



Fairfield Medical Center

THE MONITOR

FALL 2017

A Fighting Chance

BREATH OF
FRESH AIR



2017 Winner of the Gold Aster Award for Excellence in Healthcare Advertising

FALL 2017

Contents



4 **Breath of Fresh Air.** Lung cancer survivor Barney Ankrom didn't have to think twice when it came to where he should go for his treatment.

8 **Reelin' in Results.** FMC nurse Millie Pritchard has a healthier outlook on life after dropping more than 100 pounds following bariatric surgery.

16 **Darkness Before DAWN.** FMC is working with the Ohio Department of Health to reduce the number of opioid-related deaths in Fairfield County.

6 **Enjoying the Ride.** A small heart pump and a skilled team of caregivers at FMC saved Delbert Buck's life following a sudden heart attack.

10 **The Bright Side of Life.** Retired State Highway Patrol Trooper Larry Jackson didn't realize how bad his vision was – until surgery made his world a whole lot clearer.

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On the Cover

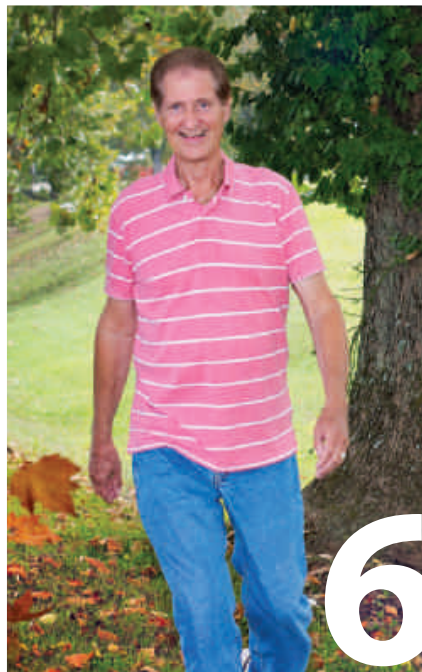
12: A Fighting Chance. Teamwork and sheer determination saved Holly and Carley Amerine's lives – now Holly is educating other mothers about the importance of paying attention to their bodies during pregnancy.



8

In Every Issue

18: Foundation Spotlight
19: Awards & Recognition
20: Calendar of Events
23: New Faces



6

THE MONITOR

Letter from the CEO



In 2015, just several months after I came to Fairfield Medical Center, I was able to witness for the first time the remarkable work our staff, physicians and volunteers can do when we all come together as a team. I'm sure many of you will remember the botulism outbreak that brought an influx of terminally ill patients from a local church through our doors over the span of several days. Our team jumped into action to diagnose, treat and seek out every patient who may have been exposed to the deadly toxin and, as a result, many lives were saved. We came together, along with our community providers, to do what we do best, and the end result was truly inspiring to all involved and impacted.

In 2016, I witnessed extraordinary teamwork once again when almost every department in our hospital played a role in the care of a patient from England who had suffered a heart attack while on vacation here in Ohio. Our FMC family went above and beyond to restore the health of this patient, Mike Turner, so he could get back home to his family, and a wonderful friendship blossomed as a result. Once again, these employees, physicians and volunteers whom I had now known for just a short time proved to be inspirational.

This year, our team did it again when more than a dozen departments came together to save the lives of a mother and her newborn baby. Holly Amerine was 34 weeks pregnant and bleeding internally when she arrived in our Emergency Department on the afternoon of Feb. 28. Her condition was grim, but FMC's team was determined to do everything we could to save her and her child's life. The outcome, as you will read on page 12, was a happy one. In the words of Holly herself, "Everyone worked together perfectly to make sure they didn't miss a beat. If even one small thing had gone wrong, things may have turned out much, much differently."

These stories are just three of many that illustrate the amazing teamwork our hospital brings forth every day. At FMC, every person in each department plays a crucial role in how the hospital functions. We become truly unstoppable in what we can accomplish when each department brings its A-game, and then combines its strengths with that of another department. The result is stories like Holly Amerine's, Mike Turner's, and those of an entire church congregation. Collaboration is such an important piece of the healthcare puzzle and is something I feel our hospital does best. As always, thank you for allowing our FAMILY to care for you and your loved ones.

John R. "Jack" Janoso, Jr.

A photograph of a man and a woman embracing in a field. The man, on the left, is wearing a light blue baseball cap, glasses, and a blue t-shirt. The woman, on the right, has blonde curly hair and is wearing a patterned top and jeans. They are both smiling and looking at each other. The background is a bright, sunny outdoor setting with green foliage.

BREATH OF FRE

When a patient is diagnosed with cancer, oftentimes the first tough decision they have to make is who to entrust for their medical treatment and care. But that wasn't the case for Millersport resident and lung cancer survivor Barney Ankrom.

"I knew from the very beginning that I didn't want to go anywhere but Fairfield Medical Center," said Barney, 56. "Going to Columbus or somewhere else for my treatment never once entered my mind."

Barney was familiar with FMC's cancer services team, as his father had been treated for Hodgkin's Lymphoma several years prior. He remembers how impressed he was with the dedicated, compassionate care that FMC oncologist Kanwaljit Singh, M.D. and the rest of the team provided to his dad, and he wanted those same people caring for him.

He also knew that he had to do some hard work of his own if he wanted to make a full recovery.

"The first time I met with Dr. Singh following my diagnosis, I told him, 'I'm putting my life in your hands and, if you fix me, I'll quit smoking,'" Barney said.

Following six weeks of intense radiation that included 12 days of chemotherapy, Barney is now in remission – and has kept his promise. He knows that smoking was likely the cause of the cancer that nearly took his life, and has been tobacco-free since his diagnosis.

"My wife and I actually quit together," Barney said. "I'm back to work and my activity level and weight are both up. I feel so much better."

Barney & Tami Ankrom

SH Air

Barney said cancer was the last thing on his mind when he began experiencing a nagging chest pain and hard, labored breathing back in mid-February. He thought his symptoms might be related to the flu – but when they didn't go away, he became concerned. At his wife Tami's urging, he went to Diley Ridge Medical Center in Canal Winchester. His heart checked out fine, but his lungs were a different story: a CAT scan revealed that he had stage 3 cancer.

"When I heard the diagnosis, it felt like the floor had fallen out from beneath me," Barney said. "I immediately thought, 'what will I tell my grandkids?'"

