



Fairfield Medical Center

THE MONITOR

SUMMER 2018

Grace
UNDER PRESSURE

THE NATURE OF
TEAMWORK

BACK IN THE
SWING

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

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



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THE MONITOR

Letter from the CEO

If you've driven by River View Surgery Center in the past few months, you've likely noticed that the site adjacent to that building is beginning to take on a whole new look. Even though we experienced a winter that seemed like it would never end, construction remained steady at the home of our new River Valley Campus, which is slated to open on schedule in the first quarter of 2019. This new facility will be a true community center that will fittingly offer a wide range of programs and services expanded to meet the growing needs of Lancaster. At Fairfield Medical Center, it's been exciting to watch the progress of this project – but not all of the growth and change we experience as an organization is as visible as the construction of a new building.



This past April, in an effort to have all areas and departments within the hospital better connected through one system, we launched a new electronic medical record (EMR). This was an enormous undertaking that required several years of hard work and dedication from many individuals on our staff. We trained nearly 2,000 staff members and providers to use this system and, as is the case with anything brand new, the first few weeks following the launch involved a bit of a learning curve. However, our goal at that time was to ensure, to the best of our ability, that your experience did not waver from the excellence you've come to expect from Fairfield Medical Center. Even though we were undergoing a massive change internally, we didn't want that transition to impact the care we were providing to our patients and visitors. Now two months in, we are starting to see the positive impact of the new EMR – and what it will mean for you as the patient. Through this system, we recently launched a patient portal called My FMC Portal that offers a secure and confidential way for you to find your health information. With this portal, you can access test results, as well as schedule appointments and request prescription refills from your Fairfield Healthcare Professionals provider. Signing up for the portal is easy; when you come to Fairfield Medical Center or an FHP practice for medical care, the registrar will be able to assist you with the process.

All in all, change is good and something that we embrace here at Fairfield Medical Center. Whether it's constructing a new building or launching a brand-new patient care system, we hope you know that everything we do is to better serve our community. We invite you to learn more about our organization by reviewing our annual report on pages 19-22 and reading the stories of patients who have been positively impacted by the personalized care we provide. We look forward to continuing to grow with you and the community for many years to come.

John R. "Jack" Janoso, Jr.



When Tony McGallicher underwent shoulder surgery in 2016, he did a lot of research when it came time to select a place to receive his rehabilitation therapy. As a Supervisory Federal Law Enforcement Officer, a job that can be physically demanding, Tony knew it would take a group of specialized therapists to get him to a place where he could effectively return to his job duties.



Pictured (left to right): Tony's Outpatient Therapy Team – Greta Campbell, Christina Bond, Juan Anda and Luke Smithberger

"I came away (from therapy) with a profound respect for those who work so hard to improve the quality of life of patients." – Tony McGallicher

His search led him to Fairfield Medical Center's Outpatient Therapy Services which, in addition to being just a short drive from his home, offered a therapy plan designed to meet his individual needs.

"The program fit my job duties because the therapist listened to my unique physical job needs, such as the need for self-defense techniques, strong upper body strength and firearms handling, then came up with a plan meant to allow me to get back to work by strengthening the muscle groups needed to allow for freedom of movement and appropriate strength," Tony said. "In addition, the therapist demonstrated exercises for me to improve flexibility and strength while at home."

Therapist Juan Anda was one of four who worked with Tony when the Lancaster resident went through FMC's Outpatient Therapy Services program, first in 2016 and again in 2017 when he injured his neck after falling off a ladder.

"I was asked to work with Tony because I have a background in martial arts and he wanted to work on simulating real-life scenarios, which can include firearms handling along with hand-to-hand combat," Juan said.

In addition, Tony worked with physical therapists Christina Bond and Luke Smithberger and physical therapist assistant Greta Campbell. Together, the team went above and beyond to ensure that Tony was physically ready to return to the job he loved.

"My experience at Fairfield Medical Center was great," Tony said. "I came away with a profound respect for those who work so hard to improve the quality of life of patients, and I made new friends."

Tony said he began experiencing pain in his shoulder as a result of bone spurs that, over time, caused the rotator cuff tendon to fray and then tear. As a result, Tony started to lose strength and mobility in his arm.

While a series of cortisone injections were effective in taking away the pain, the relief was short-term. Tony knew surgery was the only solution to repair the problem.

"It was very painful, it woke me up at night, and I had a loss of movement and strength," Tony said. "To have full use of both arms is critical to me both personally and professionally."

Following Tony's surgery at River View Surgery Center in Lancaster, he began intense therapy at FMC's Outpatient Therapy Services.

"When I initially started to work with him, his shoulder range of motion and strength was still moderately limited even with all of the hard work he and Greta had done," Juan said. "Due to those deficiencies, he and I continued to work on general strength and flexibility but, as it improved, we introduced some basic firearms handling drills and low intensity hand-to-hand combat simulations."

Juan said the firearm drills included drawing and aiming a mock pistol at randomly called targets, room clearing with a mock long gun in search for hidden threats, and single hand aiming using his affected limb with a mock pistol. Juan and Tony eventually progressed to combined firearms and hand-to-hand combat, with Juan posing as an assailant attempting to disarm Tony.

"Juan understood my unique needs and was interested to learn more," Tony said. "It was obvious he knew his stuff."

Tony returned back to work in February 2017, but less than two months later, the unthinkable happened – he fell off a ladder at his home and broke the second cervical vertebrae in his neck. Tony was airlifted to Grant Medical Center in Columbus, where he was treated and placed in a halo brace. He returned to FMC's Outpatient Therapy Services to undergo eight therapy sessions with Greta and Luke.

"It was frustrating to suffer another injury, but you can't give up, you just have to keep fighting," Tony said. "Luckily, with the help of my therapists, I healed quickly."

In July 2017, Tony returned to work again, this time for good. He said he would recommend FMC's Outpatient Therapy Services team to anyone.

"The staff at Fairfield Medical Center were professional, they listened to my needs, tailored a specific plan to fit my unique requirements, and carried out the plan while ensuring I completed the routine within their exact parameters for form and strength," Tony said. "I always felt that the staff cared about my well-being, and desired to see me excel in the program."

