FMC Scholarship Recipients Recognized

Fairfield Medical Center, the Fairfield Medical Center Foundation and the Emery & Evelyn Williams Scholarships were awarded for the 2013-2014 academic year on July 29. Fourteen FMC employees were awarded a total amount of $41,738. Please congratulate these employees and wish them well in their educational journey. The Foundation would also like to thank the following Scholarship Committee members: Janet Cooper, Kelly Russell, Kevin Schmelzer, Lynn Barboza and Teresa Ryan.

Congestive Heart Failure Clinic

Fairfield Medical Center’s new Congestive Heart Failure Clinic will be opening Aug. 6. At the clinic, patients will be empowered on how to live the best quality of life with congestive heart failure. The clinic will have a multidisciplinary approach with education being provided by the nurse practitioner, nurses, dietitians and pharmacists. This includes education about diagnosis, dietary restrictions, exercise, medications and symptom monitoring. Patients will be monitored for any changes in their condition and appropriate medical treatment will be ordered. In the United States, patients with a primary diagnosis of heart failure now make up more than 3 million physician visits per year. After normal obstetric delivery, it is the most common cause of hospitalization, according to the Journal of the American College of Cardiology: Heart Failure.

The Congestive Heart Failure Clinic is for outpatients who have been referred by their primary care provider or cardiologist. The clinic is located on the first floor near the Observation Unit and will be run by Dr. Michael Reinig, medical director, and Jill Kennedy, certified nurse practitioner. It will be open from 8 a.m. - 4:30 p.m. Monday through Friday. Appointments can be scheduled by Central Scheduling. Please call Jill Kennedy with any questions at ext. 6498.

Legendary Caregiver

Congratulations to Hillary Emerson, OPTA, for her recent recognition as a Legendary Caregiver in the Grateful Patient & Family Program. “If it hadn’t been for Hillary, I don’t know what I would have done. She truly deserves her angel wings,” says patient Mildred Laughrey. Hillary is another example of people you know, care you trust. For information on how you can recognize your caregiver, call the FMC Foundation at ext. 8107. Pictured above (from left): Corey Callahan, Hillary Emerson and Carolyn Gilliam.

1916 Campaign Week at FMC

Aug. 5: Kickoff Celebration: Garden Party - Assembly Room 1 - Join us for food and games all day from 7 a.m. - 5 p.m.: continental breakfast from 7 - 9 a.m., a picnic lunch from 10:30 a.m. - 1:30 p.m. and soft serve ice cream from 3 - 5 p.m. Bring your pledge card to be turned in to receive your 10 raffle tickets! The first 200 people to turn in their pledge cards will receive a bonus gift. Each employee who makes a pledge that day at the garden party will receive a chance to win $100* cash. *Drawing to be held at 5 p.m.

Aug. 6: River View And FDI Kickoff - 11 a.m. - 1 p.m.

Aug. 8: Over the Hill Kickoff - East Main Shopping Center Area from 11 a.m. - 1 p.m. Free Kona Ice.

Aug. 9: Raffle Drawing and Announcement Of Winners in the FMC Café at noon.
Message from Mina

A couple of weeks ago, senior leadership and the directors talked about what we mean by putting patients and families first. It was no surprise that we all have ideas about what this means. As we talked further, we realized that we need to keep our eyes open for things that happen beyond the bedside or treatment room. What about access to parking, help with way finding, picking up litter, and other things like that?

Being pleasant, patient and approachable are part of the equation, but really looking at what we do here through the eyes of the patient or the family member takes more than that. It takes anticipating needs and doing the best we can to meet them. We need to look for multiple ways to say “yes” when the first plan won’t work. For instance, if the computer is down, is there another safe way to meet patient needs. If a visitor is anxious about his or her loved one who is having a procedure, what information can we get for that person? What resources are in the community to help a patient’s family for needs they have? Are we offering Hospitality House for overnight accommodations if the patient is from outside the area? Are we taking a moment with someone who appears frightened or confused to see how we can help them? I know and appreciate that we are all very busy, but at the end of the day, putting patients and their families first in the decisions that we make and actions that we take is Job One.

Can You Help Us SEE?

