

People you know. Care you trust.

Monday Morning



Staff Celebrate 100 Years of Care at Club Centennial Last Week

FMC Foundation Raises Almost \$61,000 at the Annual Wine & Food Tasting & Charity Auction

The FMC Foundation raised almost \$61,000 at the annual Wine and Food Tasting and Charity Auction with more than 300 attendees from the community coming together to raise funds for women's health initiatives. More than 50 volunteers, 30 sponsors and 50 auction items helped insure the grand success of the 9th annual signature event. To all those who supported the Wine Tasting, thank you for a wonderful evening of fabulous food, fine wine, fellowship and fundraising!



Wishes Gift Shop Sale

It's fall! The leaves are falling, and so are the prices in Wishes Gift Shop! Now through Oct. 10, enjoy 25 percent off all merchandise in the store (excludes flowers and candy/snacks). Clearance items will remain 40 percent off. Start your holiday shopping early this year and support the Foundation and FMC at the same time. For your convenience, Wishes will be open extended hours on Thursday, Oct. 8, until 9 p.m. Take advantage of the longer hours and sale items to find a perfect gift for your friends and family.



Code Blue Overhead Page Ending

The overhead announcement for CODE BLUE will no longer be performed starting Monday, Oct. 19 at 7 a.m. All CODE BLUE response will be communicated by the Critical Messaging System (CMS) that FMC has implemented since July 31. The CODE BLUE team will receive the primary page by the CMS pager. The overhead announcement will be used as a backup in the instance the CODE BLUE page would not be received after the approved time frame. This only affects CODE BLUE alerts, no other code alerts will be impacted.

From the Chief's Desk

On May 19, 1967, Cpt. Charles Plumb was shot down in his F4 Phantom jet over North Vietnam by a surface-to-air missile. A graduate of the Naval Academy, he had completed 74 successful combat missions over Vietnam. On this fateful day, he parachuted to safety, but was captured, tortured and spent six years in a communist prison. After surviving the ordeal, Cpt. Plumb returned to America and became a decorated veteran receiving the Silver Star, Bronze Star, the Legion of Merit and two Purple Hearts.



Years later, Cpt. Plumb was approached by a stranger who exclaimed "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!" "How in the world did you know that?" Plumb asked. "I packed your parachute," the man replied. Plumb gasped in surprise and gratitude. The man shook his hand and said, "I guess it worked!"

Plumb thought of the hours the sailor had spent on a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know. "How many times did I pass the man whose job would eventually save my life because I was a jet jockey, a Top Gun racing around the sky at twice the speed of sound? Because I was a fighter pilot and he was just a sailor?" Plumb said.

We each have individuals who pack our parachute every day. From the clean rooms they prepare to the medications they dispense, from the sterile equipment in the OR to the food that nourishes our bodies, we could not carry out the mission of Fairfield Medical Center without them. For those who are packing the parachutes, know that you are caring for patients you may never meet. For those using the parachutes, express your gratitude and recognize the importance of these incredible individuals to our mission.

Martha Buckley, M.D.
Chief Quality Officer

Prepare Yourself for the Holiday Season

Healthy Eating for the Holiday Season: A Recipe for Success with Kate Kanner, R.D., L.D. on Oct. 21 from noon-12:30 p.m., in Assembly Room 3. Weight gain over the holidays doesn't have to be inevitable. Learn how you can make healthier choices and maintain your weight while still enjoying your favorite treats.

Help for the Mind at Work with Brian Barkett, Psy.D: Join us Nov. 4 from noon-12:30 p.m. in Assembly Room 3. Is performing at a high cognitive level leaving you feel burned out or stressed? Join Dr. Brian Barkett, founder and president of Better Minds Group, as he teaches how to help the mind at work by building mental fitness.

Fight Off the Seasonal Blues: Join us Nov. 18 from

noon-12:30 p.m. in Assembly Room 3. Acknowledge the stress in your life and walk out refreshed by learning a few easy and usable tools to combat stress and depression during the winter months.

Gift Wrap like a Professional on Dec. 9 from 11:30 a.m.-noon, in Classroom Gamma (located on the Mid-level). Do you dread giftwrapping? Learn how to gift wrap like a professional. Bring a couple of unwrapped gifts and leave with beautiful wrapped packages while enjoying healthy holiday treats and listening to holiday music. Register to attend any or all of the upcoming Lunch and Learn opportunities by calling 740-689-6822. Preregistration is required as seating is limited. Lunch will be provided!

