



Monday Morning



Foundation Donor Wall Updated

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Heartburn Center Serves 1,000 Patients

FMC Named as One of the Top Workplaces

Fairfield Medical Center is pleased to announce that it has been named one of the Top 10 Workplaces in Central Ohio for 2014. The awards are based on the results of staff surveys conducted by Columbus CEO magazine and Channel 10 WBNS-TV. FMC participated in the survey last October and had a response rate of 52 percent, which is considered excellent. Channel 10 will be making television announcements about the Top 10 Workplaces. While we know that we ranked in the Top 10, we will not find out the specific ranking until April 15. We plan to make this announcement as part of our State of the Center celebration on April 16. Columbus CEO magazine also will make specific award announcements in their special edition on April 15. Congratulations to all for making FMC such a great place to work!



FMC Celebrated its Volunteers at the Volunteer Banquet



The Volunteer Appreciation Banquet was held on April 1, with more than 160 people in attendance. We had a great time with the April Fools' Day theme. Chef Jamie Brumbaugh and the Dietary staff catered a delicious meal, Mark Abbati from joyUnspeakable Productions, Inc. entertained us as a living statue, and more than 35 staff members volunteered their time to serve our wonderful volunteers. Thanks to the entire team that made this year's banquet a success!

FMC Doctors' Day Celebration



Clifford Kuhn, M.D., also known as the Laugh Doctor, joined FMC on Friday, March 28 in honor of National Doctors' Day. He also spoke with board members and leadership in an inspiring morning session.

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Welcoming Dr. Midkiff



Fairfield Medical Center is proud to announce the addition of Anthony Midkiff, M.D., with Emergency Medicine Physicians (EMP).

Employee Focus



On March 31, Jennifer Dicken, Patty Vannoy, and Bob Williams were advanced to Associates of the American College of Cardiology (ACC) at the 63rd American College of Cardiology Convocation in Washington DC.

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Straight Talk From Sky

FMC Volunteers Bring Smiles

When most patients and visitors enter our doors, they do not have a smile on their face because of the stress and anxiety most are feeling about an impending procedure or prognosis. While we can't always change the circumstances causing their stress, our volunteers have the unique opportunity to change the environment for that stress.

The smiles these 220 individuals give people walking through our doors each day is priceless. And, it doesn't stop with patients and visitors – it extends to staff members as well.

Last week at the Annual Volunteer Banquet we honored our volunteers for the estimated 30,258 hours of service they provided to Fairfield Medical Center in 2103. We simply could not offer the level of service we do to our patients and visitors without their dedicated support.

The banquet took place on April Fool's Day and was filled



with surprises to put smiles on our volunteers' faces. When you pass a volunteer in the hall this week, take a moment to thank them. Without them, we certainly would not have as many smiles, or as much laughter, joy and cheer.

My sincere thanks go to our FMC volunteers for their dedicated service.

Sky Gettys, Chief Financial Officer & Interim CEO

Register Today for the Spring Clinical Symposium

Register now for the 8th Annual Spring Clinical Symposium: "From Genes to the Genome: The Future is Now, What Every Practicing Clinician Needs to Know."

The event will be held in the Second Floor Assembly Rooms on Friday, April 25.

The study of genetics and its implications touch practitioners today both personally and professionally.

The symposium will address genetics across the lifespan, including maternal/fetal genetics and cardiovascular and cancer genetics. Participants will gain

an understanding of genetic testing options, social and ethical implications of testing and how they can incorporate the results into their practice. Participants also will be able to describe common forms of inheritable genetic diseases.

This is a multidisciplinary event that impacts practitioners personally and professionally and all clinicians are invited and encouraged to attend.

The registration deadline is Friday, April 18. Please email Jennifer@fmchealth.org for questions or to obtain a registration form.

From the Chief's Desk

I know there is a Project BRIGHT update every week in *Monday Morning*. I wanted to give an update from my perspective. If you haven't been able to look out the windows from the patient tower, you can really get a great view of the construction right on our website – www.fmchealth.org. We have a camera set-up on the roof of the Pavilion and a number of pictures are automatically taken and added to the site every day. It's pretty cool to look through the slideshow for the past six months to see how much has been done (also to see how much snow we had this winter). One hint, when you get on the slideshow, at the bottom you can speed up the show to 16X. That goes through the whole thing in about five minutes.

