

People you know. Care you trust.

# Monday Morning



**Sharon Scruggs Receives COPAM Lifetime Achievement Award**

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**FMC Hosts CME for Medical Staff to Help Increase Colon Cancer Screenings**

## Waggoner & Conrad Named as Legendary Caregivers by Grateful Patient



*From left: Carol Stefaniak, director; Ashley Gaddis, MPCU supervisor, Cara Waggoner, N.A.; Alan Vandewater, grateful patient; Sarah Conrad, R.N.; Amanda Strigle, FMC Foundation annual giving specialist; and Justin Brumley, head nurse unit manager.*

When a patient sends a two-page letter singing the praises of his caregivers, we are reminded of the special connections that can be made with the people who come to us for care in their most vulnerable moments. Recently, Cara Waggoner, N.A. and Sarah Conrad, R.N., were named Legendary Caregivers through the Grateful Patient program. The patient, Alan Vandewater, was so touched by the compassion and care he received that he not only made a gift to the FMC Foundation, but he also came all the way back from New Lexington to be present for the pinning ceremony.

"Because of the care I was given, and the compassion that was shown, I would like to see these two outstanding ladies get the appreciation they deserve," Alan said.

**Complete your Systems Access Security Agreement and Winter Weather Safety MOSTs by Feb. 15. Each lesson should take no longer than 10-15 minutes. If you have any questions, contact ext. 8632.**

## Welcoming New Director of Quality Services

Fairfield Medical Center is pleased to welcome Sujit Philipose, M.B.A., M.H.A., M.B.B.S., as director of quality services. In this role, Dr. Philipose will contribute to the development of strategic goals and operationalize the strategic initiatives set forth by the board and administration. He also will provide operational perspective for proposed initiatives, policies, procedures and other key matters related to quality and safety.



Dr. Philipose comes to Fairfield Medical Center from Nationwide Children's Hospital in Columbus, where he most recently served as the business manager of the behavioral health division. He previously served as the business process consultant of the gastroenterology division and as the quality and process improvement data coordinator/analyst of the gastroenterology division at Children's. Dr. Philipose received his Master of Health Administration at Ohio University and his Master of Business Administration at Capital University. He received his medical degree at Dr. B.R. Ambedkar Medical College at Bangalore University in India. During his time in India, Dr. Philipose served as an internist physician in general medicine at Christian Fellowship Hospital, Oddanchatrum, Tamil Nadu. He also managed care for AIDS and TB patients, including children, in an underserved HIV clinic located in the same area.

## Centennial Corner - Your Early Hospital....



With the construction of a new hospital just three years earlier, the city was already realizing it was not large enough to care for the needs of the community. Even with the capability of 50 patients at a time, according to early records, by late 1919, nearly every physician had 2-12 patients, who should receive hospital care but were unable to secure rooms at the hospital.

Talks of adding a new wing that would have rooms and not wards were held, along with the potential of increased revenue. Discussions for the need of a "contagious ward or building," led to the possibility of purchasing an army barracks building of the "knock down type" that could be erected on hospital grounds as a temporary solution. Not only were physicians feeling the demands, but staff as well. Local women took measures to assist the nurses by hosting an "all day sewing benefit" as the hospital was filled to capacity, and nurses were working beyond their limitations, having neither time nor strength to make the necessary garments or do the canning and preserving required for its maintenance. Ladies were encouraged to bring their lunches for a picnic on the lawn to add a social feature to the day. They were also encouraged to bring canned jellies, fruits, old muslins and linens, to help the hospital as well. *Adapted from articles in the Daily Eagle.*

You can easily get the **Monday Morning** emailed to you by reaching out to Risha Wagner, Marketing, at ext. 6494 or [rishaw@fmchealth.org](mailto:rishaw@fmchealth.org).

## Attention Nurses/Nurse Aides

Join us Thursday, Jan. 14 in the old surgical area, rooms 1, 6 and 3, to choose a new heating pad product for patient use. There will be 3-4 vendors with different options for us to look at and an evaluation sheet for you to complete. The vendors will be available between 7 a.m.-3 p.m. that day.

## Heart Safe School Expands

The Heart Safe School Accreditation program has recently expanded into a new state – New York. The Greece Central School district recently became the first in New York to be accredited through the program, which is a combined effort of the Snider Community Heart Watch at FMC and the SADS Foundation. The accreditation is granted to schools that meet specific criteria designed to ensure the safety of students and staff who may suffer sudden cardiac arrest. To learn more about the Heart Safe School Accreditation, call 740-687-8154.