Barney scheduled an appointment with FMC pulmonologist Andrew Twehues, and then met with Dr. Singh. His treatment was aggressive – six weeks of radiation, five days a week.

"Everyone involved in my care worked really well together," Barney said. "Other than the PET scan that I had, everything was done right here on this campus, which makes it a lot more convenient for patients."



Barney said each person on his treatment team went above and beyond to give him the best care possible. One of those individuals, oncology nurse navigator Holly Griffith, played an important role in ensuring that Barney understood every step of his treatment plan.

"Without Holly, I would have never gotten through this," Barney said. "Every time I had a question, she found the answer."

Barney also expressed gratitude for cardiothoracic surgeon Aryeh Cohen, M.D., who removed 12 lymph nodes and a portion of Barney's lung during a lengthy surgery following his treatment.

"I can't say enough about Dr. Cohen," Barney said. "That surgery he did was not an easy one, but he did a fantastic job."

Barney said his life has taken on a new meaning since he finished his treatment. He is now taking a proactive approach in educating others about the warning signs of lung cancer and the dangers of tobacco use.

"My advice to others would be to quit smoking and to not wait to get checked out if you are experiencing symptoms," he said.

Pictured: FMC's cancer services recently began utilizing new technology called digital anatomy boards (pictured left, with Dr. Singh) to help patients better understand their diagnosis. This technology provides a detailed, internal view of the human body and allows physicians to better communicate a patient's condition and treatment options.

Symptoms of lung cancer that are in the chest:

- Coughing, especially if it persists or becomes intense
- Pain in the chest, shoulder or back unrelated to pain from coughing
- A change in color/volume of sputum (mucus produced by coughing)
- Shortness of breath
- Changes in the voice/hoarseness
- Harsh sounds with each breath (stridor)
- Recurrent lung problems, such as bronchitis or pneumonia
- Coughing up phlegm or mucus, especially if it is tinged with blood
- Coughing up blood

Symptoms of lung cancer that may occur elsewhere in the body:

- Loss of appetite or unexplained weight loss
- Muscle wasting (a.k.a. cachexia)
- Fatigue
- Headaches, bone or joint pain
- Bone fractures not related to accidental injury
- Neurological symptoms, such as unsteady gait or memory loss
- Neck or facial swelling
- General weakness
- Bleeding
- Blood clots

If you or a loved one are experiencing any of these symptoms, please contact your primary care provider.

Source: lungcancer.org

ENJOYING THE *Ride*

It's a crisp, late summer day and Delbert Buck is in his element as he pedals along the bike path near his home in Athens. Just a few months ago, a simple bicycle ride would have been a difficult feat for the 69-year-old heart attack survivor. Now, it's just another example of how far Delbert has come in his recovery.

"I'm not 100 percent and I still have a long road ahead of me, but I'm alive, and that's the important thing," he said.

It was April 8 when Delbert suffered a sudden heart attack while at his home. He initially went to the Emergency Department at O'Bleness Hospital in Athens, but wasn't there long. When doctors realized the severity of his condition, they told him he needed to be transported to a hospital with more advanced cardiac care.

"The doctors asked me where I wanted to go, and all of the hospitals on their list were in Columbus except for Fairfield Medical Center," Delbert said. "I said, 'I'll take that one!'"

Dr. Jeremy Buckley with the Abiomed Impella

Delbert had never been to Fairfield Medical Center, but he liked the idea of not having to travel to Columbus for his care. The decision ended up being the right one for him. Within hours, he was in the capable hands of cardiologist Jeremy Buckley, M.D., who performed a cardiac catheterization on Delbert to open up an artery that was completely blocked. Due to the poor condition that Delbert was in upon arriving at FMC, Dr. Buckley utilized a heart pump called the Impella® Percutaneous left ventricular assist device to keep Delbert alive so he could complete the life-saving procedure.

"Delbert was having a massive heart attack and was in shock on arrival to Fairfield Medical Center," Dr. Buckley said. "Quickly restoring blood flow to the injured heart was of utmost importance. However, with shock, we needed additional support from the heart pump to restore blood flow with coronary stents. The pump is great, as it can be placed very quickly to help support his heart."

The Impella heart pump is the smallest heart pump in the world, measuring the width of a pencil. It can be inserted during a catheterization through the femoral artery, a large artery in the thigh, and then threaded up into the left ventricle of the heart. Without the Impella and the quick action of Delbert's care team at FMC, Delbert may not have survived his heart attack.

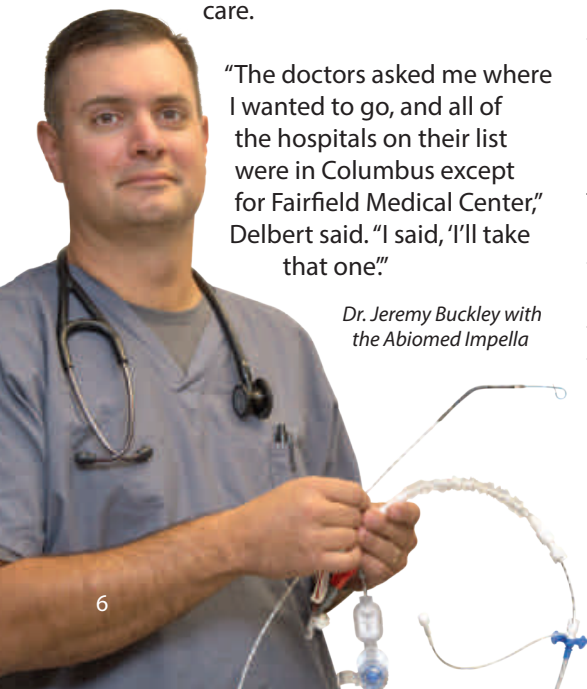
"The moment I arrived at FMC, they took me right into the Cath Lab and that heart pump kept me alive," Delbert said. "The entire process went very smoothly considering the condition I was in."


Delbert, a retired postal worker, never suspected a heart attack when he first began experiencing pain in the left side of his chest and in his arm just above his elbow. He took a few aspirin the first time it happened, which alleviated the pain, and then resumed his normal activities. But when the pain came back a few days later, he decided to drive himself to O'Bleness to get checked out. In hindsight, he said he should have called an ambulance.

"Aside from the chest pain, I felt fine, so I didn't think it was going to be anything too serious," Delbert said.

