

Monday Morning



FMC Hosts Heart Tea with Dr. Reinig/Jym Ganahal p. 3

Jennifer Dicken Attends NCDR Conference p. 5

FMC Announces Plans to Build Health & Wellness Complex in Lancaster

At the annual Fairfield Medical Center State of the Center on April 13 at the Liberty Center, President and CEO John R. "Jack" Janoso, Jr. announced the expansion of its outpatient campus by breaking ground on a Health & Wellness Complex next to River View Surgery Center on North Columbus Street in Lancaster. The intent is that the complex, which will be adjacent to the surgery center, will offer emergency, health and wellness, diagnostic, rehabilitative, laboratory and women's services, as well as a retail pharmacy and childcare. The project is expected to break ground by the end of 2016 or early 2017. "Fairfield Medical Center is positioning itself to better serve the health and well-being of our community for the 'next 100 years,'" Janoso said. "This commitment begins by recognizing that FMC must focus on healthier lifestyles, but also address the need for more accessible, convenient and comprehensive services to our community."

Janoso added that when FMC first began exploring this endeavor, the hospital met with officials from the Robert K. Fox Family Y to discuss opportunities to collaborate that would be mutually beneficial. "The community has a need for all-day childcare for infants and toddlers and FMC, along with The Robert K. Fox Family Y, are working to provide that at this location," Janoso said.

In addition to a Health & Wellness Center, Janoso spoke of plans to build a community access facility that will allow the hospital to bring specialized services and diagnostics closer to those in need. The first of these facilities will soon occur in Amanda. "Our plan is to build off



Pictured above is a rendering of the Health & Wellness Complex and below is Jack Janoso presenting at State of the Center on April 13.

the design elements and themes of the new Surgical Tower in order to create cohesive branding throughout all of our facilities," Janoso said. "We believe this project will be a great benefit to the community."

Other announcements and updates from the State of the Center include:

- FMC's recent purchase of the First Medical Urgent Care, which is located across from Target in Lancaster. Under FMC's ownership, this facility will remain an Urgent Care Center, but will offer extended hours to help meet the after-hours/emergent care needs of community members. A ribbon cutting is set for July. "We are excited that this new facility will give us the opportunity to support the business community and build on the occupational health services that we provide to local businesses and their employees," Janoso said.



From the Chief's Desk

My friend Joe is retired from a good job, in his late sixties, and somehow decided he should climb up his roof to clean out his gutters. When he fell, he sustained fractures of his femur and two lumbar vertebrae, all of which required surgery after a helicopter trip to Columbus. His stay in Columbus was complicated by confusion, constipation and pain. I went to visit Joe on the second day of his rehab stay at a hospital in southern Ohio where he was finally "home."



"How's it going, Joe?"

"Well Terry," he replied, "The face of medicine has changed."

"Whadda ya mean, Joe?"

"I thought you were going to be my doctor," he said.

"No Joe, I quit working on the Rehab Unit a few years ago. I just work in the office now."

"What about Mike (his family doctor)? Is he going to come see me?"

"No Joe, Mike quit coming to the hospital a couple of years ago ... you're right, the face of medicine has changed."

It was then I realized Joe no longer felt like he was "home." For him, the face of medicine was not a familiar one, and he did not feel good about that. Since my visit with Joe, I've given a lot of thought about what we can do to improve the face of medicine for the patient.

As part of health care reform, the concept of "Patient Centered Medical Home" (PCMH) has emerged. The definition of the PCMH is "a care delivery model whereby patient treatment is coordinated through their primary care provider to ensure they receive the necessary care when and where they need it, in a manner they can understand."

I want to focus on two parts of this definition. First, the "home" is not a place, but a way of caring for people. Secondly, it is coordinated by the primary care provider (this may be the pediatrician, OB/Gyn, Internist, or family practitioner).