In any case, the basement wall structure is mostly completed, the underground utilities are in and over the weekend, a large portion of the basement floor was put in. So, in the next couple of weeks, you will start to see the steel structure going up. Even though we lost time over the winter because of the extreme temperatures, we are still on schedule. The plan is that construction will be done by this time next year – the end of the 1st quarter of 2015. The second quarter will be for equipment installation and move in.

There is still a lot of planning to do well before we move in. As we have said all along, once Project BRIGHT is completed, we will essentially be an all-private room hospital. For that to happen, we still need a lot of input from everyone on what services will be on what floors, how many patients will be on each floor and what the staff complement will be on those floors. We will still provide the same services and the same



number of beds, but some of the locations will change. For those who worry about their jobs, you don't need to; we will still need at least as many staff as we have today. Much of those discussions

have already begun and will continue over the next few months. Our goal will be to keep everyone informed as early as possible.

In addition to being on schedule, I am much more comfortable about the budget. Over the last six months, we have worked very hard with everyone involved in planning Project BRIGHT to reduce costs of the project by more than \$8 million dollars without impacting the function nor appearance of the building. Now that most everything has been bid, we are back on the approved budget of \$38 million. Those discussions included many physicians, staff and leadership from multiple departments. While I don't want to list all the names for fear of leaving people out, I do want to give credit to Chad Cupp, who is doing an outstanding job leading this project. I also would like to thank everyone who has toured the mock rooms and provided feedback. That information is extremely helpful and will help ensure that the patient rooms are the best they can be.

Now that we are back on budget, we continue to look for additional savings. Currently the budget doesn't include any dollars for work in the South Lobby. If we save enough dollars, the plan is to use those dollars to expand Chemotherapy into the gift shop space, build a new gift shop and possibly relocate the Chapel. Again, we will let you know as those plans are developed and what the timing will be.

Howard Sniderman
Chief Operating Officer

Mumps Update

Some of you may be aware of the mumps outbreak at The Ohio State University. A case of mumps has been reported in northern Fairfield County. The person worked at the OSU Student Health Center and was likely exposed there. If you have patients with mumps or suspected mumps, please report this as soon as possible to the Fairfield County Health Department. If the person is diagnosed in the hospital, please also let Infection Control know. The patient should be placed in DROPLET precautions. Persons with mumps or possible mumps should wear a regular surgical mask. Providers seeing these persons should also wear a surgical mask. Try to cohort patients with fevers and respiratory symptoms away from other patients in waiting rooms and triage patients if they call in. Someone with mumps diagnosis

should remain at home or off work/school for five days. The incubation period of mumps is typically 12-25 days. Due to this, providers who are exposed and susceptible to mumps should be off work on days 12-25 (post exposure) to prevent the spread should they ultimately contract mumps. Providers are able to work days 1-11 post exposure.

Employees can be pre-screened according to the following characteristics to determine who is NOT at risk for mumps. Those at risk should see their doctors for vaccination, if possible. You are NOT at risk if:

- You have documentation of two doses of MMR
- Positive IgG mumps
- Physician diagnosed history of mumps
- Birth before 1957

FMC Doctors' Day Celebration (cont.)

Both sessions included laughter and a tailored message about the positive effects of humor on one's overall health and the impact it can make on an organization. The Laugh Doctor was brought to FMC

by the Fairfield Medical Center Foundation in an effort to give back to physicians and leadership for all that they do in support of the Foundation.

Family Y Spring Open Enrollment for FMC Employees

The Robert K. Fox Family Y in Lancaster is having their Spring Open Enrollment for FMC employees from April 27th through May 10. During the open enrollment period,

the joining fee is one-half off. Stop by the Robert K. Family Y to complete your application. The cost may be payroll deducted.

Foundation Donor Wall Updated

The FMC Foundation's Legends & Leaders Donor Wall in the South Lobby has been updated to represent current donor giving through the end of 2013. The donor wall will be renewed every February recognizing donors from the previ-

ous year. The Foundation truly values each donation and appreciates the opportunity to honor our gracious donors. For more information of how to be recognized on the Donor Wall, please contact the Foundation office at 740-687-8107.

Employee Focus (cont.)

The Associate of the ACC (AACC) designation recognizes those cardiac care associates who, through advanced education, training and professional development, have dedicated themselves to providing

the highest-level of cardiovascular care. Jennifer, Patty and Bob were three of 24 cardiac care associate (worldwide) who were advanced to the Associate level.

