



Fairfield Medical Center

100 YEARS *of Caring.*

THE MONITOR

CENTENNIAL EDITION

SPRING 2016

Bonded Since
Birth

Botulism

Moving Forward. Looking Back.

Hungry
for
Success



Finding strength in the STORM

All of us have days in our lives that we will never forget.

They are days that, years later, we can look back and still remember every detail, every word spoken, every sight and every sound. They are days that impact our lives forever and show us how precious life can be.

For me, April 21, 2015 is one of those days. Just two days prior, the members of Cross Pointe Free Will Baptist Church had gathered together for a church potluck. Within 48 hours, dozens of them were hospitalized here and at various other healthcare facilities with botulism exposure. During those difficult first days, in which one life was lost and many others were forever changed, Fairfield Medical Center and the church formed a close alliance that was focused on one goal: To get everyone through the storm. In that time, I witnessed resilience born of tragedy and hope born of fear. While our staff and physicians relied on their medical expertise to save lives, the members and leadership of Cross Pointe Free Will Baptist Church relied on their faith to give hope. Together, we found strength that we didn't know we had and, in turn, supported each other in ways we never thought we could.

Over the past year, FMC has not forgotten those who were impacted by this tragedy. We have followed them in their recoveries and they have worked with us to help educate the community and our staff about the dangers of botulism. Just a few weeks ago, we dedicated a new fountain in our Tranquility Garden to everyone who was impacted by this tragedy. These patients and families have been invited to throw glass stones into the fountain that contain words such as "courage," "faith" and "strength." These stones will permanently remain in the fountain as a reminder of the many lives that were impacted on that day. We also worked with the church to create a short documentary, which we dedicated to late church members Kim Shaw and Marcella Barbee, who both bravely fought this disease.

In this issue of *The Monitor*, we are honored to share the stories of some of the church members and leaders who showed faith, courage and more on April 21, 2015. Their stories are ones of resilience and carry an important lesson: that when all else fails, hope still remains.

John R. "Jack" Janoso, Jr.





SPRING 2016

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Get To Know Us




Facebook.com/FMCHealth



@FMCHealth

Has Fairfield Medical Center made a difference in your life? We'd love to hear your story.

Email us at marketing@fmchealth.org, or share your story on our Facebook page.



Live to Ride. Ride to Live.

Ever since his first ride at the age of 11, Thomas Phillips has loved the feeling of getting on a motorcycle and taking off down a winding country road.

Last summer, he feared he might never experience that feeling again.

It started with what Thomas thought was just a minor cut on his left foot. Several weeks later, he became alarmed when the wound worsened and his toes started to turn green. A trip to the Emergency Department near his home in Newark confirmed his worst fears: He had gangrene and cellulitis, and his toes would need to be amputated.



Watch Thomas' story at
<http://youtube.com/fmchealth>

**Thank you to the AMA
Motorcycle Hall of Fame
Museum** for the use of
their museum.





“I can’t wait to get out and blow the Dust Off.”

– Thomas Phillips

“They scheduled the surgery to remove my toes for the following day,” said Thomas, 73. “The doctor told me they would eventually have to take my leg off below the knee, and then above the knee later.”

The prognosis was a blow to Thomas and his fiancée, Glenna Lee, who both lead active lifestyles. “I couldn’t accept the fact that he was going to lose his leg, I just couldn’t,” Glenna said.

Thomas and Glenna’s determination led them to seek a second opinion at the Wound Clinic at Fairfield Medical Center, which specializes in healing chronic wounds. Through the clinic, the couple found hope for their situation with the help of four physicians – Andrew Murry, M.D., C.W.S, F.A.C.P., assistant medical director for infection control; vascular surgeon Krishna Mannava, M.D.; podiatrist Animesh Bhatia, D.P.M.; and podiatrist Christopher Walker, D.P.M.

“Dr. Murry listened to my story and said, ‘we can fix you,’” Thomas said.

The Wound Clinic provides a team-based approach to coordinate a spectrum of care for each patient. “We pull from a variety of disciplines to build a team with experience in nursing care, infectious diseases, wound care and vascular surgery,” Dr. Murry said.

Following his first appointment with Dr. Murry at the Wound Clinic, Thomas underwent a bypass procedure in which Dr. Mannava removed the build-up of plaque in his leg to restore blood flow. He was then sent to Dr. Walker, who did negative-pressure wound therapy, a process in which a vacuum dressing is used to heal the wound. Thomas also started seeing podiatrist Dr. Bhatia for skin graft treatments. He even found a new primary care physician – Brian Hendrickson, D.O.

Within weeks, Thomas was no longer in pain – and no longer in danger of losing his leg.

“What amazes me is the doctors at the Wound Clinic don’t say, ‘let’s try this,’ or

‘let’s see if this will work.’” Glenna said. “They say, ‘this is what I’m going to do.’ And case closed, that’s what we do. And then he gets fabulous results.”

Thomas and Glenna said once Thomas’ wound is completely healed, there will be nothing holding them back from their active lifestyle – which is certain to include many motorcycle rides.

“We can’t change the past, but the good thing is we found these four doctors,” Glenna said. “Now the future is looking a whole lot brighter.”

The Wound Clinic at FMC is a full-service wound care provider located in the FMC Pavillion, 135 N. Ewing St., Suite 302. To learn more about the Wound Clinic, visit fmchealth.org or call 740-689-6430.

Circle of Care



Sue Blanchard smiles while surrounded by family and friends.



**She has a lot of people going down with
Sue battling the cancer – we are all better for it.**

Sue Blanchard knows how to take bad news well.

Within the past three years, she has been diagnosed with breast cancer twice, and then pneumonia. She has undergone chemotherapy and radiation and was even placed in a medically induced coma for nine days during Christmas.