Delbert said from beginning to end, his stay at FMC could not have gone better. He said the staff in the Cath Lab and the ICU was extremely friendly and attentive. He also appreciated the personalized attention he received from Dr. Buckley, who would stop by Delbert's room 2-3 times a day to check on him and answer questions.

"I liked that Dr. Buckley also had an office in Logan, so that when it was time for my follow-up appointment, I didn't have to drive all the way to Lancaster to see him," Delbert said.





"The moment I arrived at FMC, they took me right into the Cath Lab and that heart pump kept me alive."
~Delbert Buck

Doctors determined that Delbert's heart attack was most likely caused by a blood clot, and not an unhealthy lifestyle.

"Not all patients will have the typical risk factors for heart attacks such as diabetes or high blood pressure," Dr. Buckley said. "Delbert was a healthy person prior to his heart attack with really no risk factors. He recognized something was wrong and sought care. Time is of the essence in cases like his and transferring the patient to the nearest facility capable of fixing the heart attack saves lives. He is a great example of coordinated transfer and quick response for a heart attack patient."

Heart Attack Warning Signs:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

If you are experiencing any of these symptoms, do not wait to call 9-1-1. **Do not drive yourself to the hospital.**

Reelin' in RESULTS

When Millie Pritchard first began discussing weight loss surgery with her physician, she was at a point in her life where she felt, at just 56, like she might not have a lot of time left.

"The women in my family are not known for longevity," said Mille, an RN who works contingent in Case Management at Fairfield Medical Center. "I had a sister die at 45, an aunt at 46, another sister at 52, and my mother was only 64 when she passed."

For many years, Millie struggled to gain control of her health. While she had managed to lose impressive amounts of weight in the past, her metabolism always sabotaged her success: no matter how hard she worked, the weight would return. By the time she met with FMC bariatric physician Dr. Timothy Custer, of Central Ohio Bariatrics, she was nearly 250 pounds.

"My grandbabies are the absolute loves of my life; I told Dr. Custer that I wanted a lap that I could hold those grandbabies on and I wanted to be able to make memories with them," Millie said tearfully.

Once it was decided that Millie would make an ideal candidate for a laparoscopic gastric bypass procedure, she buckled down and got to work. Most insurance companies require bariatric surgery patients undergo a six-month, supervised weight loss program before the procedure can be approved – a demand that Millie viewed as an opportunity instead of a roadblock. She attributes much of her success to the education she gained before stepping foot into the operating room, and still

works daily at applying those lessons to her new lifestyle.

In February of 2017, Millie underwent the minimally invasive surgery that would benefit her quality of life tremendously – and scoffs at anyone who refers to it as a "quick fix."

"Bariatric surgery is not a cure-all – it's a tool to work with," Mille said. "I was off work for three weeks, but mentally, the recovery was much longer. I still saw myself as that nearly 250-pound person."

At a family picnic three months after her procedure, the reality of her transformation became clear with the help of her four-year-old grandson, Ezra.

"At one point, he took my hand and started leading me across the park. He said, 'I want you to go down the slide with me' – and I started to cry," Mille recalls. "That's something I never could have done before."

In one brief, winding trip down a curling slide, Millie came to realize her progress. Since then, she has scaled Mount Pleasant, rekindled her love of fishing and even plans to go skydiving. Her biggest thrill to date, however, has been watching how the weight loss has positively impacted her health.

"I had obstructive sleep apnea. I was diabetic. I had high cholesterol, high

triglycerides and high blood pressure," Millie said. "All of that has been reversed."

Additionally, at her six-month post-operative appointment, Millie learned that she had lost 93 percent of her excess body weight – an impressive feat that has earned her a lot of praise. To date, she has lost 112 pounds.

"That's the hardest part of this, I think – the attention," she says, "but if I can help even one person, I'll step out of my comfort zone to do it."

Millie is doing exactly that. As a nurse, she feels that her journey has helped her better relate to and connect with her patients.

"Before, with my weight issues, I would think, 'how can a patient take me seriously about taking control of their life when I look the way I do?'" Millie said. "Now I can tell people about the importance of a healthy lifestyle because I'm living it."

Fairfield Medical Center, in conjunction with Dr. Custer, has developed a comprehensive approach to bariatric surgery – one that provides extensive support both before and following surgery to help ensure long-term weight management success. To learn more about Central Ohio Bariatrics, call 740-475-0442 or visit centralohiobariatrics.com

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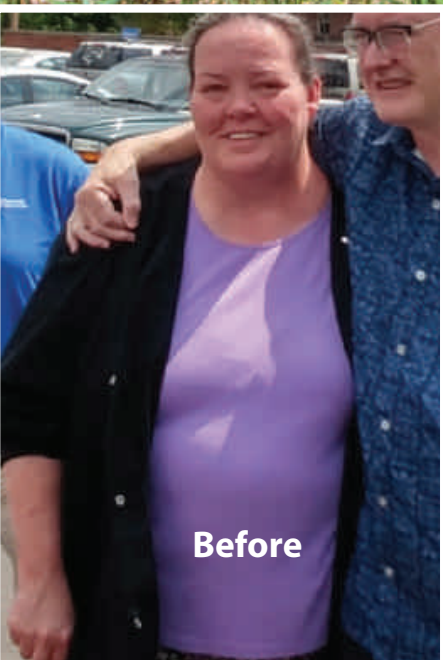
I had obstructive sleep apnea.

I was diabetic.

I had high cholesterol, high triglycerides and high blood pressure.

All of that has been reversed.”

- Millie Pritchard



Before

After



The Bright Side of Life

For years, Larry Jackson lived with cataracts that, for the most part, didn't trouble him much in his day-to-day life.

It wasn't until after he underwent cataract surgery in January that Larry's eyes were literally opened to a whole new world.

"I never noticed how bad my vision was until after I had the surgery," said Larry, 74, of Lancaster. "Before the surgery, I wore glasses that would darken in the sun. After I had the surgery and no longer needed glasses, the first thing I noticed was how much brighter and clearer everything was."

It's a common realization for patients who undergo cataract surgery, said Marilyn Kosier, M.D., an ophthalmologist with Kosier Eye in Lancaster. A cataract is a clouding of the eye lens that makes it hard for a person to see. One in six adults over the age of 40 has a cataract, but it can take years for the cataract to noticeably affect vision.

