



Fairfield Medical Center

THE MONITOR

SUMMER 2017

Unstoppable

DRIVE

Patient overcomes stroke through
therapy, determination



Winner of the Gold Aster Award for Excellence in Healthcare Advertising

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SUMMER 2017



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THE MONITOR

Letter from the CEO

Take a moment to think about the best place you ever worked. Maybe it was your first "real" job out of college, or the last company you were with before you retired. Maybe it's a job you held for 30 years, or one you've only had a few months. What made that workplace so special? Chances are, it was a place that felt like the right fit – you liked your boss and colleagues, you were encouraged to grow, you were appreciated for going the extra mile, and you felt like you were making a difference.



At Fairfield Medical Center, we strive to be just that workplace for our employees. We want every member of our FMC family to want to come here, stay and one day look back on FMC as their favorite workplace. FMC works hard to give our patients and guests a great experience. The positive appeal for creating this type of environment leads to happier and more engaged employees who believe in our mission to provide the best care for our community.

Earlier this year, our efforts were rewarded when FMC was named one of the Top 10 Workplaces in Central Ohio by *Columbus CEO* magazine. The winning companies are selected annually through a nomination process that includes a confidential employee survey. The survey looks at indicators such as leadership, career opportunities, workplace flexibility, compensation and benefits. Every year, we encourage our staff to participate in this survey because we care about their happiness, their expectations, and also about you – our patients and guests. We know that employees who love where they work will project that happiness into everything they do, which in turn has a positive impact on every person they encounter throughout the day. That's one of the reasons why fostering a positive workplace is so important – it touches not just the people who work within our walls, but our customers, as well.

As you read the patient stories in this issue, you'll notice there is one common denominator behind why each of them had a positive experience at FMC: our staff. We often talk about the experience we provide to our patients, but it's an experience that would not be possible if we did not have dedicated, compassionate people who love – and are happy – doing what they do. We hope the next time you come through our doors, we can show you why we are one of the best workplaces in Central Ohio.



John R. "Jack" Janoso, Jr.

A full-page photograph of a man, Mike Diamond, standing on a golf course. He is wearing a blue and white striped polo shirt, dark shorts, a green cap, and sunglasses. He is holding a golf club and has a white golf glove on his left hand. A white golf ball sits on the grass in the foreground, and a golf hole is visible in the lower left. The background shows a body of water and some trees under a clear sky.

BACK ON COURSE

Like many residents of Buckeye Lake, Mike Diamond's life revolves around the water on which he resides and his favorite hobby – golfing.

So when persistent pain was keeping Mike, 70, from enjoying the active lifestyle he loves, he turned to FMC for answers, first by paying a visit to pain specialist Ron Linehan, M.D., of Precision Pain Care in Lancaster.

"I had gone on vacation to Fort Myers Beach in December and couldn't walk anywhere because of back pain," Mike said. "Dr. Linehan said it may be my hips that were causing the pain, so he referred me to FHP Orthopedics at Fairfield Medical Center."

In January, FMC teamed up with The Ohio State University Wexner Medical Center to open Fairfield Healthcare Professionals Orthopedics. The office is located on the first floor of Fairfield Medical Center and care is provided by orthopedic surgeons from Ohio State who see patients and perform inpatient and outpatient procedures at FMC. Through this arrangement, patients like Mike don't have to travel far from home to receive great orthopedic care.

"I thought if they can take care of the OSU players, they can take care of me," said Mike, an OSU grad. "So many people out here go to New Albany (for medical care), but I wanted to stay here."

Mike's doctor, Ryan Harrison, M.D., confirmed that it was Mike's hips that were causing his chronic pain. In February, Mike underwent a hip replacement at FMC and spent four days in the hospital's sixth floor orthopedic unit, which is one of eight Advanced Care Centers in the United States.

"The experience was great," Mike said. "I was in the hospital four days; on the first day, I could only take a few steps. By the fourth day, I was climbing stairs."

Mike said he liked how FMC prepares patients for surgery with the help of a total joint class that details exactly what the patient can expect before, during and after the procedure.

"The class was really good – it put me at ease," Mike said.

With each day, Mike's hip improved. By early spring, he was back on the green, his golf game as good as ever.

"I'm glad I stayed here for my care and I would recommend FMC to anyone in need of orthopedic surgery," Mike said.

"I'm glad I stayed here for my care and I would recommend FMC to anyone in need of orthopedic surgery."

Are you living with constant pain?

The FHP Orthopedics team's nationally recognized orthopedic surgeons and staff perform surgery in the following specialty areas:

- Foot and ankle surgery
- Hand and wrist surgery
- Hip surgery
- Knee replacement surgery
- Joint replacement
- Shoulder and elbow surgery
- Sports medicine
- Trauma

To learn more about FHP Orthopedics, call 740-689-4935 or visit fmchealth.org.



THE Root OF THE PROBLEM



Ron Ramey and his grandson, Jaxon, weed the garden at Ron's home while his wife, Ester Ramey, looks on.

Ron Ramey is not the type of person one would expect to narrowly avoid having a heart attack. At 82-years-old, the Lancaster resident doesn't smoke, eats healthy and remains active through yoga, water aerobics and gardening.

So when he started experiencing an on-and-off burning in his chest, he brushed it off, assuming it was just acid reflux.

"I would have periodic bouts of heartburn and take Tums to relieve it," Ron said. "But this time when it happened, the medicine didn't touch it."

The other symptom he said he missed was feeling tired and weak after spending just a few hours doing the yardwork he loves. When the on-and-off bouts of chest pain continued,

Ron decided he couldn't ignore it any longer and went to get checked out at Fairfield Medical Center's Emergency Department.