Yet through it all, she has risen above her devastating diagnosis, thanks in large part to a strong circle of care that includes her family, her church congregation and the cancer care team at Fairfield Medical Center.

"It's been a ride, but I've had a lot of people with me during that ride," said the 70-year-old Somerset resident.

Sue's cancer battle began three years ago when she was diagnosed with triple negative breast cancer, which has a much higher reoccurrence rate than other types of breast cancer. Sue said several friends encouraged her to seek cancer treatment in Columbus – but she didn't take their advice.

"I told them, 'Lancaster is good,'" Sue said. "It's convenient for my family and my husband, who can't drive. Now that I've been here, I would recommend it to anyone. I always feel like I'm the only patient they have."

Sue underwent a double mastectomy following her

diagnosis, but two years later, the cancer came back. This time, it had metastasized to her lungs, liver and brain. When her chemotherapy treatments started dropping her white blood cell levels too low to adequately fight infection, her oncologist, Kanwaljit Singh, M.D., started researching other chemotherapy options.

"I have faith in Dr. Singh; if there is a way, he will find it," Sue said.

Sue and her daughter-in-law, Barbie Clark of Somerset, said they're not sure what

out anything new," Barbie said. "And Shelly is amazing; there are times I am calling her at 9:30 at night or 6 in the morning on a Sunday and she never says 'I'm too busy'. She helps with the financial stuff and gives us options we didn't even know were there."

Sue said being able to receive her cancer care close to home, having a care team that treats



Shelly Romine, oncology nurse navigator

her like family, and friends and loved ones who are always by her side, has meant everything to her.

"I have an excellent church family behind me; I don't

a large part of Sue's support circle.

"She has a lot of people going down this path with her," Barbie said. "It's not just Sue battling the cancer – we are all battling it with her."

What is Triple Negative Breast Cancer?

About 15-20 percent of all breast cancers in the U.S. are triple negative breast cancer (TNBC). This type of cancer cannot be treated with

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 in Fairfield, Hocking and Perry Counties. A physician order is needed to schedule a mammogram. To receive a free mammogram, or for assistance in obtaining a physician order, contact a FMC Komen Grant representative at

740-243-8924.

own this path with her. It's not just battling it with her.



they would do without the support of Dr. Singh and oncology nurse navigator Shelly Romine. Fairfield Medical Center's Cancer Care Program offers various cancer treatment options to patients, including chemotherapy, radiation, and surgery.

"We have received excellent care with Dr. Singh – he has called on the holidays, he calls us at home if he finds

know what I would have done if I hadn't joined the church before they found the cancer," said Sue, who attends Community Free Will Baptist Church in Somerset.

Barbie said having so many people as a part of Sue's cancer battle has kept her strong during one of the most difficult times in her life. Both she and Sue are grateful that FMC has become such

hormone or targeted therapy, but it can be treated with a combination of surgery, radiation and chemotherapy. Research shows TNBC occurs more often in young women, African American women and women who have BRCA1 gene mutations. It is less likely to be found on a mammogram and tends to grow faster than other types of breast cancer.

Source: Susan G. Komen



Kanwaljit Singh, M.D., oncologist

**“ In my situation,
I was very lucky it
was caught before
it was too late. ”**

Krishna Mannava, M.D.,
Vascular Surgeon

Omar Al-Nouri, D.O.,
Vascular Surgeon



What is the LUCY Study?

Actress Lucille Ball, who died from a ruptured abdominal aortic aneurysm, inspired the name for The LUCY Study. The goal of this national study, which is led by TriVascular Technologies, Inc., is to provide information about the benefits of endovascular repair in females who in the past have been underrepresented in EVAR clinical trials. The study also compares male and female patient outcomes. FMC vascular surgeons Krishna Mannava, M.D. and Omar Al-Nouri, D.O. are both enrolling patients for this study. The procedure is performed in FMC's new hybrid room, which allows surgeons to use a less invasive approach to treating vascular disorders.



I HAD FMC & LUCK ON MY SIDE

For many months, Sue Able knew that the persistent stomach discomfort she was experiencing on a near daily basis was not normal. She kept telling herself that she needed to schedule testing to find out what was wrong – but the timing never seemed to be right.

“My husband was having health issues, so I kept putting off testing to focus on him,” said Sue, of Thornville.

When Sue finally did schedule an upper gastrointestinal series (GI) at FMC, followed by a CAT scan, she wasn't prepared for what it would uncover: an abdominal aortic aneurysm (AAA).

Known as a “silent killer,” an AAA is an enlargement of the aorta, the main blood vessel that delivers blood to the body. Patients often don't experience symptoms until the aneurysm is ready to rupture. When that occurs, patients often do not survive.

The diagnosis hit home for Sue's husband, Don Able. His father died of an AAA when he was 87.

“He was sitting in his recliner eating a piece of watermelon when it burst, and within five minutes, he was dead,” Don recalled. “When I heard that was what she had, I said, ‘we're getting that fixed.’”

The day that Sue's AAA was discovered, she was sent

to Fairfield Medical Center vascular surgeon Krishna Mannava, M.D. Dr. Mannava told Sue that she might be a good patient for a national research study for AAAs called The LUCY Study. FMC is one of 45 sites in the U.S. participating in the study, and was the first in the nation to enroll and treat a patient.

“I agreed to participate because I figured if it could help someone else, it was worth it,” said Sue, who was treated through the study.

All participants in The LUCY Study undergo a minimally invasive surgical procedure called endovascular repair (EVAR) to fix their AAA. The surgeon uses technology called the Ovation Abdominal Stent Graft Platform to implant a stent into the aorta through a small incision in the groin. This method is less invasive than open surgical repair, in which the patient's abdomen is opened and the weakened aorta is replaced with a fabric tube.

