

People you know. Care you trust.

Monday Morning



WOMEN'S GYMNASTICS

The FMC Employee Activities Committee presents:

OSU Women's Gymnastics Competition



I Have a Dream . . .



Cheer on the OSU Gymnastics Team p. 4

Jan. 18 is Martin Luther King, Jr. Day

Center Police Officer Receives Sheriff's Office Commendation Award



Pictured above is Center Police Officer Sky Wilson undercover (left) and in the Emergency Department at FMC on duty (right).

Congratulations to FMC Officer Sky Wilson, who recently received the Sheriff's Office Commendation Award from the Perry County Sheriff's Office and the Buckeye State Sheriff's Association. The award is the fifth highest award to be received from the Sheriff and recognizes Officer Wilson for his undercover drug efforts while working for the Central Ohio Drug Task Force. From 2009-2014, the task force seized an estimated \$8,294,245.79 in drugs, helping to make Perry County a safer place to live.

Attention Bowlers: Join Our League

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.

Message from Switchboard

Please remember to call 3111 for all emergency codes. This sends your important call to a separate priority phone that is always answered first. The phone line 3111 is restricted to only emergency code calls. For all other calls, please dial 0.

Cultural Transformation Update

Last week a representative from the Disney Institute was onsite to meet with the Core Team and Work Teams and also conduct a session for leadership and physicians. In addition, our Work Teams were busy holding open forum sessions to ensure that all employees, physicians and volunteers had the opportunity to provide their input on both care/recognition and communication at FMC.

Now that the Work Teams have completed their discovery phase, they will begin to develop solutions to provide to the Core Team and focus on the follow-through and implementation of those solutions. In addition, the Core Team has crafted Leadership Behaviors and is in the process of educating leadership on these behaviors and the reasons why they are important to the success of our organization. Please remember that our transformation will not take place overnight, but it is successfully moving along. It is important that we all continue to work together and give it our all to support the organization's Common Purpose, which is:

"We make a difference by creating exceptional care and experiences from the heart, always."

We must put our Common Purpose at the forefront of everything we do and every decision we make at Fairfield Medical Center. We must ask ourselves how we can make a difference to those we serve and, most importantly, do it with all of our hearts.

For questions or more information regarding our Cultural Transformation, please contact Regina King via email at reginak@fmchealth.org or at ext. 8578.

From the Chief's Desk

We knew winter would arrive and here it is! Thank you all for the extra time, effort and commitment that it takes to care for our patients and community. Please know your efforts do not go unnoticed – another lovely example of the value of teamwork and agility!

I am fortunate to receive many kind and generous thank you letters throughout the year. At the end of last year, I received a letter that was most impactful to me about our “Common Purpose” at work. The emphasis on “we” and on “exceptional experience” and “make a difference” are all paramount in this story that I would like to share:

I just wanted to express my gratefulness for the care that I received as a patient on Dec. 29, 2015. I had been at Dr. Reinig's office that morning and he discovered an abnormality on my EKG and he wanted further testing done. The further testing was not an emergency, but he wanted it done in the following week or so. I went on over to the hospital with the understanding that I could have one of the three tests done that same day. At registration, I mentioned that I had already met my deductible for the year and it was unfortunate that I probably wouldn't be able to get all three tests done before the New Year. The registration clerk, whom I am sorry I don't remember her name, took it upon herself to call the departments that I needed for the other tests and see if they could get me in that day. I moved on to the cardiovascular waiting room and signed in for my one test and Nancy, who was working at the window in Cardiovascular, along with Lisa and Kim, all went above and beyond to arrange for me to have the other two tests done the same day. They coordinated with Nuclear Med and Jill Kennedy for my stress test. Everyone was so accommodating! The point I want to make is that it just took that one employee at registration being attentive to my needs to start a chain of events that led to a positive outcome. I was able to have all my tests done that day and everyone treated me as if I was their only patient. I never felt like they were just “squeezing me in” to their schedule! What a great place to get the healthcare that you need! It was definitely “exceptional care and experiences from the heart!”

I certainly couldn't state this story any better. Every day, I am so proud to be part of the FMC team – for those spoken and unspoken stories from the heart.



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

Little Hats, Big Hearts

Fairfield Medical Center Volunteers are partnering with the American Heart Association's Little Hats, Big Hearts. Volunteers (and staff!) are invited to crochet or knit red hats to be given to all newborns born at Fairfield Medical Center in the month of February. Patterns for the hats can be picked up at the South Information Desk. Samples of the hats also will be available. Please use red soft yarn to make the hats (no wool). The hats take about one hour or less to make. If interested, volunteers may continue to knit or crochet baby blankets beyond February. All hours can be reported to the Volunteer Office. Please contact volunteer Marlene Oliver, at 740-653-0917 (any time) or you can find Marlene on Thursday afternoons at the South Information Desk. Marlene will be able to provide any additional details or specifications regarding the hats. You also may contact Heidi Reed, Volunteer Coordinator, at 740-687-8109 with questions.