April is Occupational Therapy Month!

Occupational Therapy: Achieving Success in Every Day Life! The Occupational Therapy Department is staffed by eight Occupational Therapists and six Occupational Therapy Assistants who provide services to a wide variety of patient populations in various settings, including: Inpatient, Outpatient, schools in Fairfield and Morgan Counties, Psychiatric Health Services and Industrial Rehabilitation. Our outpatient therapy clinic is located on Main Street in the Kroger Plaza. Occupational Therapy evaluates and treats individuals with physical, cognitive, emotional or developmental disabilities. Treatment focuses on helping the person regain functional abilities that allow for a productive life by:

- Learning new ways to manage daily personal self care tasks such as dressing, bathing, feeding and hygiene.
- Obtaining specialized

adaptive equipment to allow an individual to function more independently.

- Participating in functional activities to improve movement, strength, endurance and coordination of the arms and hands.
- Learning techniques to compensate for varying levels of loss of vision and/or sensation.
- Engaging in activities that foster appropriate developmental skills in the pediatric population.
- Working on skills necessary to return to work, household and community activities.
- Participating in group and individual activities that promote increased social interaction, organization skills, life skill building, and stress management skills.
- Assessing the home environment and making appropriate recommendations to improve safety and functioning within the home.

Heartburn Center Serves 1,000 Patients

The Fairfield Medical Heartburn Center has just reached an exciting milestone – it has officially seen 1,000 patients since opening in January of 2012. "It is so amazing that in just two years, we have performed education and/or testing for 1,000 people in our community and surrounding counties," said Tina Cass, nurse coordinator for the Fairfield Medical Heartburn Center. "Gastroesophageal reflux disease is so prevalent in the United States and this number reflects that Southeastern Ohio is no different." The Fairfield Medical Heartburn Center,

in partnership with Legato Health Systems, is supported by a team of 11 physicians who provide comprehensive diagnosis and treatment of GERD. Heartburn is a symptom of GERD, which is one of the most common chronic diseases in the U.S. To learn more about the Heartburn Center, contact Tina Cass at 740-689-6486 or tinac@fmchealth.org.

Pictured on front page: (From left) Dr Elwood Martin; nurse coordinator Tina Cass, MSN., RN, CNL; Ashley Graves, MSN, RN and Dr. Jarrod Bruce form the number 1,000.

Hospital Week is Coming

Hospital Week is coming! We need your help in nominating fellow employees for the awards listed below. We have changed the awards this year. To vote on the Employee of the Year, you can fill out the nomination form below instead of the normal ballot with names. We will still have two runners-up.

There also will be a new award called the "Excellence in Service Award." This award will replace the following awards: Community Service Award, Professional Excellence Award, Quality and Safety Service Award and Legendary Service Award. Please fill out the nomination form for any

person whom you feel is an ambassador for the Center.

We will still give out the following awards as done in the past: Foundation Legendary Employee Philanthropist, Leadership Teammate of the Year, Wellness Star and the President's Award. Any employee of Fairfield Medical Center who is not currently in the disciplinary process is eligible. **Please return all ballots to Human Resources or the Direct Line Box by April 25.**



Excellence in Service Award ~

This award is given to an employee who is an ambassador for the Center. This person goes above and beyond volunteering and is an advocate for the patient by ensuring that he or she receives safe, high quality care. He or she also makes a significant difference in customer service and demonstrates professionalism and excellence on a daily basis. This person is dedicated to promoting quality as a vital element to enhancing patient satisfaction and operational performance.

Nominator's name _____ Department _____

I would like to nominate _____ From the _____ Department.

Why does this employee deserve this award? _____

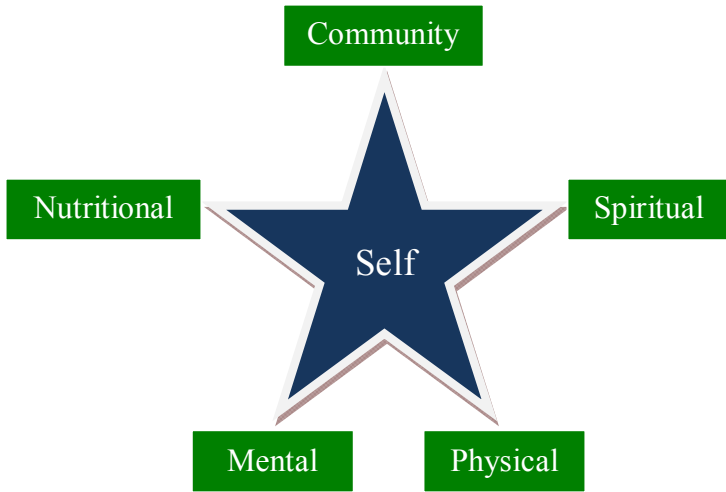
Teammate of the Year (Employee of the Year) ~