Sue said she was in the hospital less than 24 hours following the procedure. Within a few weeks, she was back to her normal routine.

“I love Dr. Mannava,” she said. “I like doctors that tell it like it is and explain the procedure – not at a college level – but at your level.”

As it turns out, the stomach pain that prompted Sue

to eventually seek medical attention was not caused by the AAA, but by a separate medical condition.

Lisa Stevens, M.S.N., R.N., clinical research coordinator at FMC, said this is not uncommon.

“AAAs are often found on patients as a ‘by-the-way,’” Stevens said. “We'll be doing testing for something else and end up finding the AAA. At that point, we usually just watch it until it reaches the criteria for fixing.”

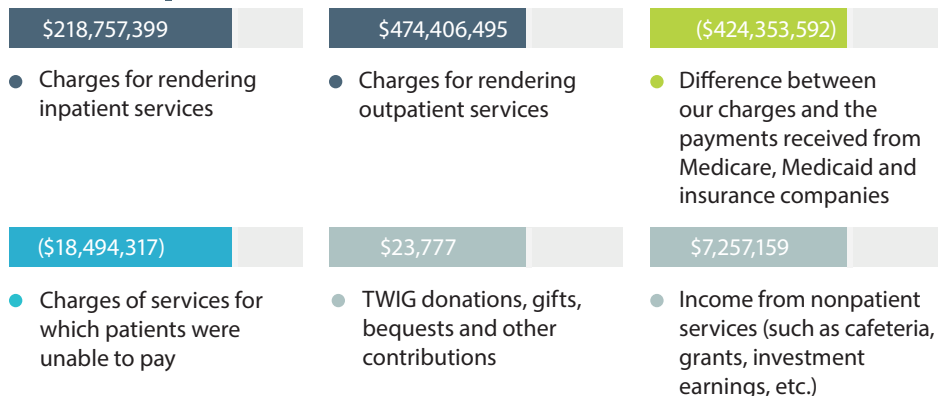
Since most patients don't experience symptoms of an AAA until very late, Stevens said it's important for everyone to know whether AAAs exist in their family history, as they can be hereditary.

Sue said had she known more about her family history, she probably would not have put off the medical testing that uncovered her aneurysm.

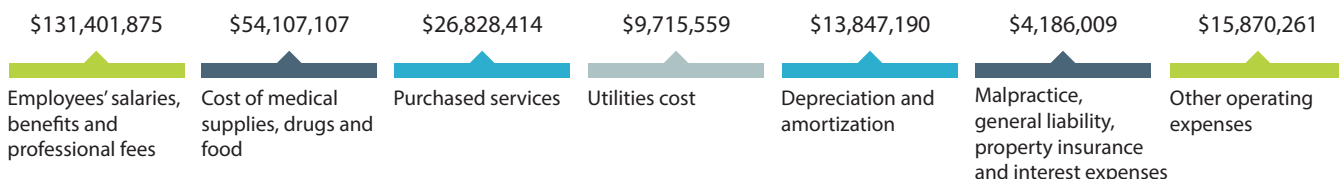
“I was adopted by my grandparents, so I don't know any family history, like what people died of,” Sue said. “In my situation, I was very lucky that it was caught before it was too late.”

VITAL SIGNS: INDICATORS OF OUR FINANCIAL HEALTH

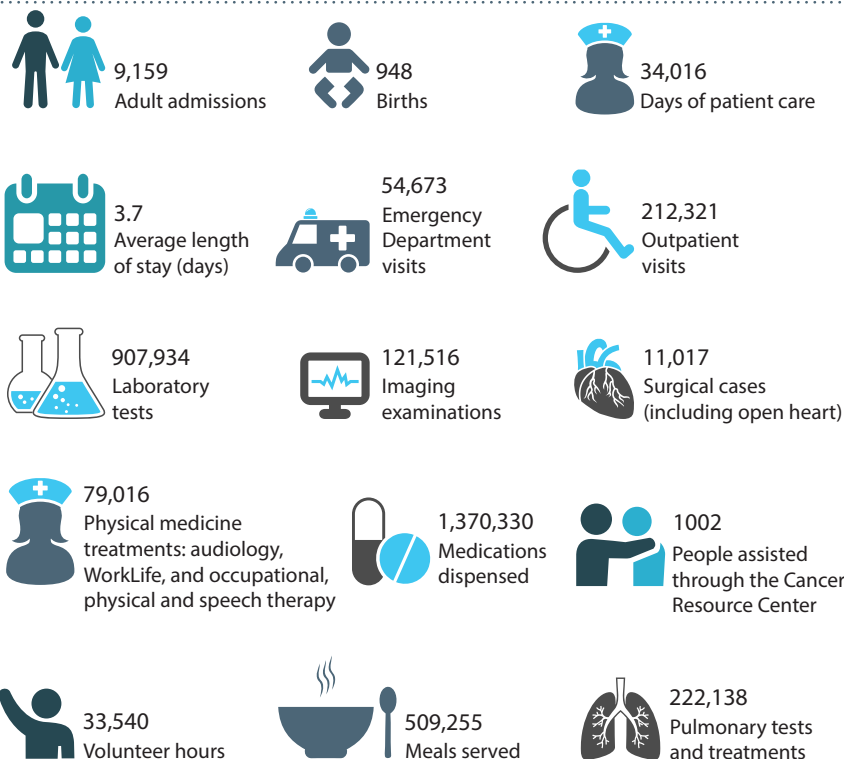
FINANCIALS



TOTAL RECEIPTS
\$257,596,921



STATISTICAL HIGHLIGHTS



Profit (loss) from operations
\$1,640,506

Income on funds held for future improvements in patient care and services
\$443,115

Profit (loss) to be invested in future improvement in patient care and services
\$2,083,621

CARING FOR OUR COMMUNITY

Charitable & Uncompensated CARE

As a nonprofit, 501(c)(3) organization, Fairfield Medical Center cares for patients regardless of their ability to pay. Below is an overview of our charitable and uncompensated care data from the previous year.