The Workforce (Employee) Safety Committee needs your assistance. Our review of incident/injury data determined Fairfield Medical Center’s workforce suffers from a significant number of eye injuries. These injuries are due to a number of factors, but we believe many of these are preventable. To better understand why these eye injuries occur, an e-survey has been created to gather data regarding this safety problem. We are asking when you receive the survey in your email, please take a few minutes to answer the questions. It should take less than five minutes of your time, but the information you provide is invaluable. The survey will be sent out to everyone on Aug. 5 and we would like to have all responses submitted before Aug. 19. We really want to know everyone’s thoughts on this so we can address the problem and create a safer workplace.

From the Chief’s Desk

I am keeping a promise to a patient by writing this Monday Morning article. It’s not unusual for me to be asked to speak to a patient or a family member of a patient. It’s not unusual for the reason for the discussion is to register a complaint. It’s not unusual for me to say to myself, “Take a deep breath, keep an open mind and don’t be defensive”. When my assistant said, “There’s a patient on the phone and he only wants to speak to you.” I took that deep breath, prepped for the worst, picked up the phone and was met with a very passionate male voice saying he wanted me to come to room 312, he had something he wanted to tell me. He didn’t sound scary so I went to room 312. He made it very clear to me that I had a very good nurse by the name of Tiffany who went above and beyond for him by making sure that the two physicians caring for him heard and understood his issues. She also convinced him not to sign out against medical advice. He said she calmed him down, which according to him is generally not an easy thing to do, and “stood up to the doctors”. He asked me several times what I was going to do for her. I am, by writing this article keeping one of my promises to him. I have also told her what a good job she did and mentioned it to her boss. We both agreed she is a wonderful nurse. When I spoke with Tiffany she shrugged her shoulders, looked a bit puzzled and said, “I was just doing my job.” She really is a quiet hero. She’s one of the many quiet heroes who comes to work every day; works through messy, complicated processes and demands; and goes home knowing she has made a positive difference. We are fortunate she has chosen to work here. I am fortunate that a patient took the time to celebrate good care and concern. Some promises are easy to keep.

Chief Nursing Officer

You're Invited to Grand Rounds

The Case Management Department will present “Grand Rounds: Showcasing Excellence in Care Coordination” on Aug. 8, from 11:30 a.m. - 12:30 p.m. in the Assembly Rooms. We will be showcasing care provided to a patient with serious cardiac issues involving EMS, ED, Cath Lab and Critical Care staff along with discharge planning needs. Presenters will include Dr. Micheal Reinig and Dr. John Hazlip, Cath Lab, PCU and Case Management staff as well as Pleasant Township EMS. Also a patient will be featured. Lunch will be provided during this excellent opportunity to showcase patient-centered care delivered here at FMC!

HR Corner

Employees Helping Employees: Did you know, the Employees Helping Employees program has been in existence since 2009. To date, we have assisted 44 employees during times of catastrophic events. We accept cash, PTO and gift card donations. We have given nearly 650 hours of donated PTO, more than $2,500 in cash assistance and more than $2,000 in gift card donations. Thank you to all the employees who have generously donated money, PTO or gift cards to Employees Helping Employees. We truly appreciate your support for this program.
Share Your Passion for Your Profession

Fairfield Medical Center is the proud sponsor of a Health Explorer Post. The 2013-2014 Exploring year will begin on Sept. 5. FMC is looking for an employee who is passionate about healthcare who is willing to participate in this awesome program in the role of assistant advisor. Exploring is Learning for Life’s career education program for young men and women who are at least 14 (and have completed eighth grade) and not yet 21 years old. It is all about helping young adults make a more informed decision about future careers and determine if a particular career is the right one for them. Exploring leaders volunteer their time to provide real-world career experiences for young adults. The result is a program of activities that helps youth pursue their special interests, grow and develop. (retrieved July 24, 2013 from http://exploring.learningforlife.org/wp-content/documents/Exploring-brochure-800-992_12.pdf). Contact Katie Hannahs ext. 6942 or katieha@fmchealth.org for more information.