This person puts Patients First by adhering to a core set of organizational values: empathy, integrity, stewardship, agility and teamwork. This person also makes a difference to patients and fellow co-workers by going above and beyond on a daily basis. They never say it's not their job when asked to do something and are extremely hard-working and dedicated to the Center. This person is someone you would want to work with during an increased workload and you can always count on him or her for help.

Nominator's name _____ Department _____

I would like to nominate _____ From the _____ Department.

Why does this employee deserve this award? _____



Wellness Star Nomination Form

Nominee: _____

Nominator: _____

Date: _____

(Please limit your comments to the space provided)

1. Describe any major changes this person has made in the last year to improve their wellness:

2. Describe this person's exercise or physical activity program:

3. Talk about their nutritional habits:

4. What has this person done to inspire you (or others) to make changes in your life to improve your overall wellness:

5. What methods or activities does this person use to handle stress or to relax in their life:

6. Is this person involved in any community or volunteer activities:

Dr. Reddy Offers New Surgery for Cataracts



Dr. Deepa Reddy, Ophthalmologist with Fairfield Healthcare Professionals Ophthalmology, recently began providing an enhanced option for patients suffering from the development of a cataract, which is the clouding of the normally clear lens in the eye. Symptoms from cataract can include blurry vision, glare or light sensitivity, poor night vision, needing brighter light to read and fading or yellowing of colors. Surgery is the only way a cataract can be removed. Traditionally, patients who undergo cataract surgery receive a monofocal lens implant that doesn't correct other vision problems, such as astigmatism. Astigmatism is an eye condition that is caused by an irregular curvature of the cornea or lens, and hampers the ability to see fine detail. Typically, patients who suffer from both cataract and astigmatism are still required to wear glasses post-cataract

surgery in order to obtain clear vision. Dr. Reddy is now offering patients the option of a Toric lens implant, which also corrects astigmatism. The enhanced lens is placed using the same tiny incision as with traditional cataract removal surgery and is perfect for patients who desire to be free of glasses or contacts worn for an astigmatism post cataract surgery. "This is a great option for patients who live an active lifestyle or for those who just choose to live a life free of the fuss of glasses or contacts, since they can make many activities difficult and eyes uncomfortable," said Dr. Reddy. If you are interested in learning more about a procedure that can treat both your cataract and astigmatism, or have other eye problems that you are interested in finding treatment for, contact Fairfield Healthcare Professionals Ophthalmology at 740-687-6902.

Congratulations to the following registered nurses who have passed their CCRN Certification test. All three work in the ICU Department.

- Tracey Byram
- Mark Wallace
- Shelly Romine

Volunteer to Sing!

The Center Choir will perform during Hospital Week. We welcome any new members who share in the love of song. Practices will be held in the Second Floor Conference room from 3:30-4:30 p.m. The dates are as follows: **April 8, 9, 15, 16, 22, 23, 29 & 30 and May 7.** This is open to any Center staff, physicians or volunteers. If you have any questions, contact Missy in Human Resources at ext. 8122.

Key Contributor Award Winners

Bash, Sondra - River View
 Beiter, Jennifer - Cath Recovery
 Birch, Jennifer - 3rd Med./Surg.
 Blosser, Tammy - Pavilion
 Brannon, Katrina - Surgery
 Cooper, Christine - PCU
 Cruit, Julie - Pavilion
 Fisher, Connie - Central Sched.
 Frasure, Stephanie - River View
 Fruth, Margaret - 5th Med./Surg.
 Grubb, Becky - PCU
 Hacker, Heather - Observation
 Hendrickson, Marjorie - PCU
 Hurst, Andrew - Materials Mgmt.
 Hutchison, Ressa - River View
 Johnson, Victoria - Surgery
 Kincaid, Lindsey - FHP
 Klingelhafer, Jessica - Infusion
 LaPorte, Kimberly, PCU
 McCafferty, Debbie - PCU
 Perry, Kendra - PCU
 Phoenix, Brandon - Cardio.Fitness
 Pyle, Cheryl - Pharmacy
 Roe, Joshua - Surgery