"I fortunately got to the hospital before I had a heart attack," Ron said. "They found that my artery was completely blocked, so I had a heart cath. They didn't think stents would be successful, which meant I would need bypass surgery."

When Ron learned that he needed heart surgery, he asked a former physician and friend whether he should go to Fairfield Medical Center or have the procedure done in Columbus.

"I asked him, 'what can they do for me in Columbus that FMC can't do here?' and he said 'nothing,'" Ron said.

Ron said his experience undergoing heart surgery at FMC was a very positive one, considering the circumstances. He particularly notes the remarkable care he received from his cardiologist, Jonathan Forquer, D.O., of Fairfield Healthcare Professionals Cardiology, and his cardiothoracic surgeon, P. Aryeh Cohen, M.D., director of Cardiothoracic Surgery at FMC.

"I had a good dialogue with Dr. Cohen; he allowed me to ask all kinds of questions and was patient with me," Ron said. "Between my cardiologist and my heart surgeon, the collaboration that went on was outstanding. I don't think any human being could have asked for more than what I got."

Ron said he also was impressed with the



nursing staff that cared for him during his hospital stay.

"The nurses were wonderful," he said. "You could tell they had read about me beforehand, and they were very competent and caring."

Ron recently completed his cardiac rehab at FMC. He is determined to get back to the healthy lifestyle he had before his surgery, and is thankful to FMC for the care they provided during a difficult time in his life.

"When I look back on my past experiences and this facility, it has made me realize how lucky we are to have Fairfield Medical Center here in our community," Ron said.

"I don't think any human being could have asked for more than what I got."



It is common for patients who suffer from acid reflux and heartburn to experience what is known as non-cardiac chest pain. Learn how you can distinguish between non-cardiac chest pain and chest pain that requires emergency attention:

Cardiac chest pain

- Is dull, constricting, choking, crushing, squeezing, burning or heavy
- Can cause severe shortness of breath (suffocating feeling), dizziness and blackouts
- Is in the center of the chest and can fan outward
- May radiate to the jaw, neck, shoulder, arms (one or both), back or upper abdomen
- May be triggered or exacerbated by exertion or emotion
- May exacerbate or be triggered by a large meal or extreme temperature
- Is relieved by rest and responds quickly to nitrates

If you are experiencing cardiac chest pain, call 9-1-1 immediately. **Do not drive yourself to the hospital.**

Non-cardiac chest pain

- Varies from sharp, stabbing and prickling
- May be away from the center of chest (patient can clearly identify if it is right-sided or left-sided)
- Is usually located at only one spot
- May be exacerbated by exertion (usually after rather than during activity)
- Is exacerbated by changes in posture, deep/rapid breathing or pressure
- Is typically not relieved significantly by rest, if at all
- Is slow or does not respond to nitrates

If you have already had your heart evaluated for chest pain, you could have gastroesophageal reflux disease (GERD). The Fairfield Medical Heartburn Center offers a complete assessment that can uncover disorders of the esophagus. To learn more, call the Heartburn Center at 740-689-6486.

Surviving the Unexpected

What was supposed to be the happiest moment of Rachael Hall's life ended up being one of the scariest when the new mom was diagnosed with a rare and serious condition just days after the birth of her first child.

As a labor and delivery nurse at Fairfield Medical Center, Rachael Hall has cared for many mothers who were diagnosed with preeclampsia during their pregnancies. This common condition, which usually begins around a mother's 20th week of pregnancy, is characterized by high blood pressure and typically resolves itself immediately after the baby's birth.

But for Rachael, her own personal experience with preeclampsia occurred, not during her pregnancy, but after her daughter, Hadley, was born.

"We were getting newborn pictures taken and the photographer made a comment that my feet were swollen," Rachael said. "I also had a very bad headache that day – the worst headache of my life. But when I checked my blood pressure, it was normal at 128/81."

The next morning, Rachael's headache was even worse and she had blurry vision. Scared that something might be seriously wrong with her, Rachael asked her husband to drive her to FMC's Emergency Department. As they walked from the car to the hospital entrance, Rachael's vision blurred to the point where she was unable to see where she was going.

"I barely made it through the front entrance when I blacked out," she recalls.

Rachael was immediately surrounded by doctors and nurses as she started to seizure. She remembers screaming in pain while her care team worked to figure out what was wrong with her. Unbeknownst to Rachael, she was suffering from post-partum preeclampsia, a rare form of preeclampsia that can develop as early as 48 hours after childbirth – and can lead to serious complications if left untreated.

"I woke up in the ICU and learned that my blood pressure reading – while normal for most people – was actually very high for me," Rachael said. "I was on the brink of organ failure."

Rachael remained in the ICU for 24 hours, where she was given magnesium sulfate, a medication that can prevent and treat low blood magnesium and seizures in women. She was later transferred to Labor & Delivery for three more days. Once she was discharged, it took several weeks for Rachael to regain her strength.

While it is unclear what causes post-partum preeclampsia, Rachael said she wonders if the stress that she was experiencing at the time may have exacerbated her condition.

"At the time, I had a lot going on – I was a new mom and I also was in grad school," Rachael said. "I don't know if the stress of both of those things had anything to do with what I experienced, but I believe it may have contributed to it."

