



Fairfield Medical Center

THE MONITOR

SPRING 2019

FOCUSED ON THE
FUTURE

p.17

UNBEATABLE
TEAMWORK

p.4

SPECIAL SECTION:
**RIVER VALLEY
CAMPUS**



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LETTER FROM THE PRESIDENT & CEO

John R. "Jack" Janoso, Jr.

If you've ever had to drive to a doctor appointment when you were in pain or not feeling well, you know how difficult this otherwise simple task can be. When you need medical care or treatment, it can make a world of difference if your provider, surgeon or therapist is just a short drive down the road. Over the years, Fairfield Medical Center has worked hard to expand its specialty services and facilities so that patients who live in and around Fairfield County don't have to deal with the inconvenience of driving to Columbus for medical care such as cancer treatments, heart procedures and orthopedic surgery. Our new River Valley Campus, which you can read about in more detail in our special section, is just one example of how we are accomplishing this goal. Below is an overview of the many other specialty services we currently provide right here in your community:

Heart & Vascular Care: FMC is an Accredited Chest Pain Center and offers emergency, diagnostic and surgical services for heart and vascular patients, as well as cardiac and pulmonary rehabilitation.

Orthopedic Care: In 2017, FMC and The Ohio State University Wexner Medical Center opened an office at FMC's main campus called Fairfield Healthcare Professionals Orthopedics. There are currently four physicians and two physician assistants available to care for patients in the areas of sports medicine, joint and trauma, spine and hand, elbow and shoulder. Patients receive expert physical therapy to ensure a fast road to a successful recovery.

Cancer Care: Cancer patients can receive all of the medical office services they need in one location at our Cancer Care & Infusion Center, located in the Pavilion on our main campus. Services offered include chemotherapy, infusion services, oncology services and nurse navigators. Our new River Valley Campus will offer a range of women's preventative health services, including mammography, ultrasound and bone density.

Heartburn Center: With approximately 30 percent of the U.S. population suffering from severe reflux, the Fairfield Medical Heartburn Center offers both diagnostic and treatment services to help patients find relief from this condition. All new patients undergo a free consultation with a nurse coordinator before they are referred to one of eight physicians specialized in heartburn care.

Sleep Medicine: With a newly renovated sleep center and two sleep medicine providers, patients can receive the expert care they need to get a more restful night's sleep. Initial appointments, which will access the patient's full range of sleep disorders and complications, are available in Lancaster, Amanda and Logan.

I welcome you to learn more about our specialty services by visiting our website fmchealth.org. Our organization will continue to work hard to expand the services we offer to better fit the needs of our community – all while keeping you close to home.

John R. "Jack" Janoso, Jr.



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UNBEATABLE TEAMWORK

If you ask Patti Hayes what her favorite hobby is, the answer is both simple and selfless – she likes to spend time helping others.

By day, Patti works as the Assistant Vice President of The Peoples State Bank in Thornville but, in her off time, she helps raise money for cancer patients as treasurer of the Perry County Cancer Alliance. Patti understands the financial and emotional strain that many cancer patients face throughout their journey because she's been down that road herself – twice.



Left to right – Shelly Romine, oncology nurse navigator; Dr. Hasl, Patti Hayes, Dr. Singh and Dr. Lichten.

"It's bad enough to get the cancer diagnosis, but then to have the financial burden on top of it is very hard," said Patti, who is a breast cancer and skin cancer survivor. "When patients call me and we start talking and they find out what I've been through, there is a sense of relief that they are talking with someone who truly gets it."

For Patti, her support system during her two cancer battles was the staff and physicians at Fairfield Medical Center. Not only was Patti able to conveniently receive all of her care at FMC's main campus, she said the compassion and dedication of the staff helped bolster her confidence during a scary and uncertain time in her life.

"Because of my confidence in Fairfield Medical Center, I knew they had everything in control," Patti said. "As a cancer patient, you are of course worried, but I also knew I was in the best hands I could be in."

Patti's breast cancer was discovered in March 2010 during a routine mammogram. Her surgeon, David Hasl, M.D. of Central Ohio General Surgeons, gently broke the news to Patti, then immediately called her gynecologist, Suzanne Barnhart, M.D., of OB/GYN Associates of Lancaster, Inc. who had ordered the initial mammogram.

"When I got home from Dr. Hasl's office the day he told me, there was already a voicemail on my machine from Dr. Barnhart," Patti said. "That act of her just taking the time to reach out and offer me encouragement made all the difference that day. That is what Fairfield Medical Center offers its patients – a personal touch."

In addition to six chemotherapy treatments, Patti also opted to undergo a mastectomy and reconstructive surgery, which was performed at the same time by Jason Lichten, M.D. of Central Ohio Plastic Surgery, Inc. and Dr. Hasl. The combined procedure eliminated the need for Patti to have to undergo two separate surgeries.

"It's great that Fairfield Medical Center can coordinate across specialties to provide a comprehensive approach to patient care," Dr. Lichten said. "In this case, I worked closely with the patient's general surgeon, oncology nurse navigator, oncologist and radiation oncologist."

The care and support Patti received from her surgeons, along with Oncologist Kanwaljit Singh, M.D. and Oncology Nurse Navigator Shelly Romine, had a positive impact on her recovery. It was that compassion that Patti would remember years later when she came face-to-face with cancer a second time.

In 2018, during her yearly visit with Dr. Lichten, Patti asked him to check a mole on the back of her leg that appeared to be getting bigger and darker. Dr. Lichten evaluated the mole, then performed an excisional biopsy with local anesthesia in his office, which involved cutting out the skin containing the mole. The diagnosis turned out to be melanoma, or skin cancer.