"With cataracts, colors fade and you begin to lose detail," Dr. Kosier explained. "But the longer one waits to do something about them, the higher the chance of complications."

When the topic of cataract surgery first came up with Dr. Kosier, Larry was interested to learn that Kosier Eye offered a new type of cataract surgery – the Tecnis Symphony® lens implant – that could restore his vision to the point where he would no longer need glasses.

"I knew I didn't want glasses anymore – I've spent a lot of money on glasses over the years and I didn't want the continued expense," Larry said.

The Symphony lens is a multi-focal lens that allows patients to see objects both near and far. This outpatient procedure is performed at FMC and involves a small, 3mm incision in each eye to place the lens. Most patients experience minimal to no discomfort afterwards.

"I see better now than I did before bifocals, and I don't have to work as hard to read," Larry said.

Larry, a former state highway patrol trooper and sharp shooter, also enjoys the fact that he no longer has to wear

glasses underneath his protective eyewear when he visits the shooting range.

"There are a lot of choices when it comes to cataract surgery; some people actually like to wear glasses, while others don't," Dr. Kosier said. "You have to talk to patients about what type of vision they want because everyone has different needs. Larry chose a lens that gives him that natural vision because that was what worked best for his lifestyle."

Larry said he encourages people who are living with cataracts to not be afraid of the option of surgery. "I don't think people should be apprehensive about it," he said. "It's the fear of the unknown that scares people, but I'm glad I made the decision I did."

To learn more about Dr. Kosier's office, call 740-654-8424 or visit kosiereye.com. To see a list of all of FMC's ophthalmology providers, visit findaprovider.fmchealth.org

What are cataracts?

Cataracts are a common condition, with almost 4 million cataract surgeries performed each year. By age 80, more than half of all Americans either have a cataract or have had cataract surgery. Many people with cataracts experience other problems with their vision, such as presbyopia and astigmatism. Presbyopia, which affects most people over age 40, means people have lost the ability to focus on objects up close and often require glasses to perform near visual tasks. Astigmatism is when the cornea is misshapen, which causes blurry or distorted vision.

Source: Abbott Media

Thank you to the Ohio State Highway Patrol for the use of your shooting range and facility during this photo session. Special thanks to Lt. Robert G. Sellers, Office of the Superintendent Public Affairs Unit.



A Fighting *Chance*

When Eva Payne and Sara Wright rushed into Fairfield Medical Center's operating room on the afternoon of Feb. 28 to assist OB-GYNs Suzanne Barnhart, M.D. and Sarah Froman, M.D. with an emergency C-section, both nurses feared the outcome was not going to be good.

The patient was Holly Amerine, a young mother who was experiencing a total placental abruption, or a detachment of the placenta (or afterbirth) from the lining of the uterus (or womb). An ultrasound could not detect any fetal heart movement, and Holly was in severe abdominal pain.

Sadly, this was not the first time the South Bloomingville resident had come through the hospital's Emergency Department while pregnant. Just one year earlier, Holly and her husband, BJ, lost their son, Brody, from the same pregnancy complication that was now threatening to take the life of their unborn daughter.

"Our thoughts were that this poor family was going to have to go through losing another child and how were we going to deliver that news?" said Sara, a labor and delivery nurse and team lead in the Maternity Department.

Yet, there was still a glimmer of hope. As Sara and Eva will tell you, miracles happen every day in Maternity – and they were about to witness one that they would never forget.

Within minutes of being wheeled into the operating room, Holly's daughter,



Dr. Sarah
Froman

Dr. Suzanne
Barnhart



Pictured front row, from left: Lindsey Mullins, ED; Adrienne Ferryman, ED; Andrew Twehues, M.D., FHP-Pulmonology-Critical Care; Joseph Mannella, M.D., Fairfield Anesthesia Associates, Inc.; Holly Amerine, Carley Amerine, Sarah Froman, M.D., OB/GYN Associates of Lancaster; Jennifer Gibson, M.D., Buckeye Family Health/Pediatrics; Evelyn Ponn, Maternity; Carla Meenach, Maternity; Angela Zamarelli, Maternity
Second row, from left: Curtis Golden, Respiratory Therapy; Melissa Patterson, Maternity; Stacie Walther, Surgery; Frank Caldwell, Surgery; Sara Johnson, Surgery; Jonathan Hanks, Chaplin Services; Jeff Keefe, Surgery; Becky Wolfe, Maternity; Sara Wright, Maternity; Eva Payne, Maternity; Rebekah Brumley, Maternity; Marsha Roof, Maternity

Carley, was born via C-section at just 27 weeks along. As Dr. Froman delivered the infant, Eva said she witnessed something that will stay with her for the rest of her life.

Movement.

"I saw the baby's leg twitch, and I cried, 'she's alive!'" Eva said. "I can't describe what I felt at that moment. The whole room just came to life when we saw that baby move."

Against all odds, little Carley Amerine had survived the traumatic experience that had taken the life of her older brother, Brody, just a year earlier. For those who were there to witness her first breath, it was a moment that has remained frozen in their memories.

"We believe every birth on the Maternity floor is a miracle; however, there are special times when you truly realize that miracles do happen," Dr. Barnhart said. "It happened that day for BJ and Holly, and I am so proud to have been a part of such a wonderful outcome."

A Sudden Loss

Holly, 34, doesn't know what it's like to experience a "textbook" pregnancy.

When she was pregnant with her oldest son, Travis, 5, she was diagnosed with pre-eclampsia, a potentially dangerous pregnancy condition that is characterized by high blood pressure. Travis ended up being born at 32 weeks, weighing just two pounds.

Five years after welcoming their first son, Holly and BJ decided to expand their family further. Due to Holly's history of complications, this pregnancy included frequent visits, vigilant blood pressure screenings and routine diagnostics – all of which revealed no abnormalities. The pregnancy, all in all, was uneventful – until week 34.

"I was at work one day, and I was just feeling uncomfortable," Holly recalls. "I went to lunch with a friend, and then went home early. I called the doctor's office and they told me to drink cold water and lay on my side since I hadn't felt the baby move."

Holly did as she was told, but was soon experiencing terrible back pain. She decided to go to the Emergency Department as a precaution: it was a decision that saved her life.

"They told me I had experienced a silent abruption and my baby was gone," Holly

said. "I had been bleeding internally all day without knowing it."

