

People you know. Care you trust.

Monday Morning



Cancer Program Recognized by Rep. Schaffer p. 2



BRA Day Promotes Awareness p. 3

Casto Recognized as Legendary Caregiver Through FMC Foundation



Pictured above is Mandy Dawson, R.N., Orthopedic manager and Legendary Caregiver Emily Casto, R.N.

When Amy Azbell had a total hip replacement, she was overwhelmed by the compassion and dedication of the Orthopedic staff. "Emily was the absolute best! She took incredible care of me and really made me feel special," Amy said. Congratulations to Emily Casto, R.N., and Legendary Caregiver.

Enter the FMC Bread Baking Contest

On Nov. 16, a bread baking contest with guest baker and FMC CEO, Jack Janoso, will be held in the cafeteria. All employees, volunteers and physicians are welcome to participate. Contact John Belin at ext. 8127 to enter. Bakers need to bring two loaves of bread to the cafeteria, along with the recipe, between 7 a.m. and 9 a.m. on Nov. 16 for the official judging. Judging will begin promptly at 9 a.m. The auction will begin at 11:30 a.m. in the Café.

Looking for Extra Holiday Cash?

Fairfield Medical Center has established a volunteer sign-up sheet for any staff member that would like to provide 1:1 care on the inpatient nursing units. 1:1 care is utilized for those patients who may be confused and in need of verbal redirection for his/her own safety. Just-in-time training will be provided at the beginning of each shift to orient you to the role and to the patient. The Nursing Office will utilize the volunteers for any uncovered need to sit with our 1:1 patients and will call in advance to cancel your shift when it is not needed. Please be sure to reach out to the Nursing Office at ext. 8190 or stop by the Nursing Office to sign up. Thanks in advance for caring for our community!

100 YEARS *of Caring*
Fairfield Medical Center

Rock *of Remembrance*

FMC Memorial Service
Join us Nov. 11
2 p.m. & 3:30 p.m.
Assembly Room 2 & 3



Join us to memorialize a loved one. Brought to you by the FMC Chaplain's office. For questions or more information, please call ext. 8344.

All AEEs and MOSTs must be completed no later than Nov. 15. Questions? Call ext. 8491.

From the Chief's Desk

It is hard to believe that November has already arrived! With the turn of the calendar comes many changes. We "fell back" to Eastern Standard Time and it now gets darker much earlier in the evening. Our lives get busier as we gear up for the upcoming holidays. It seems that life moves even faster toward the end of the year.



As caregivers, we often put ourselves at the bottom of the list. We give to our families, our patients and our communities, but neglect to take time for us. I want to remind you that it is important to remember the flight attendants' instructions you hear before you take off on a flight—"put your oxygen mask on before helping others." Without self-care, we are not able to meet the commitment we have to others, especially our patients and their families.

There are two upcoming events that are important to you in self-care. The first is Open Enrollment for 2016 Benefits. Open Enrollment starts on Monday, Nov. 9 and runs through Monday, Nov. 30. We are so pleased to have trained Benefit Counselors on-site to assist with the enrollment process. All full and part-time employees are expected to attend a private, one-on-one session to discuss your current benefits elections and learn about new and updated benefits options. Watch for fliers and additional information on this important employment event. Your active participation in the selection of your 2016 benefits helps care for you and your families during the upcoming year.

The second event is the Employee Holiday Party. Mark your calendars for Dec. 11. You don't want to miss this long-standing FMC tradition! The day promises to be filled with food, fun, and fellowship. Entertainment is provided by many of our co-workers as they share their musical and entertainment talents to make this a very special day. You can recharge your battery by sharing in this wonderful day.

Our cultural transformation focuses us on caring for each other, being a team and being advocates for our patients. So get plenty of rest, get your flu vaccine, eat well and invest 10 minutes in yourself. You and our patients will greatly benefit from it.