Rachael said she is grateful that her colleagues at Fairfield Medical Center, including the Emergency Department staff, Labor & Delivery staff, ICU and her obstetrician James Guenther, D.O., were quick to diagnose and treat her so she could get back to her most important obligation – her family. She is now hoping to educate other moms about the warning signs of this dangerous condition; as a nurse, her experience has put her on high alert for signs of post-partum preeclampsia in the mothers she cares for every day.

"Being a labor and delivery nurse, you'd think I'd have known the signs, but I didn't," Rachael said. "I don't want another mom to go through what I did."

“Being a labor and delivery nurse, you’d think I’d have known the signs, but I didn’t. I don’t want another mom to go through what I did.”



Rachael Hall, pictured with her husband, Derek, and daughter, Hadley, has fully recovered after suffering from post-partum preeclampsia.

Preeclampsia

What it is: A potentially dangerous pregnancy condition that usually begins after 20 weeks of pregnancy in a woman whose blood pressure had been normal previously.

Symptoms: High blood pressure and protein in the urine are key indicators of preeclampsia. There also may be swelling in the legs and water retention.

Treatment: Preeclampsia can often be managed with oral or IV medications until the baby is mature enough to be delivered.

Source: mayoclinic.com

Post-partum preeclampsia

What it is: A rare condition that occurs when a woman has high blood pressure and excess protein in her urine soon after childbirth. Post-partum preeclampsia can occur up to six weeks post-partum.

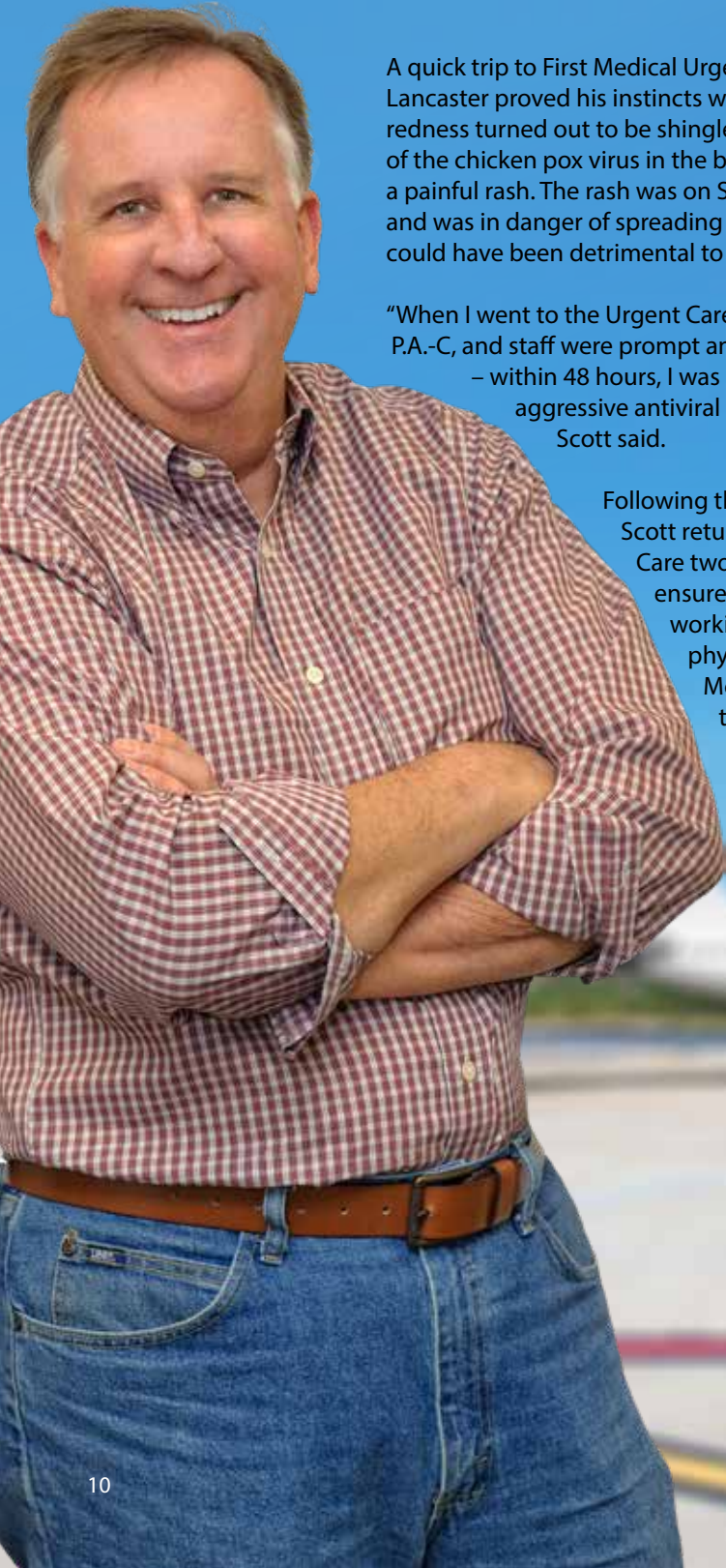
Symptoms: High blood pressure and excess protein in the urine are the key indicators. There also may be swelling in the face and limbs, severe headaches, changes in vision, upper abdominal pain, nausea or vomiting, decreased urination and sudden weight gain.

Treatment: Post-partum preeclampsia may be treated with medication to lower blood pressure or prevent seizures.

Cleared for Takeoff



As an airline pilot, Scott Richardson's vision is crucial to his job. So when he noticed a sudden redness above his eyes that wasn't improving after several days, he became worried.



A quick trip to First Medical Urgent Care in Lancaster proved his instincts were correct. The redness turned out to be shingles, a reactivation of the chicken pox virus in the body that causes a painful rash. The rash was on Scott's forehead and was in danger of spreading to his eyes, which could have been detrimental to his vision.