Hospital Care Assurance Program

Cost: \$999,891

The Hospital Care Assurance Program provides Ohio residents free care for medically necessary hospital services, if they are at or below 100 percent of the current Federal Poverty Guideline Level and ineligible for Medicaid.

Bad Debt Cost: \$3,063,107

Bad debt consists of services for which a hospital anticipates, but did not receive, payment.

Charitable Care: \$1,645,458

Charitable care consists of services for which a hospital did not receive, nor expected to receive, payment because the patient's inability to pay had already been determined.

Uncompensated Care: \$2,645,349

Uncompensated care consists of Hospital Care Assurance Program costs and Charitable Care combined.

Shortfalls in Medicaid

Reimbursement: \$7,977,344

Business FMC Generated for Area

Vendors: \$14,981,282

FMC Salaries Paid in 2015: \$95,676,274

**Local Taxes Paid by, or on Behalf of,
FMC Employees in 2015:** \$2,861,317



Allergies

Home Sneeze Home

If you suffer from allergies, spring can be a miserable time of year. But allergens don't just lurk outdoors; some of the biggest allergy triggers, such as dust, dander and mold, are hiding right inside your home. Below are some tips on how to control these common allergens.

01

Avoid pollen. When the pollen count is high, stay inside. Shut the windows and turn on the air conditioner. Use high-efficiency particulate air filters. Clean air ducts.

Clean weekly. Give the carpets, shelves, curtains, windowsills and even light fixtures and lamps a good vacuuming. Have pets? Vacuum frequently.

02

03

Tackle mold and mildew. Regulate the humidity in your home below 50 percent. Clean the dehumidifier weekly. Wipe down surfaces with mold-killing solution.

Pets. Animal dander and saliva are major allergy irritants, so keep your pets out of your bedroom. Bathe your animals weekly.

04

05

Bedding. Wash your bedding in hot water with scent-free detergent. Buy pillows and bedding with artificial fiber. Put plastic covers on pillows and mattresses.

Carpeting and drapes. Switch elaborate window coverings to sleek lines or window shades. Consider hard floors, tile or vinyl floor surfaces.

06

07

Smoking. Do not allow it in your home.

Source: Robin Sheets, C.N.P., Fairfield Medical Center



Hungry for Success

When Savannah Danner underwent bariatric surgery in 2013 at Fairfield Medical Center, she had a lot to celebrate. She was eating better, feeling better and enjoying a whole new life. But every time she looked at her daughter, Paige Danner, her enthusiasm faded.

"It was hard to celebrate because I could see her hurting," Savannah recalled. "I was losing weight, but she was still heavy."

For Paige, who was 18 at the time, dieting had always been a losing battle. When she finally brought up bariatric surgery to her doctor, she was just shy of 300 pounds.

"I was doing everything I could to lose weight and it just wasn't working," said Paige, now 21. "I felt like surgery was the only way I could finally get healthy."

In August 2014, Paige underwent gastric bypass

surgery at FMC. FMC, in conjunction with bariatric surgeon Timothy Custer, M.D. of Central Ohio Bariatrics, has developed a comprehensive approach to bariatric surgery that provides extensive support both before and following surgery to help ensure long-term weight management success.

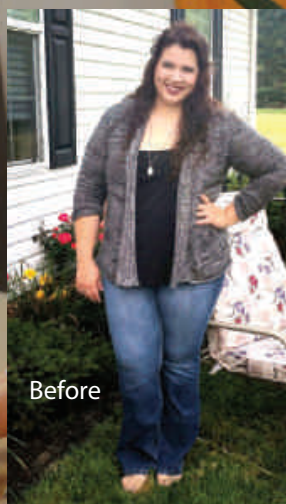
A year and a half later, Paige has lost almost 100 pounds. To keep the weight off, she has had to cut back or completely give up many of the things she once loved, including caffeine, candy, butter, salt and milk.

"I think about food, and what I'm putting into my food, more than ever," she said.

Savannah said now that Paige has had bariatric surgery, she has someone who can help keep her in check, and vice versa. The two like to work out and cook meals together, and their attitude about food has completely changed.

"When Paige was growing up, we celebrated everything with the wrong kinds of food," Savannah said. "We promised each other we won't let that happen again to another generation of our family. Paige is going to have healthy kids."

To learn more about Central Ohio Bariatrics, call 740-475-0442.



“I was doing everything I could to lose weight and it just wasn’t working,” said Paige, 21. “I felt like surgery was the only way I could finally get healthy.”



Botulism

Moving Forward. Looking Back.

"We kept them strong by being there."

When Pastor Bill Pitts first heard the word "botulism" in connection with his church, Cross Pointe Free Will Baptist Church in Lancaster, he was in Chicago and trying to get back home. He knew the disease had been linked to a recent church potluck and that everyone who had attended that meal was potentially in danger. So he asked his wife, Debbie Pitts, to use the church's phone tree to send out what would become a life-saving message.

"I tried to record it in a way that would not cause panic, but would let the person know that this was an urgent situation and, if they had symptoms, to get medical attention immediately," Debbie said.