When a total placental abruption occurs, it deprives the baby of the oxygen and nutrients it needs to survive. Only about 1 percent of all pregnant women will experience a placental abruption.

Holly remained hospitalized for several days as a result of a blood clotting disorder (D.I.C. or disseminated intravenous coagulation). After receiving four blood transfusions and round-the-clock care, Holly began to recover – and think about the future. While Brody's death had been a traumatic experience, Holly and BJ hoped they could one day get pregnant again. At their high-risk consultation with Dr. Froman, who is with OB-GYN Associates of Lancaster, they discussed the likelihood of a second placental abruption occurring.

"I met with the Amerines after Brody's birth. They asked if they should attempt another pregnancy," Dr. Froman said. "Since Holly had preeclampsia early in her first pregnancy, and a total abruption in her second, she was at higher risk to have either of these events happen in a future pregnancy. However, that risk is not 100%, and we would monitor her closely in a future pregnancy."

Holly and BJ decided to take their chances; two months later, Holly learned she was expecting Carley.

"During Carley's pregnancy, she and BJ were told to call or go to the hospital if she had any signs or symptoms at all," Dr. Froman said.

Holly was diligent about checking her blood pressure and reporting anything unusual to Dr. Froman. So when she started feeling sick at work on the afternoon of February 28, she became concerned.

"I checked my blood pressure and it was a normal reading, but my pulse was high," Holly said. "I remember my arms and legs felt heavy, and I was very hot."

Holly went to FMC's Emergency Department. Her pulse had skyrocketed to 175 and doctors initially thought she was suffering from a pulmonary embolism. Holly was wheeled back to the ED and when she stood up, she felt the sensation of blood saturating her clothes.

"I laid down and felt a bulge in my stomach, and that's when I realized that it was another abruption," Holly said.

Sara, who was working the Maternity Unit that day, was called down to the ED to obtain fetal heart tones and check on the baby. She began asking questions and immediately became concerned when she learned of Holly's previous abruption.

"I knew something bad was going on, so I called Dr. Froman, but she was in surgery and couldn't leave," Sara said. "She told me to call Dr. Barnhart and when I did, Dr. Barnhart literally came running."

Holly was whisked upstairs to the Maternity Unit where Dr. Barnhart performed an ultrasound. When it failed to show a heartbeat or movement, the Maternity team jumped into action to prepare the operating room for an emergency C-section. Dr. Froman had finished her surgery and met Dr. Barnhart and the team in the operating room. Eva, the supervisor of Maternity, gently told Holly that they weren't sure if the baby was OK or not.

"I told her, 'just stay focused and breathe,' and she did," Eva said. "She was able to detach herself from the situation, even when we told her we feared the baby was not doing well. She was in a controlled state."

Holly said she realized how important it was for her to relay her history of pregnancy and preeclampsia-related complications, even in the midst of her crisis.

"I remember making a conscience effort to remain calm, to clearly communicate my medical history to the nurse," said Holly.

Holly remembers little about Carley's actual delivery aside from the staff exclaiming that her little girl – who had been feared dead – was alive and gasping for air. With a winter storm rolling in and no way to transport Carley by helicopter to Nationwide Children's Hospital in Columbus, pediatrician Dr. Jennifer Gibson remained by the child's side to assist with resuscitation until the weather cleared.

It was Eva who got to deliver the miraculous news to BJ. The grieving father was down the hall with FMC Chaplain Jonathan Hanks, who had not left his side throughout the entire ordeal.

"I went to BJ and said, 'the baby is okay!'" Eva said. "The look that he gave me ... he could hardly believe it."

A Celebration of Life

After 80 days at Children's Hospital, Carley is back home and just recently received a clean bill of health. In February, she will celebrate her first birthday.

Holly said she wants to share Carley's story in the hope that other mothers will understand the importance of paying attention to their bodies during pregnancy and reporting anything unusual.

"Trust your instincts – you are the only one who knows how your body feels normally, so pay attention to it and let your doctor know if anything feels off," Holly said.

Holly also believes everything happens for a reason – even with the loss of Brody.

"I know most people don't talk about the babies they've lost, but the only way the world will be able to get to know him is if I tell them about him," she said. "Had we not lost Brody, we wouldn't have known what to watch for with Carley."

Holly said her recovery from Carley's birth has been gradual, but she is getting stronger with time. She recently learned that she has a genetic condition that increases her risk for blood clots, which may be linked to her placental abruptions.

She said she is thankful every day to the staff at FMC for the care she has received.

"I am blessed that the abruption happened at FMC," Holly said. "Everyone worked together perfectly to make sure they didn't miss a beat. If even one small thing had gone wrong, things may have turned out much, much differently."

Eva and Sara said they are proud of how so many departments – from Maternity to the ED to Respiratory Therapy to Radiology – worked together to pull off what can only be described as a miracle.

"It puts value to what you do and shows why interdepartmental relationships are so important," Eva said. "This story is why we do what we do every day. If anyone deserves a celebration of life, it's Carley."

To learn more about FMC's Maternity Services, visit fmchealth.org. For a list of class offerings through the Maternity Department, turn to the calendar on pages 20-22.



Darkness Before DAWN



Pictured (from left): Angie McAfee, SASU nurse, Med/Surg; Cathy Adams, supervisor, Emergency Department; Lindsey Mullins, Team Leader, Emergency Department; Michael Garfinkel, M.D., Emergency Department; Helen Harding, Chief Nursing Officer; Angela Snider, manager, Emergency Department; Michelle Duncan, program coordinator, Substance Abuse Stabilization Unit (SASU)

**"Our ultimate
battling addic**

As the manager of Fairfield Medical Center's Emergency Department, Angela Snider frequently comes face to face with patients who have overdosed on drugs. She has given them life-saving treatment, has held the hands of their grieving family members and, in some cases, has watched them take their final breath. As a nurse, she does everything

she can to help them – but the one thing she'll never do is judge them.

"People don't start abusing drugs with the thought that they're going to one day become an addict," said Snider, who also is an advanced practice nurse. "Addicts' behaviors are frustrating – they lie, they steal, they are not an easy population to

deal with. But I can't let that be a factor when it comes to saving their life. I can't say, 'I'm only going to save the lives of those who tried really hard to quit.'"