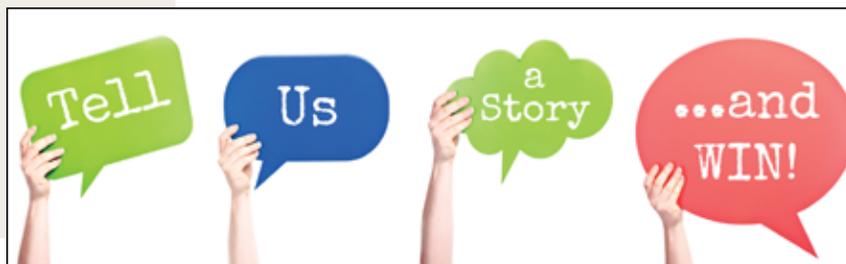
## FMC Cultural Transformation: The Discovery Phase Continues

You spoke—we listened! You told us during the employee survey that "Employee Care and Recognition" and "Communication" were two of the biggest obstacles to making FMC a great place to work. Over the past three weeks, your coworkers on the **Cultural Transformation Work Teams** have spent hours speaking with and listening to the feedback of hundreds of FMC and FHP employees.

This is an important step to help us better understand the concerns and capture ideas and suggestions for improvement. It is important that we talk to as many people as possible. If you haven't had an opportunity to speak with a team member, we want to hear from you! The **Communication Team and Care and Recognition Team** will have team members available to provide "open door" interview/ feedback sessions this week. Sessions have been scheduled on all three shifts for your convenience.

- Monday, Jan. 11 from 8-10 p.m. to capture second shift in Assembly Room 2
- Tuesday, Jan. 12 from 10 a.m.-noon to capture first shift in the Second Floor Conference Room
- Wednesday, Jan. 13 from 6-8 a.m. to capture third shift in Assembly Room 2

If you have questions or are not available at these times and would like to share, please contact Kellie Sharp at 740-689-6822 or [kellies@fmchealth.org](mailto:kellies@fmchealth.org)



### Let us hear it!

Great stories happen every day at Fairfield Medical Center. The Marketing & Community Services Department wants to share these stories through a new advertising campaign – and we need your help. If you hear a patient talk about the great care he or she received during their stay, tell us! We also want to hear your stories: how has working at FMC made a difference in your life?



### How do I pitch a story?

Ask the patient if he or she would be interested in sharing their story through an advertising campaign. If they agree, email their contact information and a short description of their story to **Michelle George at [michellege@fmchealth.org](mailto:michellege@fmchealth.org)**. It's that simple! If the story you pitch is used in our advertising campaign, we will give you a **limited edition Centennial shirt** as our thanks to you. The deadline to submit stories and win a shirt is **Monday, Feb. 8.**



## Weather Cancellation Policy

With the approach of inclement weather, we want to take this opportunity to remind you of Learning and Development's weather cancellation policy. This policy applies only to educational classes and events offered by Learning and Development; it does not apply to your work schedule or to education offered by other departments. The policy (Learning & Development Educational Offering Cancellation) states that in the event that the cancellation is due to adverse weather conditions the following will apply:

- If, at 6 a.m. the day of the offering, Fairfield County is under a Level 2 or Level 3 Weather Emergency, all educational offerings will be cancelled.

- If a Level 2 or Level 3 Weather Emergency is in effect for Fairfield County two hours prior to the educational offering, the offering will be cancelled.
- In the event that an employee lives in a county other than Fairfield County and that county is under a Level 2 or Level 3 Weather Emergency, the employee will be excused without penalty from attending the educational offering.

As always, each employee must use their own discretion about the advisability of travel during inclement weather. Please call Learning and Development at ext. 8491 if you have any questions.

## New Employees at FMC

Please welcome the following new employees who joined the team on Jan. 4:

- Julie E. Coakley, 5th Med./Surg.
- Tasha D. Dunfee, Emergency
- Lisa D. Dye, Housekeeping
- Jessica L. Elder, Telemetry
- Jennifer L. Howard, 2 Surgical
- Meredith L. McMahan, Nursing Float Pool
- Nicole L. Morgan, 2 Surgical
- Teresa L. Reedy, Laboratory
- Danielle Reynolds, Fresenius
- Ashley B. Robinson, Cath Lab Recovery
- Tessa M. Whitt, Housekeeping
- Trina S. Witham, 4th Med./Surg.

## Scruggs Receives Lifetime Achievement Award

Sharon Scruggs, manager of Contracts and Collections, was recently awarded the Lifetime Achievement Award from the Central Ohio Patient Account Managers (COPAM). COPAM is an organization for patient account managers and vendors which strives to enhance its members' professional development through educational opportunities. Sharon has been a member of COPAM for more than 25 years, serving as both president and a member of the board during that time.