Outpatient Therapy Services

Fairfield Medical Center's Outpatient Therapy Services care for patients of all ages, infant through geriatric. Admission to most of these services requires the referral of a physician. Services offered include:

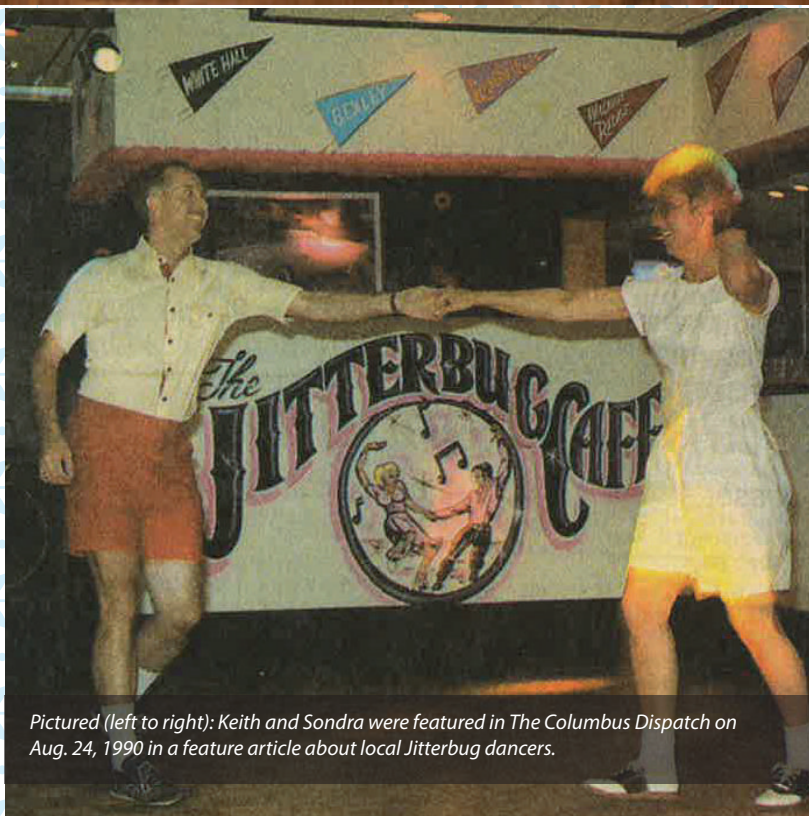
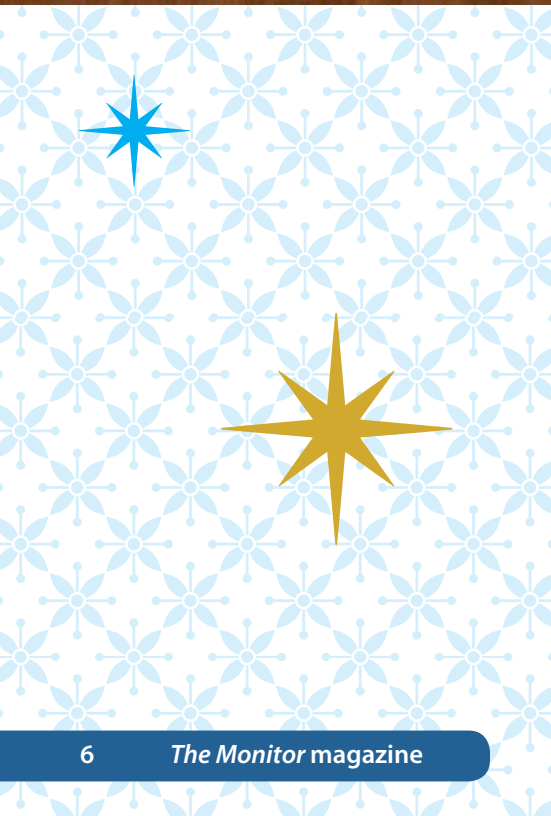
- audiology
- occupational therapy
- physical therapy
- speech therapy
- industrial rehabilitation

To learn more, call 740-687-8602 or visit fmchealth.org.



Back in the

Swing



Pictured (left to right): Keith and Sondra were featured in The Columbus Dispatch on Aug. 24, 1990 in a feature article about local Jitterbug dancers.

"It is incredible to think about her journey to this point – from a wheelchair because of pain to dancing in the halls of our office." – Micayla Zeltman



There was a time when Sondra Kern believed she would never get the chance to put on her dancing shoes again.

It was a hard reality for the 75-year-old Lancaster resident to face. For years, she and her husband, Keith, had been competitive Jitterbug dancers, earning more than a few trophies along the way. Dancing was how the couple first met, and it had become an important part of their lives through the years.

But that was before severe back and leg pain made it difficult for Sondra to walk, much less dance. In 2013, she decided to undergo back fusion surgery at a hospital in Columbus – but the end result fell far below her expectations.

"They told me the recovery would be 6-8 weeks, but the surgery didn't make any difference," Sondra said. "I couldn't walk or bend over. I eventually ended up in a wheelchair."

Sondra swore that she would never undergo surgery again. It would take a dedicated team of caregivers at Fairfield Medical Center to change her mind about surgery and get her back on her feet.

"I could not ask for better care than what I received at Fairfield Medical Center," said Sondra, who underwent a second – and this time successful – spinal fusion last fall, this time at FMC. "I feel like I have my life back."

Sondra's care team at Fairfield Healthcare Professionals Orthopedics – orthopedic surgeon Safdar Khan, M.D., and physician assistants Micayla Zeltman and Jim Wright – said getting to see Sondra's transformation following her surgery was a truly rewarding experience.

"By six months post-op, Sondra not only walked into our clinic without any help, but she and her husband demonstrated a new dance routine that they had been practicing," Micayla said. "They are now able to do the things in life that are enjoyable to them because she is not limited by pain."

Keith said he and Sondra were intrigued when FMC first opened its FHP Orthopedics office in collaboration with The Ohio State University Wexner Medical Center. Dr. Khan is an Ohio State orthopedic surgeon who sees patients out of the FHP Orthopedics office, located on FMC's main campus.

At Sondra's first visit with Dr. Khan, she received an unexpected surprise from the surgeon – a warm hug. Sondra said that simple gesture put her at ease and bolstered her confidence.

"He understood what I had gone through and the apprehension that I was feeling," Sondra said. "He looked me right in the eye and said, 'I can help you.'"

Micayla said surgery proved to be the best option in treating Sondra's pain, as Sondra had exhausted a number of non-surgical options before coming to FMC, including epidural steroid injections, oral medications, rehab and physical therapy.

"Spinal surgery is something that makes people apprehensive, and rightly so; it is a very big surgery and a very long recovery," Micayla said. "Sondra, in particular, was concerned because she had already experienced this surgery once without success. She was in a unique situation because she knew exactly what to expect and knew the difficult road of recovery that accompanies spinal surgery."

Micayla said the care team at FHP Orthopedics works with each patient to

Specialized Care ... Right Where You Live

With the goal of bringing more specialized orthopedic care to the community, FMC has teamed up with The Ohio State University Wexner Medical Center to bring their orthopedic physicians on staff to see patients out of the FHP Orthopedics office, located on FMC's main campus. FHP Orthopedics provides quality care to the FMC community with sports medicine, knee, hip and shoulder replacements, hand procedures and spine procedures by highly trained specialists. To schedule an appointment or learn more about FHP Orthopedics, call 740-689-4935.



Orthopedic surgeon Safdar Khan, M.D., and physician assistants Micayla Zeltman and Jim Wright

prepare him or her for surgery. Patients are given plenty of time to talk with their surgeon and ask questions, and they are encouraged to go home and carefully think it over with their loved ones before making a decision.

"If a patient decides to continue with spinal surgery, it is because they have come to that conclusion, not because we have pushed them to do so," she said.