Snider knows that not everyone agrees with her, but she's hoping to change that mindset through a community-based overdose education and Narcan

Why I Carry Naloxone

**Meghan Arnold, Executive Director,
Fairfield Mental Health Consumer Group**



"Like many others, I have seen the effects of the opiate epidemic within my community. By carrying Naloxone and being properly trained in the administration, I feel like I am better prepared to help with the epidemic. I feel like

Naloxone allows me to provide immediate assistance, should I come across someone who has overdosed."

**Steve Anderson, Chief,
FMC Police Department**



"As a first responder, you never know what type of situation you will encounter or who might be in need of help. You have to be prepared for anything."

**Steve Rauch, Pastor,
Pleasant Chapel Church of God**



"I attended the training because of my work as a pastor at Pleasant Chapel and a community member through our radio station Refreshing 90.9FM. These positions put me in contact with individuals in our community who could have an emergency, and since we are called to help in time of need, I needed to receive proper training to be prepared. The information delivered was extremely helpful and gave my wife and I the confidence that we may be able to act appropriately in a time of crisis."

(Naloxone) distribution program called Project DAWN. Since receiving a grant from the Ohio Department of Health in May, Fairfield Medical Center has distributed 275 free Narcan kits to community members, staff, patients and the family of at-risk individuals. Narcan is a medication that can reverse an overdose caused by an opioid drug.

But the program isn't just about putting Narcan in the hands of people who need it – it's also about education. A core team of caregivers and staff at FMC are providing education and equipping first responders, community leaders and everyday citizens with Narcan. They are occasionally met with a difference of opinion when they go out in the community – not everyone agrees that those who intentionally abuse drugs should be given free access to life-saving medication – but that doesn't stop them from trying to change that perception.

agreed that the trainings have had an impact on the community.

"I've been in awe about the positive response this program has received from the community and how quickly change can occur when education is provided," she said.

In July, FMC became the first hospital in Ohio to receive the Project DAWN grant. Since then, the majority of the Narcan kits funded through the grant have been distributed through training and community information sessions for people who may work with or encounter individuals who are at risk of experiencing an overdose.

FMC also offers a free Narcan kit to any patient in the hospital who has overdosed, as well as patients who are considered at-risk. Snider said not everyone who is high risk is someone who intentionally abuses drugs.

earlier this year when a toddler was transported by EMS to FMC after accidentally ingesting half a suboxone pill. While en route to the hospital, the EMS crew administered Narcan to the child, saving the child's life.

"I'm so grateful that we have a partner in Dr. Michael Garfinkel, who is the medical director of the Emergency Department and an advocate of Project DAWN," Snider said. "I would say we have multiple cases a week where lives are saved with the use of Narcan."

To ensure that the program does not go away when the current grant period ends in July 2018, Snider, Duncan and the Project DAWN Steering Committee are applying for the Project DAWN Program Expansion grant through the Ohio Department of Health and looking into other ways the hospital can sustain the program.

Our goal is to keep each and every patient who is in addiction alive until they're ready to get help."

"The trainings have been very eye-opening for people, and I've seen walls broken down as a result," Snider said.

Michelle Duncan, who serves as the Project DAWN site coordinator and the Substance Abuse Stabilization Unit (SASU) program coordinator at FMC, works with patients who are in the early stages of their journey to recovery. She

"When you think of the people who will benefit from Narcan, don't picture the homeless addict who is living on the street," Snider said. "Instead, picture the grandma who gets confused and accidentally takes two pain pills instead of one, or the child who gets a hold of their parent's medication."

Snider said this exact scenario happened

"It's hard because we don't always see the success stories – the ones who get better, the ones whose lives we saved," Snider said. "But those people are out there, and we want to see more of them. Our ultimate goal is to keep each and every patient who is battling addiction alive until they're ready to get help."

Judge Terre L. Vandervoort Fairfield County Juvenile Court



"Recently, Fairfield County Juvenile Court had a youth take a large amount of pills and become ill at Court, necessitating emergency medical assistance. Realizing that even Juvenile Court isn't immune to overdoses, I asked FMC to provide

Narcan training to our Court team. We found the training informative, to the point, and sincere as to our community's priorities to protect family from fatal overdoses. We completed the program with a sense of confidence on how to provide this life-saving drug. We hope to never use it, but realize we are dealing with at-risk youth and families, and are now better equipped to provide emergent care."

Jeff Chenoweth, Volunteer, Fairfield Medical Center



"To give someone a second chance to live."

All community members are invited to attend a Project DAWN information session and training on January 25 at 5 p.m. at Fairfield Medical Center. Dinner will be provided and attendees do not need to RSVP prior to the event, but are encouraged to do so by calling Marketing at 740-687-8007. For more information about Project DAWN, contact Michelle Duncan, Project DAWN coordinator, at 740-689-4457, ext. 2 or michelled@fmchealth.org.

Lauren Thomas, R.N., Fairfield Medical Center



"I have at-risk loved ones and I want to be a resource for them and others in our community."

Ours is a community hospital; it exists to serve us, one and all.

As a not-for-profit enterprise, it can only fulfill our purpose with community support.
When you give to the FMC Foundation, you are creating a better hospital,
building better health and a stronger community.

You can be part of the future that will unfold within Fairfield Medical Center.
Let's come together to build a healthier community.

Support your Fairfield Medical Center Foundation today.



Cardiovascular Care

Cardiopulmonary rehabilitation can be expensive, even when you have insurance. Thanks to generous donations that support the Heart and Lung Fund, qualifying individuals are assured access to their necessary therapy.

CARDIOVASCULAR

**YOUR FRIENDS.
YOUR FAMILY.
YOUR COMMUNITY.
YOUR FMC FOUNDATION.**



ScriptAssist

The FMC Foundation's ScriptAssist Program has helped more than 1,400 people access free or reduced prescription medications. This year alone, the program has saved patients almost one million dollars in life-saving prescription costs.

SCRIPT ASSIST

CANCER

LIFE-SAVING EQUIPMENT



Cancer Care

Our Cancer Care Fund provides necessary, preventative, and life-saving resources and care to those in need. Our NO EXCUSES Breast Health Program provides uninsured and underinsured women with access to life-saving screenings and diagnostics, while the Sawyer Fund can assist qualifying individuals with surgical costs.

Life-saving Equipment

We support a state of the art facility that can care for our community, close to home. The FMC Foundation purchases life-saving equipment every year so that we can continue to provide you with the quality care that you deserve.