HR Corner

All current employees who are applying for a transfer in the TEDS system MUST build a resume and create a profile in the TEDS system and complete all of the required fields in order to be considered for transfer. Even if an applicant is transferring from a part-time to full-time in the same position, this process needs to be completed. For any questions, please contact a member of the Human Resources staff.

New Employees at FMC

Please welcome the following new employees, who joined the team on Sept. 28:

- Marilyn Aynes, 5 Med/Surg
- Mathew Baker, ICU
- Frances Brumfield, Learning & Development
- Sarah Colborn, Surgery
- Stephanie Cook, Respiratory
- Regina Floyd, Housekeeping
- Virginia Hamrick, 4 Med/Surg
- Zachary Hartman, Telemetry

- Tonya Jackson, Telemetry
- Brittney Keith, PCU
- Kevin Kollman, Laboratory
- Kellie Pickrell, Laboratory
- Jessica Plummer, Nursing Services
- Stacie Rogers, Telemetry
- Emileigh Stanley-Willis, 4 Med/Surg
- Mary (Elisa) Young, Medical Information Services

We Are the Difference!

Thank you Fairfield Medical Center for buying my 2015 Market Lamb at the Hocking County Fair.

~Emmalee Dicken, daughter of Jennifer Dicken, Cardiovascular Services



Flu Kick-off Scheduled for Oct. 19

The Flu kick-off will be Oct. 19 from 6 a.m.-6 p.m. in Assembly Room 3. Employee Health is excited to let you know we will be "going live" with our own electronic medical



CDC recommends everyone 6 months and older receive a yearly flu vaccine as the first and most important step in protecting against the flu.

record (EMR). Watch for e-mail instructions coming THIS WEEK on how to log into "My Health" in our new system called Ready Set, where you will be able to complete your consent (Flu Survey) online. Every employee must set up an account with Ready Set, even if they are declining the flu vaccine or receiving the flu vaccine elsewhere. It will make the flu vaccine clinic quicker for each employee. If you cannot make it to the Oct. 19 kick-off event, come to Employee Health for your flu vaccine. Employee Health will be traveling to off-site locations. Check with your manager for those dates and times.

Learning and Development Update

Lacey Douglas is returning to Fairfield Medical Center and joining the Learning & Development Department. Lacey's primary focus will be on Leadership Development within the organization. Lacey will be partnering with Wendy Travis for General Orientation, 30-Day and 60-Day Orientations. Lacey is a Registered Nurse who received her Bachelor's Degree in 2010 from Capital University. She is currently finishing her Masters in Nursing Administration at Capital University. Lacey has worked in multiple leadership roles, including administrative director of nursing services, emergency department director, house supervisor, clinical coordinator of cardiopulmonary rehabilitation, and clinical charge nurse. Please feel free to contact Lacey with any of your Learning & Development needs at 740-687-6941.



Christmas Choir Time

It's time to get your voices ready for the FMC Christmas Choir. Our choir performs annually at the holiday Christmas party in December and other events as requested and all are welcome. Our choir has been singing together for more than 20 years and we share in the love of making a joyful noise! If you have any questions,

please contact Missy Clum in Human Resources at ext. 8122. We will practice in the 2nd Floor Conference Room from 3:30-4:30 p.m. on the following dates: Tuesdays - Oct. 6, 13, 20, 27, Nov. 3, 10, 17, 24, and Dec. 1, 8. Join us also on Wednesdays - Oct. 7, 14, 21, 28, Nov. 4, 11, 18, 25, and Dec. 2, 9.

Mileage Reimbursement Rate

Effective Wednesday, Oct. 1, the rate at which Fairfield Medical Center reimburses employees for mileage driven in personal vehicles for work related purposes will be

42.5¢ per mile. The reimbursement rate will be examined quarterly and will be set according to the costs for gasoline based on the AAA state average.

Help Us Strike Out Breast Cancer

Help us fight back against breast cancer on Oct. 11 during the "Strike Out Breast Cancer" fundraiser at Tiki Lanes in Lancaster. More than 150 bowlers are expected to come knock down pins with the Southeastern Ohio USBC and raise money for the Fairfield Medical Foundation and the Susan G. Komen for the Cure. There will be a 10 a.m. squad and a 1 p.m. squad. This is a 9 Pin No-Tap event, which means when

you knock down nine pins, it counts as a strike. The three game format costs just \$10 per person to participate. To contribute or to bowl in this event, contact Joy Kellenbarger, association manager of the Southeastern Ohio USBC, at seohusbc@aol.com or 740-653-1598, or contact Greg Russell at tikilanes@sbcglobal.net or 740-654-4513. Early registration is appreciated; entry forms are available at Tiki Lanes or seohusbc.com.