So, when Joe is in the hospital, and his primary care provider is not, how can we make him feel like he is in his "medical home"? It is through communication.

All of us can bridge this gap for Joe. We can all bring him home to a familiar face. If he doesn't have a primary care provider, we can help connect him with one. If he does have a primary care provider we can ask about his doctor, and how his doctor attends to aspects of his care, when we are taking histories, doing assessments, tidying up a room, performing diagnostic tests, or drawing blood. We can ask Joe if his doctor knows he's in the hospital and, if not, we can ask him if he would like for us to inform his doctor. Talking about Joe's relationship with his doctor and communicating with his doctor can make a huge difference in his care, and may save his life.

How many of us have experienced a school nurse or teacher saying "I spoke with your mom and she knows you're not feeling well. She asked us to keep you here until she's able come pick you up." Or have you ever felt anxious about being in a strange place, and just wanted to be comforted by the fact that your family knows you are there and will reconnect with you soon? The comfort of a communicated connection to a home can bring healing to that anxiety.

My family and I are making a transition "home" to Lancaster. My daughter, home from college for the last time in Portsmouth, posted this on Facebook, with a picture of the house we lived in for 23 years with a "For Sale" sign in the front yard: "I was struck with an amazing thought. Although I will now come "home" to a different house, I will still be greeted by family that loves me, and that's what makes a house a home."

Let's make FMC a home for our patients by providing a care delivery model whereby patient treatment is coordinated through their primary care provider to ensure they receive the necessary care when and where they need it, in a manner they can understand. All of us can make a difference in the way health care is provided and transformed.

Let's make sure our "medical home" has family who loves us, is greeting us at the door, and lets us know there is someone to pick us up when it is time to leave.

Terrence Welsh, M.D.
Chief of Medical Affairs

State of the Center (cont.)

- This summer, FMC will move its cancer services – chemotherapy, infusion services and oncology offices – under one roof to the ground level of the Pavilion. This area will be named the Fairfield Medical Cancer Care & Infusion Center. The Fairfield Medical Cancer Resource Center will continue to remain in this space, as well.
- While FMC has made a lot of improvements and upgrades externally to the organization, it has also been doing a lot of work internally, as well, to move toward a more patient-centric culture. "We recognize our outward-facing changes can't be successful unless we first transform ourselves from within," Janoso said. "We've found that it's not what you do, but how you make someone feel and we want our community to know and to feel that we genuinely "care" for and about them."

In addition to Janoso, speakers for the evening included Linda Sheridan, Fairfield Medical Center board president; Andrew Murry, M.D., C.W.S., F.A.C.P.; and David Conley, M.D., 2016 medical staff president.



Pictured above is David Conley, M.D., 2016 medical staff president, presenting at State of the Center.

Wellness News/Events

Seasonal Allergies – Presented by Robin Sheets, C.N.P., on April 20, noon-12:30 p.m. in Classroom Alpha. It's that time of year again ... Allergy Season! Learn several solutions to control those dreaded allergies instead of them controlling you.

Card Making – Presented by Resa Tobin on May 4, noon – 12:30 p.m. in Health & Wellness (located in Kroger Shopping Plaza). Have you ever received a beautiful card and

thought, "I wish I could make that?" Well now you can! Join Resa in learning how to make Mother's Day cards.

Self Defense Through Risk Assessment
Presented by Officer Jim Marshall on June 1 from noon-12:30 p.m. in Assembly Room 3. Learn valuable tools to protect you and your loved ones, whether you are at home or out and about.

Need Help With a Living Will, POA/DNR Documents?

Consult free of charge with an expert on Living Wills, Healthcare Power of Attorney and DNR documents at the following workshops:

- FMC: Classroom Delta on Midlevel near parking garage on April 18 from 10-11 a.m.
- Primrose Retirement Community: 1481 Wesley Way, Lancaster on April 19 from 10-11 a.m.
- Scenic Hills Senior Center: 187 S. Spring St., Logan on April 19 from 2-3 p.m.
- FMC: Assembly Room 1 on April 19 from

5-6 p.m.