The message worked – within hours, dozens of people who had received Debbie's call had reported to Fairfield Medical Center's Emergency Room. In the weeks and months that followed, Pastor Bill, with the help of Pastor of Seniors Roger Hale, made daily visits to more than 21 patients scattered across eight different facilities. With each visit, they prayed for healing and strength.

"Those who were affected are heroes because they kept going," Pastor Bill said. "They took an hour at a time and just held on to it ... and then they reached for the next hour."





“The doctor told me, ‘I know you can’t see right now, but eventually, your eyes will open’,” Ben said. “One morning, I could just barely lift my lids to where I could see white – and it was wonderful.”

“I wasn’t going to let him leave me.”

To look at Ben Large, it’s hard to believe that one year ago, he was completely unable to eat, walk, talk and even breathe on his own. For weeks after contracting botulism, the Lancaster resident lay motionless and almost completely paralyzed in a hospital bed, unable to even open his eyes.

“The doctor told me, ‘I know you can’t see right now, but eventually, your eyes will open,’” Ben said. “One morning, I could just barely lift my lids to where I could see white – and it was wonderful.”

Ben was the first patient to be admitted to Fairfield Medical Center for botulism exposure and – after 68 days – one of the last to be discharged. Through it all, his wife and high school sweetheart, Linda Large, never left his side.

“There were days when I could see him losing hope and I’d say, ‘you can’t, I’m not starting my life over, you are my life,’” Linda said. “I wasn’t going to let him leave me.”

More than a year later, Ben still suffers from neck pain, persistent dry mouth and extreme fatigue – but he’s grateful to be alive.

“I feel better and I know I look better,” he said. “I’m not 100 percent yet and I may never be – but I’m thankful to God that I’m here.”



Ben Large

Linda Large

“

“I’m still stunned, every day. I still think it’s a dream,” Chris said. “But all we can do is move forward and honor her memory.”

“We don’t want botulism to be her legacy.”

Kim Shaw was the type of person who disliked the spotlight. She was always one to put her family front and center while keeping herself behind the scenes.

“In almost every picture, it’s like a Where’s Waldo,” recalls Kim’s husband, Chris Shaw. “Kim can be seen in the back or peeking around a corner. She was low profile; she wanted to make things happen – not be the focus of attention.”

In April 2015, that low profile was suddenly shattered when Kim became national news following her death from botulism exposure.

“I’m still stunned, every day. I still think it’s a dream,” Chris

Aaron Shaw

Chris Shaw

Sharleen Shumaker



said. "But all we can do is move forward and honor her memory."

The memory that Chris, Kim's mother Sharleen Shumaker and Kim's children, Aaron and Jessica Shaw, want to preserve is not of someone who was a victim, but someone who loved to cook, buy crafts and make traditions. They want Kim to be known for her kind spirit and caring nature – not for the disease that took her life.

"We don't want to be remembered as 'those people who were hit so hard with botulism,'" Sharleen said. "And yet, it's because of Kim that people across the country are aware of what botulism is. Something good has to come out of this: awareness."

.....

“

"I know it sounds cliché to say everything happens for a reason, but it does – we were just the ones it happened to."

"I've learned that life is a precious gift."

For as long as church member Debbie Wright can remember, music has been an important part of her life. So when botulism threatened to rob it from her, she refused to let it go without a fight.

"There is a song called 'God is Doing a Work and It's Something Good' and it goes very fast and has a lot of words," said Debbie, a member of the church's gospel group, Cross Pointe Trio. "I made my therapy that song."

For months, Debbie would sing the song over and over, willing her once paralyzed lips, tongue, throat and vocal chords to make music. It was a process that often left her feeling defeated.

"I would cry, and say, 'God, is there something else you want me to do with my talents?'" Debbie said. "But, little by little, the sound would come back and the words would come easier."

One year later, Debbie is making music again – and living life in a way she never has before.

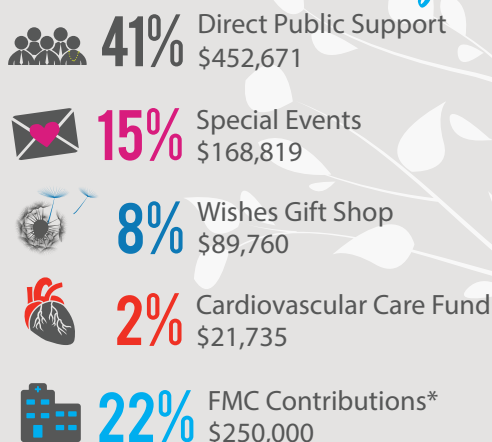
"I know it sounds cliché to say everything happens for a reason, but it does – we were just the ones it happened to," Debbie said.



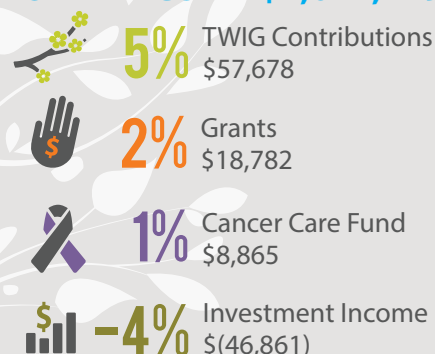
Debbie Wright

2015 Annual Report

Where does the money come from?