The news was a surprise to Patti – the mole was something she had been watching for a while, but she never expected that it would be something as serious as skin cancer.

Dr. Lichten said Ohio has a surprisingly high rate of melanoma, which can often be the result of patients not fully protecting themselves against the sun's harmful rays.

"Everyone uses sunscreen at the beach, but many people don't even think about it on a cloudy day," he said. "The fact is that the harmful rays break through the clouds, so sunscreen is a good idea every day."

Patti admits she was not one to regularly wear sunscreen, although that's no longer the case.

"As a teenager, I remember laying out in the sun all day, but we didn't know then what we know now," Patti said.

PATTI'S CARE TEAM



Kanwaljit Singh, M.D. is a board-certified medical oncologist and hematologist with Fairfield Healthcare Professionals Hematology-Oncology, 135 N. Ewing St., Suite 304.



Suzanne Barnhart, M.D., FACOG, MT (ASCP) is a board-certified obstetrician and gynecologist with OB/GYN Associates of Lancaster, Inc., 1532 Wesley Way, Lancaster.



David Hasl, M.D., FACS is a board-certified general surgeon with Central Ohio General Surgeons at River View Medical Center, 2405 N. Columbus St., Suite 250.



Jason Lichten, M.D. is a board-certified plastic surgeon who performs cosmetic and reconstructive surgery. His Lancaster office, Central Ohio Plastic Surgery, Inc., is located at 135 N. Ewing St., Suite 202.



Shelly Romine, MSN, RN, BC, CCRN is one of two oncology nurse navigators at FMC. Shelly serves as a liaison between the patient and caregiver while providing emotional support and education.



Patti Hayes smiles during a recent Perry County Cancer Alliance event in New Lexington for cancer patients and their families.

Because of my confidence in Fairfield Medical Center, I knew they had everything in control. As a cancer patient, you're of course worried, but I also knew I was in the best hands I could possibly be in.

Based upon her positive first experience, Patti had no doubt that FMC would once again help her through it. Following the biopsy, Dr. Lichten performed a skin graft procedure to completely remove the cancer. This time, Patti did not have to do any chemotherapy and when the pathology report came back following the procedure, it was clean.

"Once again, my physicians and Fairfield Medical Center took great care of me," Patti said. "I hardly had any questions through the entire process because they explained everything to me. They knew what to do and they helped me through it every step of the way."

Through both cancer battles, Patti continued to give back to the patients she met through the Perry County Cancer Alliance, this time with a better understanding of how much that support matters. The efforts of Patti and

the committee have been fruitful – in 2018, they were able to provide financial assistance to more than 278 cancer patients living in Perry County.

Patti also is a member of FMC's Cancer Education Awareness Committee, which monitors FMC's prevention, screening and outreach activities and provides support. The committee, comprised of FMC employees and community members, works with outside organizations such as the Perry County Cancer Alliance to develop screening and prevention events that meet the needs of the community.

"Patti is great; my office motto is that we want to be our patients' long-term partner in health and beauty and Patti is an excellent partner," Dr. Lichten said.

SIGNS OF MELANOMA

The most important warning sign of melanoma is a new spot on the skin or a spot that is changing in size, shape or color. Another important sign is a spot that looks different from all of the other spots on your skin.

THE ABCDE RULE

The ABCDE rule is a guide to the usual signs of melanoma. Talk to your doctor if you notice any of the following:

Asymmetry: One half of a mole or birthmark does not match the other.

Border: The edges are irregular, ragged, notched or blurred.

Color: The color is not the same all over and may include different shades of brown or black, or sometimes with patches of pink, red, white or blue.

Diameter: The spot is larger than 6 millimeters across (the size of a pencil eraser), although melanomas can sometimes be smaller than this.

Evolving: The mole is changing in size, shape or color.

OTHER WARNING SIGNS

- A sore throat that doesn't heal
- Spread of pigment from the border of a spot into nearby skin
- Redness or a new swelling beyond the border of the mole
- Change in sensation, such as itchiness, tenderness or pain
- Change in the surface of a mole – scaliness, oozing, bleeding, or the appearance of a lump or bump

PREVENTION

People who get a lot of exposure to ultraviolet (UV) rays are at greater risk for skin cancer. When outdoors, try to stay in the shade, cover your skin with dark, dry clothing, wear a hat and sunglasses, and apply sunscreen daily to lower your risk.

Source: American Cancer Society



HEARTS OF GOLD

As a busy mom of three, Nikki Griffin doesn't always have the opportunity or time to put herself first. So when she booked an appointment at her local hair salon shortly after the birth of her third child, she was excited to indulge in a few hours of much-needed pampering.

As she prepared to leave the house with her newborn daughter, Kail, for her appointment on the morning of March 2, 2018, Nikki started to feel extremely nervous, as though she was having an anxiety attack. She also had back pain and the unusual feeling that her wrists were hurting.

Chalking the anxiety up to post-partum nerves, Nikki brushed off the strange feeling as she headed out the door. The anxiety went away, only to return about an hour later as the stylist was placing foils in her hair.

"The feeling of anxiety was becoming more intense and I had a tightness in my chest, as well as pain between my shoulder blades," Nikki recalled. "I began to break out into cold sweats."

Nikki excused herself, splashing some cold water on her face in an attempt to calm down. Concerned, her stylist called an ambulance. When the crew

from Lancaster Engine 52 arrived – Chief Dave Hammond, Dave Jenkins and Jerry Murphy – Nikki's symptoms had subsided and her blood pressure and EKG were both normal.