HR Corner

Review your Pay Statements

You are encouraged to review your pay statements for accuracy each payday. The Jan. 15 paycheck was the first check benefit elections for 2016 were deducted. Please review your check to be sure any benefit elections, if applicable, are correct. If you have any questions or concerns, please contact Human Resources at 740-687-8017.

WellLiving Program Participation Deadline for 2016

The deadline to participate and achieve the wellness tests is Feb. 28. This applies to employees who were covered with a Fairfield Medical Center sponsored health plan in 2015. If you and/or your spouse achieve the goals, the incentive will begin in April of 2016.

The WellLiving Program is practicing timely preventative care through regular wellness exams and recommended screenings. It helps to keep you healthy, and it saves you money in the long run! WellLiving recommends five screening tests based on age and gender. You will complete these screenings with your primary care physician.

Visit MedBen's website at www.medben.com and click on “MedBen Access” to view your WellLiving dashboard. If you have any questions about the program, contact Human Resources or MedBen's Customer Service at 800-686-8425.

Be Aware of Phishing Attempts

The Systems Department has recently monitored an increase in attempts to gain access to user and personal information. These attempts have been made through both email and direct phone calls to individuals. This is an indicator that our area is being targeted for fraudulent activities.

Neither FMC or the Systems Department will ever request that you submit personal information, including passwords, over email or the telephone. Systems will never email you from a non-FMC address (ie* username@fmchealth.org). If you receive a questionable phone call or email, please do not respond or give out any information that doesn't seem appropriate until you contact someone in the Systems Department.

In addition, we suggest that you keep in mind the following guidelines (this applies to both business and personal correspondence):

- Do not provide a user ID or password in email.
- Do not respond to emails that require you to enter personal or financial information directly into the email.
- Do not reply to emails asking you to send personal information.
- Do not use your email address as a login ID (if possible) or password.
- Do not respond to emails threatening to close your account if you do not provide personal information.

If you have any concerns over any email or phone communication, please call the help desk at ext. 8070 for assistance.

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

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:

- Autumn G. Carlson, Surgery Assessment
- Morgan E. Featheringham, Housekeeping
- Tina M. Manley, Dietary
- Linda N. McMasters, Maternity
- Anna N. Moody, Fifth Floor Med./Surg.
- Jamie L. Morris, Radiology
- Teresa L. Reedy, Laboratory
- Cady M. Shepherd, Housekeeping
- Maggie L. Tanner, Telemetry
- Cortlyn D. Young, Laboratory

Campaign to Educate Staff on Winter Safety

Winter weather can be unpredictable and cause a lot of problems for people when they are driving and walking to and from work. At Fairfield Medical Center, we want all staff to take control of their safety when bad weather strikes. In January, staff will be assigned a MOST about how to safely walk and drive in snow and ice. Keep an



eye out for a series of educational "Winter Weather Safety" fliers that will be posted throughout the hospital between now and the end of January to educate staff about this topic. If you have any questions about winter safety, contact David Chenault, Occupational Safety Coordinator, at ext. 6925 or by email at davidc@fmchealth.org.

Retro Meal for January

Our retro meal for Friday, Jan. 29, will feature an American icon – the hamburger and French fries. How better to pay tribute to the hamburger than by providing some trivia about another American icon – McDonald's!

- 1940 – Dick and Mac McDonald open their restaurant in San Bernardino, California. The restaurant is typical for the day: a drive-in featuring an extensive menu and car hop service. Appropriately, they name it McDonald's.
- 1948 – Dick and Mac shut down their restaurant for three months and reopen as a self-service drive-in.
- 1949 – French fries replace potato chips and the triple thick shake makes its debut.
- 1953 – The attention-getting Golden Arches become an integral part of the restaurant design.
- 1954 – A salesman by the name of Ray Kroc visits the restaurant intending to sell mixers to the brothers. Kroc, 52,

is fascinated by the operation. He has an epiphany and eventually becomes McDonald's franchising agent.