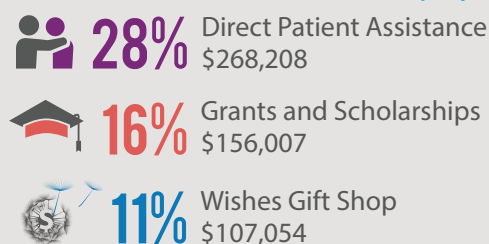


TOTAL INCOME \$1,021,449

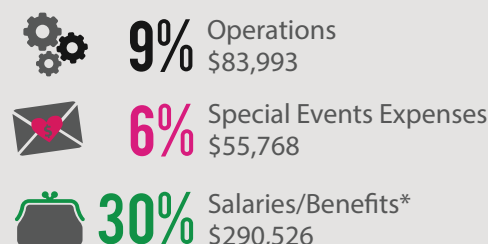


*Fairfield Medical Center supplements the salaries of the FMC Foundation staff to maximize the benefit of donated dollars to our patients and community. These dollars are included in both the Income and Expenses sections.

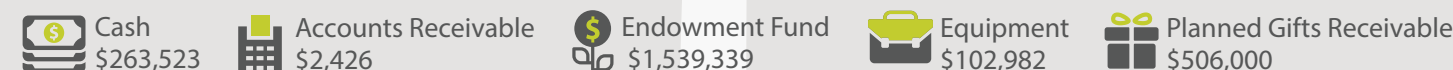
Where does the money go?



TOTAL EXPENSES \$961,556



TOTAL ASSETS \$2,414,270



Why give?

Your contribution, no matter what size, goes a long way to help us keep important medical services right here in our community. By supporting the Fairfield Medical Center Foundation, you are making a difference that could benefit you, your family, or a neighbor in need. The Foundation is a 501(c)(3) tax-exempt organization, so all donations are tax deductible.



- ✓ Our hospital delivers care at a level well above what might be expected for a community hospital and region of our size. Our goal, with your help, is to keep it that way.
- ✓ Donors fund the extra equipment, advanced technology, education and enhanced patient care and programs FMC needs to save lives and keep our hospital at the forefront of patient-centered care.

For more information, visit us online at fmchealth.org.

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Legacy OF HOPE

When Lisa Hooker learned that her husband, Alan, had a terminal cancer diagnosis, she experienced an array of emotions. Anger. Sadness. Uncertainty. Fear. She wondered how she could live without him and struggled with why God would deal her husband such a difficult hand.

Her attitude changed, however, when she saw the way Alan chose to cope with the news.

"There are a lot of indignities that come with an illness, but he never complained, never said a cross word, never got mad at God, never asked why," Lisa said. "He was not unrealistic; he knew the cancer would take him, but he also knew that none of us live forever."

Following Alan's death in 2013, Lisa wanted to help other patients and their families find hope and peace in the middle of difficult situations – just like Alan did. Her search led her to the Fairfield Medical Center Foundation and the Chapel at Fairfield Medical Center.

"I knew the hospital was probably the one place in the

community that could take what I wanted and add a faith component to it, but yet have it reach a broad audience and give hope to people who are facing a similar or frightening diagnosis," Lisa said.

Through the FMC Foundation, Lisa made a gift and received naming rights in honor of her late husband for a water feature that was erected in the newly-renovated Chapel. The water feature is a large, artistic piece that gives the illusion of water flowing.

Lisa said she felt FMC was the perfect place to memorialize Alan for two reasons: he had been a member of the FMC Board of Trustees and the hospital had played an integral role when he was first diagnosed with bile duct cancer. Alan later received treatment through the James Cancer Research Center,

where he participated in a clinical trial.

"FMC was our first line of defense, and Alan had some wonderful doctors here – Dr. Sielski, Dr. Barboza and Dr. Yenchar," Lisa said. "They guided us through the uncertainty and fear, and helped keep me calm."

Lisa now hopes Alan's waterfall will have that same calming effect on others.

"The waterfall accomplishes what I wanted, which was to bring comfort to people," Lisa said. "The constant flow of a waterfall also is a reminder that life goes on, for all of us."

To discuss the many options for giving, or for more information about the FMC Foundation, call 740-687-8107. You can make a difference in the lives of others; 100 percent of your contribution goes to people in need and is 100 percent tax deductible.



CALENDAR 2016



Infant Massage

Gain hands-on experience with infant massage for babies between three weeks and six months of age.

Registration: 740-687-8218

Price: \$20/family

Dates/Times:

Call for dates/times

Location:

Second Floor Conference Room at FMC
401 N. Ewing St., Lancaster

Breastfeeding

This detailed information session for expectant mothers is provided by lactation nurses to increase breastfeeding success.

Registration: 740-687-8218

Price: FREE

Dates/Times:

Call for dates/times

Location:

Lactation office in Maternity Unit at FMC
401 N. Ewing St., Lancaster

Childbirth Refresher

Families with previous birth experience review key aspects of childbirth education.

Registration: 740-687-8218

Price: \$35/family

Dates/Times:

Call for dates/times

Location:

Second Floor Conference Room at FMC
401 N. Ewing St., Lancaster

Childcare & Baby-Sitting Safety (CABS)

Children ages 11-15 will learn what to expect at what age and how to positively discipline, as well as CPR and Foreign Body Airway Obstruction Training.

Registration: 740-687-8007

Price: \$35/person

Dates/Times:

Call for dates/times

Location:

West Wing Classrooms at FMC
401 N. Ewing St., Lancaster

Maternity Open House & Tour

Tour the Maternity Unit, schedule childbirth classes and ask questions about your upcoming stay and delivery at FMC.

Registration: 740-687-8218

Price: FREE

Dates/Times:

Call for dates/times

Location:

Maternity Unit at FMC
401 N. Ewing St., Lancaster

Childbirth Education Series

Explore labor, birth, pain control options, relaxation techniques, childbirth recovery, cesarean births and newborn care.

Registration: 740-687-8218

Price: \$90/family

Location:

Second Floor Conference Room at FMC, 401 N. Ewing St., Lancaster

Weeknight Dates/Times:

Call for dates/times

Weekend Dates/Times:

July 10 – 8 a.m.-5 p.m.