Feeling better, Nikki told the crew she didn't need to go to the hospital – but they were less convinced.

"We have been around long enough to know when something just is not right," Hammond said. "Despite Nikki's hesitation to go with us, we decided it would be best to hang around just a few extra minutes. Women, especially moms, tend to brush off symptoms."

Hammond's instincts proved to be correct. A few minutes later, Nikki became nauseous and began to dry heave. She agreed to go to the Fairfield Medical Center's Emergency Department to get checked out. As her stylist quickly removed the foils and rinsed the color from her hair, Chief Hammond held and soothed Baby Kail, who was now beginning to fuss. As soon as they could go, the crew and baby headed to the ED.

FACING THE UNIMAGINABLE

By the time Nikki arrived in the Emergency Department, her symptoms had resumed. She was immediately

“The whole hospital really rallied around our family to help make an extremely difficult experience as manageable as possible. If it wouldn't have been for Fairfield Medical Center, I don't know how we would have made it through.”

The Griffin Family – Noah, 12,
Aniston, 7, Kail, 1, Nikki and John



surrounded by doctors and nurses who confirmed her worst fears – she was experiencing a heart attack caused by spontaneous coronary artery dissection, a rare and potentially deadly condition (see box on page 10).

Nikki was rushed back into the cardiac catheterization lab, where FMC interventional cardiologist Shantanu Sinha discovered a dissection (tear) in Nikki's main artery. Immediately, Nikki was prepped for emergency surgery. During the surgery, cardiothoracic surgeon P. Aryeh Cohen, M.D., performed a coronary artery bypass grafting x2 (CABGx2), a type of open-heart surgery to bypass the tear.

"Spontaneous coronary artery dissection (SCAD) is a very rare complication that can be caused by extreme high blood pressure and accounts for 24-35 percent of heart attacks in women less than 50," Dr. Cohen said. "It's the most common cause of pregnancy-associated heart attack."

Everything was happening so fast – as Nikki was being prepped for surgery, her husband John Griffin, 31, of Lancaster, was doing his best to process what was going on while caring for their newborn baby. Understanding the distress the whole family was under, Nikki's care team at Fairfield Medical Center went above and beyond to care for not only Nikki, but her entire family.

"The whole hospital really rallied around our family to help make an extremely difficult experience as manageable as possible," Nikki said. "If it wouldn't have been for Fairfield Medical Center, I don't know how we would have made it through."

Nikki particularly acknowledged the staff members and volunteers who stepped in to take care of Kail so that Nikki could get the treatment she needed and John could focus on his wife. An FMC volunteer watched Kail while former FMC Chaplain Jonathan Hanks sat down with John to provide support and comfort during the tense hours leading up to and during Nikki's surgery.



GREAT SAVE AWARD

The Great Save Award was created by Fairfield Medical Center's Snider Community Heart Watch several years ago to recognize individuals in the community who take quick action to help save a life. On Thursday, Oct. 18, 2018, Fairfield Medical Center awarded Chief Dave Hammond, Dave Jenkins and Jerry Murphy (pictured above with Nikki and Kail) with a Great Save Award for their perseverance and quick action in Nikki's care. The award was presented to them at FMC's annual EMS appreciation dinner.

That same week, Nikki was able to personally thank the three men for all they have done for her and her family at Lancaster Firehouse 52. Chief Hammond, who helped with Kail during the original event, has kept in contact and sewn several bibs for the baby.

OUT OF SURGERY AND ON WITH LIFE

Throughout the entire experience, Nikki kept thinking about Baby Kail, who was being cared for in the nursery at FMC. Nikki told her caregivers several times that she was currently nursing her child and didn't want to be away from her for long. The staff listened and did what they could to accommodate Nikki's request. Shortly after Nikki was transferred to recovery, she was reunited with Kail. Knowing how important it was for Nikki to be able to breastfeed her child even while recovering from surgery, the maternity staff made sure Nikki had the

support she needed to continue to nurse.

In addition, Nikki's nurse, Tiffany Dicken, tried to keep Nikki comfortable by coming in on her day off to blow dry and style her hair.

"I had my hair and make-up done every day to try to convince my doctors that I was well enough to leave," said Nikki, who was having trouble being away from her other two children, son Noah, 12 and daughter Aniston, 7. "Tiffany would do my hair because she knew it was important to me."



Nikki Griffin sits with some of her biggest supporters from Reflections Retirement Community.

Now one year post-surgery, Nikki said she and her family are doing well. Within weeks, Nikki was back to work at the job she loves – serving as the marketing coordinator for Reflections Retirement Community in Lancaster. She said the residents were among her biggest supporters during her recovery.

"I truly love my job and the people I get to see every day," she said.

Nikki knows had it not been for the patient and knowledgeable EMS team and the care and expertise of the staff at FMC, her story could have had a much different ending. She thinks of that each night when she has the opportunity to hold her baby.

"I am just so grateful to everyone who was involved in my care," Nikki said.

WHAT IS SCAD?

A spontaneous tearing in the coronary artery wall, known as spontaneous coronary artery dissection (SCAD), is an uncommon occurrence that can be difficult to diagnose and life-threatening if not treated immediately. Patients are often otherwise healthy women with few or no risk factors for heart disease. Some studies suggest a hormonal link, showing a greater incidence among women who have recently given birth or are experiencing or close to a menstrual cycle.

HOW IT HAPPENS

The artery wall has three layers. When a tear occurs, blood is able to pass through the innermost layer and become trapped, creating a bulge. This narrows or blocks the artery and can cause a heart attack.

