

People you know. Care you trust.

Monday Morning



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FMC Makes Exciting Announcement at State of the City



Pictured above is a prototype rendering of a community access facility that we are currently planning on deploying in Amanda.

As a part of Lancaster's "State of the City," on Feb. 24, John R. "Jack" Janoso, Jr., FMC President and CEO, had the opportunity to say a few words. In addition to thanking the community for their continued support, and highlighting 2015 accomplishments, on Feb. 24 he shared highlights of our strategy for the future. Because you are such a critical part of the strategy and the success of FMC, administration thought you should be aware of the direction we are going.

Following the completion of Project BRIGHT – FMC has worked hard this year to build a strategy to support independence, growth and sustainability for our future, or as we refer to it - "The first five years of the next 100"

- The intent of our strategy is to take a "consumer-minded" approach to how we can better serve, our customers. Our intent is to be closer to where you live and work, and provide care in a more personal and caring manner.
- We plan to build off the design elements and themes of the new Surgical Tower and replicate that

beauty, look and feel into future construction. Our goal is to create cohesive branding throughout all of our facilities to better showcase our pride and role in the community.

- Our work to grow will not end with Project BRIGHT.

So What's Next?

The above image is a prototype rendering of a community access facility that we are currently planning on deploying in our region. Facilities like this one will allow FMC to bring specialized services and diagnostics closer to your homes and communities. The first application of this facility growth will soon occur in Amanda.

We also are in the planning phase for a significant new facility in Lancaster. This will be a major investment in the community and our strategy to bring the highest quality care close to home. Although it is too early to give details, I can promise that there is much more to come, so stay tuned!

Different Hours for Valet Parking at FMC

Effective March 1, valet parking hours will change to 6 a.m. to 7 p.m. They reviewed usage last year and there were no cars parked between the hours of 5-6 a.m. and 7-9 p.m. At the 7 p.m. close, the process will remain the same as at our current 9 p.m. close (cars are pulled up to curb side/near entrance, keys in lock box at Main desk, Center Police contacted to get keys).



Join us at a Retirement Tea

You are invited to a Retirement Tea for:

- Kay Sims on Feb. 29 from 1-3 p.m. in Assembly Room 1. Kay began with FMC on Sept. 9, 1996 in radiology and is currently the CT Team Leader.
- Dietary Cook Linda Downhour on March 4 from 2-4 p.m. in Assembly Room 5. Join us to wish her well after her many years of dedication.

From the Foundation

I recently read an article by the world famous philanthropist Warren Buffett titled "Giving with Purpose." As a donor and a fund raiser, I strongly feel that we should never feel pressure to give but should rather be very thoughtful about our charitable giving choices. We've all been hit up for donations by friends, coworkers or even that relative who is going to rock that walkathon. Sometimes we give based on our gut or happen to love the person doing the fundraising. That's fine, but you want to avoid blowing your give-to-charity budget without absolute confidence that your money is making a real difference. "Start by clarifying what motivates you," says Buffett. He recommends some questions to help you. Here are a few good examples:



- What issues do you care about, and why do you want to support them?
- How does your sense of community factor into your giving?
- Do you see giving as a way to support family and friends by contributing to the issues that are important to them or have touched them personally?
- Are there organizations or institutions you feel an obligation to support because of your personal affiliation or use of their services, such as your community non-profit hospital?
- Where do you want to make a difference? Locally, nationally or internationally?
- Are there specific problems or issues you feel compelled to help address, such as education, health, hunger or the environment?
- Do you prefer to address persistent needs, like homelessness or those that arise unexpectedly, like humanitarian crises and natural disasters?

All of these are good questions that help us make the most of our charitable dollars. A couple that I would add:

- What percentage of my donation goes to administration compared to the amount that actually goes to direct assistance?
- How do I know my dollars are making a real difference?

As the philanthropic arm of the Center, we operate believing transparency and integrity is job one. The Donor Bill of Rights states that, as donors, you have the right to be assured your gifts are being used for the purposes for which they were given. If you ever have any questions or concerns, please don't hesitate to contact us. My staff and I are here to make sure you receive prompt, truthful and forthright answers.


Ricki Chenault, Foundation
Executive Director

Competency and Education Update

We're joining forces! The Competency Committee and Education Committee are combining our teams to optimize the time of the committee members and reduce meeting time. The group will now be called the Education Workgroup. Meetings will be held the third Tuesday of each month starting March 15. All departments are encouraged to send a representative to these meetings. For more information, contact Mary at ext. 8529 or maryr@fmchealth.org.