"When I went to the Urgent Care, Jen Brown, P.A.-C, and staff were prompt and compassionate – within 48 hours, I was on a fairly aggressive antiviral and steroids," Scott said.

Following that initial visit, Scott returned to the Urgent Care two more times to ensure the antiviral was working. The attending physician, Curtis McAnallen, M.D., then took it one step further by referring Scott on to Dr. Deepa Reddy, an

ophthalmologist with FHP Ophthalmology.

"The care and the follow-up were great," Scott said. "When all of this happened, it was Labor Day weekend; yet, the day after Labor Day – that Tuesday – I was able to get in to see Dr. Reddy."

Dr. McAnallen said a quick diagnosis and treatment for Scott was essential.

"We didn't want it going into his eye and, in terms of treatment, if you're on pain meds, you can't pilot a plane," Dr. McAnallen said. "So there were a lot of issues at play."

Scott said his experience has made him a proponent for both the Urgent Care and the shingles vaccine, which is recommended for ages 60 and older (see box).

First Medical Urgent Care is an affiliate of Fairfield Medical Center and provides walk-in medical care for all minor illness and injury, as well as X-rays, lab testing, EKGs, pulmonary function tests, sports physicals, minor wound repair, minor incision drainage and splinting.

What is the shingles vaccine?

The CDC recommends that people 60 years old and older get the shingles vaccine, Zostavax, to prevent shingles and post-herpetic neuralgia (PHN). The vaccine is recommended regardless of whether you have had chickenpox, which is caused by the same virus as shingles. If you have had shingles, you can still receive the shingles vaccine to help prevent further occurrences of the disease. To learn more about the vaccine, talk to your doctor or visit Zostavax.com.

Monday-Friday: 8 a.m.-8 p.m.

Saturday: 8 a.m. -6 p.m.

Sunday: Noon-6 p.m.

Here When You **NEED US**



First Medical Urgent Care provides walk in medical care for all minor illness and injury.

In addition, our services include:

- Minor illness & injury care
- X-rays
- Lab testing
- EKGs
- Pulmonary function tests
- Sports physicals
- Minor wound repair
- Minor incision & drainage
- Splinting

1201 River Valley Blvd, Lancaster, OH 43130

740-687-CARE (2273)



First Medical Urgent Care

an affiliate of Fairfield Medical Center



DRIVE

UNSTOPPABLE

When stroke patient Mike Landfried first met with his therapists at Fairfield Medical Center's Outpatient Therapy Services, he had a list of personal goals he wanted to achieve: he wanted to speak full sentences and improve his memory; he wanted to drive; he wanted, above all else, to be able to walk again.

"After my stroke, I heard more than once that I was never going to be able to walk again, but I was determined to not let that be the case," said Mike, 58, of Rockbridge.

Two years later, Mike has not only achieved all of those initial goals, but he's setting new ones thanks to sheer determination and a dedicated team of speech, occupational and physical therapists at FMC's Outpatient Therapy Services.

"They wanted me to do good, and they did good by me, too," Mike said of his FMC therapy team. "We worked as hard as we could and never looked back."

Despite his memory issues, Mike can recount in detail what happened the day he experienced the stroke that would temporarily rob him of his ability to walk

and talk. He recalls getting up early for work, saying goodbye to his wife, Julie, and then sitting in the living room until it was time to leave.

That's when everything went black.

"I woke up two hours later on the floor and I couldn't talk or move," Mike said. "I could hear the phone ringing and my dog was licking my face. I noticed that she would look at the phone and then look back at me."


Mike knew that his survival greatly depended on him getting to the phone before it stopped ringing. He tried to crawl, but when that didn't work, he rolled from his back onto his stomach and dragged himself across the room.

"I could hear the voice of my boss on the other end," said Mike, a former crane

operator for Ironfab in Columbus. "I couldn't talk to him, but I could hear his voice. He said, 'I don't know what's wrong with you, but I'm calling for help.' I had never been late for work a day in my life, so when I hadn't shown up that morning, he knew something was wrong."

Mike's boss alerted 9-1-1 and then Mike's family, who rushed over to stay with him until help arrived. Mike was transported by helicopter to Riverside Methodist Hospital and then to The Ohio State University Wexner Medical Center, where he remained for the first part of his recovery.

The months that followed were challenging for Mike. His language was altered to the point where he initially could only speak curse words. He couldn't walk or raise his arms. His chest hurt constantly. During his time at Ohio

A man and a woman are sitting on a golf cart outdoors. The man is wearing a bright yellow t-shirt with a graphic that says "HOLDS HERE" and a baseball cap. The woman is wearing a grey v-neck shirt. A small, scruffy dog is sitting between them. They are all smiling. The background shows trees and foliage.

"I CAN'T DO SOME OF THE THINGS I DID BEFORE, BUT I CAN DO OTHER THINGS I NEVER THOUGHT WERE POSSIBLE."

State, he had a stent procedure. When doctors discovered a separate issue with his heart, they put in a pacemaker and defibrillator.

"One day, I overheard one of the doctors say, 'his arm and his leg aren't good, he probably won't walk again or be able to raise his arm,'" Mike recalls.

Those words were all it took to light a fire inside of Mike. When he started his therapy, first at Ohio State and then at FMC's Outpatient Therapy Services, he decided he was going to do whatever it took to recover from his stroke.

Joel Burns, a physical therapist assistant at FMC's Occupational Therapy Services, said Mike's determination to overcome his stroke was inspiring.