With the help of the FHP Orthopedics staff, Sondra decided to give surgery another try. During the four-hour surgery, Dr. Khan performed a spinal fusion from Sondra's 2nd lumbar vertebrae to her pelvis. In addition, he performed a procedure known as a decompression, in which bony components of the vertebrae are removed to allow the spinal cord and nerve roots more mobility and less compression.

Today, Sondra no longer has to use a wheelchair and can walk – and dance – with ease.

"I gave all of my dancing shoes away to a friend, but the other day, I called her to see if I could have a pair back," Sondra said with a laugh.

The Kerns said they can't thank Dr. Khan and his team at FMC enough for the wonderful care they received. Sondra's recovery has given them a better outlook on the future, which they hope will include a lot more dancing.

"It is incredible to think about her journey to this point – from a wheelchair because of pain to dancing in the halls of our office," Micayla said. "It was such a rewarding experience to be a part of her journey."



★ Coming soon ★

This summer, check out FMC's latest round of commercials to hear more of Sondra's story.

Thank you to the Lancaster Country Club for the use of your facilities for this photo shoot.



A Grateful Heart

One woman's story about being in the right place at the right time.

Darlene Winland doesn't like to think about what might have happened had she not been in Lancaster, Ohio when she experienced a heart attack on Nov. 1, 2017.

Had her hometown team not been competing in the division IV volleyball tournament, had the staff at Lancaster High School not been equipped to respond to a cardiac emergency, and had she not been transported to Fairfield Medical Center, Darlene's story might have had a much different ending.

"I was in the right place at the right time, there is no question about that," said Darlene, 79, of Monroe County, OH.

Darlene had no inkling prior to Nov. 1 that trouble was brewing with her heart. Over the years, she'd had routine check-ups that always came back normal. She didn't feel tired or winded. She led a healthy lifestyle and wasn't overweight.

In fact, on the day that she unexpectedly went into sudden cardiac arrest, she was feeling perfectly fine. Sitting in the Lancaster High School gymnasium with

her husband, LaVerne Winland, and a group of friends from Monroe County, she cheered on the Monroe Central Seminoles as they played against Fairfield Christian Academy. When the game ended, she stood up and began to make her way down the bleachers.

The last thing she remembers was reaching out for her husband's hand.

"All of a sudden, she just fell down," LaVerne said. "She didn't have a pulse. I cried out her name, but she didn't respond."

Darlene's friends, Merna and Jeff Bettinger, watched the shocking scene unfold from just a few feet away.

"The absence of life in her eyes is something I will never forget," Merna said.

It took just seconds for bystanders and Lancaster City School staff to spring into action. Darlene's neighbors Gail and Laken Zwick, who are both nurses, immediately began CPR with the assistance of LCS athletic trainer Leigh Spring, LCS health assistant Shari Sarensen and LCS athletic

department secretary Audrey Lee. At the same time, LCS health assistant Amy Beck ran to get one of the school's AED machines, which had been donated to the school by FMC, while LCS Resource Officer Dep. Jeff Dixon called 911. Numerous other employees rushed forward to assist in any way they could while Darlene's family and friends stood nearby and did the only thing they could do – pray.

"As a site manager, you hope that nothing such as this occurs during an event you are hosting, but you also realize that with the large number of people in attendance at such events, it's not a question of if something happens, but when," said Pam Bosser, LCS athletic director. "I am very proud of the Lancaster High School staff that worked the event and pleased that their readiness helped to save Darlene's life."

Pictured above (left to right): Amy Beck, Laken Zwick, Leigh Spring, Gale Zwick, Tracey Wright, Shari Sarensen, Normie Malone, LaVerne Winland, Darlene Winland, Julie Hutchison, Dr. Aryeh Cohen, Randy Winland, Sandy Winland, Kelson Henwood, Senda Henwood, Pam Bosser, and Heather Powers

"I was a complete stranger to them and they were strangers to me, but everyone I came in contact with treated me like a family member from the moment I arrived." – Darlene Winland

Darlene was transported to Fairfield Medical Center, where cardiothoracic surgeon P. Aryeh Cohen, M.D., determined that she would need to undergo a triple bypass surgery. Darlene and her family and friends were filled with fear and uncertainty as they prepared for a long hospital stay – but they said the staff at FMC did whatever they could to make them feel at home.

"I was a complete stranger to them and they were strangers to me, but everyone I came in contact with treated me like a family member from the moment I arrived," Darlene said. "The caring, the compassion ... it was unbelievable."

For 21 days, Darlene's friends and family made the long trek to Lancaster to be by their loved one's side. They remember the little things that FMC staff did to make that time in their lives easier, such as bringing in a pizza for a mini "pizza party" or ensuring that Darlene's faith-based needs were met with the help of the hospital's chaplains.

"From the moment we walked through the doors, they made us feel like we were the only patrons in the hospital," Merna said.

Darlene's son, Randy Winland, said he was impressed with the professionalism of the staff.

"Dr. Cohen was upfront from the very beginning that, if we felt we could get better care somewhere else, we shouldn't be afraid to do that, that it was ultimately our decision," Randy said. "We never felt the pressure to stay at FMC, but we're very glad we did."

Randy's wife, Sandy, agreed. "Simply by doing their job, the nurses and doctors convinced us that she would get good care right where we were," she said.

Darlene said she personally felt like the staff went above and beyond to ensure that her needs were met.

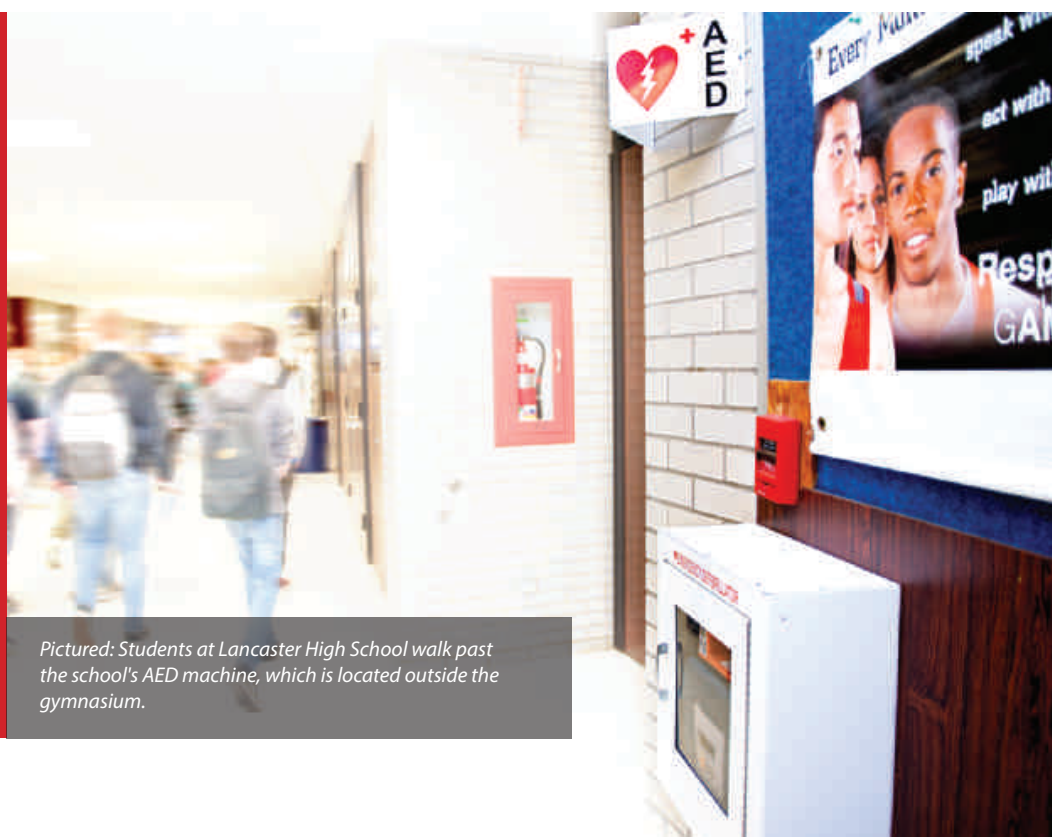
"They listened to me; I never felt like I was shoved aside or not a priority," she said.