Looking for Old Tea Cups/Saucers

We have an upcoming event and we are in need of old tea cups and saucers. If you have any you would like to part with for a good cause we would be very happy to take them off of your hands. The older the better. Drop them off in Marketing before March 1.

HR Corner

Perks @ Work – Did You Know...

- FMC has a Concierge Service for dry cleaning through Vanity Cleaner and several local automotive services that provide pickup and delivery services to employees?
- Conversations Coffee Bar is located in the South Lobby of the hospital and offers payroll deduction to employees?
- All employees are eligible to participate in the Lan Fair Federal Credit Union through payroll deduction? Their Lancaster office is located at 926 Prestige Blvd. Their telephone number is 740-654-2886.
- Read more about these services in the Discount Directory or Employee Benefit Guide available in Human Resources.

Step 1: BACK UP YOUR DOCUMENTS

Having a back up of your important documents for yourself and your family is essential in any prolonged emergency situation. Consider both printed and digital copies backed up on a portable flash or external hard drive. Here are a few things to consider:

- Medical insurance cards
- Immunization records
- Paperwork about any serious or on-going medical condition
- Doctor's name and phone number
- Pharmacist name and phone number
- Social security cards
- Driver's licenses
- Birth certificates
- Home insurance name, phone number, and policy number
- Car insurance name, phone number, and policy number
- Emergency and non-emergency contact list
- Work, home, school and church addresses and phone numbers
- Emergency neighborhood meeting place
- Emergency evacuation location

20 Steps to Ready is your tool to help you on your way to preparedness. Please view, print or download your copy of 20 Steps to Ready from the home page of our intranet.

"An ounce of prevention is worth a pound of cure."

~Benjamin Franklin

20 STEPS TO READY

Temporary Signage Protocol

Please remember that when you need a sign/flier made for your department, to go through the Marketing Department. We have noticed an increase in the number of inappropriate temporary signage in our buildings. **All temporary signs need to come through Marketing or be on the pre-approved templates available through Word.** Marketing is committed to assisting you in any way possible. The marketing office can be reached at ext. 6839 and is located on the second floor next to Cardiac Rehab. The Marketing Department has sign stands to be used for your event/meetings. Signs that do not follow this protocol will be removed.

We are the Difference!

We were referred to Dr. Bruce last week, which led to Dr. Mannava and a host of other specialists and caregivers. My husband's diagnostic services, skilled assessments/surgery/hospital stay . . . literally saved his life. Thank you doesn't adequately convey our thanks for the very sincere caring and concern that my husband received. We feel that we hit the jackpot to find Fairfield Medical Center . . . we don't need to travel to Columbus. Thanks again.
~Tempe H



Teamwork



Empathy

Scholarship Opportunity

The Fairfield County Medical Alliance is once again offering its medical scholarship. This scholarship is available to any student who is a resident of or works in Fairfield County and wishes to pursue a degree in the healthcare field. The money may be used for tuition, books or housing. Last year, the Medical Alliance awarded more than \$10,000 to area students. The deadline for the scholarship application is April 4. A committee of local professionals selects the recipients of the scholarships. Selection is based on quality of application, how well the student meets the criteria, need, character and motivation of applicant. Applications will be available in Human Resources. If you have any questions, contact Amy Woo at 740-277-7922. We look forward to hearing from many great students again this year.

Submit a Poster for Nurses Week

The Nursing Research Council is sponsoring a poster presentation to highlight FMC staff's achievements in research and evidence-based practice. Nurses, physician residents, pharmacists, dietitians and ancillary staff are invited to submit an abstract by April 1. Poster presentations will be held May 5 during the Nurses' Week celebration.

- The abstract should be brief, 100-200 word paragraph that conveys the main purpose of the project and conclusions.
- Send your abstract to Colleen Tripp, Third Floor or at colleent@fmchealth.org.
- Evidence-based/research posters done within the last two years will also be accepted.

- Nursing Research Council members and Marketing are available to assist with questions/help with formatting details.
- **Deadline for submitting your completed poster is April 29.**
- Participants should be available to present their poster at times to be announced.
- Posters will be judged by the Nursing Research Council members.
- Awards presented to the top three posters.
- Winners will be asked to do a 20-minute presentation on their poster project during Hospital Week from May 9-13 (specific day and time to be announced).