Debbie Palmer, Chief Human Resources Officer

FMC Cancer Program Recognized by Representative Tim Schaffer

Fairfield Medical Center's Cancer Program was recently recognized by the House of Representatives. Representative Tim Schaffer recognized us for once again receiving a three-year accreditation from the Commission on Cancer of the American College of Surgeons. He also recognized the Fairfield Cancer Resource Center for being a recipient of the American Cancer Society's Division Citation Award. This award recognizes the efforts of organizations providing outstanding cooperation in carrying out cancer control activities and the overall mission of the American Cancer Society.

Attention Super Shoppers

There is a new Super Shopper order form on the Intranet for Christmas! Please check it out. We have four more order dates before Christmas. Please contact Carol DiSanto with any questions.

HR Corner

Benefit Open Enrollment for 2016 benefits is scheduled for Nov. 9 through Nov. 30. All full-time and part-time employees are required to complete their benefit enrollment. You are encouraged to attend one of the informational sessions below. The meetings will cover the process for open enrollment, in addition to benefit changes for 2016.

Benefit Information Sessions

- Nov. 2, 4:30-5:30 p.m., Assembly Room 3
- Nov. 3, 10-11 a.m., Assembly Room 3
- Nov. 3, 2:30-3:30 p.m., Assembly Room 3
- Nov. 5, 7-8 a.m., Assembly Room 2

Paid Time Off (PTO) DID YOU KNOW . . .

- You can check your PTO balance in Employee Self-Service under the Benefits Tab (then click on Benefit Balances) or on your Earnings Statement (Payroll Tab, Pay Checks, Click on the latest check to view, then choose Print Statement).
- REMINDER: The deadline for the quarterly PTO cash out is Nov. 15. This time only, there will be a one-time exception to the PTO policy. This exception will allow you to cash-in up to 50 percent of your PTO balance. This payout will be a direct deposit on your Dec. 4 paycheck.

Spaghetti Dinner Coming Up

On Tuesday, Nov. 3, the United Way Committee will sponsor a carryout spaghetti dinner for four people. The dinner will consist of spaghetti sauce and noodles, meatballs, salad and bread sticks. The cost is \$20, \$10 of which will be donated to the United Way. No need to register in advance, just stop by the United Way table in the café from 2-6:30 p.m. the day of the event, and everything will be packed and ready to go.

United Way Update: *Since we were fortunate enough to get the Weekend Get-Away donated, that prize will now include \$100 spending money for the trip.* Your support of the United Way is greatly appreciated.

EMPLOYEE CRAFT SHOW SPACES OPEN

Spaces are still available for the employee craft show on Nov. 20. Sign up deadline is Nov. 6. Registration and more information is located on the Intranet/Employee Activities.

FMC Celebrates with FairHoPe Hospice



Pictured above is Resa Tobin, FMC community educator, and Denise Bauer, FairHoPe Hospice CEO, at the newly designed butterfly garden at The Pickering House during the ribbon cutting Oct. 27.

Come and Kick off the Holiday Season With Us – Be Part of the Lancaster Holiday Parade

Fairfield Medical Center will continue our Centennial Celebration with participation in the Lancaster Holiday Parade. In celebration of our 100-year anniversary, we would like to have at least 100 participants to walk along with the float in the parade. All employees, physicians, volunteers and family members are invited to participate in this event on Nov. 21 beginning at 10 a.m. Contact Kim Kirchgessner, Human Resources, at ext. 8544 to sign up.

TWIG 12 Elder Beerman Coupon Sale in FMC Cafeteria

Join TWIG 12 on Friday, Nov. 6 from 10 a.m.-4 p.m. at the Surgical Tower Main Entrance outside of the Wishes Gift Shop. TWIG 12 will have coupon booklets for Elder Beerman's Community Days (Nov. 11-Nov. 14) available for a donation of \$5. The booklet includes a 30 percent off coupon and great discounts on holiday gift items such as a new pair of boots, a kitchen mixer, and flannel sheets! Money raised from this event will benefit the hospital and patients.