Today, following extensive cardiac rehabilitation at facilities in Marion and Marietta, Darlene is back home and doing much better. In February, she returned to Fairfield Medical Center to recognize the LCS staff who provided emergency assistance to her that day, as well as the FMC staff who cared for her in the weeks that followed (see box on next page).

"There were times in the hospital when I wondered if I would ever get to go back home," Darlene said. "On those days, I would try to look back and see how far I'd already come. I wouldn't be where I am today without the staff at Fairfield Medical Center."

What is the AED Purchase Program?

After multiple cases of sudden cardiac arrest (SCA) in our community, Fairfield Medical Center employees saw a call to action. They decided to develop a program to create a more heart safe community. The Snider Community Heart Watch at FMC, a task force that is designed to increase awareness about sudden cardiac arrest, started a Public Access AED Purchasing Program to provide AEDs (automated external defibrillators) at a more affordable rate for organizations and individuals. To learn more about the Public Access AED Purchasing Program, call 740-687-8345.



Pictured: Students at Lancaster High School walk past the school's AED machine, which is located outside the gymnasium.



Pictured: Darlene Winland and her husband, LaVerne Winland, pictured with Legendary Caregivers (from left) Chaplin Susan Johnson; Foundation representative Dina Reasoner; Brenda Stewart, CNP; Chaplin Jonathan Hanks; Linda Hettinger, NA; Kevin McCarthy; Lynn Martindale, NA; Becky Grubb, RN. Not pictured: Dr. Aryeh Cohen; Chaplain Gregory Schmalfeldt

Fairfield Medical Center's Grateful Patient Program

On Feb. 26, Darlene recognized nine individuals as Legendary Caregivers through the Fairfield Medical Center Foundation's Grateful Patient & Family Program. This program is a meaningful way for patients to show their thanks and celebrate the extraordinary care they or their loved one received while at Fairfield Medical Center. Regardless if they give a gift or not, a patient can honor a physician, nurse, staff member or volunteer, designating that person a "Legendary Caregiver."

A monetary gift that is given through the Grateful Patient Program is powerful and allows FMC to continue to invest in the latest healing technology and offer legendary care to every patient without exception. Patients may designate their donation to a specific area, or make their gift unrestricted, which will be used in the area of greatest need at the Center.

To learn more about the Grateful Patient & Family Program, contact the FMC Foundation at 740-687-8814 or download a donation card at fmchealth.org.



Warning Signs of Sudden Cardiac Arrest

Cardiac arrest strikes immediately and without warning. Here are the signs you need to know:

- ♥ **Sudden loss of responsiveness.** There is no response to tapping on shoulders and the person does nothing when you ask if he's OK.
- ♥ **Victim is not breathing or is only gasping.**

If you suspect someone is suffering from cardiac arrest, do the following until help arrives:

- ♥ **Tap and shout "are you OK?"** and check for a response. If he doesn't move, speak, blink, or otherwise react, then he is not responding.
- ♥ **Yell for help.** Tell someone to call 911 or your emergency response number and get an AED (if one is available). If you are alone with an adult who has these signs of cardiac arrest, call 911 and get an AED (if one is available).
- ♥ **Check breathing.** If the person isn't breathing or is only gasping, give CPR.
- ♥ **Give CPR: Push hard and fast.** Push down at least 2 inches at a rate of 100 to 120 pushes a minute in the center of the chest, allowing the chest to come back up to its normal position after each push.
- ♥ **Use an AED as soon as it arrives** by turning it on and following the prompt.
- ♥ **Keep pushing until the person starts to breathe or move** or someone with more advanced training takes over.

Source: heart.org

DIAL DON'T DRIVE

Heart attack care begins with a call...

When someone is having a heart attack, calling 911 should be the only plan of action. By calling 911, a patient can be cared for en route to the hospital and medics can alert the Emergency Department staff of the patient's arrival.



Grace under pressure

A personal record and a personal victory.

The day that Mary Grace Gundelfinger rang the bell to symbolically end her cancer treatments, she was joined by a lot of people who – like her – had been anxiously waiting for this moment.

With smiles on their faces and cell phone cameras in tow, the crowd squeezed into the hallway of Fairfield Medical Center's Cancer Resource Center, many of them waving signs and wearing T-shirts with the 20-year-old cancer survivor's name across the front. When Grace reached up to ring the bell, the crowd's jubilant cheers and

applause echoed throughout the entire building.

"It was so sweet," Grace said of the bell-ringing, which took place seven months after she was diagnosed with Hodgkin's Lymphoma. "To have everyone there supporting me was truly amazing. I felt overwhelmed with gratitude."

Much of that gratitude, said Grace, goes to the clinicians at Fairfield Medical Center who were by her side with each step of her unexpected cancer journey. As a

nursing student, Grace said her cancer care team exemplified what it means to be a dedicated caregiver.

"I want to be like those nurses at the Cancer Care & Infusion Center," said Grace, who attends the Mt. Carmel School of Nursing program at FMC. "Everyone who cared for me, they have become like my family."

Grace said her cancer was discovered just days after her annual physical with her primary care physician, Jennifer Gibson, M.D.



"A few days before my appointment, I was working out and pulled something that was causing me to have pain in my neck – I wasn't going to mention it at the appointment, but then I changed my mind," Grace said.

That split-second decision ended up saving Grace's life.

"Dr. Gibson started feeling my neck in the area where I had pain and that's when she felt the lump," Grace said. "I was asymptomatic, so that was truly the hand of God right there."

Grace's X-rays and CT scans both came back unclear, so she was referred to FMC surgeon Dr. Jeffrey Yenchar to have the lump surgically removed. The day after the surgery, Grace's worst fears were confirmed – she was told she had Hodgkin's Lymphoma, a cancer that affects the lymphatic system, which is part of the body's immune system.

Grace said the day after she received her diagnosis, Dr. Gibson followed up with her by phone to offer reassurance.

"She told me that this type of cancer is very curable," Grace said. "I thought it was nice that she took the time to do that."