- 1955 – Kroc opens his first restaurant in Des Plaines, Illinois.
- 1956 – Kroc hires Fred Turner to work as a counter attendant. Turner soon becomes Head of Operations and defines McDonald's quality, service and cleanliness standards.
- 1958 – McDonald's hits 100,000,000 hamburgers sold.
- 1959 – 100 restaurants in business.
- 1963 – 500 restaurants.
- 1965 – To mark the 10th anniversary, McDonald's has its initial public offering of stock at 22.50 per share.
- 1966 – First television ad.
- 1967 – McDonald's goes international.
- 1968 – Big Mac introduced.
- 2016 – 36,000 restaurants, located in 100 countries, 69,000,000 customers per day.

Birthdays

MONDAY

Christine Cordle, Observation Unit
Paul Hilderbrant, Vascular Int. Radiology
Heather Mosca, FHP Revenue Cycle
Makayla Moss, Dietary
Sanjeev Puri, D.O., Family Medicine Resident

TUESDAY

Pamela Hicks, Administration
Catherine Hurst, 2 Surgical
John Ireton, D.O., FHP Family Medicine of Bremen
Megan Kibler, 2 Surgical
Lindsey King, Volunteer, Gift Shop

WEDNESDAY

Catherine Baughman, Case Management
Deserae Belcher, Surgery
Stacie Howe, 2 Surgical
Mary Mathias, Fairfield Diagnostic Imaging
Mary Ogg, Lab, Histology
Lisa Stevens, Cardiovascular Research
Marilyn Thompson, Mammography

THURSDAY

Deborah Ashaugh, Lab/General
Catherine Ballenger, Emergency Dept.
Kyle Bower, Emergency Dept.
Laura Cooper, Cardiovascular
Linda Gobel, Volunteer, North Registration
Sharon Halley, Housekeeping
Cynthia McGowen, FHP Family Medicine of Carroll
Brenda Stewart, FHP Cardiothoracic Surgery

FRIDAY

Beverly Adams, Dietary
Annette Eltringham, Dietary
Autumn Jones, Ewing Square/Infusion Services
Richard Storts, Center Police
Rita Sullivan, Materials Management
Nichole Wight, Maternity

SATURDAY

Teniece Heston, Housekeeping
Shirley Lawson, Contracts & Collections
Nancy Miller, Administrative Secretaries
Megan Novotni, FHP Neurology
Michelle Smith, Third Med./Surg.
Jeffrey Solenbarger, Physical Therapy
Christopher Waldeck, Cardiac Cath

SUNDAY

Kaylea Davis, Fourth Med./Surg.
Betty Kochheiser, MRI
Dawn Rose-Lewis, Nursing Services
Debbie Speakman, Lab, Hematology
Lisa Winter, Cardiovascular

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!



Hospital Happenings

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 your 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.

2016 "SQ Port Access and Care"

Sessions (Attendance at only one of these two hour classes is necessary) Join us in the Mid-Level Classroom Alpha on:

- Feb. 16, 10 a.m.-noon
- March 22, 8-10 a.m.
- May 4, 10:30 a.m.-12:30 p.m.
- Aug. 31, 10:30 a.m.-12:30 p.m.
- Oct. 26 10:30 a.m.-12:30 p.m.

Wellness News

Build a BETTER YOU Series

Prepare yourself to be a BETTER YOU for 2016! The following Lunch and Learn series is 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.

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, we will show you Feb. 10 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.

Self Registration via TDC Key Word: SQ Port. Participants who successfully complete the learning activity will earn two contact hours. To successfully complete the learning activity: Each participant must attend 100 percent of program and complete an evaluation form to earn contact hours. Hands on experience with observation in FMC Infusion Clinic is required to complete training. For questions or more information, contact Mary Rogers at ext. 8529.

Heart Failure Management & Support Class - Have you or a loved one been diagnosed with Heart Failure? Would you like to learn more? Then come to our next class at 4 p.m. in the FMC Cardiac Rehab Gym. on Feb. 4. RSVP by calling Brittany Meszaros, B.S.N., R.N., HF coordinator at 740-689-6818.

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.

Share Your Patient Story

Do you know someone who has a great story about the care he or she received as a patient at FMC? If you know of a great patient story, please contact Michelle George in Marketing at ext. 6636 or michellege@fmchealth.org.

Oxygen for the Soul

"Nothing great was ever achieved without enthusiasm."
~Ralph Waldo Emerson

(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.

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.

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.

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.

TIME CHANGE for Ice skating at OU's Bird Arena in Athens. This FREE event will be held Saturday, March 19 **from 1:30-4:30 p.m.** Refreshments available for purchase. Free skate rental or bring your own skates. No reservation needed.

Monstar Jam Trucks at Schottenstein Center on April 2 at 2 p.m. or 7:30 p.m. Tickets starting at \$14.

Cirque du Soleil – TORUK (inspired by Avatar) at the Schottenstein Center May 11-15. Tickets starting at \$43.

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

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