"We kept finding new ways to challenge him to help him achieve his goals and he never backed down from that challenge" Joel said.

Denise Jones, also a physical therapist

assistant at FMC's Outpatient Therapy Services, agreed that Mike's dedication to therapy was apparent early on.

"The work he has put into therapy has helped him tremendously," Denise said. "If we told him to do stuff at home, he would do it, and then do it again."

Following the completion of Mike's therapy, the staff invited him to take part in their Independent Exercise program, which allows motivated patients to continue to use the equipment whenever they want for an extended period of time.

"The staff has been tremendous; the entire time, they continued to encourage both him and me," Julie said. "They are an awesome group of people, and like family to us."

Mike said being able to participate in the Independent Exercise program following the completion of his therapy has been truly instrumental in his recovery process. Today, he's walking without a

cane and is more flexible than he was before the stroke.

"I can't do some of the things I did before, but I can do other things I never thought were possible," Mike said. "Every day when I go to Outpatient Therapy Services, they ask me how I'm doing and what I'm going to do today. They do it because they care and for that, I'm grateful."

Megan Fowler, Mike's speech therapist at FMC, said Mike has since become an advocate for others in stroke recovery.

"I have passed by him time and time again in our gym while he is listening to and encouraging another patient in their recovery," Megan said. "He understands the importance of the rehabilitation process and is quite convincing to others who may have their doubts. Mike's motivation to improve his own communication skills and share his experience in an effort to help others is optimism at its finest."

A man and a woman are smiling at each other. The man is wearing a grey baseball cap and a bright yellow t-shirt with a graphic that says 'FEEL THE THUNDER'. The woman is wearing a grey v-neck shirt. They are standing outdoors, possibly near a vehicle.

STROKE SIGNS

Stroke is a disease that affects the arteries leading to and within the brain. It is the No. 5 cause of death and a leading cause of disability in the United States. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures). When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it and brain cells die.

Use the letters in “FAST” to spot stroke signs and know when to call 9-1-1.

F – Face. Does one side of the face droop or is it numb? Ask the person to smile. Is the smile uneven or lopsided?

A – Arm weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S – Speech difficulty. Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence – can they correctly repeat the words?

T – Time to call 9-1-1. If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and let the operator know that you think the person is having a stroke. Time is important! Don't delay, and also note the time when the first symptoms appeared. Emergency responders will want to know.

A Cause Worth Riding for

There are two things that FMC nurse Valerie Shaw loves – riding her horse, Georgie, and being able to give back to others. Last fall, she was able to combine both of her passions to support a cause that is near and dear to her heart: Fundraising for the advancement of medical care for cardiac patients.

“For years I have ridden horses with my friend Peggy Sisson, a former fellow nurse at FMC,” said Valerie, who has worked on FMC’s Progressive Care Unit for 13 years. “We were looking for new places to ride and came across the American Heart Association’s Annual Beach Ride in Myrtle Beach. We thought it would be a great idea to raise money for a ride with a cause; we both work with a lot of cardiac patients and have family members with heart disease.”

The Beach Ride is the largest trail ride on the beaches of South Carolina, attracting more than 1,200 participants annually. The Beach Ride has funded more than \$4 million of research and educational projects for the AHA.

Preparing for the ride was a massive undertaking – Valerie and Peggy had 10 months to raise enough money to reach their goal of \$1,500. They raised \$1,200 through garage sales and online and personal donations – then were pleasantly surprised when FMC made a \$500 donation, which helped push them over their goal.

“When I told others about our plans to ride at Myrtle Beach and why, I was thrilled to see how generous my family, coworkers, physicians, friends and FMC were,” Valerie said. “At the closing

awards ceremony, we heard stories from survivors of heart disease, and it felt good knowing our efforts were making a difference.”

Valerie said the ride itself – which took place in November – was an experience she will never forget.

“My horse, Georgie, had never seen the ocean and wasn’t sure what to think about the noisy and strange-moving water,” Valerie said. “It was a lot different than the wooded trails she’s used to us riding, but she seemed to take courage from the other hundreds of riders scattered along the 10-mile stretch of beach.”

Valerie said the ride was a truly personal experience for her – her grandfather died at a young age from congestive heart failure and her father is a heart attack survivor who has undergone bypass surgery.

“With the new treatments that heart disease research provides, our family is blessed to still have my dad with us,” Valerie said. “And being a nurse in the Progressive Care Unit, I’ve seen so many patients benefit from the advancements in heart care. It feels good to be able to give to an organization that will, in turn, help my patients. It has truly come full circle.”

The 36th Annual American Heart Association Beach Ride is scheduled for Nov. 1-5 in Myrtle Beach, South Carolina. To learn more, visit AHABeachRide.com.



A second CHANCE at

When Don Dupler first came face-to-face with vascular surgeon Krishna Mannava, M.D., he didn't realize he was meeting the physician who would end up saving his life – twice.

It was 2012 and Don had just been admitted to FMC following a pancreatic attack. A CAT scan revealed that in addition to an inflamed pancreas, Don also had an abdominal aortic aneurysm – one of the largest doctors at FMC had ever seen.

"All of my organs were attached to the aneurysm, and because of its size and proximity to my kidneys, they had to do surgery," said Don, a Lancaster resident. "What stands out most about that day is Dr. Mannava standing there and being so calm about the whole situation. He was in complete control, and that's what got me through it."

An abdominal aortic aneurysm (AAA) is a potentially life-threatening condition that is often discovered while a patient is being treated for something else. Small aneurysms need regular monitoring, but larger aneurysms, like the one in Don's case, require surgery.