FMC Awarded Gold Award for OHA/LOOP Initiative

On Monday, July 29, Fairfield Medical Center was awarded a gold award for their participation in the Ohio Hospital Association’s 2012-2013 Hospital Champions program. Chief Nursing Officer Cynthia Pearsall and Chief Medical Officer Dr. Steve Cox accepted on FMC’s behalf. The campaign aimed to increase the number of organ, eye and tissue donors in the Ohio Donor Registry. Presented by Lifeline of Ohio, on behalf of Donate Life Ohio, the Ohio Hospital Association and the Ohio Department of Health’s Second Chance Trust Fund, FMC was one of 57 Ohio hospitals that participated in the program. In the Lifeline of Ohio service area, 13 hospitals were awarded for their efforts and Fairfield Medical Center was only one of three community/mid-size hospitals in the Lifeline of Ohio service area who received a gold award for involvement.

Free Zosatavax Vaccine

Employees (and their dependants) who carry the Fairfield Medical Center insurance plans can receive a Zostavax vaccine at the Kroger Pharmacy at no charge. This is a preventive care benefit paid in full by your health plan. Zostavax (herpes zoster virus vaccine) is a vaccine used to prevent shingles in adults 50 years old and over. If you have ever had chickenpox, you are at risk of developing shingles. With a doctor’s prescription, this one time dose can be administered subcutaneously right at the Kroger Pharmacy! Call P.J. or Kellie at the Kroger Pharmacy if you have any questions at ext. 3535.

FMC Staff Participate in Festival 5K

A light sprinkle and cooler weather made for a perfect day for the 7th Annual Festival 5K held Saturday, July 27. Several Fairfield Medical Center employees took part in this community event — many of whom placed in their age groups. Whether you run, walk or do a combination of both, participating in a 5k is a great way to engage in exercise while enjoying time with friends! And participating in a 5K counts as points in the FMC Wellness Program! Interested in running/walking for a good cause? Remember the Snider Heart and Lung 5-mile Run/Walk is Aug. 24.

EVENTS

From the Employee Activities Committee (EAC)

Tecumseh Outdoor Drama - The Employee Activities Committee is offering discounted tickets for the Tecumseh Outdoor Drama in Chillicothe on Aug. 8. Seating begins at 7 p.m. Showtime is at 8 p.m. Adult tickets are $20 each and $14 for children. Go to the Employee Activities button for additional show information and ticket order forms.

American Idol Live - Thursday, Aug. 29 at 7:30 p.m. at the Schottenstein Center. Save $10 plus fees per ticket by purchasing tickets through FMC’s group sales representative. Tickets start at $36. Submit orders by fax (614) 246-4301 or email to eganyard@bluejackets.com. Order forms can be found on the Intranet under Employee Activities.

Cleveland Browns Football FMC Days - Browns vs. Bengals Sept. 29, Browns vs. Ravens Nov. 3 and Browns vs. Jaguars Dec. 1. Please see the FMC Intranet/Employee Activities button for seating, pricing guide and order form. Order directly from Browns Group Sales Representative Iman Warren.

Chicago Trip in the Fall - Nov. 8 - 10. Your trip will include two nights at the Hampton Inn & Suites Downtown Chicago. The cost of the trip includes transportation and hotel accommodations; meals are not included. Bus departs from Fairfield Medical Center at 7 a.m. on Friday, Nov. 8. On Sunday, Nov. 10, we will depart at 11 a.m. Price with transportation and hotel accommodations; meals are not included. Bus departs from Fairfield Medical Center at 7 a.m. on Friday, Nov. 8. On Sunday, Nov. 10, we will depart at 11 a.m. Price with transportation and hotel accommodations: • 2 people per room: $298 per person • 3 people per room: $225 per person • 4 people per room: $189 per person There is a $350 maximum for payroll deduction. The registration form can be found on the FMC Intranet under Employee Activities. Deadline to register is Oct. 3.

For more information, visit the Intranet and click on the “Employee Activities” button at the bottom of the home page.
Financial Peace University

Fairfield Medical Center will again be offering Financial Peace University this fall. You will now hear it referred to as “CORE Financial Wellness.” It has undergone a facelift and redesign in the last several months. The format of the program has changed and the series can be completed in more than one way. Participants can complete the course totally online or complete learning exercises on the Internet and attending a 45-minute discussion group weekly. The series is now eight sessions long. FMC has established a time weekly for those who do not have computer or Internet access the opportunity to complete their coursework online. The class schedule is provided below.