- Pershing House: 1551 N. Columbus St., Lancaster on April 20 from 1-2 p.m.
- Olivedale Senior Center: 253 Boving Road, Lancaster on April 20, from 4-5 p.m.
- Livingston Arms: 207 S. Livingston Ave., Lancaster on April 21 from 1-2 p.m.

For more information or to RSVP, please call Fairfield Medical Center's Patient Representative Department at 740-687-8555 or go to fmchealth.org. *It always seems too early, until it's too late.*

FMC Hosts Heart Tea

On Saturday, April 9, Fairfield Medical Center, in conjunction with the Snider Cardiovascular Institute, celebrated their 4th annual Heart Health Tea at Crossroads Event Center. Chief Nursing Officer Helen Harding led the event with guest speaker Michael Reinig, D.O., a cardiologist and electrophysiologist with FHP Cardiology and Key Note Speaker meteorologist Jym Ganahal with NBC 4.

The event was a complete success, thanks to the help of our volunteer Divas and Heart Throbs from FMC who donated their Saturday afternoon to serving lunch and tea to the guests. A special thanks to our volunteers Beth Lamp, Mimi Keller, Ashley Spires, Celeste Schmelzer, Bob Pisano, Mike Kallenberg, Devon Marshall, Resa Tobin, Roy Dunfee, Erica Pontious, Leslie Cooper and Sierra Cooper.

Compliance Corner

Patients First PHI Amnesty Week – Have you ever accidentally taken home documents that contain Protected Health Information (PHI)? Perhaps a rounding sheet that was in your pocket or a copy of a patient's medication list you forgot to put in the shred bin? What about papers left in your locker – are you saving those items "just in case you need to refer to them"? Protecting the patient's health information is a key part of everyone's job. We can be better than our recent performance. In the last 90 days, we have experienced two large HIPAA breaches that were related to patient information taken home by employees and not returned for proper disposal. By the time the information was found, it had been compromised. Both breaches were reportable to the Department of Health and Human Services and to the patients involved. This caused distress to our patients as they are devastated by their loss of privacy and fear identify theft. They feel betrayed by the organization as we have failed to keep their health information safe and secure. We can be better than our recent performance. We want to clean up any outstanding concerns with potential breaches of PHI. We are calling on all employees to return those forgotten documents that have PHI on them. We are assuming honorable intent of those who may have documents to return. **Amnesty Week will be held from 12:01 AM on April 24 to midnight on April 30.** During that week, employees may return patient information and any other confidential paperwork to FMC with no questions asked. After the conclusion of Amnesty Week, we will have a zero tolerance for failing to follow the policies and guidelines related to the removal and/or storage of patient information outside of FMC locations. This is an important issue for our patients. Please help us put PATIENTS FIRST and protect PHI. Please contact Melony Rarick at ext. 8194, Missy Clum at ext. 8122 or Cheryl Henney at ext. 4449, with any questions.

Birthdays

MONDAY

Rebekah Brumley, Maternity
Ruby Cain, Lab/Specimen Procedure
Erin Dalton, Surgery
Elaine Eblin, Fifth Med./Surg.
Kirstie Meyer, Fourth Med./Surg.
Tyler Phillips, Surgery
Linda Staley, M.D., FHP Neurology

TUESDAY

Kathleen Connell, Maternity
Heather Hacker, Fifth Med./Surg.
Nikki Smith, Volunteer Voyagers
Janell Swart, Surgery Assessment
Debra Wolford, FHP Hematology/Oncology
Joanie Young, Volunteer, North Info. Desk

WEDNESDAY

Patricia Bisailon, Fourth Med./Surg.
Katherin McBride, Surgery River View
Kodi McClaskey, Patient Representative
Heather, Schultz, FHP Family Medicine of Amanda
Brenda Standeford, Respiratory Therapy