WARNING SIGNS

Chest pain or pressure, shortness of breath, profuse sweating and dizziness are all symptoms of a heart attack or SCAD.

PREVENTION

SCAD patients have a high risk of recurrence, and should let their doctor know about any changes to their health. They should also make sure they are reducing any other risks they may have for heart disease, such as high blood pressure, smoking or high cholesterol.

Source: American Heart Association

NIKKI'S CARE TEAM



Dr. P. Aryeh Cohen is a surgeon who joined FMC in 2007 and currently serves as the Center's Medical Director for Cardiothoracic Surgery. His office is located out of Fairfield Healthcare Professionals Cardiothoracic Surgery, 618 Pleasantville Road, Lancaster.



Shantanu Sinha, M.D. is an interventional cardiologist with Cardiovascular Specialists, located at 618 Pleasantville Road, Suite 101, in Lancaster.



Elijah Crum adjusts a light with the assistance of Scott Burke, Lancaster High School Broadcasting & Video Production Instructor, and classmate Joshua Sturgill, at the Stanbery Campus in Lancaster.

FOCUSED ON THE **FUTURE**

It came with no warning. One moment, Elijah Crum was relaxing at his boyfriend's house – the next, he was doubled over with excruciating head pain.

"It was the worst pain I have ever experienced," Elijah, 18, of Lancaster, recalls.

"Everything was getting really hot and then I vomited everywhere. That's the last thing I remember before I passed out."

WHAT IS A STROKE?

A stroke occurs when an artery in the brain becomes blocked (known as an ischemic stroke) or when a blood vessel leaks or bursts (hemorrhagic stroke). Patients also may experience a transient ischemic attack, or TIA, which is a temporary disruption of blood flow to the brain.

FMC Neurologist Wayne Gordon, M.D., said about 10-15 percent of stroke patients are adolescents. Common causes of a stroke in adolescents are smoking, hypertension, high cholesterol and neck trauma.

GET HELP F.A.S.T.

If you or someone you know is experiencing a stroke, Dr. Gordon said it's crucial to call 911 immediately – **do not** drive yourself to the hospital or wait to see your primary care physician. F.A.S.T. is an acronym used to identify and respond to stroke symptoms – **F**acial drooping, **A**rm weakness, **S**peech difficulties and **T**ime to call emergency services.

Source: American Stroke Association

Across town, Elijah's parents, Shannon and Nina Crum were settling down for the evening when the phone rang. It was the mother of Elijah's boyfriend and her worried voice immediately put both Shannon and Nina on high alert.

"She asked if Elijah had ever had a seizure and she suggested we call our pediatrician," Shannon said. "We went to go get him and when we arrived at the house, we saw the ambulance in the driveway."

It wasn't a seizure, but rather a stroke that had caused Elijah, an otherwise healthy high school senior who was 17 at the time, to become unresponsive on the night of Aug. 29, 2018. He was transported to Fairfield Medical Center and stabilized before being transferred once more to Riverside Methodist Hospital. As a Primary Stroke Center through the American Heart Association, Fairfield Medical Center has a dedicated,

stroke-focused program where patients like Elijah can be diagnosed and medically stabilized before they are transferred to another facility. In 2018, FMC received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award, which recognizes the hospital's commitment to ensuring stroke patients receive the most appropriate and timely treatment.

"When the patient arrives at FMC, they receive a CAT scan within 10 minutes and, if it's determined that they are a candidate for a clot-busting drug called TPA, we can administer that right here," said FMC Neurologist Wayne Gordon, M.D. "When a stroke is occurring, time is brain and the goal is to administer that medication within 60 minutes. As a gold-certified center, I'm proud to say our team has come well under that time frame for quite some time."



Nina, Elijah and Shannon Crum

ELIJAH'S CARE TEAM



*Pictured (left to right):
Julie Wellstead Staff OT; **Luke Smithberger**
Staff PT; **Thad Bowersock** Staff PTA; **Josh
Stilwell** Staff PTA; **Christina Shaw** Staff
OT; **Larry Sheridan** Staff OTA; **Courtney
Howard** Staff Speech Pathologist; **Aaron
Ballard** Staff PT*

Fairfield Medical Center's Outpatient Therapy Services care for patients of all ages. Admission to most of these services requires the referral of a physician. Services offered include audiology, occupational therapy, physical therapy, speech therapy and industrial rehabilitation. To learn more, call 740-687-8602 or visit fmchealth.org.

Nina said the speed at which FMC stabilized her son and prepared him for transport to Riverside was impressive.

"When we arrived at FMC's Emergency Department, there was no time wasted," Nina said. "Every minute counted and the care he received was exceptional."

At Riverside, Elijah's doctors performed numerous tests and procedures, including placing two drains in his skull to relieve the pressure. For several days, Elijah wavered in and out of consciousness.

"I woke up to everyone in the room," Elijah said. "My memories were all mixed up. I remembered the day it happened perfectly fine, but I don't remember anything after that."

For three weeks, Elijah did inpatient rehabilitation at Riverside before it was determined that he could begin outpatient therapy. Based upon the great care he received in FMC's Emergency Department on the night of the stroke, Elijah and his family opted to return to FMC for speech, occupational and physical therapy.

Occupational Therapist Christina Shaw worked with Elijah on upper extremity strength and memory/cognitive issues.

"He made good progress with

improvements in strength and coordination, as well as memory," Christina said.

Elijah's speech therapist Courtney Howard said she also was impressed with the way Elijah approached his therapy.