Attendance – Learners are required to complete a minimum of seven of the eight class sessions. This is true of those completing the series using the online only method.

Cost/fees – The cost to learners is $84.50. The fee can be paid by cash, check or payroll deduction. Payment is expected when course materials are picked up. Payroll deduction of fees: Learners will have $8.45 deducted per pay period for 10 pay periods.

Course Materials – Course materials are available in the Learning & Development main office on the basement level of the building (across from Materials Management and around the corner from the morgue). Either payment (cash or check) or completion of the Payroll Deduction form is to be completed on the pickup of the course materials.

If you have questions, call ext. 8491 or 6942 or email Katie Hannahs at katieha@fmchealth.org.

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FMC Preparing for Another Year of School at Work

The Learning & Development Department introduced an exciting program three years ago called School at Work (SAW), a workforce development system that brings education directly to the work site. SAW targets entry-level workers, such as housekeepers, nursing assistants and clerical staff are hard-working and committed to a future in healthcare. These employees have potential but cannot advance without more education. Since 2002, SAW has provided career path solutions to more than 10,000 students at more than 450 hospitals in the United States. Developed with funds from the U.S. Department of Labor as part of the President’s High-Growth Jobs Initiative, SAW benefits loyal, hard-working, support-level healthcare employees by improving their performance in current positions, preparing them for job advancements within their facility and revitalizing their dreams of continued education. FMC has had 100 percent completion of the program in the first three years, with students earning scholarships and starting back to college as early as summer session after graduating from the program. SAW is an accelerated learning program that provides healthcare-specific education while developing a customized Career and Learning Plan (CLP). The CLP allows students to learn about advancement opportunities at the hospital, research career steps and financial aid options, and determine what their next steps are. Give SAW a try if you want to:

- Gain the skills you need to move ahead at work
- Refresh your math, communication and reading skills
- Improve your time management and computer/study skills
- Learn what careers best fit with your interests
- Develop a personalized Career and Learning Plan
- Prepare for a certificate or degree program
- Challenge yourself and build self-confidence

Register in ActiveStaffer to attend one of the following information sessions.

- (1LD05600) July 30 from 1:30 – 2:30 p.m. in Classroom Alpha
- Aug. 1 from 8:30 – 9:30 a.m. in Classroom Alpha
- Aug. 7 from 2 – 3 p.m. in Classroom Gamma

For questions, contact Wendy Travis at ext. 8395.

WELLNESS Corner

Health & Wellness Services is launching a 10 week challenge to employees interested in improving their overall health. The challenge will begin September 9, 2013; applications are requested no later than August 23. Contestants will be notified via email the week of August 30, and at that time each contestant will be assigned to their support team and arrangements will be made for an initial consultation. Each contestant will have weekly interaction with their health coaching team. There are no fees to participate in the challenge. If you are interested in participating in FMC’s Wellness Challenge, contact Amanda at amandano@fmchealth.org to request an application.
Join us for Community Care Day on Sept. 10

Planning for United Way’s 17th Annual Community Care Day on Tuesday, Sept. 10 is underway. Community Care Day serves as United Way’s one-day volunteer event where community members come together to participate in hands-on projects throughout Fairfield County. Community Care Day strengthens our community and our United Way campaign by giving employees an opportunity to see first-hand the needs in our community, how their efforts can have a positive impact on the lives of people in need and how a United Way contribution makes a difference in people’s lives. Past Community Care Day activities include:

- Painting rooms or playground equipment
- Assisting clients with daily activities
- Delivering meals to the homebound
- Repairing or building a home or facility
- Outdoor clean-up
- Assisting with activities or events

This year’s United Way Campaign Kickoff will be held in conjunction with our Community Care Day breakfast. Breakfast will be held at Crossroads, 2095 W. Fair Ave. Attendees will hear from Rick Szabrak, 2013 campaign chairman, and be the first to see our campaign video produced by Varga Communications.

Itinerary for the day:
- 7:45 a.m. - Breakfast and Campaign Kickoff
- 9 a.m. - Leave for project sites
- 9:30 a.m. - Welcome, orientation/tour, project presentation
- 9:30 a.m. - 3:30 p.m. - Volunteer work complete
- 3:30 a.m. - 4:30 p.m. - Volunteer work complete

For more information or to volunteer, call John Belin at ext. 8127 or email johnb@fmchealth.org.