Donate a Gift Basket to Mothers in Need

How would you like to be the winner of a \$150 Grand Prize? OB-GYN & Associates are having a fall community service project to benefit new mothers within our community who deliver at Fairfield Medical Center. They are asking for gift basket donations that will be distributed to new mothers on the Labor and Delivery Floor at FMC. These gift baskets can be made up of: baby items, pampering items for women, snacks/drinks, or any other item that will be beneficial to a new mother who has just delivered. Please keep in mind that these baskets will be donated to the new mothers who have just delivered, so the baskets should be new and tastefully put together. Each individual who submits a basket will have the opportunity to be a winner of a grand prize that is worth more than \$150. This lucky winner will be selected by a random number drawing

and will receive the grand prize once the contest has ended. The grand prize includes a gift basket that will include some of the following: a gift certificate to Ireland's Spa and Salon for a pregnancy massage and pedicure, treats from Candy Cottage and many other wonderful pampering items. The lucky winner also will win a copy of the new book "Your Pregnancy and Childbirth, Month to Month." All gift baskets can be dropped off at OB-GYN & Associates at 135 N. Ewing St. Suite 201, Lancaster, OH 43130. The deadline for submissions is Oct. 16. Please make sure your contact information is attached to the basket so a contest winner can be notified. Thank you in advance to all that plan to participate in our service project to help new mothers within our community. For questions, call 740-653-5088.

Birthdays

MONDAY

Janice Carr, Cardiovascular Services
Nancy Henry, MIS
Molly Ruth, FHP Rheumatology

TUESDAY

Corey Callahan, Physical Therapy
Ricki Chenault, FMC Foundation
Angela Freeman, Coding
Tina Hines, 2 Surgical
Lauren Kulik, D.O., Family Medicine Resident
Cathleen Marcus, Emergency Department
David Tillery, D.O., Family Medicine Resident
Robyn Wallace, ICU
Joseph Wortman, Central Transport
Sally Wright, Emergency Department

WEDNESDAY

Charles Anderson, Dietary
Tammy Barnhill, Housekeeping
Randall Finley, Plant Engineering
Brenda George, Volunteer, Surgery Waiting and Gift Shop
Donna King, Maternity
Starlene Kinser, Surgery Assessment
Debra Lynch, Third Med./Surg.
Amanda Miller, Vascular Lab
Alisha Moore, Respiratory Therapy
Crystal Probasco, Physician Relations/CME

THURSDAY

Rebecca Barlow, Orthopedic Unit
Colten Blankenship, Volunteer, North Info.
Filomena Courtright, Respiratory Therapy
Andrea Ellars, FHP Pulmonology - Critical Care
Donna Miller, Surgery
Alyssa Ranft, Surgery Assessment
Rebekah White, MIS

FRIDAY

Martha Brown, Fifth Med./Surg.
Christina Dominguez, MRI
Raymond Fiore, Emergency Department
John Fortner, Volunteer, Gift Shop
Chelsea Hurst, Housekeeping
Rebecca Muck, Vascular Int. Radiology
Stacy Smith, Surgery Assessment
Resa Tobin, Wellness Services

SATURDAY

Angela Berkfield, Psych.
Marcie Dennis, Recovery/PACU
Stephanie Frasure, River View Surgery
Melissa Kozar, Volunteer, North Registration
Melissa Robers, Catscan
Sarah Scott, PCU
Melissa Seymour, Nursing Float Pool
Natalie Smith, PCU
Amanda West, PCU

SUNDAY

Janet Charles, Emergency Department
Gary Darfus, Volunteer, South Information Desk
Alvirta Everett, Surgery
Julia Foster, FHP Infectious Disease/Wound Care
Romona Inskip, Volunteer, Chaplain Services
Heather Johnson, Lab
Bert Sergent, Emergency Department
Kanwaljit Singh, M.D., FHP
Hematology/Oncology
Carolyn Willison, PBX



From the Employee Activities Committee

Did you know that FMC employees can get discounted tickets to Broadway shows in Columbus? Please see the FMC Intranet/Employee Activities button for ordering instructions and season schedule. Upcoming shows include: Kinky Boots, How the Grinch Stole Christmas, Sound of Music, Motown the Musical, Beauty and the Beast, Book of Mormon, and Dirty Dancing.

Join us at the Cleveland Cavaliers vs. Indiana Pacers game on Nov. 8 at 3:30 pm. Tickets are \$88 each for Lower Level seats (Section 100's). Tickets include Court of Dreams package, which allows all participants to shoot on the official Cavs hardwood court following the game. Payroll deduction is available. Priority based on first come, first serve basis. Limit of six tickets per employee. For ticket registration, complete request form on the Intranet/Employee Activities button. For questions, contact Jennifer Dicken at ext. 8345.