Scholl, Cheryl - ICU
 Shinn, Samantha - Resp. Therapy
 Skeens, Beverly - Resp. Therapy
 Toth, Gwendolyn - River View

Vannoy, Patty - Cath Lab
 Welch, Barbara - Clinical Systems Support
 Wile, Jennifer - 5th Floor Med./Surg.
 Zwicker, Debbie - Contracts and Collections





WELLNESS Corner

THIS WEEK IS THE WEEK! FMC Wellness Program Points accumulated in the first quarter of 2014 are to be received by Health & Wellness Services no later than THIS FRIDAY, April 11. You do not have to cash in your points at this time, however, they do need to be turned in. Points received after the April 11 deadline will not be accepted. Please note at the bottom of each monthly tracking form is a "max allowable" points key. If you have any questions about the maximum allowable points, or calculating the points, please call ext. 6822 or email Amanda Northrup (amandano@fmchealth.org). You may email, fax or interoffice your points to Health & Wellness Services. If you would like to participate in a voluntary weigh in, opportunities are available Monday, April 7 through Friday, April 11 from 7:30-9 a.m. in the Health and Wellness Exercise Room OR from noon-1 p.m. in the Diabetic Education Room. If these times do not accommodate your schedule, you may make alternative arrangements by contacting Health & Wellness Services. Those who participate in the voluntary weigh-in will be entered into a drawing for an incentive prize. Thank you!

Looking for Volunteers for TWIG Books & More Book Store

TWIG 17 is currently looking for additional membership and volunteers to help operate the Books & More Book Store, located in the East Main Shopping Center. The store is currently open Wednesdays, Thursdays, and Saturdays. We are hopeful to expand our hours of operation with the addition of new volunteers. TWIG 16 will offer gift card drawings throughout the sale in appreciation of FMC's employee support! If interested or for more questions, please contact Tammy VanScoy at 740-689-0621 or email at: twig17_books@yahoo.com

Oxygen for the Soul

People often say that motivation doesn't last. Well, neither does bathing. That's why we recommend it daily.

—Zig Ziglar

Meaningful moments – Prayer time: 11:45 a.m. – 12:15 p.m. Monday – Friday in the Chapel. Self-directed or with one of the chaplains. (*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.*)

Lessons on Lent

It's slowly starting to feel like spring. After a long, cold winter, it cannot come soon enough. Many of us are looking forward to Easter, now less than three weeks away. Whether you live on a farm in the country or your only taste of the country is the Tranquility Garden here at the hospital, it is hard to miss the vitality in the air. The best news, though, is that our hearts can be blossoming with new life, as well. How is this possible? A way has been opened for us through prayer. It is a way to connect with the Giver of Life. How often do you pray? Sometimes we simply forget to when we get busy. The chapel

is a great place to stop for prayer when you're on a short break. But silent prayer is an open channel of life for us every moment of the day. The work environment might not seem like a sanctuary, but through prayer, you can breathe the very air that makes heaven a place of joy and peace. As an on-call chaplain, I offer up a prayer every time I'm called in. Why? It's so I can be a blessing. Through prayer, FMC can be a place people feel a need for when they require medical care. Utilizing the privilege of prayer, our hospital will be a place where we can enjoy the radiance of spring throughout the year.

EVENTS

From the Employee Activities Committee

Easter Bunny Visit - April 10 from 4-7 p.m. in the Second Floor Conference Room. Stop by with your little ones to get a picture taken with the Easter Bunny and receive an Easter sweet treat. Pictures will be available for pickup at a later date. Submit registration to Human Resources by April 7. The registration form can be found on the FMC Intranet/Employee Activities button.

Nashville, Tennessee Bus Trip - Aug. 29-31! Trip includes transportation to Nashville and two-night stay at the DoubleTree by Hilton. Discounts are available for optional attractions, including the Opry and Ryman Auditorium. Prices are Double \$309.33, Triple \$235.89, and Quad \$199.16. Please see the FMC Intranet/Employee Activities button for additional information and reservation forms. Questions? Contact Dustin at ext. 6910.