We are the Difference!

I wanted to take a moment to acknowledge the teamwork involved in FMC being recognized with the Platinum Achievement Award from Action-Registry. Action-Registry is a database that we share our patient outcomes for care provided for our acute myocardial infarction (heart attack) patients. The Platinum Achievement Award includes the medical care provided to our patients during their stay. To receive this award we had to receive a 90 percent or better composite score for the care provided to STEMI (ST elevation myocardial infarction) and NSTEMI patients over eight consecutive quarters. Our composite score comes from the following documentation and care criteria requirements:

- % of patients receive an aspirin at arrival to FMC and as prescribed at home.
- % of patients receive the right combination of blood pressure control medications.
- % of patients receive cholesterol medications.
- % of patients who received smoking cessation
- % of patients who are enrolled to the Cardiac Rehab program
- We assess the patients’ ejection fraction (i.e. how well the heart is pumping).
- % of times we open the artery within 90 minutes of their arrival (i.e., door to Balloon Time/D2B only, EMS arrivals not included in this award)

For the first Quarter of 2013 we had 100 percent of our patients receive all of the above. This speaks volumes to everyone who cares for patients at our facility with heart-related problems. With this being said, it is only appropriate to say thank you to the following FMC Departments for their due diligence:

- Emergency Department Nursing Staff
- Cardiac Cath Lab and Cath Recovery Nursing Staff
- Cardiac Educators
- Case Management
- Inpatient Nursing Staff
- Hospitalists and Admitting Physician Staff
- Cardiologists and Nurse Practitioners
- Data Analysts/Abstractors
- Quality Assurance

Thank you for all you do in making FMC’s cardiac care the best in the business and putting our patients first!

~Rhonda Wells, R.N.
Hospital Happenings

Nationwide Children’s Getting to Know Kids Seminar • Aug. 6 • 8 a.m. - 3:30 p.m. • FMC Assembly Rooms • This event is open to all FMC employees who are interested in learning about growth, development and milestones from birth through adolescence. Lunch is provided. Six CE credits for nursing. This seminar is free for FMC employees. Please register through ActiveStaffer 1LD01463.

TWIG 17 Used Book Store Accepting Donations • Tuesday • Aug. 6 • 4 - 6 p.m. • East Main Street Shopping Center • TWIG 17 is now accepting used items such as: books, cookbooks, DVDs, CDs, VHS, software, audio books, magazines and puzzles. Store opening date coming soon - so stay tuned! For more information on making book donations or volunteer opportunities at the TWIG 17 Book Store, please contact Tammy VanScoy at (740) 689-0621.

Lung Cancer Screenings • Wednesday • Aug. 7 • Fairfield Diagnostic Imaging • 1 - 4 p.m. • A physician order is required for this $99 screening. Lung cancer is the leading cause of cancer death in both men and women in the United States. For this reason, men or women between the ages of 55 and 74 should schedule an appointment. If you are a current smoker and or quit within the last 15 years, this screening is for you. Contact Ivy O’Neal with questions at (740) 689-6889.

Dr. Scott’s Summer Spectacular • Thursday • Aug. 8 • 4 - 8 p.m. • and Friday • Aug. 9 • noon - 6 p.m. • Join us for super savings on gloTherapeutics and gloMineral products. Stop by and take a look at our all new service menu with Jada Paczan, R.N., licensed esthetician. Don’t miss our new product reveal. Call to schedule your botox and dermaplaning appointment. Don’t miss our new product reveal. For questions or more information, call (740) 689-2079.

Fairfield Healthcare Professionals Family Medicine of Bremen open house • Tuesday • Aug. 13 • 5 - 7 p.m. • Bremen Area Historical Society • 161 Carter Street • Bremen • Come meet the providers of Fairfield Healthcare Professionals Family Medicine of Bremen and Fairfield Healthcare Professionals Occupational Health and learn about the services they are offering the Bremen Community. Refreshments provided!

Imlay’s Uniform Sale • Thursday • Aug. 15 • 7 a.m. - 4 p.m. • Assembly Room 2 • Pay-roll deduction available.