Centennial Corner: Feb. is Heart Month

In honor of heart month, many generous people have been crocheting red infant hats for our newborns here at FMC. History shows Mrs. Sallie Farmer, mother of current employee Mary Rogers, once did a very similar gesture by helping our patients and newborns. When Mary started working here in 1981, she worked as a maternity nurse in the Nursery Dept. There was a huge wall of windows that graced the Nursery, and as nice as it was to see the outside during the day, it also meant for very chilly winter days. Once while visiting her mother, Mary happened to mention to Sallie about how cool it was in the nursery. The next time she saw her, Sallie had half



dozen knitted hats for her to bring to the hospital to help keep the infants warm. These hats were not donated to each infant, rather they would wash and sanitize them, keeping them to use again for other newborns. For two years Sallie Farmer fulfilled the need of providing hats for our hospital babies. In 1983, the Maternity Department began purchasing commercial hats that were pink or blue with the letters LFCH (Lancaster Fairfield Community Hospital) printed on each hat. Thank you to all who have added to our 100 years of history! Multi-colored hat knitted by Sallie Farmer 1981-82, provided by Mary Rogers.

Birthdays

MONDAY

Janice Killilea, Third Med./Surg.

TUESDAY

Shelly Boring, Sleep Lab
Christina Hallas, 2 Surgical
Joe O'Rourke, Volunteer, South Registration
Verlena Randolph, Emergency Dept.
Ashley Smith, Recovery/Pacu
Dayna Smith, PCU
Earl Strawn, Volunteer, Outpatient Therapy Services
Corrine Tipple, FHP Old Schoolhouse Family Practice
Rachel Zeigler, Observation Unit

WEDNESDAY

Ashley Graves, Endoscopy
Jamie Pierce, Third Med./Surg.
Elaine Salvatori, Chemotherapy
Shane Shipley, Fourth Med./Surg.
Peggy Sisson, 2 Surgical
Marsha Smith, Fairfield Diagnostic Imaging
Tessa Whitt, Housekeeping

THURSDAY

Suzanne Culver, Volunteer, North Info. Desk
Izac Gatwood, Dietary
Connie Johnson, Psych.
Debra Price, Fifth Med./Surg.
Heidi Raymond, Contracts and Collections
Elizabeth Snelling-Baker, Pharmacy
Morgan Sparks, Lab, Phlebotomy
Stephanie Van Horn, Dietary

FRIDAY

Nickie Billings, 2 Surgical
Rebecca Darst, Ewing Square-Infusion Services
Shawnta Kemerer, Third Med./Surg.
Alexandra McGuire, Psych.
Lori Orecchio, Psych.

SATURDAY

Jennifer Masten, Endoscopy
Linda Pesta, Respiratory Therapy
Beverly Raybourne, Central Sterile
Anthony Robison, Plant Engineering
Brittany Walsh, Respiratory Therapy

SUNDAY

Kathryn Brennick, D.O., Internal Medicine Resident
Carol Harris, Nuclear Medicine
Loretta Nixon, Volunteer, Cancer Resource Center

Get the Monday Morning Via Email

To get the **Monday Morning** emailed to you, contact Risha Wagner, Marketing, at ext. 6494 or rishaw@fmchealth.org.

Show Your Appreciation to Your Everyday Superheroes - Help Us Celebrate Doctor's Day

Physician Relations is hosting a table in the Cafeteria featuring a special thank you card you can fill out in honor of National Doctor's Day on March 30. Please fill out a card to honor a doctor that has made a difference in your life before March 17. FMC

will be celebrating National Doctor's Day on March 18 with the medical staff in the Assembly Rooms, so don't forget to fill out a card to show them how much you care. For questions or more information, please contact Karen Rotkis at ext. 8029.



Hospital Happenings March is National Nutrition Month

Look Good Feel Better Class

Join us to learn how to look good and feel better about the skin and hair changes caused by cancer treatment. The next class is March 14 from 5:30-7:30 p.m. at the Cancer Resource Center, located at the Pavilion at 135 N. Ewing St. Registration is required by calling the American Cancer Society at 1-888-227-2745.