Fairfield Medical Center
FOUNDATION

Awards & Recognition

July 2017

PRECEPTOR OF THE YEAR



presented to Bryce Lifer, FMC staff pharmacist and Ohio State University preceptor, by the Ohio State University College of Pharmacy. Bryce was one of five preceptors to receive this honor.

2017 LANCASTER FESTIVAL WALK OF FAME



presented to FMC Police Chief Steve Anderson by the Lancaster Festival. Inductees are Lancaster Festival volunteers/contributors who are nominated for going above and beyond for the festival.

OSHHRA OUTSTANDING CHAPTER ACHIEVEMENT AWARD



presented to Janet Cooper, FMC compensation analyst, by the OSHHRA Board. Janet was nominated for her work with the Project SEARCH program.

August 2017



HEALTHCARE PRIVACY COMPLIANCE DESIGNATION

Awarded to Cheryl Henney, FMC Compliance Officer, by the Compliance Certification Board. Privacy compliance professionals come from a variety of backgrounds and are tasked with assuring that healthcare providers follow federal, state and local regulations that govern and maintain the privacy and confidentiality of sensitive healthcare information.

September 2017



2017 BEST DOCTOR

presented to Michael Reinig, D.O., with Fairfield Healthcare Professionals Cardiology by *Columbus Monthly*. Dr. Reinig was chosen out of thousands of physicians who were voted on by their peers through a survey and research performed by Castle Connolly Medical Group – a physician-led research company whose goal is to help consumers make informed, confident choices about their healthcare.

OHIO Nurse of the Year Finalists

The following nurses were selected as finalists for the 2017 Ohio Nurse of the Year Award, which is sponsored by the March of Dimes:

Jolie Lawrence, R.N.,
FHP Vascular Surgery
(Ambulatory Care)

Jessica Hughes, R.N.,
5th Med/Surg (General
Medical)

Kym LaPorte, R.N.,
2nd Med/Surg (Critical
Care)

Stacy Foster, R.N.,
ICU (Critical Care)

Kelsie Miller, R.N.,
Cardiac Cath
(Rising Star)

October 2017

TOP 10% FOR SURGICAL PATIENT CARE

The American College of Surgeons National Surgical Quality Improvement Program (ACS NSQIP®) recognized Fairfield Medical Center for scoring in the top 10 percent of ACS NSQIP-participating hospitals nationwide that have achieved meritorious outcomes for surgical patient care. The ACS NSQIP recognition program commends a select group of hospitals for achieving a composite meritorious outcome related to patient management in eight clinical areas.



CALENDAR 2017



Sibling Class

Geared for children 3-6, this class uses hands-on practice to focus on safety and the importance of being a sibling.

Registration: 740-687-8218 or mollyd@fmchealth.org
Price: \$15/family

Date/Time:

Dec. 5 – 4-5:30 p.m.

Location:

Second Floor Conference Room at FMC
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
Price: \$40/family

Dates/Times:

Call to schedule

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 or mollyd@fmchealth.org
Price: \$40/family

Dates/Times:

Dec. 4 – 5:30-8:30 p.m.
Jan. 8 – 5:30-8:30 p.m.
Feb. 5 – 5:30-8:30 p.m.

Location:

Second Floor Conference Room 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: 740-687-8218 or mollyd@fmchealth.org
Price: \$35/family

Dates/Times:

Call to schedule

Location:

Second Floor Conference Room 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 or mollyd@fmchealth.org
Price: \$90/family

Location:

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

Weeknight Dates/Times:

Dec. 4, 11 & 18 – 5:30-8:30 p.m.
Jan. 8, 15 and 22 – 5:30-8:30 p.m.
Feb. 5, 12 & 19 – 5:30-8:30 p.m.

Two-Day Class Dates/Times:

Dec. 3 – 9 a.m.-4 p.m. & Dec. 4 – 5:30-8:30 p.m.
Jan. 7 – 8 a.m.-3 p.m. and Jan. 8 – 5:30-8:30 p.m.
Feb. 4 – 8 a.m.-3 p.m. and Feb. 5 – 5:30-8:30 p.m.

To register for online classes, call 740-687-8218 or email mollyd@fmchealth.org. Price is \$90/family

Maternity Tours

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

Registration: 740-687-8218
Price: FREE

Dates/Times:

Nov. 22 – 6-7:30 p.m.
Dec. 19 – 6-7:30 p.m.
Jan. 24 – 6-7:30 p.m.
Feb. 28 – 6-7:30 p.m.

Location:

Second Floor Conference Room 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: 740-687-8218 or mollyd@fmchealth.org
Price: FREE

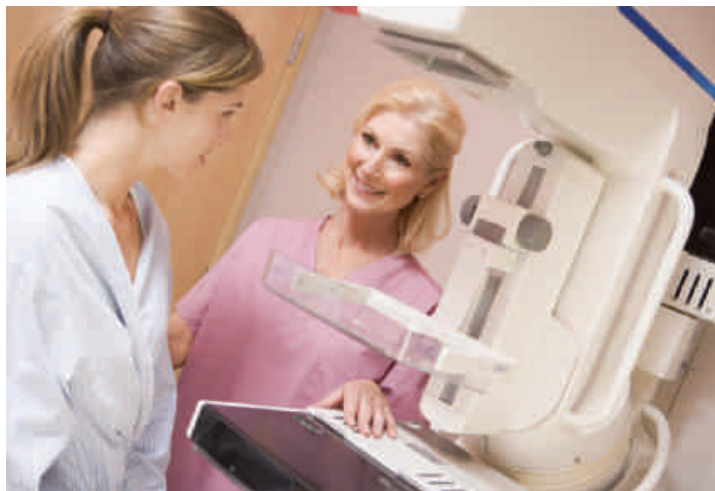
Dates/Times:

1st and 3rd Wednesday of each month from 6-8:30 p.m.

Location:

Lactation Office in Maternity Unit at FMC
401 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 1-800-227-2345

Price: FREE

Dates/Times:

Call to schedule

Location:

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

Cesarean Section

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

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

Price: \$25/family

Dates/Times:

Call to schedule

Location:

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

Women's Cancer

Screenings

The Medical Mobile Clinic provides pap tests, pelvic and breast exams, breast health education and navigation and same-day mammograms.

Registration: Call 800-844-2564 or 740-593-2432 to schedule an appointment and request an FMC location.