"I saw him for reading comprehension and he flew through every goal we set," Courtney said. "It's always inspiring to see a patient who is working at home and really making that effort. Therapy is a two-way street and I love working with patients like him because it affirms I'm in the right profession."

Elijah and his parents said they were just as impressed with their therapy team as the team was with Elijah.

"Therapy was great; the physical therapists helped me get my strength back and helped me with confidence," Elijah said. "Speech was my favorite; I felt like what I was doing was really helping me. It was very beneficial in preparing me to go back to school."

Elijah said he gives therapy a lot of credit for keeping his hopes up during a difficult time in his life. For several months, he was unable to drive, work or go to school, where he enjoys writing and taking vocational classes in video production at Lancaster High School's Stanbery Campus. The support of his

parents also had a positive impact on his recovery.

"Elijah had a wonderful support system backing him this whole time," Courtney said. "It was apparent that he and his parents were committed to his health."

In October, Elijah returned to school and in November, he completed his therapy. While doctors were unable to identify a cause of the stroke, Elijah will continue to have follow-up tests. He also has implemented a vigilant self-care routine that includes monitoring his blood pressure and heart rate twice a day.

"The type of stroke he had, you don't find a cause or a reason," Nina said. "We've been told that it's incredibly rare that it could happen again."

Elijah said the experience hasn't shaken or discouraged him and he remains focused on the future.

"It happened and what I'm going to do now is just move forward," he said. "What I would tell others who have been through this experience is that you are not alone. They are plenty of people going through different struggles in their life – it's not a competition as to who has it harder than someone else. Regardless of what you are experiencing, you can make it."



HEALTHY HABITS

Guest Columnist: Shelley Gavin,
FMC Wellness Coordinator

From Setback to Comeback: Maintaining Healthy Resolutions

If the resolutions and goals you committed to in January have faded and you find yourself slipping back into old habits, you are not alone. Approximately 80% of people give up on their resolutions by February. So how do you get back on track and what techniques can you use to stick with it? Accepting that setbacks are normal in the process of change and temporary delays, not failures, is a good start. While it is normal and healthy to feel disappointed when we slip-up, we can't let those feelings sabotage our hard work or cause us to give up altogether. Learn more about four ways that you can turn a Setback into a Comeback!

Rephrase Goals & Be Specific



1

Sometimes we set goals that are vague and non-specific. To achieve our goals, they must be SMART-specific, measurable, attainable, realistic and timely. For example:

- Rephrase "I want to eat better" with "I will eat 4 servings of vegetables every day and log my progress in a food journal"
- Rephrase "I want to reduce stress" with "I will take at least 5 minutes every day to take a few deep breaths, meditate and journal my thoughts and feelings."

Surround Yourself with Positive People



2

A social group of goal-oriented, healthy habit individuals cultivates positive self-esteem, growth, and motivation to become the best version of yourself.

- Attract the right people by being yourself and identifying your values.
- Be thankful for the good people in your life and let go of the negative ones.
- When you find yourself being negative, observe how you feel, take a deep breath and move on. This helps train your brain to see the good in things.
- Find someone who will keep you accountable and motivated to reach your goals.

Replace Unhealthy Habits with Healthy Ones



3

Stress is often the underlying cause of unhealthy, bad habits. Bad habits help us cope with stress, so it's difficult to stop them "cold turkey." Instead, gradually replace unhealthy habits with healthy ones.

- Replace unhealthy snacking while watching TV with exercise during commercials.
- Replace scrolling through your phone with 15 minutes of deep breathing, relaxation, meditation or stretching.
- Replace smoking with 5-10 minutes of exercise, such as jumping jacks, walking, or wall sits/push-ups.

Forgiveness & Self-Kindness



4

Life's ups & downs can sidetrack us from our goals and lead to negative self-talk and self-esteem. It's important that we forgive ourselves when we slip up.

- Stop negative self-talk by pausing and imaging how you would speak to a friend in the same situation; then treat yourself with the same love, respect and compassion.
- Write down at least one positive affirmation about yourself every day. "I Can do this - I am Determined- I am Worthy - I am Happy - Setbacks are normal and I am still committed to my goals!"





FOUNDATION SPOTLIGHT

Tracy Kelly, executive director, Fairfield Medical Center Foundation



Fairfield Medical Center
FOUNDATION

Give the Gift of a Happier, Healthier Community

Spring is a time of excitement and possibility – an opportunity to create a new vision, invest in our dreams and shape a happier future for those we love.

Many of us will resolve to focus on our health and wellness, pledging to take better care of our bodies or seeking the physical and emotional care we need to be our best selves, while some of us may aspire to provide a better quality of life for our families.

But amid this time of new beginnings, I would ask you to reflect on those who need our assistance – those for whom achieving their best self is a struggle for outreach, safety and dignity.

In our community, there are families who cannot afford necessary prescriptions, cancer screenings, transportation to medical appointments, cardiac rehabilitation, warm clothing and other

resources needed to thrive.

We cannot always identify these individuals when we see them, and we may underestimate the scope of the need in our midst. But Fairfield Medical Center touches their lives with respect and empathy every day.

A nonprofit hospital, FMC serves those in need of medical care, regardless of their ability to pay, saving and changing the lives of our most vulnerable hcommunity members.

A partner in FMC's compassionate mission, the FMC Foundation raises funds to improve access to exceptional medical care and wellness programs, and our resolution is to uplift more lives than ever before.

However, this is a dream that we cannot achieve without you. We hope that you will support the FMC Foundation, and

hold our most vulnerable patients in your hearts, by investing in our charitable mission.