Following the surgery, Don resumed his normal activities, including volunteering at the front desks of both FMC and River View Surgery Center in Lancaster. It would be nearly five years before Don would come to FMC again as a patient – but this time, the situation was much more serious.

On the night of January 10, Don's wife, Dee, called 9-1-1 when Don's blood pressure plummeted. Don also had been experiencing severe back pain that day. When Don arrived at FMC, despite his rapidly deteriorating condition, he was able to make one request: he asked staff to call in the surgeon who had taken care of him back in 2012. Staff members agreed to Don's request and alerted Dr. Mannava, even though the surgeon was not on call that night.

"I said, 'If you call Dr. Mannava, he'll come,'" Don said. "And at 9 p.m., he was there."

Don's situation was grim. His AAA had ruptured due to a sudden tear between the metal and fabric of his previous graft and he was bleeding internally. Only about 1 in 5 people survive a ruptured



abdominal aortic aneurysm, and Don's body was quickly shutting down. He was immediately rushed into surgery, where Dr. Mannava repaired the AAA. Don's recovery included 13 days in the ICU, and three days in PCU.

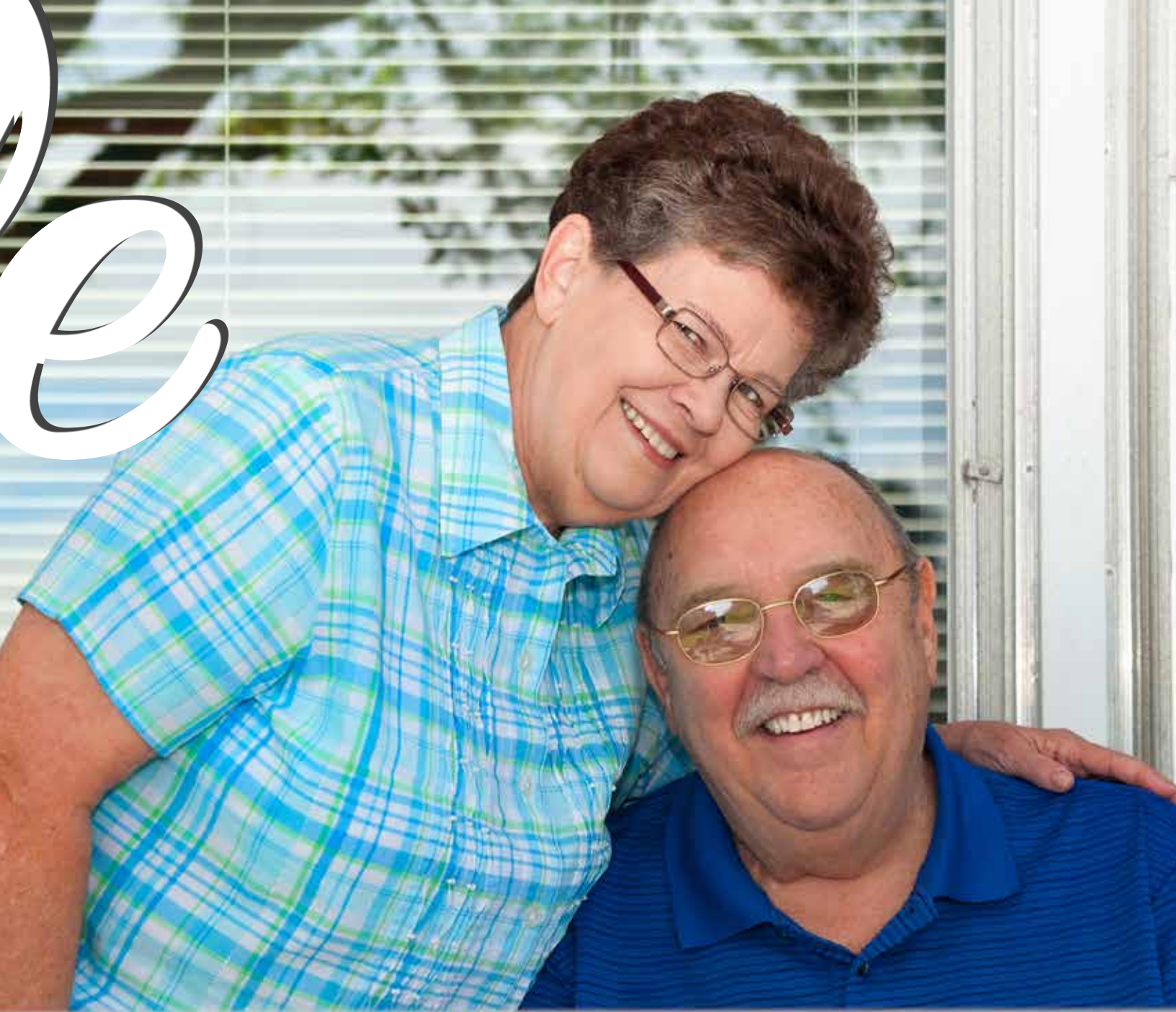
"Even though Don was awake and talking, there were signs that he was rapidly bleeding," Dr. Mannava said. "Don is like a family member and we were going to do anything in our power to take care of him. Together with efficient and simultaneous resuscitation by Dr. David Conley, we were able to quickly identify the problem related to his old graft and crafted a solution to repair it using a minimally invasive technique."