Sept. 11 – 8 a.m.-5 p.m.

To register for online childbirth classes, call 740-687-8218.

Substance-Exposed Newborn

Learn about substance abuse trends locally, its impact on a fetus and how to care for substance-exposed babies.

Registration: 740-687-8218

Price: \$40/family

Dates/Times:

Call for dates/times

Location:

Second Floor Conference Room at FMC
401 N. Ewing St., Lancaster

Newborn Care

Learn basic newborn care, such as feeding, burping, coping with illness, bathing, sleeping, crying and typical newborn characteristics.

Registration: 740-687-8218

Price: \$40/family

Dates/Times:

Call for dates/times

Location:

Second Floor Conference Room at FMC
401 N. Ewing St., Lancaster



Cesarean Section

Expectant mothers who are scheduled for a cesarean section birth can learn and ask questions about procedures before, during and after a cesarean birth.

Registration: 740-687-8218

Price: \$25/family

Dates/Times:

Call for dates/times

Location:

Second Floor Conference Room at FMC
401 N. Ewing St., Lancaster

Prostate Health Education Group of Fairfield County

Learn about prostate cancer screening, early detection, treatment and side effects. Share your experiences and hear from an array of clinical guest speakers.

Registration/more information: 740-687-6543
Price: FREE

Dates/Times:
Second Monday of the month from 7-9 p.m.

Location:
Assembly Room 2 at FMC
401 N. Ewing St., Lancaster

Gynecological Cancer Education Information & Caregiver Support Group

Gynecological cancer (ovarian, uterine and cervical cancer) patients can discuss and share their experiences with others.

Registration: 740-277-6941
Price: FREE

Dates/Times:
July 12 – 7-9 p.m.
Sept. 6 – 7-9 p.m.

Location:
Fairfield Medical Cancer Resource Center
135 N. Ewing St., Lancaster

Free Spirit Karate

This class teaches self-defense, mental discipline and more. Adults and children are welcome.

Registration: 614-866-1818 or afska@1freespirit.com
Price: \$55 for 8 weeks

Dates/Times:
Mondays from 6-7:30 p.m.

Location:
Health & Wellness Center
1145 E. Main St., Lancaster

Diabetes Support Group

Our certified diabetes education nurse helps diabetics face the challenges of the disease.

Registration: 740-687-8492
Price: FREE

Dates/Times:
May 23 – 6-7 p.m.
(Traveling with Diabetes)
June 27 – 6-7 p.m.
(How to Lower Your A1c)
July 25 – 6-7 p.m.
(Get a Better Night's Sleep)
Aug. 29 – 6-7 p.m.
(Diabetes and Arthritis)
Sept. 26 – 6-7 p.m.
(9th Annual Pot Luck)

Location:
Assembly Rooms at FMC
401 N. Ewing St., Lancaster

Bra/Prosthesis Fitting

A certified fitter will assist cancer patients and survivors in selecting a mastectomy bra and prosthesis.

Registration: 740-920-2811
Price: FREE fitting

Dates/Times:
First Tuesday of every month.
By appointment only.

Location:
Fairfield Medical Cancer Resource Center
135 N. Ewing St., Lancaster

Look Good, Feel Better

This class is designed for women undergoing cancer treatment to learn skin care and makeup tips.

Registration: Call the American Cancer Society at 1-800-277-2345
Price: FREE

Dates/Times:
2nd Monday of every month.

Location:
Fairfield Medical Cancer Resource Center
135 N. Ewing St., Lancaster

Sibling Class

Geared for children ages three to six, this class uses hands-on practice to focus on safety and the importance of being a sibling.

Registration: 740-687-8218
Price: \$15/person

Dates/Times:
June 6 – 6-7 p.m.
July 11 – 6-7 p.m.
Aug. 2 – 6-7 p.m.

Location:
Second Floor Conference Room at FMC
401 N. Ewing St., Lancaster



Grandparenting Class

Expectant grandparents explore the latest trends in childbirth, Sudden Infant Death Syndrome prevention and newborn safety.

Registration: 740-687-8218
Price: FREE

Dates/Times:
June 20 – 6-7:30 p.m.
July 25 – 6-7:30 p.m.
Aug. 16 – 6-7:30 p.m.

Location:
Second Floor Conference Room at FMC
401 N. Ewing St., Lancaster

Tai Chi

This class is a gentle, relaxing form of exercise that has been found to benefit balance, flexibility and strength. For current cancer patients or survivors.

Registration: 740-277-6941
Price: FREE

Dates/Times:
Thursdays from 10-11 a.m.

Location:
Fairfield Medical Cancer Resource Center
135 N. Ewing St., Lancaster



Cancer Fatigue Class

This class helps cancer patients cope with the common symptom of cancer fatigue. The class is open to anyone who is receiving cancer treatments or has received them in the past.

Registration: 740-277-6941

Price: FREE

Date/Time:

Aug. 11 – 2-3 p.m.

Location:

Fairfield Medical Cancer Resource Center
135 N. Ewing St., Lancaster

First Aid

Receive hands-on emergency training; participants will receive a certification card upon completion of a written exam.

Registration: 740-687-8007

Price: \$35/person

Dates/Times:

June 4 – 8:30 a.m.-Noon

July 16 – 8:30 a.m.-Noon

Aug. 6 – 8:30 a.m.-Noon

Sept. 10 – 8:30 a.m.-Noon

Location:

FMC West Wing Classrooms
401 N. Ewing St., Lancaster

The Butterfly Habitat Opening by the Lancaster Parks & Recreation

In celebration of our Centennial, we will display 100 butterflies to represent our 100 years of caring. The first 100 kids in attendance will receive a butterfly kit.