Grace said the decision to keep her cancer care local was simple, especially since she had just transferred to Lancaster from Columbus for nursing school. By getting her treatments at FMC, she could continue to go to school on the hospital's campus and wouldn't have to make the long drive into Columbus every other week.

"Fairfield Medical Center was awesome," Grace said. "There was such a family atmosphere; I would walk through the hospital and the doctors would greet me by name. My caregivers took the time to get to know both me and my family."

In 2016, FMC opened its Cancer Care & Infusion Center on the main campus to help cancer patients like Grace keep their care local and convenient. The center houses chemotherapy, infusion services, the offices of oncologists Roopa Saha, M.D., and Kanwaljit Singh, M.D., a pharmacy, the Cancer Resource Center and more.

At the beginning of her treatments, Grace was put in contact with FMC oncology nurse navigator Holly Griffith. As an oncology nurse navigator, Holly has oncology-specific clinical knowledge and offers individualized assistance to patients, families, and caregivers to help them better understand and cope with their cancer journey.



What is Hodgkin's Lymphoma?

Lymphoma is a cancer that begins in white blood cells, called lymphocytes. There are 2 main types of lymphoma: Hodgkin's Lymphoma (HL) and non-Hodgkin's Lymphoma (NHL). They behave, spread, and respond to treatment differently. Lymph tissue is in many parts of your body, so Hodgkin's Lymphoma can start almost anywhere. Most often it starts in lymph nodes in the upper part of the body, with the most common sites in the chest, neck, or under the arms.

Hodgkin's Lymphoma most often spreads through the lymph vessels from lymph node to lymph node. Rarely, late in the disease, it can invade the bloodstream and spread to other parts of the body, such as the liver, lungs, and/or bone marrow.

According to the American Cancer Society, some common symptoms include:

- Fever (which can come and go over several days or weeks) without an infection
- Weight loss without trying (at least 10% of body weight over 6 months)
- Feeling tired
- Loss of appetite
- Cough, trouble breathing, chest pain
- Drenching night sweats
- Itching skin

If you are experiencing three or more of these symptoms, call your primary care provider today.

Source: cancer.org



"I've learned that sometimes the best thing to do is to say nothing at all and just be there for the person. The nurses at Fairfield Medical Center, they understood that."
- Grace Gundelfinger

Holly said she was impressed at how Grace dealt with her cancer and continued to attend classes while receiving treatment. In the six months that Grace was treated for cancer at FMC, she only missed one class.

"The first time I met Grace, I knew it was going to be a pleasure to care for her, as well as her family," Holly said. "Grace makes you want to strive to be a better person in your day-to-day life. She not only went through cancer treatment, but continued with nursing school. During that time, I did not hear her complain once."

Grace said her strong Catholic faith and love of nursing school helped keep her focused on the future – not on the cancer.

"Going to daily mass is what got me out of bed every day, and it helped to be able to go to school and be social and spend time with my classmates," Grace said. "I could not have done this journey without the love and support of my family and friends."

She said her caregivers at FMC also played a huge role in helping her get through the most difficult year of her life. Now in remission, Grace said her experience has given her a better understanding of what it means to truly care for a patient.

"It has made me more sympathetic and understanding of what patients are going through," she said. "I've learned that sometimes the best thing to do is to say nothing at all and just be there for the person. The nurses at Fairfield Medical Center, they understood that. Sometimes during my treatments, they were just there, even if we weren't talking."

Her advice for cancer patients? Let your journey "shape you, not shake you."

"Stay positive. Find the bright side because there is one," Grace said. "Know that this too shall pass."



Fairfield Medical
Cancer Resource Center

FMC's Cancer Resource Center provides services, programs and supports the needs of patients and their families. The goal of the Cancer Resource Center is to give valuable resources close to home. Conveniently located in Lancaster, the Cancer Resource Center is available to anyone who needs its services.



For more information about the Cancer Resource Center, including hours of operation, call **740-689-4941**.

Located at the FMC Pavilion
135 N. Ewing St.
Lancaster, OH 43130
740-689-4941 • fmchealth.org

CONSTANCE

is a virtue



So much of Constance "Connie" Barbini's life was spent on or near the shimmering waters of the Hocking River, close to where she and her husband, Lew, operated their family-owned business, Hocking Hills Adventures.

So it was only natural that an event created in her memory would be held each year in the place where she felt most at home.

For the past five years, Lew and his family have hosted an event at Hocking Hills Adventures called "Paddle for the Battle" to raise money in the fight against breast cancer. Connie, a former Fairfield Medical Center employee, passed away from the disease in 2009.

For the second year, Lew will be donating proceeds from the event to FMC's Cancer Care Fund through the Fairfield Medical Center Foundation. Last year, the event raised \$1,350, money that has been used to assist cancer patients in the community.

"Making that local investment is so important because it can help provide needed services to patients like Connie," Lew said. "Connie was a strong person and she was a fighter."

This year, Paddle for the Battle will be held Oct. 7 at 1 p.m. at Hocking Hills Adventures, 31251 Chieftain Dr., Logan. The cost per participant is \$25, which includes a canoe and paddles, life jacket, snacks and water and transportation to the drop-off location on the Hocking River.

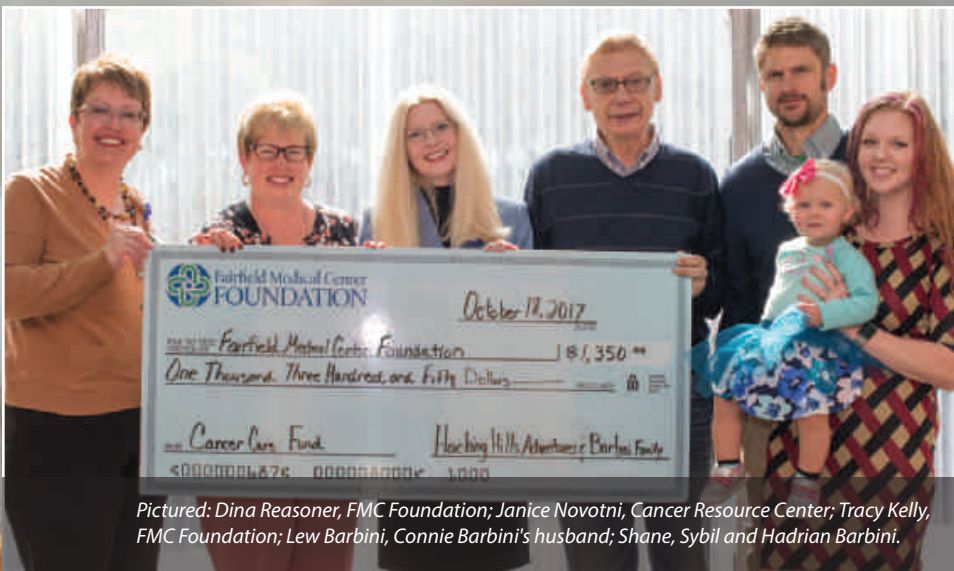
After the hike to the Natural Rockbridge, Joe Brehm, director of environmental education, will paddle with the group back to the Chieftain Driver Canoe Livery. Those who want to participate and canoe will be transported back by bus from the Natural Rockbridge

Keely Pearce, Annual Giving Specialist for the FMC Foundation, said it's inspiring to watch so many people come out to support those patients in the community who are in need of assistance.