FMC, Central Ohio Plastic Surgery, Inc. Collect Bras For Local Shelter

In celebration of National Breast Reconstruction Awareness (BRA) Day on Oct. 21, Fairfield Medical Center and Central Ohio Plastic Surgery, Inc. donated 75 bras to a local domestic violence shelter for women. This is the largest number of bras collected in the four years that FMC and Central Ohio Plastic Surgery, Inc. have been doing the drive in collaboration with BRA Day. The goal of BRA Day is to ensure all breast cancer patients are fully informed of their surgical options and are supported by a team of medical professionals working together for the patient's best interest. According to the Women's Health Act of 1998, if an insurance company covers a mastectomy, it also must cover reconstruction. However, research shows 70 percent of women eligible for breast reconstruction are not even informed of these options.

"The idea that 70 percent of women would not be told about their reconstruction options is staggering," said Jason Lichten, M.D., board certified plastic surgeon with Central Ohio Plastic Surgery. "We are so grateful to all who helped us support women by raising awareness of reconstruction and contributing necessities to some of the most vulnerable members of our community."

During the drive, pink donation boxes were placed at three locations – the Fairfield Medical Center Café, Central Ohio Plastic Surgery, Inc. and the Fairfield Medical Cancer Resource Center. For the past four years, the bras collected during the drive have been donated to the shelter. Bras are a welcomed donation, as many of the women who come to stay at the shelter bring nothing more than the clothing on their backs. To learn more about options for breast reconstruction, contact Dr. Lichten's office at 740-653-5064.

Pictured on front (from left): Rachel Lichten of Central Ohio Plastic Surgery, Inc., John R. "Jack" Janoso, Jr., president and CEO of Fairfield Medical Center, Dr. Jason Lichten, plastic surgeon with Central Ohio Plastic Surgery and Suzanne Pelletier-Capitini, executive director of a local domestic violence shelter.

Compliance Corner

Trust, Compliance and Our Patients - The Week of Nov. 1-7 is designated as Healthcare Compliance and Ethics Week by the Healthcare Compliance Association. Since we are all responsible for Fairfield Medical Center's monitoring and reporting of compliance and ethics concerns, this is a good time to reflect on our responsibilities to our patients and our community. When patients and their families choose FMC, they have great faith and trust that we will protect their rights, privacy, and that we will make our healthcare decisions based on a strong ethical foundation. What this means is that our patients must feel comfortable sharing private health or life choice information with our FMC family. They must trust that this information will be used only for the purposes for which it was intended. They trust that this information will not become the subject of hallway conversations, social media rants, or gossip in the community. Patients trust that when we choose our vendors, suppliers, and other partners, we do so because we believe they provide the best product or service for the money. Patients trust that when their physician refers them to FMC for a service, they do so because we provide the best care and we do so at a reasonable cost. They trust that referrals are not based on financial kickbacks or other reasons not related to the quality of care we provide.

The good news is that these beliefs are true. As we review the cases that have been reported for privacy investigations and for ethics review, we find that they are overwhelmingly reported by FMC staff and providers. We find that employees often report their own errors. We find that the majority of the cases we investigate show there are no actual concerns or violations, but our FMC family is comfortable asking us to look at situations and investigate concerns. Congratulations and thank you for all you do for our FMC family, our patients and their families.

No One Dies Alone Pizza Party

Please join us for the NODA Annual Pizza Party! Katie Hannahs, clinical education coordinator, will give a short presentation. The date is Wednesday, Nov. 4 from 5-6:30 p.m. at Fat Cat Pizza on Ety Road. RSVP either way to Melony Rarick at melonyr@fmchealth.org or 740-687-8194. We hope to see you there!

It's National Diabetes Month

Could you or someone you know have diabetes and not know it? There are an estimated 86 million people with pre-diabetes or undiagnosed diabetes in the US alone. There are 29 million who have already been diagnosed.

Management of diabetes includes medications, diet, exercise and glucose testing. If you have been experiencing increased thirst, increased hunger, frequent urination, blurry vision, tiredness or weight loss without trying, you should be tested.

Stephanie Van Horn, diabetes educator, will be available to do fingersticks for anyone in Stephanie's near the cafeteria

on Nov. 3 from 6:30-8:30 a.m. and Nov. 12 from 4:30-6:30 p.m. If these times do not work for you, please call Stephanie at ext. 8492 or stephvh@fmchealth.org for an appointment.