Snider Heart & Lung 5-mile Run (and walk) • Saturday • Aug. 24 • 9 a.m. • Fairfield Medical Center • Join us to support FMC’s cardiovascular rehabilitation services.

To sign up, go to the cafe on Friday, Aug. 2. There is a $25 entry fee if you register before the day of the race or $30 the day of. Registration begins at 8 a.m. and the race begins at 9 a.m. For more information on how to register, contact Kelly Marion at ext. 8951 okrellym@fmchealth.org.

New Screening Guidelines for Prostate Cancer—the Good, the Bad and the Ugly! • Thursday • Sept. 5 • 6 - 7 p.m. • Cancer Resource Center • Featuring Bill Stevens, Ph.D. • Recent prostate cancer screening guidelines released are confusing and contradictory. Will lives be saved? Will the PSA test continue to be covered by insurance? Should you be screened? These questions will be addressed from a patient’s perspective. For questions, call the Cancer Resource Center at (740) 277-6941.

3rd Annual Nursing Research Expo: “Preventing Patient Care Nightmares with Evidence-based Practice” • Friday • Sept. 13 • If you would like to submit an evidence-based poster, contact Marilyn Hargrett at marilynha@fmchealth.org or Teresa Ryan at teresar@fmchealth.org. Put “2013 Research Expo Call for Posters” in the email subject line. Posters are open to all disciplines.

Rotary Health Check • Saturday • Oct. 5 • 7 - 11 a.m. • Fairfield Medical Center Health & Wellness Services - 1145 East Main Street • The Lancaster-Sherman Rotary Club has teamed up with FMC to provide residents of Fairfield County low-cost blood testing two times per year. Health Check pricing is $40 Blood Profile, $42 Vitamin D, $25 Prostate Cancer Screening (PSA) and $20 Hemoglobin A1C. Only cash, check or money orders will be accepted. We recommend 10-12 hours of fasting. For questions, call ext. 8139, email at lsrotary@yahoo.com or go to http://shermanrotary.com/.

Oxygen for the Soul

The value of consistent prayer is not that He will hear us, but that we will hear Him. ~William McGill

(The Chaplains’ Oxygen for the Soul is not intended to be an endorsement of any particular religion, but rather serves as an avenue for our FMC chaplains to provide weekly inspiration.)

Birthdays

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<td>Chris Anders -- Pharmacy</td>
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<td>Polly Ann Harre -- Surgery</td>
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<td>Terri Castle -- Emergency Dept.</td>
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<td>Jennifer Lyon -- Surgery</td>
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<td>Andrea Ashcraft -- Fairfield Pulmonary</td>
<td>Krystle Ashton -- Dietary</td>
<td>Karen Moore -- Accounting</td>
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<td>Sarah Dennison -- Third, Med./Surg.</td>
<td>Joy Gleason -- Registration</td>
<td>Barbi Moeglin -- Dietary</td>
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Project BRIGHT Updates

The new rendering above illustrates the reason the building expansion project was named Project BRIGHT. Made with 50 percent glass, the new surgery center and connecting corridor will boast plenty of natural light. Below are some updates as the project continues to progress.

This week:
• Oncology services will be temporarily relocated beginning Aug. 5 to 214 Harmon Ave., which is located between the main hospital and Pavilion. Three spaces to the west side of the medical building will be devoted to oncology parking. The relocation will last 12-14 months. Radiation Oncology will remain in its current location.
• The helipad will be temporarily relocated to the west side of the squad entrance of the Emergency Department. It will be marked. The current helipad will be repainted; it will be completed in about a week.

Next week:
• Overhead utility poles will be relocated beginning the week of Aug. 12; this process will take about two weeks. FMC’s are underground so there will be no disruption to service.
• Once the poles are moved, the underground tunnel will be expanded an additional 20 feet. This tunnel will then connect the existing basement to the basement of the new addition. Support functions such as Materials Management, Plant Engineering, Environmental Services and Biomedical Engineering are housed in the basement. Currently, there is only one elevator that goes to the basement; however, the new elevator tower (pictured in the rendering with the FMC logo) will go to the basement so those support functions will be able to serve FMC more efficiently.

Other notes:
Valet parking will begin Sept. 9. The number of volunteers at the South Entrance area has been increased to provide assistance in directing patients.