"It's an awesome and incredibly unique event – I love that the participants are local and are giving back locally," she said.

Lew said it feels good to do something special in his wife's memory while giving back to those in need at the same time. He said his wife would be happy to see how much the event has grown over the years.

"She was very modest and was not an attention-getter, but I think she'd be very proud of how we're using her story to help others in her situation," he said.



Pictured: Dina Reasoner, FMC Foundation; Janice Novotni, Cancer Resource Center; Tracy Kelly, FMC Foundation; Lew Barbini, Connie Barbini's husband; Shane, Sybil and Hadrian Barbini.



Kick off Breast Cancer Awareness Month with a paddle for the battle

After a short bus trip to our Natural Rock Bridge trip launch, you will paddle across the river and take a gentle hike to the Rockbridge State Nature Preserve where a naturalist from Rural Action will give you a lesson in the flora and fauna of the region, as well as the history of the Natural Rockbridge, the largest natural bridge in Ohio.

Sign up by Sept. 22 to get a t-shirt.
Download form: canoerental.com
Pre-registration is encouraged but not necessary.



For more information, please call 740-385-8685

Proceeds benefit FMC Foundation Cancer Care Fund



Meet Tom...

round of cardiopulmonary rehab: three times a week for 12 weeks. Unfortunately, Tom's insurance wouldn't cover the cost of the rehab, so he never undertook it.

A year later, when Tom was required to take a stress test for work, clinical staff discovered that a heart valve needed replaced, requiring open-heart surgery. As part of his recovery, Tom's

In 2016, Tom Darfus was doing what he does every spring – tapping trees to make homemade maple syrup. While carrying the buckets of sap, he felt unusually tired. The next morning, he felt even worse, so he and his wife, Elaine, went to Fairfield Medical Center. While there, Tom underwent a cardiac catheterization, during which his doctor placed three stents. After the procedure, the doctor instructed Tom to complete a

doctor again recommended a round of cardiopulmonary rehab. This time, Tom knew that in order to keep himself healthy, he needed to complete the rehab. That's when Tom heard about the FMC Foundation's Cardiovascular Care Fund, which helps individuals who are uninsured or have a high deductible complete cardiopulmonary rehab. Taking advantage of this life-saving program, Tom was able to complete a full round of his rehabilitation. "If it hadn't been for reduced costs, I still couldn't have afforded it," he said.

Elaine commented: "We would've figured out how to do it, but he wouldn't have been as likely to keep doing it for the whole 12 weeks. [He probably would have only completed] one week or two weeks and then stopped because of the bills."

The program ended up making a huge difference. During a rehab session, Tom learned he had atrial fibrillation, or a-fib. The cardiac rehab nurse immediately followed up with Tom's doctor to ensure he received the treatment he needed. Tom and his wife are now regular members of the cardiopulmonary rehab area. Tom's easygoing nature has given him the opportunity to make new friends and he encourages "newbies" to stick with the program because it can save their life, too.

After an annual mammogram, Monica Lollo was asked to come back for a follow-up visit. It confirmed her worst fears – she had a cancerous tumor. Monica admits that the financial burden of her treatment was sometimes hard to bear, and her insurance did not cover all that she required. She expresses gratitude to FMC oncology nurse navigator Shelly Romine for connecting her with necessary resources, like 211 and the Fairfield Medical Center Foundation, to help her manage the financial challenges.

Upbeat and positive, Monica is not one to let cancer get her down. Opting for a mastectomy, Monica says her commitment to walking four miles a day and her faith in

God helped keep her strong. "Sometimes God and I have our talks and I tell him what I think," she says with a laugh.

Monica is happy to serve as a role model to others, encouraging women to get their mammograms. She has been coming to Fairfield Medical Center for most of her life and is grateful for the tremendous care she has received, from the responsiveness of surgeon Dr. Margaret Sawyer, to the nurse who held her hand, to the charitable support of the FMC Foundation and the amazing work of the Cancer Resource Center. "Everything was a great experience," she said.



Meet Monica...

Where does the money come from? TOTAL INCOME \$2,177,032



Direct Public Support
\$1,012,456



Cardiovascular Care Fund
\$32,126



Grants
\$26,100



Special Events
\$152,671



FMC Contributions*
\$255,432



Cancer Care Fund
\$16,833



Wishes Gift Shop
\$262,362



TWIG Contributions
\$165,716



Investment Income
\$253,336

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

COMMUNITY. YOUR FMC FOUNDATION.



Meet Robert...

The oldest of four brothers, Dr. Robert Dominguez's family defected to the United States from Havana, Cuba when he was only six years old. Although he has lived all around the world, Robert feels a deep connection to Lancaster, Ohio – the town he calls home.

Praising the empathetic spirit of its residents, Robert said, "I experienced the outreach and love of our community when my first wife, Joan, battled Amyotrophic Lateral Sclerosis. Ours is a small community with a big heart!"

A physician in the Emergency Department, Robert loves working at Fairfield Medical Center and admires the compassionate values of the FMC family. He is committed to paying forward the culture of kindness that has meant so much to him, exemplifying service-above-self as a donor, volunteer and recent board member for the FMC Foundation.

When asked why he supports the Foundation, Robert said, "It benefits people in our community who need help the most. All donations to the FMC Foundation, no matter how small, support services that benefit the community we love."

On the subject of the community he loves, Robert lauds the efforts of FMC's nine active TWIGS, which are philanthropic groups united by a passion for the charitable mission of FMC. The TWIGs have donated more than \$4.2 million to support exceptional healthcare in our community.

ScriptAssist is a Foundation program especially close to Robert's heart. It ensures that FMC patients living below the poverty line are able to obtain access to medically-necessary, physician-prescribed medications, giving them the ability to maintain their health. Since 2009, ScriptAssist has served more than 2,000 uninsured or underinsured patients in our community, yielding an average savings of more than \$8,500 per patient on out-of-pocket prescription costs.

"ScriptAssist has helped many patients in our community; I saw firsthand the benefit this program provided for patients in need of medications when I was Medical Director at the Fairfield Community Health Center," Robert said. "I personally support the Fairfield Medical Center Foundation because I see the need every day and I want to do my part."