Whether you donate to support one of our patient funds, such as the Cancer Care, Cardiovascular Care or the Emergency Department Fund, refer a patient to our ScriptAssist program, consider a naming opportunity on behalf of a loved one, or share your story as a Grateful Patient, we hope you will resolve to help us change lives close to home.

Your charitable gift will live on in a happier, healthier community and the bright futures of those who share it with us.

For more information about the FMC Foundation's charitable outreach, and how you can improve access to compassionate medical treatment in our community, please call 740-687-8107.

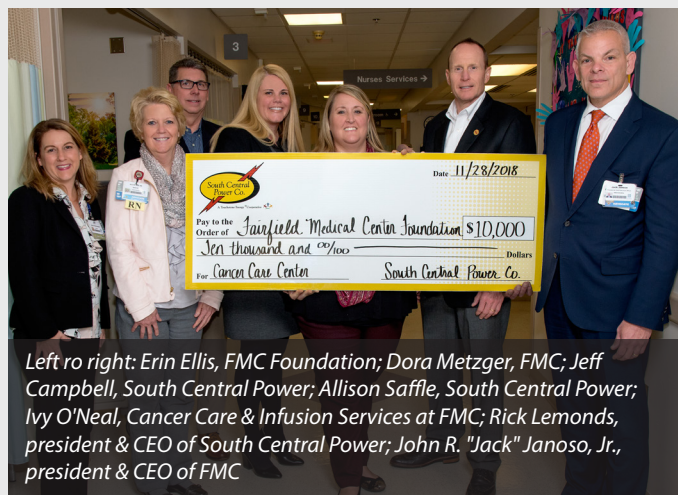
DONOR SPOTLIGHT: South Central Power Gifts \$10,000 for Cancer Care

South Central Power recently donated \$10,000 to FMC's Cancer Care Fund through the FMC Foundation. The funds will be used to purchase supplies for cancer patients, including a specialized bed for those receiving treatment for bladder cancer, as well as more comfortable seating for the Cancer Care & Infusion Center's waiting area.

"South Central Power is proud to join the fight against cancer in Central Ohio through this donation," said Rick Lemonds, South Central Power President & CEO. "Our cooperative believes in investing in the communities where we operate, and we're glad to have this opportunity to partner with Fairfield Medical Center."

The Cancer Care Fund provides necessary preventative and life-saving cancer care and other resources to those in need, in addition to purchasing necessary equipment to allow patients to receive their cancer care close to home.

"South Central Power was adamant about keeping the money in the community, where their own employees work and reside," said Erin Ellis, Annual Giving Specialist with the FMC



Left to right: Erin Ellis, FMC Foundation; Dora Metzger, FMC; Jeff Campbell, South Central Power; Allison Saffie, South Central Power; Ivy O'Neal, Cancer Care & Infusion Services at FMC; Rick Lemonds, president & CEO of South Central Power; John R. "Jack" Janoso, Jr., president & CEO of FMC

Foundation. They saw what an investment they would make by supporting the Cancer Care and Infusion Center, and we are moved by and appreciative of their generosity."



Spring 2019 Calendar



Cesarean Section

Expectant mothers can learn and ask questions about procedures before, during and after a cesarean birth.

Registration: Register online at fmchealth.org or call 740-687-8218.

Price: \$25/family

Dates/Times:

Call to schedule

Location:

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

Childcare & Babysitting Safety (CABS)

Learn what to do in an emergency, what to expect at what age and how to positively discipline kids. Participants will receive CPR and Foreign Body Airway Obstruction Training. Open to children/teens ages 11-15.
Pre-Registration: Required. Call 740-687-8477 or email resa@fmchealth.org
Price: \$35

Dates/Times:

April 18 – 8:30 a.m.-3:30 p.m.
June 7 – 8:30 a.m.-3:30 p.m.
July 18 – 8:30 a.m.-3:30 p.m.

Location:

Mid-level classrooms at FMC
401 N. Ewing St., Lancaster

Breastfeeding

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

Registration: Register online at fmchealth.org or call 740-687-8218.

Registration is required, as dates are subject to change.

Price: FREE

Dates/Times:

1st Wednesday of each month from 6-8:30 p.m.

Location:

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

Childbirth Refresher

This class is designed to review key aspects of childbirth education for families with previous birth experience.

Registration: Register online at fmchealth.org or call 740-687-8218.

Registration is required, as dates are subject to change.
Price: \$35/family

Dates/Times:

Call to schedule

Location:

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

Childbirth Education Series

This series of classes explores labor and birth, pain control options, relaxation techniques, childbirth recovery, cesarean birth, and newborn care; participants will be given a tour of the Maternity Unit. *A full version of the newborn care class is included in the childbirth series.

Location:

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

Registration: Register online at fmchealth.org or call 740-687-8218. **Registration is required, as dates are subject to change**

Price: \$90/family for 3-day, 2-day or online session.

3-Day Class Dates/Times:

Mondays, April 8, 15 & 22 – 5:30-9 p.m.

Mondays, May 6, 13 & 20 – 5:30-9 p.m.

Mondays, June 10, 17 & 24 – 5:30-9 p.m.

2-Day Class Dates/Times:

Sunday, April 7 – 8 a.m.-4 p.m. & Monday, April 8 – 5:30-9 p.m.

Sunday, May 5 – 8 a.m.-4 p.m. & Monday, May 6 – 5:30-9 p.m.

Sunday, June 9 – 8 a.m.-4 p.m. & Monday, June 10 – 5:30-9 p.m.