Months after his health scare, Don has regained most of his strength and is back to volunteering at the hospital where his life was saved due to the quick action of his care team. When he sees the staff members who treated him back in January, he is reminded of Psalm 107:20, which reads:

"He sent out his word and healed them; he rescued them from the grave."

Dr. Krishna Mannava visits with Don Dupler during Don's volunteer shift at the North Information Desk at FMC.





What is an abdominal aortic aneurysm (AAA)?

An AAA is an enlargement of the aorta, the main blood vessel that delivers blood to the body, at the level of the abdomen. An AAA is most common in older men and smokers and can be life-threatening if it bursts. It grows slowly, exhibiting little to no symptoms. Some people may notice a pulsating feeling near the navel. Sudden pain in the back, belly or side may be signs of an impending rupture.



Cancer-Centered Care

For more information, visit us online at fmchealth.org

Undergoing treatment for cancer can be overwhelming, emotional and scary for patients. That's why Fairfield Medical Center and the Fairfield Medical Center Foundation wanted to create a specialized cancer care center where patients undergoing treatments could easily access all of the services they need in one location.

That vision became a reality last summer when Fairfield Medical Center opened its Cancer Care and Infusion Center inside the Pavilion, located off Ewing Street on the FMC campus. The FMC Foundation donated \$130,000 to the center, which 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.

"The FMC Foundation is honored to support the compassionate, patient-centered care made possible through the Cancer Care and Infusion Center," said Tracy Kelly, executive director of the FMC Foundation. "Comprehensive cancer treatments at Fairfield Medical Center allow patients to receive specialized care close to their homes and families. Recognizing and respecting the diverse physical and emotional needs of cancer patients is part of the exceptional care made available through the FMC family. The FMC Foundation is proud to play a role in improving access to empathetic, high-quality medical treatment in our community."

Prior to the Cancer Care and Infusion Center, cancer services were scattered throughout the main hospital, and the Cancer Resource Center was located off campus on Forest Rose Avenue in Lancaster – a less-than-convenient set-up for patients.

"Now everyone they need to see for their treatment and care – from oncology nurse navigators to an oncology-trained social worker to a financial counselor – is right here within the Cancer Care and Infusion Center," said Ivy O'Neal, manager of Cancer

Services. "We can now come to the patients instead of them coming to us."

Patient Paula Tipple first underwent chemotherapy at FMC in 2009 before FMC's cancer services were all under one roof.

"I had to go and search for everything; I had to buy my wig online and go to Canal Winchester for medical supplies," said Paula, who now receives her treatments at the new center. "The first time I walked through the doors of the Cancer Care and Infusion Center, I thought, 'this is amazing ... everything is in one place, which makes it so much easier.'"

Convenience and privacy were the key reasons behind the formation of the Cancer Care and Infusion Center. Prior to the move, cancer patients shared a waiting area with other doctors' offices. Now, patients have their own dedicated, private waiting area and pharmacy, and their doctors are conveniently located on the third floor. The formation of the Cancer Care and Infusion Center also allowed space for additional treatment rooms so that more patients can receive their care locally.

"Things that we couldn't have before, we can now have here," Ivy said. "With the help of the FMC Foundation, we can expand upon the care and programs we provide to our cancer patients."



Paula Tipple (left) holds hands with FMC volunteer Theresa Griffith during a recent chemotherapy session in the Cancer Care & Infusion Center.

WHY GIVE?

Your contribution, no matter what size, goes a long way to help us keep important medical services right here in our community. By supporting the Fairfield Medical Center Foundation, you are making a difference that could benefit you, your family, or a neighbor in need. The Foundation is a 501(c)(3) tax-exempt organization, so all donations are tax deductible. For more information about how to give through the FMC Foundation, call 740-687-8107.

Awards & Recognition



March 2017

CELEBRATION OF POSSIBILITIES AWARD

presented to Janet Cooper, compensation analyst with FMC Human Resources, by the Fairfield Department of Developmental Disabilities. Janet serves as the Business Liaison for Project SEARCH and has been involved with the program since 2009

April 2017

• **Top 10 Workplace in Central Ohio** – awarded to Fairfield Medical Center by *Columbus CEO* magazine. This award recognizes companies for creating and maintaining environments where employees feel appreciated, engaged and energized to do their best work

• **2017 Melvin Creeley Environmental Leadership Award** presented to FMC by the Ohio Hospital Association. FMC is one of nine hospitals in Ohio to be honored on Earth Day for environmental leadership and stewardship.



May 2017

• **2017 Ohio School Board Association Business Honor Roll Award** – presented to Fairfield Medical Center by Lancaster City Schools. The award recognized FMC for its contribution to the district and its exemplary service to the community (pictured left: Leigh Spring, FMC certified athletic trainer; Pam Bosser, LCS athletic director; Adam VanDyke, FMC orthopedic business development director; Kelly Marion, director of cardiovascular services at FMC and FMC physician Ralph Romaker, M.D.).

• **Get With The Guidelines® – Stroke Silver Plus award** – awarded to FMC by the American Heart Association/American Stroke Association for FMC's commitment and success in implementing a higher standard of stroke care and ensuring that stroke patients receive treatment according to nationally accepted standards and recommendations.

• **Health Systems Excellence Award** – awarded to FMC by the American Cancer Society, East Central Division Awards Committee. This award recognizes a healthcare facility's exemplary support in advancing the fight against cancer.

• **Gold Aster Award for Excellence in Healthcare Advertising** – awarded to FMC by the Aster Awards Program in recognition of the Fall 2016 issue of *The Monitor*. This award recognizes the nation's most talented healthcare marketing professionals for outstanding excellence in advertising, marketing and communications.