*When you give to FMC Foundation,
you make a difference!*

FMC Foundation Board of DIRECTORS

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Rick Szabrak

Craig Vandervoort

TOTAL ASSETS \$3,657,598



Cash
\$373,195



Equipment - Net
\$95,397



Planned Gifts Receivable
\$1,181,000



Investments
\$2,008,006

Where does the money go? TOTAL EXPENSES \$1,072,775



Direct Patient Assistance
\$169,477



Hospital Projects
\$4,466



Special Events Expenses
\$56,760



Grants and Scholarships
\$177,726



Operations
\$73,401



Salaries/Benefits*
\$263,280



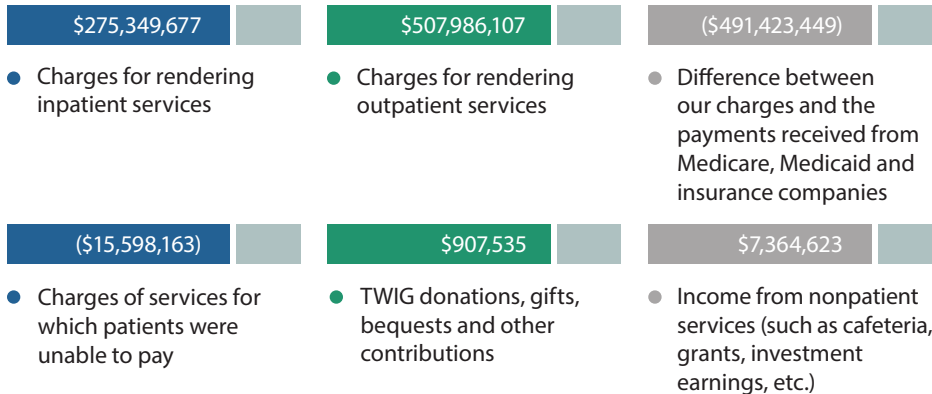
Wishes Gift Shop
\$263,472



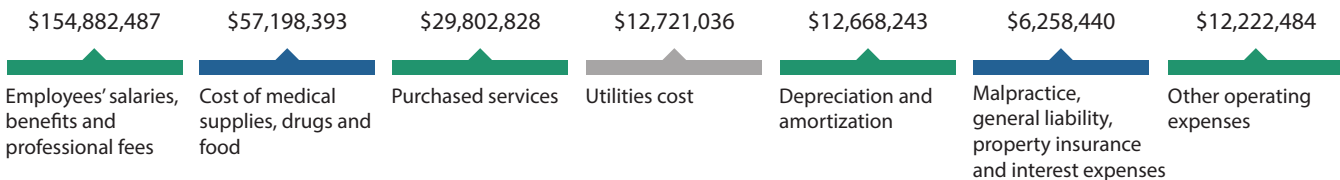
ScriptAssist
\$64,193

VITAL SIGNS: INDICATORS OF OUR FINANCIAL HEALTH

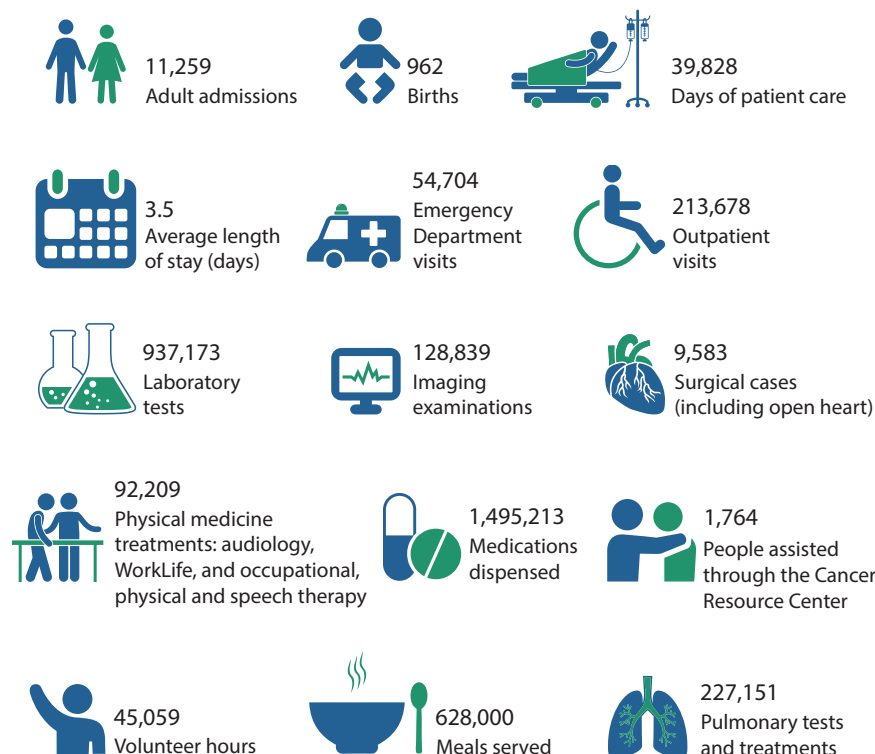
FINANCIALS



TOTAL RECEIPTS
\$284,586,330



STATISTICAL HIGHLIGHTS



Profit (loss) from operations
(\$1,167,581)

Income on funds held for future improvements in patient care and services
\$10,325,619

Profit (loss) to be invested in future improvement in patient care and services
\$9,158,038

CARING

Charitable & Uncompensated CARE

FOR OUR COMMUNITY

As a non-profit, 501(c)(3) organization, Fairfield Medical Center cares for patients regardless of their ability to pay. Below is an overview of our charity and uncompensated care data from 2017.

Hospital Care Assurance Program Cost: \$481,021

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

Bad Debt Cost: \$2,692,780

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

Charitable Care: \$1,775,095

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

Uncompensated Care: \$2,256,115

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

Shortfalls in Medicare Reimbursement: \$10,858,834

Business FMC Generated For Area Vendors: \$21,248,918

FMC Salaries Paid in 2017: \$117,588,528

Local Taxes Paid by, or on Behalf of, FMC Employees in 2017: \$3,068,641

Shortfalls in Medicaid Reimbursement: \$10,858,834





SUMMER 2018 Calendar



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

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
Registration is required, as dates are subject to change.
Price: \$40/family

Dates/Times:

July 9 – 5:30-9 p.m.
Aug. 6 – 5:30-9 p.m.
Sept. 3 – 5:30-9 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
Registration is required, as dates are subject to change.
Price: FREE

Dates/Times:

1st and 3rd 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: 740-687-8218 or mollyd@fmchealth.org
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

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

Location:

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

Registration: 740-687-8218 or mollyd@fmchealth.org
Registration is required, as dates are subject to change
Price: \$90/family

Weeknight Dates/ Times:

July 9, 16 & 23
5:30-9 p.m.

Aug. 6, 13 & 20
5:30-9 p.m.

Sept. 3, 10 & 17
5:30-9 p.m.

Two-Day Class Dates/ Times:

July 8 – 8 a.m.-3 p.m.
& July 9 – 5:30-9 p.m.

Aug. 6 – 5:30-9 p.m.
& Aug. 12 – 8 a.m.-3 p.m.

Sept. 2 – 8 a.m.-3 p.m.
& Sept. 3 – 5:30-9 p.m.

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

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
Price: \$40/family

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: 740-687-8218 or mollyd@fmchealth.org
Registration is required, as dates are subject to change.

Price: FREE

Dates/Times:

June 24 – 4-5:30 p.m.
July 29 – 4-5:30 p.m.
Aug. 29 – 4-5:30 p.m.
Sept. 23 – 4-5:30 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 navigation and same-day mammograms.

