21 from 6 a.m.-4 p.m. in Assembly Rooms 1 & 5. Payroll deduction available. Shop the latest scrub fashions while doing your part to support fmc TWIG 9! (Imlay's Uniforms donates 15 percent of sales to TWIG 9 to Benefit Patient Care) Looking for something special? Call our Zanesville Store at 740-453-2400 We will bring it for you!

### 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 is from 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 by going to fmchealth.org and clicking on the Heart & Lung Run link.

### Renal Access Symposium

Have you ever wanted more information on the different types of dialysis accesses and how your patient began this journey? Join us Sept. 8 at the 3rd Annual Renal Access Symposium. This year's event will take place 7:30-11:15 a.m. in Assembly Rooms 2 and 3. More information coming soon!

### FMC Foundation Food & Wine Tasting

Planning for our Annual Food and Wine Tasting is underway. Join us Sept. 24 at Fisher Catholic Alumni Hall for this fun, lively event! Create memories while transforming healthcare, as all proceeds will benefit women's health initiatives. This event is open to the public. Volunteers for this event are still needed! If interested, contact Carol at ext. 8107 or carold@fmchealth.org.

## Wishes Gift Shop Sale

Wishes Gift Shop is holding an end-of-summer sale! Stop in and find a great selection of items marked 40% off. Help say goodbye to another summer with some great deals, and welcome a new school year with new bookbags, lunch boxes and other great supplies!

## Mark Your Calendars

**Fall 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!

### Fall Harvest - Discover your Local Farmer's Market -

Lynne Schultz, Schultz Valley Farms, Wednesday, Sept. 2 from noon-12:30 p.m., Assembly Room 3 - When it comes to fresh fruits, vegetables and herbs, the farmers market is the perfect place to experience food at its finest. For many folks, farmers' markets begin and end with the summer and they miss out on a wide variety of fresh produce. Come learn what to look forward to at your local farmer's market during the cooler fall months.

### 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., 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. Come hear Robin Sheets, M.S.N., F.N.P.-B.C., review the standard screening techniques utilized for colon cancer and discuss when a diagnostic test is most appropriate over a screening.

## Ohio State Tickets

Human Resources will soon have Ohio State football tickets to sell to employees. The tickets may be purchased with cash or payroll deduction over two pays. Tickets will be for the following games and all seats are located in Level C Deck:

- Sept. 12, Hawaii at 3:30 p.m. - \$71 per ticket
- Sept. 19, Northern Illinois at 3:30 p.m. - \$85 per ticket
- Sept. 26, Western Michigan (time to be announced) - \$71 per ticket

For questions, call Human Resources at ext. 8017.

## Oxygen for the Soul

Happy moments, praise God. Difficult moments, seek God. Quiet moments, worship God. Painful moments, trust God. Every moment, thank God. ~Anonymous

*(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).*

### Join us for the following events:

- **Disney Live: Three Classic Fairy Tales** - Oct. 25 at the Schottenstein Center on from 1-4 p.m. Tickets starting at \$17.
- **TobyMac concert featuring Britt Nicole, Colton Dixon and Hollyn** - Oct. 25 at Nationwide Arena at 6 p.m. Tickets are \$26.

Order forms are on the FMC Intranet/Employee Activities button. Order deadline is Oct. 16. \*15 ticket minimum order.

**ACE Adventure Resort** - Enjoy discounted rates for reservations made between Aug 1-31 for whitewater rafting, zipline, paintball, lake passes and mountain biking packages at Ace Adventure Resort in West Virginia. To order tickets call 1-800-787-3982, code "Fairfield 2015" to apply nonprofit/group rates. For more information, contact Linda Cottrill at ext. 8025.

**Marvel Universe LIVE!** at Nationwide Arena from Dec. 26-28. Show times vary. Tickets starting at \$22. Please see the FMC Intranet/Employee Activities button for pricing, seating chart and order instructions. Marvel Universe LIVE! will bring Marvel's most iconic heroes and fearsome villains to life like never before during a live-action arena spectacular. Marvel Universe LIVE! will redefine the LIVE show experience through a Marvel character-driven story featuring state-of-the-art special effects, pyrotechnics, aerial stunts and martial arts.

**Hocking Hills Laser Tag** on Sunday, Oct. 4 from 1-4 p.m. Sessions begin at 1 p.m, 1:45 pm, 2:30 p.m. and 3:15 p.m. Maximum 20 people per slot. Discounted price is \$10 (originally \$20). Go to hockinghillslasertag.com for more information. To purchase tickets: go to the Intranet/Employee Activities button for the registration form. For questions or more information, contact Jennifer Dicken at jenniferd@fmchealth.org.

**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.