Don't have time to attend our classes? The online childbirth class may be the option for you. You also can tour our Maternity Unit for free. Registration is requested for both the online classes and the tour. Register online at fmchealth.org or call 740-687-8218.

Sibling Class

This class is geared toward children 3-6 years of age and focuses on safety with hands-on practice and education

Registration: Register online at fmchealth.org or call 740-687-8218.

Registration is required, as dates are subject to change.
Price: \$15/family

Dates/Times:

April 28 – 1-2:30 p.m.
May 19 – 3:30-5 p.m.

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: Register online at fmchealth.org or call 740-687-8218. **Registration is required, as dates are subject to change.**
Price: \$40/family

Dates/Times:

April 8 – 5:30-9 p.m.
May 6 – 5:30-9 p.m.
June 10 – 5:30-9 p.m.

Location:

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



Women's Mobile Health Screenings

The Medical Mobile Clinic provides pap tests, pelvic and breast exams, breast health education and same-day mammograms. Registration: To schedule an appointment, call 800-844-2564 or 740-593-2432.

Price: FREE

Date/Time:

April 17 – 9 a.m.-3 p.m.

Location:

Fairfield Medical Center
401 N. Ewing St., Lancaster

Free Sports Physicals

For athletes grades 7-12.

Join Lancaster High School and FMC for your FREE pre-participation physical exam. The first hour, from 8-9 a.m., will be reserved for Lancaster students. To learn more, call 740-687-8649.

Price: FREE

Date/Time:

May 25 – 8-11 a.m.

Location:

Lancaster High School, 1312 Granville Pike, Lancaster

Healthfest

Join us for free health screenings, children's activities, giveaways, music, food, craft vendors and two races – the family-friendly Color Mile and the Heart & Lung Run.

Registration: Register online for the Color Mile and the Heart & Lung Run at fmchealth.org.

Price: FREE

Date/Time:

Aug. 3. Healthfest is from 8 a.m.-2 p.m. The Heart & Lung Run begins at 8 a.m. and benefits FMC's cardiopulmonary rehab program. The Color Mile begins at 11 a.m. and benefits the FMC Autism Camp.

Location:

Fairfield County Fairgrounds
157 E. Fair Ave., Lancaster

Gentle Yoga/Tai Chi/ Gentle Exercise

This introductory class for cancer patients/survivors includes gentle movement, breathing and deep relaxation. Tai Chi (can be done seated in a chair) and Gentle Exercise are beneficial to cancer patients/survivors. Guests/caregivers welcome.

Registration: Not required.

Price: FREE

Dates/Times:

Exercise – Mondays 10-11 a.m.
Yoga – Thursdays 10-11 a.m.
Tai Chi – Thursdays 11:15 a.m.-noon

Location:

FMC Wellness Center
(Kroger plaza)
1145 E. Main St., Lancaster

Bra/Prosthesis Fitting

Biocare specializes in prosthetic fittings for women who have undergone a mastectomy for breast cancer.

Registration: Call for a Biocare appointment at 614-920-2811

Price: FREE fitting

Dates/Times:

First Monday of every month.
By appointment only.

Location:

Fairfield Medical Cancer Care & Infusion Center
135 N. Ewing St., Lancaster

Lung Screening

A physician order is required for this screening. Candidates must be men or women ages 55-77 who are current or former smokers who have quit smoking within the last 15 years, smoked at least one pack a day for 30 years or two packs a day for 15 years.

Registration: Call Sharon to register at 740-687-8134.

Price: Funding is available for those who qualify.

Date/Time:

Nov. 23

Location:

Fairfield Medical Cancer
401 N. Ewing St., Lancaster

Caregivers of Substance-Exposed Infants

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

Registration: 740-687-8218 or mollyd@fmchealth.org.

Registration is required, as dates are subject to change

Dates/Times:

Call to schedule

Location:

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

Grandparenting Class

Expectant grandparents can explore the latest trends in childbirth, as well as SIDS awareness and newborn safety.

Registration: Register online at fmchealth.org or call 740-687-8218.

Registration is required, as dates are subject to change.

Price: FREE

Dates/Times:

April 28 – 3:30-5 p.m.
May 20 – 3-4:30 p.m.

Location:

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





CPR Classes

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

Pre-registration: Required.

Call 740-687-8477 or

resa@fmchealth.org

Price: \$35/person

Dates/Times:

April 6 – 8:30 a.m.-noon

May 4 – 8:30 a.m.-noon

June 8 – 8:30 a.m.-noon

Location:

Fairfield Medical Center

401 N. Ewing St., Lancaster

First Aid

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

Pre-registration: Required.

Call 740-687-8477 or email

resa@fmchealth.org

Price: \$35/person

Dates/Times:

April 6 – Noon-3:30 p.m.

May 4 – Noon-3:30 p.m.

June 8 – Noon-3:30 p.m.

Location:

Fairfield Medical Center

401 N. Ewing St., Lancaster

Diabetes Support Group

Our Certified Diabetes Education Nurse helps people with diabetes face the disease.

Registration: Not required.

Price: FREE

Dates/Times:

The support group meets at 6 p.m. every month.

April 29 (Mastering an Omelet with Chef Gerard)

May 20 (Mindful Eating)

June 24 (Acid Reflux with Tonya Mundy, CNP)

Location:

FMC Assembly Rooms

401 N. Ewing St., Lancaster

Project DAWN

Project DAWN is a community-based overdose education and naloxone (Narcan) distribution program. Through this program, FMC provides narcan kits free of charge to individuals or the loved ones of individuals who may be at risk of an overdose.