THURSDAY

Beth Alten, Lab/DHS
Megan Cook, Surgery
Stephanie Cook, Respiratory Therapy
Amanda Hayes, Graduate Medical Education
Dorothy Linehan, Case Management
Meghan Poling, Quality Division
Angela Purcell, FHP Administration
Lauren Regoli, Fifth Med./Surg.
Rachel Shaner, ICU

FRIDAY

Steve Anderson, Center Police
Tammy Aucreman, PICC
Tiffany Dalrymple, Vascular Lab
Joan Hager, Cardiac Cath Recovery
Regina Hart, Housekeeping
Deborah Hiles, Materials Management
Rebecca Jewell, Psych.
Kathleen Martin, Sixth Joint Unit
Gregg Witham, Human Resources

SATURDAY

Julie Coakley, Fifth Med./Surg.
Luann Kaiser, Surgery River View
Lisa Lanning, Coding
Bev Tower, Volunteer, North Information Desk, Crafters

SUNDAY

Deanna Collins, Lab/Phlebotomy
Tammy Jo Dyer, Volunteer, South Information Desk, Chaplain Services
Matthew Grilliot, Cardiac Cath
Heather Herdman, ICU
Angela Hill, Medical Information Services
Chantelle Negrete, Nursing Float Pool
Natalie Sharp, Pharmacy
Karen Wolf, Fifth Med./Surg.

Step 4: Grab Emergency Grub

Following a disaster, there may be power outages that could last for several days.

Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation.

Be sure to include a manual can opener and eating utensils. As you stock food, take into account your family's unique needs and tastes. Familiar foods are important. They lift morale and give a feeling of security in times of stress. Consider the following things when putting together your emergency food supplies:

1. Store at least a two week supply of non-perishable food for each household member.
2. Choose foods your family will eat.
3. Remember any special dietary needs.
4. Avoid foods that will make you thirsty.
5. Choose salt-free crackers, whole grain cereals and canned foods with high liquid content.
6. Keep food in a dry, cool spot. Store in a dark area, if possible.
7. Be sure to check expiration dates and follow the practice of first-in, first-out. Rotate and replace your emergency food once a year.

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STEPS TO READY

TEMPO Clinic

Each month, resources from the systems team will host a clinic available to all staff. The clinic is an open house style, where staff can come any time during the scheduled time frame. The team will feature two topics at each session, as well as answer any questions in open forum. Representatives from the clinical, technical, TEDs, and T.A.S.S. areas will be present. Below are the scheduled TEMPO Clinics:

- Thursday, April 21 in Assembly Room 2 from 7:30-9:30 a.m. – Topic: Inpatient Citrix and Inpatient Downtime Q & A
- Thursday, May 19 in Classroom Delta from 7:30-9:30 a.m. – Topic: Meaningful Use and PerfectServe

If you have any questions, please contact the TEMPO Coordinator at 740-415-0093.

Beginning April 26, the “Secure Messaging” short-cut icon on your desktop will be relabeled “PerfectServe Messaging.”



New Team Leader Training Program Offered at FMC

Please encourage your Team Leaders to sign up for this wonderful education opportunity. To kick off this training, we will be starting with the Strength's Finders class.

- Team leaders who have ALREADY taken the Strength Finders 2.0 class, please bring a list of your top 5 strengths to the TLC class.
- Team leaders who have taken the assessment, but not the class, you will still need to take the classroom session of Strength Finder's. The next available Strength Finders class is Friday, April 29 from 8:30-11:30 a.m. Register in the Talent & Development Center using keyword: Strengthfinders.
- If you have never taken the Strength Finder's Assessment or class, please register in the Talent & Development Center using keyword: Strengthfinders as well as picking up a book in Learning & Development.
- If you are unable to enroll in this class, please call the Learning & Development Department so we can assess the need for future classes. If you took the class in Nurse Residency or Preceptor Academy, you have met the required training.