Diabetes is now a very treatable disease. In the past, it was considered a death sentence, but with research, we now have more medications and much more knowledge about diabetes care. (Tidbit: Insulin is not yet 100 years old!)

Don't wait another day! Give Stephanie a call or stop in her office to do a test.

SAVE THE DATE

Turkey Day 5K

A Fairfield Medical Center Event

**NO COST FOR CHILDREN
13 AND UNDER!**

**Thursday, Nov. 26
8:30 a.m.**

**Forest Rose School
1592 Granville Pike • Lancaster, OH**



The Turkey Day 5k is part of Fairfield Medical Center's community-wide initiative designed to improve the health of residents in our community by promoting healthier eating habits and increased levels of physical activity.



IT'S TIME TO SHINE.

JOIN US FOR SHINE A LIGHT ON LUNG CANCER.

Thank you to our title sponsor



and national sponsors.



Shine a Light on Lung Cancer Vigil

Nov. 12 from 6-7:30 p.m.

The Pickering House

282 Sells Road, Lancaster, Ohio 43130

Register by calling Ivy O'Neal at 740-689-6889.



Illuminate. Brighten. SHINE.

Let's ease the burden on those impacted by providing hope, compassion and support.

Ohio is 1 of 11 States with Highest Colon Cancer Mortality Rate

Did you know Ohio is one of 11 states with the highest mortality rate due to Colon Cancer? How can you empower yourself so you are not a statistic? You need to empower yourself with education and prevention options. Knowledge is the key to decreasing your risk of colon cancer. Interventions:

- Screenings should start at age 50, and age 40 if you have a family history of colon cancer.
- Eat a healthy diet of fresh fruits,

vegetables and fiber such as whole grains.

- Exercise 4-5 times a week.
- Stop smoking.
- Know your bowel habits and report any bleeding, unusual constipation or diarrhea, or inconsistencies with your bowel to your family physician.

Most importantly, get screened! Your loved ones will thank you for it.

Colon Cancer At-A-Glance*



Colon cancer is the second leading cause of cancer-related death in the U.S.



On average, your risk is about 1 in 20, although this varies widely according to individual risk factors.

50+

90% of new cases occur in people 50 or older.



People with a first-degree relative (parent, sibling or offspring) who has colon cancer have two to three times the risk of developing the disease.



There are currently more than one million colon cancer survivors in the U.S.

Bargain Boutique Accepting Winter Clothing

The Bargain Boutique, Lancaster's oldest consignment shop, is operated by Fairfield Medical Center's TWIG 2. We offer quality merchandise at bargain prices. All proceeds benefit FMC. Donations are accepted any time the shop is open. We are now accepting seasonal items such as coats and

other winter items. Items consigned and/or donated must be seasonal, clean, free of smoke and stains and, if a household or other item, must be in good working order. If you have questions, call The Bargain Boutique during business hours, at 740-654-4620.

Central Ohio Plastic Surgery Celebrates 10 Years

It was 10 years ago that Dr. Jason Lichten opened the doors of Central Ohio Plastic Surgery in Lancaster. Join Dr. Lichten, Aesthetician Natalie Milliser and the rest of Central Ohio Plastic Surgery team in celebrating their 10th Anniversary at Fairfield Medical Center. Dr. Lichten will be hosting

a celebration in his office in Pavilion Suite 202 on Thursday, Nov. 5 from 2-7 p.m. Dr. Lichten, Natalie and their national educators will be available to answer your questions about skin care and injectables, including Kybella, the latest innovation in anti-aging.

Wellness Corner - News/Upcoming Events

Lunch N Learns

Help For the Mind at Work, Nov. 4
Fight off the Seasonal Blues, Nov. 18
To sign up for a Lunch N Learn, contact Health and Wellness at ext. 6822.

Fitness Challenges

Fall into Fitness, Nov. 1-Dec. 31
Contact Aaron Adams at ext. 8459 for more details and registration.

Seasonal Fun Activity

Healthy Thanksgiving Crossword due Nov. 23 to be entered into the gift card drawing.

Tennis Shoe Day

The first of every month all employees are

permitted and encouraged to wear Fairfield Medical Center dress code appropriate tennis shoes with your FMC attire.