"I was extremely surprised and honored to receive this award," Sharon said.

"Many of my peers throughout the state have contributed to the success of this organization. For over 28 years, Central Ohio Patient Account Managers has been a backbone of education to hospitals throughout the state by cementing a relationship with OHA and industry associates. To be recognized by my very deserving peers with this award will be one of the highlights of my career."

## Message from Patient Representatives

Effective Monday, Jan. 11, we will be transitioning toward using the 2015 Revised Advanced Directive documents (Sixth Edition). We have received training on the revised documents, which includes Healthcare Power of Attorney & Living Will, and are prepared to assist patients and families in the completion of these documents. We have copies

of this Sixth Edition Advance Directives Packet available for your office unit, and/or department. Please note previous completed editions of the documents are still valid. For copies and/or questions, please call a patient representative at ext. 8555 or Jodie Hildenbrand, Supervisor of Patient Representatives, at ext. 6448.

## Oxygen for the Soul

"The essence of life is going forward." ~Agatha Christie

*(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).*

## Family Flu Shots

Did you know that the spouses and dependents of FMC employees can receive a FREE FLU SHOT from Kroger pharmacy? As long as they are covered under the Center's insurance plan, they can receive their vaccine at any Kroger pharmacy, no appointment needed! Other covered vaccines given by Kroger include pneumonia (including the new Prevnar-13), Zostavax (shingles), Tdap and many more.

## Birthdays

### MONDAY

**Jennifer Beiter**, Cardiac Cath Recovery  
**Dina Hall**, Dietary  
**Amanda Householder**, Nursing Services  
**Devin Hurst**, Plant Engineering  
**Angela Marshall**, Nursing Services  
**Jennifer Picetti**, Registration  
**Mischelle Richey**, Fourth Med./Surg.  
**Shirley Swain**, Volunteer, Patient Pal, 4/5  
**Angela Zamarelli**, Maternity

### TUESDAY

**Charles Anderson**, Surgery  
**Cindee Cheadle**, Housekeeping  
**Ginger Davis**, FHP Pulmonology, Critical Care  
**Haley Horton**, Surgery River View  
**James Tipple**, Surgery  
**Amanda Wagner**, Coding

### WEDNESDAY

**Brandice Anders**, Surgery River View  
**Katrina Bieber**, Fifth Med./Surg.  
**Joyce Cox**, FHP General Surgery  
**Phyllis Flowers**, Volunteer, South Info. Desk, Outpatient Therapy Services  
**Natascha Kelley**, Observation Unit  
**Sarah Lanson**, FHP Revenue Cycle  
**Randall Spearman**, Physical Therapy

### THURSDAY

**Megan Bower**, Lab, DHS  
**Sabrina Miller**, Surgery  
**Teresa Reedy**, Lab, Phlebotomy  
**Angela Stevenson**, Respiratory Therapy  
**Michaela Thompson**, FHP Neurology

### FRIDAY

**Evelyn Bennett**, Maternity  
**Elizabeth Hammack**, Fourth Med./Surg.  
**Casey Lingerak**, Lab, Blood Bank  
**Tonya Mundy**, Endoscopy  
**Marcia Parker**, Registration  
**Mary Rogers**, Learning and Development  
**Nesha Sloan**, FHP Primary Care of Diley Ridge  
**Joshua Williams**, Vascular Interventional Radiology

### SATURDAY

**Jeffery Bryan**, Emergency Dept.  
**Aubry Coykendall**, Third Med./Surg.  
**Robert Graham**, Materials Management  
**Jacqueline Hillyer**, Fifth Med./Surg.  
**Tonya Julian**, Materials Management  
**Amanda Lawyer**, Central Sterile

### SUNDAY

**Juliana Barker**, Volunteer, Pet Therapy  
**Robin Carlisle**, Registration  
**Amanda Claytor**, Surgery  
**Heather Gompf**, Dietary  
**Kelsy Nye**, Fifth Med./Surg.  
**Nicole Spring**, Fifth Med./Surg.  
**Keita Trowbridge**, Emergency Dept.

## Hospital Happenings

### Gynecological Cancer Education Information/Caregiver Support Group

Join us from 7-9 p.m., the second Tuesday of every other month for a gynecologic cancer support group meeting. The next meeting is scheduled for Jan. 12 in Assembly Room 3 and the topic is "Caring for yourself, stress relief techniques." We will discuss gynecological cancer (ovarian, uterine and cervical cancer) and allow you to relate with others. For questions, call 740-277-6941 or mytealfriends@gmail.com.