The first TLC program will be an introduction to Team Lead Connections, as well as reviewing Team Leaders strengths and Strength Essentials. Please register in the Talent & Development Center using keyword “TLC” or by calling the Learning & Development center at ext. 8491 for further assistance.

Presenter: Lacey Douglas

- Wednesday, May 4, 7:30-8:30 a.m.
- Wednesday, May 4, 1:30-2:30 p.m.
- Friday, May 6, 7:30-8:30 a.m.
- Friday, May 6, 1:30-2:30 p.m.
- Tuesday, May 10, 7:30-8:30 a.m.
- Tuesday, May 10, 1:30-2:30 p.m.

Surgical Attire Guidelines



To be followed by all surgical staff/physicians, including CATH Lab staff/physicians for pacemaker and AICD insertions AND the OB staff/physicians:

1. Scrubs provided by the hospital must **NOT** be worn outside of the facility at any time.
2. Staff/physicians must wear dedicated shoes in the OR and perioperative areas.
3. Disposable surgical skull caps if worn **MUST** cover the hair and ears in restricted and semi-restricted areas. However, should the skull cap not cover the hair and ears, disposable skull cap **AND** disposable bouffant scrub hats must be worn together.
4. Beards must be covered by wearing a hood hair covering or a beard cover with the surgical mask.
5. Disposable shoe or boot covers **MUST** be worn in instances when gross contamination can be anticipated.
6. Please note **NO** dangling surgical masks in the perioperative areas.
7. Surgical masks must be discarded once you leave the OR.
8. Non-OR staff/physicians assisting in procedures must change into facility laundered scrubs or wear a disposable one-piece suit and must wear disposable shoe covers.
9. If porous shoes are worn in the OR area, disposable shoe covers must also be worn.
10. **NO** dangling jewelry may be worn in the perioperative environment.
11. Disposable shoe covers are **NOT** to be worn outside of the perioperative area.
12. Healthcare personnel should keep natural fingernails no more than one-quarter inch long and fingernail polish, if worn, must be free from chips.
13. Artificial and gel nails are prohibited.



Centennial Corner

100 YEARS *of Caring.*

As we continue to celebrate our Centennial anniversary throughout the year, we will keep having meals that were prepared throughout the years. The retro meal deal for April 29 will be: Fried Chicken, TV Dinner, Mashed Potatoes, Mixed Vegetables and Apple Crisp. Enjoy!

Scholarship Applications Available

It's that time of year again to apply for a Fairfield Medical Center Scholarship or a Fairfield Medical Center Foundation Scholarship. Please go to the Human Resources Department to complete the application and return it to the Foundation office by Friday, June 10. Award amounts vary depending on the financial performance of

the endowed funds. However, the minimum amount available is \$250. The FMC Scholarship and/or the FMC Foundation Scholarship will be awarded to an applicant or applicants who are pursuing a degree in a field of benefit to their work at FMC. Students can apply the award to tuition, fees, books, uniform, or other approved expenses.

Cribs and Carseats Drive

Please consider donating a new, in-the-box crib or car seat to a needy family in Fairfield County. The Fairfield County Safe Kids Coalition is in need of the following items:

- Newborn Car Seats
- Front-facing Car Seats
- Booster Car Seats
- Cribs
- Crib Mattresses
- Baby Gates
- Bicycle Helmets

For safety reasons, we cannot accept used items or items out of the original packaging. If you or a group would like to help, please contact Ann Probasco, Childhood Injury Prevention Program Coordinator, at 740-652-7282 or cprobasco@co.fairfield.oh.us or drop off donations to Family Adult and Children First Council at 831 College Ave., Suite C, Lancaster. Thank you for your support.