Turkey Day 5K

Join us Nov. 26. Don't forget to pre-register. Children 13 and under can race for free. For questions, call ext. 6822.

Wellness Wagon

Keep a look out for the Wellness Wagon where you can get all your information about what is going on with Health and Wellness.

Also Coming Soon . . . Healthy Meal Recipe Challenges

Birthdays

MONDAY

Andrea Jarvis, Radiology, General
Debra Palmer, Administration
Jennifer Nye, Coding
Rachel Burwell, ICU

TUESDAY

James Wahl, Cardiac Services Management
Janey Kessler, Recovery/PACU
Julie Earliwine, Lab, Phlebotomy
Kelly Russell, Imaging Administration
Lauren Thomas, Medical Stabilization Unit
Leonard James, Plant Engineering
Lisa Thompson, Emergency Dept.
Maurisa Baker, Physical Therapy

WEDNESDAY

Barbara Chapman, Emergency Dept.
Brea Henthorn, Lab, Phlebotomy
Brittany Hicks, Lab, Phlebotomy
Carol Hicks, Vascular Interventional Radiology
Deena Brooks, Emergency Dept.
Lori Hill, Maternity
Sarah Phillips, Surgery

THURSDAY

Caleb Mick, Respiratory Therapy
Chelsi Brudzinski, Fifth Med./Surg.
Cortney Chapman, Housekeeping
Jason Reed, Surgery
Katie Stevens, Contracts and Collections
Maria Templin, Quality Outcomes
Nicole Bentz, Housekeeping
Robert McCarthy, Plant Engineering
Tracey Byram, ICU

FRIDAY

Alisa Collinsworth, 2 Surgical
Brooke Frank, PCU
Jered Berkfield, 2 Surgical
Justina Altier, Arrhythmia Clinic

SATURDAY

Amy Sampson-Swinehart, Physician Services
Brooke Barger, Surgery
Dominique Anderson, Dietary
Elaine Byers, FHP Revenue Cycle
Lakota Bartow, Fifth Med./Surg.
Lisa Fest, Registration
Lisa Tipple, Maternity
Robert Pisano, Six Sigma
Sherry Butcher, Lab, Phlebotomy

SUNDAY

Chad Cupp, Plant Engineering
Clarence Blanchard, Respiratory Therapy
David Rowles, Volunteer, Messenger Services
Julie Wellstead, Occupational Therapy
Kallie Starkey, Registration
Linda George, PCU
Melissa Campbell, Nuclear Medicine
Pam Mong, Endoscopy



Hospital Happenings

FREE Eye Seminar: Look and See Younger

Join us Tuesday, Nov. 10 at 6 p.m. in FMC Assembly Room 1. Learn about eyelid surgery, cataracts, glaucoma treatment and dry eye from Marilyn Kosier, M.D. Refreshments will be provided. For questions or more information, contact Risha Wagner at ext. 6494.

Medtronic® Tame the Pain Seminar

Learn more at this FREE Tame the Pain event featuring proven chronic pain treatments. Join us for a discussion Wednesday, Nov. 11 at 5:30 p.m. A meal will be provided at FMC in Assembly Rooms 2 and 3. To RSVP, call Risha at 740-689-6494. Co-sponsored by Medtronic and Ron P. Linehan, M.D., with Precision Pain Care. Family and friends are welcome to attend. Visit tamethepain.com for more information.

Centennial Corner

Celebrating the Journey . . . As we spend this next year celebrating our approaching 100th anniversary on Oct. 10, 2016, you will learn how our existence came to be and of the many medical technological advances FMC has brought to our community. Starting at the beginning... our medical profession can be traced back to 1824 with the function of the 13th Ohio District Medical Society. According to an article posted in the *Lancaster Eagle Gazette*, the very first practicing physician in New Lancaster was in 1801 by the name of Dr. John Shank. Some bylaws of the 13th Ohio District Medical Society during that time provided that censors examine candidates for benefit of a license to practice and if found capable, they were admitted. And so it was, that Mr. Reuben Culver became the first person granted a license under this arrangement in Lancaster. A candidate had to be the age of 21 and pay \$10 before the license was granted. These men pioneered the way for where we are today, fighting diphtheria, typhoid fever, and cholera along the journey, doing it the best they could with what they had at the time. Medicines and other methods of treatment had not yet been developed to control these types of epidemics. Eventually, in 1902, the Fairfield County Medical Society was organized. This society stood for everything that is progressive in the way of medicine and surgery, and became highly active in carrying out an extensive campaign to have a hospital established in Lancaster that would provide them with a suitable place to care for their patients. Join us each week for more information!