Visiting the Doctor Storytimes

FMC is celebrating its 100th anniversary! The library is joining in the celebration by offering a special "Visiting the Doctor" storytime at each of our library locations. They will have stories, songs, crafts and activities all themed around going to the doctor. For information regarding age limits and registration, contact the library branch hosting the program.

- Johns: March 28 at 11:15 a.m. or 6 p.m.
- Northwest: March 29 at 11 a.m.
- Baltimore: March 30 at 10:30 a.m.
- Bremen: March 31 at 10:30 a.m.
- Main Library: April 2 at 10:30 a.m.

For more information, call 740-653-2745.

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.

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.

NEW OPPORTUNITY: Colonoscopy 101 With David

Hasl, M.D. - Join us Tuesday, March 29, from noon-12:30 p.m., in Classroom Alpha. Overcome the fear of colorectal exams by learning the basics of a colonoscopy.

The theme for 2016 is "Savor the Flavor of Eating Right." Enjoy the taste of food, practice mindful eating, try new foods, and work towards developing a healthy eating plan. The registered dietitians and staff in Food and Nutrition Services would like to invite all employees to join us in celebrating this annual event. Each week in March will be focused on a food group-related theme. We will feature/highlight options in our café which will help you work towards creating balanced meals. Some of the events include:

- Week 1 – Fit In More Fruit. Samples of Fruit Smoothies for Breakfast – March 2
- Week 2 – Power Up With Protein. Enjoy our Healthy Meal Deal Entrée: Lemon Ginger Chicken, Garden Wild Rice, and Cozumel Blend Vegetables – March 10
- Week 3 – Go For Whole Grains: Samples of Cucumber Quinoa Salad for Lunch – March 15
- Week 4 – Vary Your Veggies: Choose our Veggie Stir Fry over Brown Rice entrée – March 25

Enhancements will continue to be noticeable in our Café through the month of March and beyond. To promote product freshness and streamline the snack options to reflect our customers' preferences, we are reconfiguring our snack options. We will be reducing duplication, minimizing unnecessary traffic near the cash registers, and promoting our common values of stewardship and sustainability. We look forward to serving you.

AEEs/MOST Assigned

The 2016 Annual Employee Education lessons (12 in all) have now been assigned and can be completed by accessing the Talent Development Center. The due date for these is Nov. 15 however we recommend getting these done as soon as possible! The 2016 Exposure MOST also has been assigned. This lesson is due April 15 and should take no longer than 10-15 minutes. For questions, call Ryan Kemper at ext. 8632 or any of the Learning & Development team at ext. 8491.

Oxygen for the Soul

"The great secret of true success, of true happiness, is this: the man or woman who asks for no return, the perfectly unselfish person, is the most successful."
~Swami Vivekananda

(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).

• **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.

• **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. No reservation needed.

• **Monster Jam Trucks** at Schottenstein Center on April 2 at 2 p.m. or 7:30 p.m. Tickets start at \$14.

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

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

New Employees at FMC

Please welcome the following new employees who joined the team on Feb. 22:

- Karen E. Allen, FHP Internal Medicine
- Jennifer A. Azbell, 4th Med./Surg.
- Melissa D. Beaty, Progressive Care
- Connie J. Brown, Radiology
- Brittany M. Canterbury, 5th Med./Surg.
- Amanda C. Dennis, Dietary
- Nicholas R. (Nick) Dodd, Telemetry
- Ashley L. Dorion, Surgery Assessment
- Steven R. Hernandez, Quality Division
- Ashleigh A. Johnson, Housekeeping
- Sierra A. Lane, 5th Med./Surg.
- Cierra W. Lee, FHP Infectious Disease
- Ricardo Martinez, 2 Surgical
- Kenneth S. Miller, FHP Diley Ridge
- Krystal D. Miller, 2 Surgical
- Amanda N. Myers, 2 Surgical
- Terra A. Numbers, Dietary
- Whitney A. Pasquale, 4th Med./Surg.
- Jamie A. Pierce, Telemetry
- Tammy Poling, Nursing Administration
- Kellie A. Prellberg, Respiratory Therapy
- Dezarae D. Rodgers, Telemetry
- Allyson E. Schmelzer, Psych.
- Thomas S. Schorr III, Emergency Department
- Megan M. Schorr, Respiratory Therapy
- Luke M. Smithberger, Physical Therapy
- Amber R. Stone, Dietary

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.

Ethics & Compliance Hotline: 1-855-541-4169
or go to fmchealth.ethicspoint.com