Sign Up for Relay for Life

Mark your calendars for July 9 from 4 p.m.-10 a.m on July 10 for the Relay for Life at the Fairfield County Fairgrounds. Show your care about your community and support the fight against cancer by attending this event. If cancer has touched your life, participating in a Relay For Life event is a way to take action and help finish the fight. To sign up go to <http://bit.ly/1QKiBKBand> and search for our team, Finding More Cures. Call Ivy O'Neal for questions or more information at 740-689-6889.

Jennifer Dicken Represents FMC

Recently, Jennifer Dicken, B.S.N., R.N.-B.C., A.A.C.C., FMC Cardiovascular Data Analyst, presented at the National Cardiovascular Data Registry conference in Chicago. She represented FMC by offering her time and expertise for the purpose of the CathPCI Registry. Each year the conference provides the opportunity for participants in the registry to network and learn, both from the ACC staff and physicians but also from each other. Thank you to Jennifer for "Making a difference by creating exceptional care and experiences from the heart, always."

HR Corner

WellLiving Program and Incentive

If you achieved compliance with the WellLiving screenings by February 28, 2016, you will see the incentive on your paycheck. The incentive will be listed under Earnings on your pay statement. If you have any questions or do not see the incentive, please contact Human Resources at 740-687-8017.

Did You Know...

- The Employee Benefit Guide is available on the FMC Intranet? Go to Links of Interest-Human Resources-Benefits, then click on 2016 Employee Benefit Guide. Hard copy booklets are also available in Human Resources. This guide is a wealth of information regarding your benefits, coverage levels, and resource/contact information. Please review your benefits throughout the year. This will give you a better understanding now and help prepare you for the next open enrollment.
- You can update direct deposit account information in your Employee Self-Service (ESS)? If you are changing banks: inactivate the old account first, then add the new account. If you have not changed banks, but need to update the account number, just edit the current account. You will not see the changes made until your request is approved by Accounting.
- You can update your address and phone number in your Employee Self-Service (ESS)? If your address and/or phone number is not correct in ESS, please update your information as soon as possible.

65th Annual National Day of Prayer

WAKE UP AMERICA

100 YEARS *of Caring*

Join our Chaplains in prayer at noon in the FMC Chapel on the First Floor

Fairfield Medical Center

MAY 5, 2016

NATIONAL DAY OF PRAYER



Hospital Happenings

Imlay's Uniform Shop at Work Day

Imlay's will be at FMC on Tuesday, April 19 from 6:30 a.m.-4 p.m. on the first floor in the Old Surgery Pre-Op Room (Across from the Archive Room). Payroll deduction is available, so shop the latest scrub fashions while doing your part to support TWIG 9! Proceeds will benefit Fairfield Medical Center through the FMC Foundation.

TWIG 13 Annual Pulled Pork Dinner & Chinese Auction

Join TWIG 13 for their annual pulled pork dinner and Chinese Auction on Thursday, April 21 from 4:30 p.m.-7:30 p.m. at the Millersport United Methodist Church (2310 Refugee Street)! Tickets are \$10 for adults and \$6 for children and carryout is available. Chinese Auction tickets are \$1 each or 7 tickets are \$5; the drawing will be held at 6:45 p.m. (need not be present to win). Proceeds benefit Fairfield Medical Center through the FMC Foundation.

Leadership STAT topic in April: Budget & Finance

Presenter: Neal Allison
Join us April 27 from 8-10 a.m., April 28 from 8-10 a.m., April 29 from 8-10 a.m., or April 29 from 1-3 p.m. Register in the Talent & Development Center with keyword: Budget or call Learning & Development at ext. 8491 for further assistance.

Community Disposal Day and Drug Drop Off

On Saturday, April 30, don't miss your opportunity to recycle batteries, computer equipment, cell phones, telephone books, unused or outdated prescription medication, and more! From 10 a.m.-2 p.m., join us in the Ohio University Lancaster Campus North Parking Lot.