This session will provide education and training

Registration: Not required.

Price: FREE

Date/Time:

May 21 – 5 p.m.

Location:

Assembly Room 2

401 N. Ewing St., Lancaster

Cooking With Heartburn

Come dine with FMC Sous Chef Ashlee Brown and Registered Dietitian Emilie Vandenburg, RD, LD as they prepare a heartburn-friendly meal just for you. Learn cooking/nutrition tips, discover new recipes and receive education from Tonya Mundy, R.N. and Jeffrey Yenchar, M.D. of the Fairfield Medical Heartburn Center.

Registration: Seating is limited. Registration is required. Call 740-689-6839.

Price: FREE for first-time attendees, \$10 per person for returning guests.

Date/Time:

April 15 – 5 p.m.

Location:

FMC Cafeteria

401 N. Ewing St., Lancaster

Diabetes Self-Management Education/Support

This program teaches the healthy lifestyle skills required for individuals with diabetes to better manage their blood sugar levels.

Registration: 740-687-8492

Price: Check with your insurance company regarding coverage.

Dates/Times:

Call to schedule.

Location:

Fairfield Medical Center

401 N. Ewing St., Lancaster



SAVE THE DATE: 13th Annual Golf Outing

This all-day event boasts two full rounds with more than 400 participants and volunteers. The event supports the FMC Foundation's healing mission.

Registration: Register online at fmchealth.org

Date/Time:

June 3

Location:

Lancaster Country Club

3100 Country Club Road SW, Lancaster

For more class dates and times, or to register online, visit fmchealth.org.

NEW PROVIDERS

The following professionals recently joined the medical staff at Fairfield Medical Center. Looking for a provider? The right one is just a click away. Go to fmchealth.org and click "Find a Provider."



Mark Becker, M.D.

FHP Radiation Oncology
401 N. Ewing St.
Lancaster, Ohio 43130
740-687-4505



Lacie Emerine, CNP

FHP Urology
135 North Ewing St.
Suite 201
Lancaster, Ohio 43130
740-689-4945



Rachel Hinkle, PA-C

FHP Cardiothoracic Surgery
618 Pleasantville Road
Suite 202
Lancaster, Ohio 43130
740-681-9020



Theresa O'Malia, MSN, CNP

FHP Family Medicine
of Bremen
80 Logan Thornville Road
Bremen, Ohio 43107
740-569-6116



Angela Raake, MSN, CNP

Cardiovascular Specialists
618 Pleasantville Road
Suite 101
Lancaster, Ohio 43130
740-653-7511



Brandie Shirey, CNP

OB-GYN Associates
of Lancaster
1532 Wesley Way
Lancaster, Ohio 43130
740-653-5088



James Miller, D.O.

Ohio Orthopaedic
2405 N. Columbus St.
Suite 120
Lancaster, Ohio 43130
740-687-3346



Laura Mong, D.O.

FHP Sleep Medicine
31500 Chieftain Dr.
Suite B/C
Logan, Ohio 43183
740-689-4925

THE MONITOR

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John R. "Jack" Janoso, Jr.
President & Chief Executive Officer

Sky Gettys
Chief Financial Officer

Debra Palmer, R.N.
Chief Human Resources Officer

Alan Greenslade
Chief Administrative Officer

Helen Harding, R.N.
Chief Nursing Officer

Laura Moore
Chief Business & Strategy Officer

Renee Wagner, M.D.
Chief Medical Officer

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Dan Fruth
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Theresa Dyar, D.O.

John R. "Jack" Janoso, Jr.

Angela Krile

Ronald Linehan, M.D.

Barry Ritchey

Laurianne Scott, M.D.

Linda Sheridan

Susan Nixon-Stoughton

Milt Taylor

Bill Yaple

Lou Varga

The Monitor Editorial Staff

Editor-in-Chief/Designer: Michelle George

Designer: Aaron Uhl

Photographer: Lisa Sells

Contributing Writers & Editors:

Olivia Burns

Ashley Clouse

Katie Goodall

Jill Henwood

Mike Kallenberg

Regina King

Lynne Lutz

Resa Tobin

Risha Wagner

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 & 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
fmchealth.org

Meet new friends. Connect with your community.

Make an **IMPACT.**

It was 1969 when the newly organized TWIG 17, through the solicitation, collection and organization of 6,000-10,000 books, held its first Used Book Sale at the Fairfield County Fairgrounds. The fundraiser continued successfully for decades before TWIG 17 decided to expand its efforts even further. In October 2013, they opened a bookstore at 1151 E. Main Street in Lancaster. Since that day, TWIG 17 has sold more than 75,000 items. Books & More offers a wide variety of genres and, thanks to a generous donation of shelving from the Somerset library, will soon be able to display even more books. All items are priced under a dollar! The store accepts donations of gently used books, puzzles, DVDs and CDs during business hours, and all proceeds benefit programs and medical equipment purchases at FMC. There are currently 15 members who maintain the store, volunteering their time and talents to help foster a love of reading in the community. The store is open 1-6 p.m. Wednesday and Thursday and 10 a.m.-4 p.m. on Saturday. You can contact the bookstore at 740-687-8987.

Since 1948, a powerful network of women in the community called "TWIGS" have dedicated themselves to transforming healthcare at Fairfield Medical Center. The impact of the collective power of the TWIGS has produced nearly \$4.3 million dollars, which has gone toward purchasing life-saving equipment, creating new programs and more. **To learn how you can become a part of this lasting legacy, contact the FMC Foundation office at 740-687-8107.**