Price: FREE

Date/Time:

Walk-ins welcome or call to schedule.

Location:

Fairfield Medical Cancer
401 N. Ewing 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 Wednesday of every month. By appointment only.

Location:

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

Individual & Family Counseling Appointments

FMC has partnered with Cancer Support Community Central Ohio, the leader in providing psychosocial support, to deliver evidence-based social and emotional support services to patients and families affected by cancer.

Registration: 740-687-6900 or email at asantangelo@cancersupportohio.org.

Price: FREE

Dates/Times:

Tuesdays from 9 a.m.-5 p.m. (by appointment only)

Location:

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

Diabetes Support Group

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

Registration: Not required.

Price: FREE

Dates/Times:

Nov. 27 – 6 p.m. (Relieving Stress & Cookie Exchange)
Dec. 18 – 6 p.m. (Habits of Healthy Eaters)
Jan. 29 – 6 p.m.
Feb. 26 – 6 p.m.

Location:

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

Diabetes Self-Management Education/ Support

This is a five-week series covering topics such as long-term effects of poorly controlled blood sugar, diabetes medications and insulin, carbohydrate counting, exercise and more.

Registration: 740-687-8492

Price: Physician referral required

Dates/Times:

Call for dates/times

Location:

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

Healthy Eating Sessions

Learn to eat healthy as you "Fall Into Winter." Let us inspire you with two informative & fun sessions designed to help you learn about nutrition. You may attend one or more classes. Light snacks served.

Registration: Call Olivia Clevenger, RD, LD @ 740-687-8084 to reserve your spot

Price: \$10 each class

Dates/Times:

Dec. 13 – 5-6 p.m. (Festivities & Fallacies)
Jan. 10 – 5-6 p.m. (Dining Out Strategies)

Location:

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

Cancer Survivor Class – Moving Beyond

Thriving after treatment survivorship program. This six-week wellness plan includes quality of life topics to take care of yourself after cancer treatment.

Registration: 740-689-4941

Price: FREE

Dates/Times:

Tuesdays, Feb. 20-March 27, 2018

Location:

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

Grandparenting Class

An opportunity for expectant grandparents to explore the latest trends in childbirth, SIDS prevention and newborn safety.

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

Price: FREE

Dates/Times:

Dec. 13 – 6-7:30 p.m.
Jan. 10 – 6-7:30 p.m.
Feb. 14 – 6-7:30 p.m.

Location:

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



Project DAWN Community Information Session and Training

Project DAWN is a community-based overdose education and naloxone distribution program. During this event, attendees will receive a free naloxone (narcen) kit upon completion of the training.

Registration: Not required, but encouraged. Call 740-687-8007.

Price: FREE

Dates/Times:

Jan. 25 – 5-7 p.m.

Location:

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

First Aid

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

Registration: 740-687-8477

Price: \$35/person

Dates/Times:

Dec. 2 – Noon-3:30 p.m.
Jan. 6 – Noon-3:30 p.m.
Feb. 3 – Noon-3:30 p.m.
March 3 – Noon-3:30 p.m.

Location:

Fairfield Medical Center
401 N. Ewing St., Lancaster

TWIG 7 Tree Lighting

Memorialize a loved one by placing a star or ornament in their honor on FMC's Tree of Light.

Registration: Not required.

Price: FREE

Date/Time:

Nov. 21 – 1 p.m.

Location:

Main Entrance at FMC
401 N. Ewing St., Lancaster

CPR Classes

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

Registration: 740-687-8477

Price: \$35/person

Dates/Times:

Dec. 2 – 8:30 a.m.-noon
Jan. 6 – 8:30 a.m.-noon
Feb. 3 – 8:30 a.m.-noon
March 3 – Noon-3:30 p.m.

Location:

Fairfield Medical Center
401 N. Ewing St., Lancaster

Cooking With Heartburn

Come dine with FMC Sous Chef Ashlee Brown and Registered Dietitian Jennifer Hellmich 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 Scott Johnson, M.D., of the Fairfield Medical Heartburn Center.

Registration: By April 19 to 740-689-6839.

Price: \$10 per person

Date/Time:

April 24 – 6-8 p.m.

Location:

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

Turkey Day 5K

This event is part of a community-wide initiative to promote healthier eating habits and increased physical activity.

Registration: Register online at <http://bit.ly/FMCTurkeyDay5K> or on day of race

**Price: \$20, Race day: \$25
Children 13 and under free.
The deadline to register for a shirt has passed.**

Dates/Times:

Nov. 23 – 8:30 a.m.

Location:

Forest Rose School
1592 Granville Pike, Lancaster



New Faces

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.**"



Joseph Arcidi, M.D.
FHP Cardiothoracic Surgery
740-681-9020



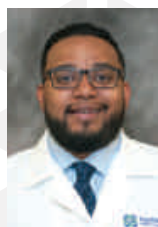
Amanda Cramer, D.N.P.
FHP Neurology
740-687-8888



Kristyn Darmafall, M.D.
FHP Orthopedics/
Sports Medicine
740-689-4935



Shaunna Glenn, C.N.P.
Cardiovascular Specialist
740-653-7511



Evin Jerkins, D.O.
FHP Sleep Medicine
740-689-6833



James Reeves, C.N.P.
FHP Infectious Disease
740-687-8805



Erin Ribo, C.N.P.
FHP Congestive Heart
Failure Clinic
740-689-6498



John Ryan, M.D.
FHP Orthopedics
740-689-4935

THE MONITOR

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Chief Financial Officer

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Chief Human Resources Officer

Alan Greenslade
Chief Administrative Officer

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Jeffrey Yencharr, M.D.

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Lynne Lutz

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 community.
Make an IMPACT.

Established in 1950, TWIG 7 has been active in the community for nearly 70 years through fundraising activities like Bridge-A-Rama, but they may be best known for their Tree of Light holiday tradition. During the holiday season, TWIG 7 encourages community members to honor or memorialize a loved one by placing a star or an angel on one of two trees at Fairfield Medical Center, as well as to record the person's name in the Book of Honor. If you wish to purchase a star or angel, donation envelopes are available in the Main and North lobbies. All proceeds from the Tree of Light benefit Fairfield Medical Center's Substance Abuse Stabilization Unit (SASU).

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 more than \$4.2 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 Keely Pearce, Donor Relations Representative & TWIG Liaison, at 740-689-4976.**