No Registration

Price: FREE

Date:

June 7 – 10-11:30 a.m.

Location:

FMC Surgical Tower Courtyard
135 N. Ewing St., Lancaster

Centennial Healthfest & Cruise-in

Drive on down for FREE health screenings, food and craft vendors, safety demonstrations for kids, information sessions and a 50/50 raffle. All cars are welcome for the cruise-in.

No Registration

Price: FREE

Date:

Aug. 20 – 9 a.m.-2 p.m.

Location:

Fairfield County Fairgrounds
157 E. Fair Ave., Lancaster

"Being Mortal"

Screening

Join FMC and FairHoPe Hospice for a FREE, community screening of the documentary "Being Mortal" and learn about how to identify and communicate wishes about end-of-life goals and preferences.

Registration: 740-689-6839

Price: FREE

Date/Time:

Sept. 15 – 6-8 p.m.

Location:

Crossroads
2095 W. Fair Ave., Lancaster

Heart & Lung Run

This event includes a 10K Run and a 5K Run/Walk. All proceeds benefit cardiopulmonary patients.

Register online at

<http://www.allsportsraces.com/heart---lung-run.html>

Entry Fee 5K: \$25 Pre-Race;

\$30 Day of Race

Entry Fee 10K: \$30 Pre-Race;

\$35 Day of Race

Date/Time:

Aug. 27. Registration begins at 6:30 a.m., race begins at 8 a.m.

Location:

Race will start and finish on the corner of Wheeling and N. Ewing Streets in Lancaster.

Gentle Yoga

This introduction to Hatha Yoga includes gentle movement, breathing and deep relaxation. For cancer patients and survivors.

Registration: 740-277-6941

Price: FREE

Dates/Times:

Every Tuesday from 10-11 a.m.

Location:

Fairfield Medical Cancer Resource Center
135 N. Ewing St., Lancaster

Lung Cancer Screening

Are you 55-77 years of age with a significant history of smoking and concerned about your risk for lung cancer? Call for information about a lung cancer screening. A physician order is required.

Registration (by appt. only): 740-689-6889

Location:

Fairfield Medical Center
401 N. Ewing St., Lancaster

HOPE (Hands-On Practical Experience)

This 45-minute course gives life-saving, hands-on practical experience in chest compression-only CPR.

Registration requested: 740-687-8007

Price: FREE

Dates/Times:

June 3 – 2:30-3:30 p.m.

Aug. 5 – 2:30-3:30 p.m.

Sept. 9 – 2:30-3:30 p.m.

Location:

FMC West Wing Classrooms
401 N. Ewing St., Lancaster

CPR Classes

Learn adult, child and infant CPR and receive a certification card after completing a written exam.

Registration: 740-687-8007

Price: \$35/person

Dates/Times:

June 4 – 8:30 a.m.-Noon

July 16 – 8:30 a.m.-Noon

Aug. 6 – 8:30 a.m.-Noon

Sept. 10 – 8:30 a.m.-Noon

Location:

FMC West Wing Classrooms
401 N. Ewing St., Lancaster

FMC Foundation's Annual Golf Outing

Join us for the 10th annual golf outing to benefit the health and well-being of our community.

Registration:

740-687-8107

Price: \$150/person

Date/Time:

June 6 – 8 a.m.

Location:

Lancaster Country Club
3100 Country Club Road,
Lancaster



New Faces

The following professionals recently joined the medical staff at Fairfield Medical Center.

Looking for a physician? The right one is just a click away. Go to fmchealth.org and click "**Find a Doctor.**"



Hualei Li, M.D.
Radiation Oncology
740-687-8550



Stephen Voto, M.D.
Orthopedic Surgery
740-687-3394



Maninder Bedi, M.D.
Electrophysiology
740-689-4480



Experience the Determination

Fran Miller will not let cancer define who she is as a person – and neither will the staff at Fairfield Medical Center.



Life is Beautiful

When Fran Miller was diagnosed with multiple myeloma nine years ago, she knew right away that she would be in good hands with FMC oncologist Kanwaljit Singh, M.D., who has cared for several of her family members. "He is the kind of person who loves a challenge," said Fran, a Lancaster resident and Realtor. "He does constant research to find treatments that will work well for me. I don't feel like a number when I'm with him – I feel like a person."

Fran said every visit she makes to Fairfield Medical Center begins and ends on a positive note, from the valet staff and the volunteers who greet her by name at the front door to the oncology staff who help her forget all about the cancer she's fighting. "FMC is my safe place," Fran said. "When I'm there for chemotherapy or an appointment, they never treat me like a sick person. I'm just Fran."

Fairfield Medical Center's comprehensive cancer care program is designed to provide a tailored treatment plan for every patient while keeping his or her care close to home. Experience the FMC level of care; visit fmchealth.org to learn more.

FMCHHEALTH.ORG

THE MONITOR

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Fairfield Medical Center, located in Lancaster, Ohio, provides healthcare services to more than 250,000 residents in Southeastern Ohio. FMC is a nonprofit medical center that strives to provide outstanding care to its patients, their families and visitors.

The Monitor, produced by the Marketing and Community Services Department, is published to share health information and updates with members of the communities we serve. All material is property of FMC and may not be reproduced without permission.



401 N. Ewing St.
Lancaster, Ohio 43130-3371
www.fmchealth.org

CENTENNIAL
Time Capsule
Tuesday, Oct. 25 / at FMC

*Be a part of Fairfield Medical Center history as
we seal the hospital's Centennial Time Capsule
and unveil the FMC timeline installation.*

CELEBRATING
100
years of caring