Gynecological Cancer Education Information/Caregiver Support Group

Join us from 7-9 p.m. on May 3 at the Cancer Resource Center located at 135 N. Ewing St. The topic is "Nutrition During and After Cancer," with FMC Dietitian Catrina L. Feeney. 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.

Schedule Your Free Mammogram Today!

The Fairfield Medical Center Foundation has again been awarded the Susan G. Komen Columbus grant for

financial assistance for women in our area. This program provides assistance to the uninsured, underinsured and those with a high deductible who qualify in Fairfield, Hocking and Perry Counties. A physician order is needed to schedule a mammogram. To check eligibility, or for assistance in obtaining a physician's order, contact an FMC Komen Grant representative at 740-243-8924.

Movement and Memory – Exercise just may be the newest drug in the treatment of Alzheimer's and Parkinson's disease.

Join us May 18 in the FMC Assembly Rooms from 6-7:30 p.m. to hear David Zid and Jackie Russell talk about ways to delay the disease through exercise. Using short exercise agendas based on a functional task, they optimize a person's physical function and help delay the progression of symptoms. Whether you are a person with the disease, a caregiver, healthcare professional, or fitness trainer join us to learn more about this community-based wellness program. Attendance is free however registration is requested. Call SOCIL at 740-689-1494 (ext. 10) or email lmsocil@sbcglobal.net by May 13 to reserve your seat.

Run in the Komen Race

Participate in the 24th Annual Susan G. Komen Columbus Race for the Cure on May 14 at 8 a.m. in downtown Columbus. Registration opens at 6:30 a.m. To join FMC's team contact Shelly Romine, oncology nurse navigator, at ext. 8863.

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

Oxygen for the Soul

When we are no longer able to change a situation, we are challenged to change ourselves. ~Viktor E. Frankl

(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).

- **Drive-In Themed Minion Movie Night** on Friday, April 29. Bring your family for a fun filled evening in the FMC Assembly Rooms including activities like: decorating "cars" out of large boxes, balloon animals, magician, popcorn, face painting, make your own mix candy "bar," and Minions the movie. The fun starts at 630 p.m., and the Minions movie starts at 730 p.m. RSVP to Ashley Spires at ext. 8496 or email by April 25 to ashleysp@fmchealth.org
- **FMC has a limited number of tickets for the Polar Express train ride Nov. 13 at 5 p.m.** During the journey, the Conductor will punch tickets and dancing Chefs serve hot chocolate, followed by a reading of Van Allsburg's classic. At the North Pole, Santa will board the train and greet the children and offer a gift for those who truly believe – a silver sleigh bell. All passengers will receive their own souvenir cocoa mug and bell! Tickets are \$54 per person (including infants). Train depot located in Elkins, WV. Payroll deduction is available. Priority based on first come, first serve. Limited supply of tickets available. For ticket registration, complete request form on the FMC Intranet, Employee Activities button. For questions contact Jennifer at ext. 8345.
- **WICKED at the Ohio Theatre** on Sunday, Aug. 21 at 6:30 p.m. Tickets starting at \$35.50. Due to this special FMC offer, orders must be received by May 12 (or while group ticket supplies last) before tickets go on sale to the general public. Pricing and Seating Chart: Please see the FMC Intranet/Employee Activities button to view the theatre seating chart, pricing and order form, and flyer for additional information. Please contact Amy Reedy, ext. 8443 with questions.
- **ACE Adventure Resort in West Virginia** – Group discount offered for remainder of 2016. Save 20 percent on all activities by using discount code Perks20. For more information on packages including whitewater rafting, zipline tours, mountain biking, kayaking and more, see the FMC Intranet/Employee Activities button. Discount not available on Saturdays or holidays. Questions? Please contact Linda Cottrill at ext. 3027.
- **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.

Please remember to submit your pictures from our EAC events to Wendy Travis to be considered for a feature in our Monday Morning newsletter or on FMC's Facebook page.