### American Red Cross Blood Drive

Make a Difference in the lives of others! Join us Jan. 14 in Assembly Room 2 from 10 a.m.-4 p.m. for the January blood drive. Come to give and get a FREE 6-inch sub card from Subway and a \$5 Buffalo Wild Wings gift card! Contact Amy Reedy at

## Wellness News

### Build a BETTER YOU Series

Prepare yourself to be a BETTER YOU for 2016! The following Lunch and Learn series are brought to you by the FMC Health and Wellness Team. These classes are held in Assembly Room 2 from noon-12:30 p.m. on the Wednesdays noted below. Register to attend any or all of these events by calling 740-689-6822. Pre-registration is required and lunch will be provided.

### S.M.A.R.T. Goals with Aaron Adams

Join us Jan. 13 to learn how to successfully set and keep goals without getting burned out.

**Pantry Makeover with Kate Kanner, R.D., L.D.** - Give your pantry a healthier look for 2016 on Jan. 27.

### Everyday Exercises with Aaron Adams

Whether you have five minutes or 60 on Feb. 10, we will show you exercises you can fit into your daily schedule.

**Recipe Challenge Workshop with the Wellness Team** - Prepare and try two tasty dishes from the recipe challenge on Feb. 24.

**Saving for the Future with Vince Carpico, Fairfield National Bank** - On March 9, learn expert money saving and financial planning tips about establishing a budget, emergency funds, savings rates and pension benefits.

### Desk Pilates with Stacey Scarmack

This is your official office workout! On March 23, learn how to stay fit while working.

740-687-8443 or amyr@fmchealth.org to schedule an appointment.

### CPR or First Aid

Join us on Jan. 16 to learn adult, child and infant CPR and first aid. Receive a certification card upon completion of a written exam. CPR will be held 8:30 a.m.-noon and first aid will be held 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.

### Discover Your Strengths

Do you know what your strengths are? If not, our Strengths Finder class is perfect for you! Through an online strengths assessment, you will discover your top five strengths. In class, you will gain insight on how to embrace your unique strengths to help improve job performance and satisfaction. The Strengths Finders class will be Jan. 29 and will be led by Debbie Palmer. For more information on the class, contact Learning and Development at ext. 8491.

## Attention Bowlers

Would you like to join Fairfield Medical Center's bowling league? This is a 10-week league that starts Jan. 17 and meets at Tiki Lanes on Sundays at 4:30 p.m. The cost is \$9 per week and payroll deduction is available. If interested, contact Kim Kirchgessner at ext. 8544.



The Surgery Department would like to congratulate four of our Central Sterile Techs—Cody Wilson, Beth Ramey, Kimberly Chrysler and Christina Perry—on passing their Central Sterile Tech Certification exam. We are very proud of both of you and your accomplishments!

**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.

## EVENTS

From the Employee Activities Committee



**Cheer on the OSU Women's Gymnastics Team** on Jan. 30 at 4 p.m. at 410 Woody Hayes Dr., Columbus OH, 43210. Tickets are available for a discounted rate of \$4.50 per ticket which is a \$5.50 savings. Deadline for tickets is Jan. 20. See the Intranet/Employee Activities for an order form. Contact Donna Stalter at ext. 8108 for questions or more information.

**Join us at the Cleveland Cavaliers vs. Dallas Mavericks** on March 16 at 7p.m. Tickets are \$62 for lower level seats and \$30 for upper level seats. Questions? Contact Jennifer Dicken, at ext. 8345.

**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. See the Intranet/Employee Activities for an order form.

**Join us for Bingo Boogie** on Saturday, Feb. 27 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.) The VFW Post 1380 located at 1131 Sugar Grove Rd. SE. For more information, contact Amy Black at ext. 8241 or Kellie Sharp at ext. 6822.

**Chicago St Patrick's Weekend Bus Trip March 11-13.** Enjoy a fun-filled weekend watching the parade, seeing the river dyed green, and experiencing all the Windy City has to offer. Registration form, release of liability form, and trip information can be found on the Employee Activities button.

**Ice skating at OU's Bird Arena in Athens.** This FREE event will be held Saturday, March 19 from 1-4 p.m. Refreshments will be available for purchase. Free skate rental or bring your own skates. No reservation needed.

**Ohio State vs Minnesota Men's Hockey** Feb. 13, 2016 at 1 p.m. Tickets are only \$9 each.

Did you know that FMC employees can get discounted tickets to **Broadway shows** that come to Columbus?

**Order forms can be found on the FMC Intranet/Employee Activities button for any of the above listed events.**