Kings Island Family Fun Day - Join us Saturday, June 28. As in previous years, our tickets will allow us into the park after 5 p.m. on Friday, June 27. Watch for more information in future editions of *Monday Morning*. FMC has reserved a block of rooms at the Hilton Garden Inn in Mason, Ohio for both June 27 and 28. Due to the very large number of events occurring in the Mason and Cincinnati area that weekend, we highly recommend employees book rooms as soon as possible. Our block is only guaranteed until April 27. The link to reserve a room can be found on the Intranet under the Employee Activities tab. This link will reserve the room through the Hilton and you will pay FMC for the room (this will waive the Ohio State sales tax). For questions or more information, contact Bob Williams at robertw@fmchealth.org.

Casting Crowns - Thrive Tour at the Schottenstein Center on Friday, May 2 at 7 p.m. Tickets are \$26 per person. Order deadline is April 25 at 3 p.m. See the FMC Intranet for the order form.

Cirque du Soleil's Michael Jackson - The Immortal World Tour at the Schottenstein Center. Friday, April 18 and Saturday, April 19 at 8 p.m. Tickets ranging from \$43.50 to \$168. Please see the FMC Intranet/Employee Activities button for ticket information.

Thunder Alley Bowling at Tiki Lanes - on Friday, May 2 from 10 p.m.–midnight. All are welcome. Bowling is \$8 per person and includes shoe rental. Lanes can be reserved for 4-6 bowlers per lane. Please see the FMC Intranet/Employee Activities button for reservation form. Reservations are due by April 18.

Vintage Ohio Wine Festival Bus Trip to Lake Metro Parks Farmpark in Lake County, Ohio - Join us Friday, August 1. The bus leaves at 9 a.m. Cost is \$52 per adult. Adults only 21 years and older. Ticket includes: bus transportation, admission to the festival, 25 wine tastings, and souvenir wine glass. Please see the FMC intranet/Employee Activities button for registration.

Ringling Bros. and Barnum & Bailey Circus at the Schottenstein Center - Join us May 8-11. Tickets start at \$14 with special Mother's Day offer. Order deadline is May 1 at 3 p.m. Please see Intranet flyer for order information.

Creation Museum - The state-of-the-art, 70,000 square foot museum brings the pages of the Bible to life, casting its characters and animals in dynamic form and placing them in familiar settings. Kids 12 and under are free during 2014 with the purchase of an adult ticket. Adult tickets (13-59) are \$24.95. Senior tickets 59 and up are \$19.95. Both are each a \$5 savings. Information on how to purchase tickets can be found on the Intranet. Contact Kellie Sharp at kellies@fmchealth.org for questions.

Hospital Happenings

TWIG 16 Reader's Digest Books Are Fun 2 Day Sale • Monday, 7 a.m. - 11 p.m. on April 14 OR Tuesday, 4 a.m. - 4 p.m. on April 15 • Great selection of Easter items, books & gifts! Payroll deduction will be available.

Annual State of Fairfield Medical Center • Wednesday • April 16 • 5:30 p.m. • Assembly Rooms 2 & 3 • Join us for an FMC update and the new services being offered to benefit the community. Refreshments will be provided. Seating is limited. RSVPs are requested at ext. 8009 during office hours or ext. 8077 after hours.

HOPE Class • Friday • April 18 • noon - 2 p.m. • FMC Classroom B • Join us to learn a life-saving technique. Hands-On Practical Experience (HOPE) training is NOT a certification. It does require hands-on skills with a mannequin. There is no charge. Training will be provided by Fairfield Medical Center CPR/HOPE instructors. For questions or more information, call 740-687-8477.

Rotary Health Check (Health Blood Screening) • Saturday • May 3 • 7 - 11 a.m. • Testing Location: Fairfield Medical Center Health & Wellness Services - 1145 East Main Street • The Lancaster-Sherman Rotary is concerned about your health! Our bi-annual community health blood screening is offered each year at an affordable rate. No health insurance needed. Walk-ins welcome. Ten to 12 hours of fasting is recommended. Only cash, check or money orders will be accepted. For questions or more information, call Melissa Newman at 740-687-8139.