Registration: To schedule an appointment or request an FMC location, call 800-844-2564 or 740-593-2432.

Price: FREE

Date/Time:
Sept. 18

Location:
Fairfield Medical Cancer
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 from 3-5 p.m.
June 19 – July 24
Aug. 14 – Sept. 18

Location:
FMC Wellness Center
1145 E. Main 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. Class is open to children and teens ages 11-15.

Registration: Required.
Call 740-687-8477 or email resa@fmchealth.org
Price: FREE

Dates/Times:
June 16 – 8:30 a.m.-3:30 p.m.
July 13 – 8:30 a.m.-3:30 p.m.

Location:
Mid-level classrooms at FMC
401 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

Lancaster Relay For Life

Relay For Life is the signature fundraiser for the American Cancer Society. Join Fairfield Medical Center's team "Finding More Cures" and help raise money for cancer patients in our community.

Registration: <https://bit.ly/RelayforLifeLancaster>

Price: No cost to register

Dates/Times:
June 23 – 11 a.m.-midnight

Location:
Downtown Lancaster
bandstand, 104 N. Broad St., Lancaster

Individual & Family Counseling Appointments

FMC and Cancer Support Community Central Ohio have partnered to deliver evidence-based social/emotional support services to patients and families affected by cancer.

Registration: 740-687-6900 or email at balden@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

Healthy Lifestyle Solutions

Join us for a 6-week, dietitian-led weight management program.

Registration: Required. Call 740-687-8079
Price: \$100

Dates/Times:
Wednesdays, June 27-Aug. 15
– 5-6 p.m.

Location:
Fairfield Medical Center,
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
2nd Floor Suite 205
135 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

Nutrition Classes

Learn how to eat healthy during these one hour, one-time classes that focus on different nutrition topics.

Registration: Required.
Call 740-687-8079
Price: \$10

Dates/Times:
June 13 – 5 p.m. (Heart Healthy Cooking Demonstration)
June 20 – 5 p.m. (Fueling Your Workout)

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.

Required. Call 740-687-8477 or email resa@fmchealth.org
Price: \$35/person

Dates/Times:

July 14 – Noon-3:30 p.m.
Aug. 25 – Noon-3:30 p.m.

Location:

Fairfield Medical Center
401 N. Ewing St., Lancaster

CPR Classes

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

Required. Call 740-687-8477 or resa@fmchealth.org
Price: \$35/person

Dates/Times:

July 14 – 8:30 a.m.-noon
Aug. 25 – 8:30 a.m.-noon

Location:

Fairfield Medical Center
401 N. Ewing St., Lancaster



Healthfest

This fun-filled community event for all ages features free health screenings, food/craft vendors, inflatables, giveaways, health information and more. The event will include a Color Mile Fun Run.

Color Mile registration: Register at fmchealth.org. Price: The Color Mile is \$15 for participants 3 and up.

Date/Time:

Aug. 4 – 9 a.m.-2 p.m. The Color Mile begins at 11 a.m.

Location:

Fairfield County Fairgrounds
157 E. Fair Ave., Lancaster

Heart & Lung Run

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

Registration: Register online at fmchealth.org or on day of race

Entry Fee 5K: \$25 before

Aug. 10; \$30 day of race

Entry Fee 10K: \$30 before

Aug. 10; \$35 day of race.

Free for kids 12 and under.

Date/Time:

Aug. 25. Registration begins at 6:30 a.m., race begins at 8 a.m.

Location:

Wheeling and North Ewing Streets in Lancaster

Lancaster Festival Comes to FMC: Musical Medicine

Join us in the Main Lobby as a few members from the world-renowned Lancaster Festival Orchestra delights patients, visitors and staff with their talents.

Registration: Not required.

Price: FREE

Date/Time:

July 25 – 1 p.m.

Location:

Main Lobby
Fairfield Medical Center
401 N. Ewing 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:

June 25 – 6 p.m. (Healthy Eating While Dining Out)

July 30 – 6 p.m. (Insulin Resistance)

Aug. 27 – 6 p.m. (Things That Make Us Happy!)

Location:

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

Coaches' Clinic - Pupil Activation Validation (PAV) Certification Class

Participants will learn how to assess life threatening and non-life threatening injuries, as well as basic injury management and prevention. CPR Certification will be provided. Other general adolescent health and safety issues will also be covered.

Registration: 740-687-8276

Price: FMC Sports Medicine Affiliates will receive PAV and CPR certification free of charge. Non-affiliates will be charged a \$20 fee at time of event.

Dates/Times:

June 12 - 6-8:30 p.m. or July 10 - 6-8:30 p.m.

Location:

June 12 - Fairfield Medical Center, 401 N. Ewing St., Lancaster
July 10 - Fairfield Union High School, 6675 Cincinnati-Zanesville Road, Lancaster.



More info at fmchealth.org

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."**



Roy Brown, Jr., M.D.

FHP Urology

135 N. Ewing St., Lancaster
740-689-4945



Arthur F. Chau, M.D.

FHP Orthopedics

401 N. Ewing St., Lancaster
740-689-4935



Abhishek Julka, M.D.

FHP Orthopedics

401 N. Ewing St., Lancaster
740-689-4935



Srinivas Kolli, M.D.

FHP Gastroenterology

618 Pleasantville Road
740-689-4909



Derrick L. Reedus, Sr., M.D.

FHP Urology

135 N. Ewing St., Lancaster
740-689-4945



Jennifer Sielski, PA-C

Arbor View Family Medicine

2405 N. Columbus St., Lancaster
740-689-3627



A Few Exciting New Features



Waiting for your test results is a thing of the past. Within days you will have immediate access to your test results with your FHP provider's feedback.



Securely talk about your health with your FHP provider or healthcare team through your portal. Ask questions and request to schedule or view appointments.



Request prescription refills on the go or from your home for refillable medications through your FHP provider.



Get your health information on the go with the mobile app, HealtheLife.

THE MONITOR

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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.
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Milt Taylor

Laura Tussing

Lou Varga

Jeffrey Yenchar, M.D.

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Creative Director: Samantha Hendren

Photographer: Lisa Sells

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Katie Goodall

Mike Kallenberg

Tracy M. Kelly

Regina King

Lynne Lutz

Devon Marshall

Keely Pearce

Dina Reasoner

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 community.

Make an **IMPACT.**

Organized in 1957 by 32 members of the Women's Auxiliary of the American Legion, the Margaret Padden Memorial TWIG 12 was named in honor of a nurse who had served in France and Belgium during World War I and then served for many years as Fairfield County's public health nurse. In December 1975, the 40 members of the Margaret Padden Memorial TWIG 12 began donating nearly 10 hours each day, seven days a week, to operate the hospital's gift shop. Today, TWIG 12 members work in collaboration with the Wishes Gift Shop coordinator to help operate the shop, which is the perfect destination for sundries, gifts and more. TWIG 12 is passionate about the Fairfield Medical Center Foundation's Cardio Care fund and, as an ongoing project, provides the heart pillows for patients who have experienced a cardiac event.

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.**