Trunk or Treat Night at the Skyview Drive-In Movies! Join us Oct. 24. Gate opening time to be announced later. Showtime at dusk (approximately 7:30 p.m.). All are encouraged, but not required, to dress up and/or bring candy to pass out. Those wishing to participate can pass out candy from the trunk of their vehicle, hence the name "Trunk or Treat." The movies that will be showing will be announced closer to the event. The event is free. An employee, physician or volunteer must be in the vehicle to show their FMC badge at the ticket gate. Plan to have candy for approximately 200 kids. Those employees working that evening may send a copy of their work schedule with their family so that they may participate.

Oxygen for the Soul

When I admire the wonders of a sunset or the beauty of the moon, my soul expands in the worship of the creator.

~Mahatma Gandhi

(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.

Hospital Happenings

Twig 1 Cancer Care Run/Walk

Join us Saturday, Oct. 10 at 9 a.m. at Marten's Park in Lancaster. This annual Cancer Care Run/Walk is to raise money to support our fight against cancer. Registration is \$25 until Oct. 1 and \$30 race day. Same day registration begins at 7:30 a.m., and the race starts at 9 a.m. To register, visit twigone.com.

BRA (Breast Reconstruction Awareness) Day Oct. 21

Did you know that 70 percent of women eligible for breast reconstruction after mastectomy are not informed of their options? The goal of National BRA Day is to ensure that all breast cancer patients are educated about all of their options. Patients are supported by a team of medical professionals working together for the patients' best interests. To celebrate BRA Day, we are asking for donations of new bras for a local women's shelter. They can be donated until Oct. 21 at the following Lancaster locations:

- FMC Café
- Fairfield Medical Cancer Resource Center, 616 Forest Rose Ave.
- Central Ohio Plastic Surgery

Gynecological Cancer Education Information & Caregiver Support Group

Join us from 7-9 p.m. the second Tuesday of every other month at the Cancer Resource Center for a gynecologic cancer support group meeting. The next meetings are scheduled for Nov. 10 and Jan. 12. We will discuss gynecological cancer (ovarian, uterine and cervical cancer) and allow you to relate with others. For questions or more information, call 740-277-6941 or mytealfriends@gmail.com.

Shine a Light on Lung Cancer Vigil

Help us Nov. 12 from 6-7 p.m. at the Pickering House to brighten the lives of people touched by lung cancer in our community and raise awareness around this disease. This free event filled with hope and information about lung cancer will feature a special illumination ceremony for all to participate in. This vigil is brought to you by the Lung Cancer Alliance in partnership with FMC and FairHoPe Hospice. Register by at

www.shinealightonlungcancer.org/lancaster. For questions, call Ivy at ext. 6889.

Turkey Day 5K

Join us Nov. 26 at 8:30 a.m. for the Turkey Day 5K, sponsored by the Fairfield Medical Center Foundation. The race will be held at Forest Rose School, 1592 Granville Pike in Lancaster. Awards will be given to the top three finishers in each age group and top overall male/female. Pre-registration is \$20 per person (includes race day shirt); pre-registration must be postmarked by Nov. 6. Children 13 and under are free. Register online at <http://fmcturkeyday5k.itsyourrace.com> or register the day of the race for \$25 per person. For more information, contact FMC's Health and Wellness Services at 740-689-6822.



Celebrate Life in Survivorship

Coping with Cancer Seminar at FMC

Saturday, Oct. 24, 10 a.m.-2 p.m.

Fairfield Medical Center Main South Entrance (Surgical Tower) Near the New Wishes Gift Shop

Learn more about coping with cancer courtesy of FMC and Komen for the Cure. Dori Klemanski, D.N.P., C.N.P., R.N., director of the OSU survivorship program, will speak about the cancer journey.

Lunch will be provided. Limited seating is available. Registration is required by calling Carol Disanto at 740-687-8814.



The Ohio Glass Museum is pleased to present: The Picture of Health: The Importance Of Glass In The Medical Field And In Our Daily Lives

Join us from now until Aug. 31, 2016. Featuring collections from: Harold Schorr, retired pharmacist, Verylene Summers of Summer House Antique, The American Scientific Glassblowers Society, OGM's Doctor Hubert Amstutz collection, collections from friends of the museum - items on loan from FMC and treasures from OGM archives. This event is in honor of FMC's Centennial Celebration.