100 YEARS of Caring.

Shine a Light on Lung Cancer Vigil

Help us Thursday, 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 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 at shinealightonlungcancer.org/lancaster. For questions, call Ivy at ext. 6889.

New FMC Employees

Please welcome the following new employees, who joined the team on Oct. 26:

- Joshua (Josh) R. Stilwell, Physical Therapy
- Emily C. Haines, Nursing Office
- Heather R. Koza, Float Pool
- Lydia J. Adams, Sixth Fracture Unit
- Ashley R. Barringer, Float Pool
- Mary (Christy) Paul, 2 Surgical
- Stacie D. Dearth, Psych
- Brittney N. Miller, Central Transport
- Artentious Ramsey, Fresenius

YMCA Discount

The Robert K. Fox Family YMCA is having their open enrollment for FMC staff from Oct. 24-Nov. 9 (new members receive 50 percent off the joining fee). Prospective members may have a one-time free day visit, including their family, with verification. You may payroll deduct the fee, but must complete a payroll deduction form available at the YMCA. Employees must show proof of employment by showing their ID badge or a current FMC pay stub. For questions, please contact Chelsea LaGrasse at the Family Y at 740-654-0616, ext. 234.

Oxygen for the Soul

I have discovered that all human evil comes from this: man being unable to sit still and quiet in a room alone.

~Blaise Pascal

(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.

The EAC is offering **Ohio State vs. Maryland Basketball tickets** for the Jan. 31 game at 1 p.m. for only \$22 a ticket. Deadline to order tickets is Nov. 20. To order tickets, please complete the reservation form on the FMC Intranet/Employee Activities button.

Trans-Siberian Orchestra on Saturday, Dec. 26 at 3 and 8 p.m. **FIRST TIME AT THE SCHOTTENSTEIN CENTER!** This year's enchanted Yuletide tale is *The Ghosts of Christmas Eve*, featuring the best of TSO. *The Ghosts of Christmas Eve* is sure to be a compelling and memorable experience. Tickets starting at \$41. Orders need to be received by Nov. 4. Send completed reservation form to robertw@fmchealth.org.

COSI discount tickets good for ANY DAY throughout the rest of 2015! Your FMC group price: \$10 per ticket (all ages) Save up to 48 percent off! General admission to COSI's classic exhibits and live shows is included. Purchase these add-on attractions for \$5 at COSI: the Planetarium, National Geographic Giant Screen, and the Simulator or Adventure. Parking is \$5 per vehicle paid at COSI. We have a limited number of tickets to sell at this special price. Tickets can be purchased in HR Monday-Friday from 8 a.m.-4:30 p.m. Please complete the ticket order form found on the FMC Intranet/Employee Activities button. Upcoming events: Model Railroad Weekend is Nov. 21 and 22 and Polar Express Weekend is Dec. 13 and 14. *Polar Express: Extra \$10 fee includes movie, hot chocolate, one cookie and pre-show activities. Additional event information available at www.cosi.org.

World's Toughest Rodeo at Nationwide Arena

on Saturday, Jan. 30 at 7:30 p.m. Tickets start at \$13 per person. Order deadline is Jan. 25 at 3 p.m. Payment options: credit card or check made payable to Nationwide Arena. Please see the FMC Intranet/Employee Activities button for an order form.

Disney on Ice—Group Discount Tickets

for Feb. 3-7 at Nationwide Arena. Tickets starting at \$19. Please see the FMC Intranet/Employee Activities button for an order form. Order deadline: Jan. 22 at 3 p.m.