Tobacco Cessation • May 7 - June 11 • 6-7:30 p.m. • Learn methods to quit tobacco and discuss the latest treatments and medications available. This six-week class is held every Wednesday at the Cancer Resource Center. The expectation is for all participants to quit smoking by the fourth class (May 28). Seating is limited and registration is required. The fee for the class is \$30 and will be refunded if participants attend all six sessions. To register, call 740-689-6822.

Acid Reflux Seminar • Thursday • May 8 • 6:30 p.m. • Scenic Hills Senior Center - 187 South Spring St. in Logan

Join us for a free seminar to learn about a new, FDA approved device called the LINX® System. The speaker is Dr. Elwood Martin, medical director for the Fairfield Medical Heartburn Center. Seating is limited. To RSVP, call FMC at 740-687-8007.

Yoga Classes for Men and Women • Mondays • 4:30-6 p.m. or 6:30-8 p.m. • April 21-June 2 • 6 weeks for \$90 • Assembly Room 3 • Registration is required. Mickey Hartung began studying yoga in 1985 and received her teaching certification in 1998. Emphasizing a contemplative and non-competitive approach, her classes are an eclectic blend of posture flow; restorative yoga (relaxing poses of stillness); yin yoga (stretching the deep connective tissue in the joints); pranayama (breathing); and mindfulness. The classes are mixed level, appropriate for everybody. To register or for more information, contact Mickey 740-987-7378 or earthshanti@gmail.com

MS Walk April 12



Walk with us April 12 in the 2014 MS Walk. The 3-mile walk begins at 9 a.m. from 157 E. Fair Ave. in Lancaster. Contact Ashley Clouse in Marketing at ext. 4447 or ashleycl@fmchealth.org.

Race for the Cure

Join us May 17 at 8 a.m. for the Susan G. Komen Race for the Cure 5K Run/Walk. To join FMC's team, email Joyce Cox at joycecox@fmchealth.org or Jacob Freeman at jacobf@fmchealth.org. FMC has received more than \$200,000 in Komen grants the last four years, so please consider supporting this event. First organized in 1983, the Komen Race for the Cure Series has grown from one race with 800 people in Dallas to a global series of more than 150 races with 1.6 million people participating on four continents. **To join FMC's team, go to <http://apps.komen.org/racefortheCure/?itc=homeaction:1>.**

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.

Birthdays

MONDAY

Bernadette Basso – Respiratory Therapy
John Belin – Dietary
Katrina Brannon – Surgery
Micha Lusher – Respiratory Therapy
Sara Miller – Ultrasound
Gretchen Nunley – Cardiac Cath Recovery
Stefanie Weaver – Physical Therapy

TUESDAY

Agnes Bergeron – Surgery, River View
Diane Bray – Fifth, Med./Surg.
Tracy Elliott – Diley Ridge
Cindi Graham – Lab, DHS
Donald Phillips – Nursing Office
Don Phillips - Volunteer, North Info. Desk

WEDNESDAY

Alishia Adkins – Registration
Kristin Lopez – Fourth, Med./Surg.
Gregory Schmalfeldt – Chaplain Services
Shannon Seminsky – Fairfield Psych.
Michael Shaffer – Respiratory Therapy

THURSDAY

William Baker – Nursing Services
Margaret Fruth – Fifth, Med./Surg.
Jill Hampshire – Surgery, River View
Ashley Kennedy – River View Imaging
Robin Masten – Psych
Angela Jo McAfee - Third, Med./Surg.
Misty Richardson – Case Management
Mary Rutter – Lab, Hematology
Tom Zelma – Materials Management

FRIDAY

Marcie Beil - Volunteer, Pet Therapy, Cancer Resource Center
Nader Javan – Med Student/Residency Program
Beth Medaugh – Case Management
Rosemarie Shifflett – Housekeeping
Sammy Simons – Physical Therapy

SATURDAY

Anne Bartlett – Volunteer, Foundation, Cookie Cart
Shannon Bartlett – Contracts & Collections
Jami Jasper – Emergency Department
Jacqueline Kidder – FHP, Physician Services
Connie Miller – Lab, Chemistry
Angela Monk – Lab, Pathology
Robin Roberts – Housekeeping
Tamara Shaffer – Observation Unit

SUNDAY

Judy Ailes – Medical Supplies
Beth Cooke – Radiology, PACS
Tara McClintock – Maternity
Zach Morrison – Marketing
Becky Murray – Surgery
Carl Palmer – Volunteer, Outpatient Lab
Patricia Riddel - Housekeeping

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