VITAL SIGNS: INDICATORS OF OUR FINANCIAL HEALTH

FINANCIALS



\$257,833,207

- Charges for rendering inpatient services

\$514,462,048

- Charges for rendering outpatient services

(\$484,085,241)

- Difference between our charges and the payments received from Medicare, Medicaid and insurance companies

(\$17,902,014)

- Charges of services for which patients were unable to pay

\$124,272

- TWIG donations, gifts, bequests and other contributions

\$7,248,415

- Income from nonpatient services (such as cafeteria, grants, investment earnings, etc.)

TOTAL RECEIPTS

\$277,680,687

\$142,881,649

Employees' salaries, benefits and professional fees

\$61,610,126

Cost of medical supplies, drugs and food

\$27,514,382

Purchased services

\$12,443,699

Utilities cost

\$13,826,861

Depreciation and amortization

\$6,241,121

Malpractice, general liability, property insurance and interest expenses

\$11,722,591

Other operating expenses

STATISTICAL HIGHLIGHTS



10,088
Adult admissions



944
Births



37,492
Days of patient care



3.7
Average length of stay (days)



57,126
Emergency Department visits



211,037
Outpatient visits



950,699
Laboratory tests



123,020
Imaging examinations



11,317
Surgical cases (including open heart)



80,721
Physical medicine treatments: audiology, WorkLife, and occupational, physical and speech therapy



1,459,495
Medications dispensed



1,321
People assisted through the Cancer Resource Center



40,118
Volunteer hours



553,000
Meals served



231,928
Pulmonary tests and treatments



Profit (loss) from operations
\$1,440,258

Income on funds held for future improvements in patient care and services
\$3,405,671

Profit (loss) to be invested in future improvement in patient care and services
\$4,845,929

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 the previous year.

Hospital Care Assurance Program

Cost: \$652,308

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: \$2,835,872

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

Charitable Care: \$1,818,033

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: \$2,470,341

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

Shortfalls in Medicare

Reimbursement: \$1,047,834

Business FMC Generated For Area

Vendors: \$17,675,686

FMC Salaries Paid in 2016: \$111,425,983

**Local Taxes Paid by, or on Behalf of,
FMC Employees in 2016: \$2,908,207**

Shortfalls in Medicaid

Reimbursement: \$9,986,119





Fairfield Medical Center
FOUNDATION

YOUR FRIENDS. YOUR FAMILY. YOUR

When you give to your FMC Foundation...



Meet Eleanor and Henry...

Dr. Henry and Eleanor Hood are committed to the betterment of their community through volunteerism, advocacy and investment. Many organizations that do good works have benefited from the Hoods' generosity and leadership because they understand that taking a holistic approach to charity is a sure-fire way to make an impact on their community. A retired doctor, business owner, and passionate volunteer and founder of By the Way Medical Clinic in Lancaster, Dr. Hood and Eleanor value community healthcare and support programs like ScriptAssist by investing in the Fairfield Medical Center Foundation. "The inspiration to give comes from the understanding that there is a need," Dr. Hood said. "People who recognize that need usually want to help meet the need and solve the problems. That is how Eleanor and I have always been inspired by the charities we support. We appreciate that FMC is a community hospital and that philanthropy is vital to keeping it that way. That's why we are proud to support our FMC Foundation."

Christa has always been an active member of her community and a friendly face around town, working at Fairfield Federal Savings & Loan for 32 years. But last year, her life changed when her family doctor told her that something had been found during her annual mammogram. After three surgeries and a round of radiation, Christa thought, "What now?" She decided two things: she was going to get healthy and she was going to give back by spending Thursday afternoons volunteering at FMC's Cancer Resource Center. "I give back to Fairfield Medical Center through my FMC Foundation's Cancer Care Fund because my heart is filled with gratitude," Christa said. "All of the people – the doctors, the nurses, the techs – who cared for me, they made the worst experience a little easier. They gave me hope. I want to do that for someone else." When you support your FMC Foundation, you can be like Christa – giving hope while giving back.



Meet Christa...

Where does the money come from?

TOTAL INCOME \$1,357,241



Direct Public Support
\$239,873



Special Events
\$152,138



Wishes Gift Shop
\$170,691



Cardiovascular Care Fund
\$5,833



FMC Contributions*
\$331,965



TWIG Contributions
\$245,521



Grants
\$68,704



Cancer Care Fund
\$16,368



Investment Income
\$126,148

*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.

...You make a difference!



Meet April...

Four years ago, right before Christmas, April got really sick. After being rushed from Logan to Fairfield Medical Center, Dr. Jarrod Bruce, a pulmonary critical care specialist, checked her out. He discovered that in addition to her already existing asthma, she had a collapsed lung caused by previously unknown allergies to her beloved dog and cats. April was worried about how she was going to pay for the medications to treat both the collapsed lung and the asthma – until Dr. Bruce told her about FMC Foundation's ScriptAssist program. "If it wasn't for ScriptAssist, I wouldn't be able to afford any of my medications or play with my son," April said. Thanks to your FMC Foundation's ScriptAssist program, April can literally catch her breath – and her 8 year-old son, Avery.

Merle had insurance and was shocked when he realized that his doctor-recommended cardiac rehab would be more than \$100 a week after open heart surgery. "If the Heart and Lung fund hadn't been there to help, I probably would have skipped the rehab," Merle said. "I knew I needed it to help me get well, but that is a lot of money and I am on a fixed income." The FMC Foundation proudly supports cardiovascular care and the Heart and Lung fund so that patients who fall between the cracks have access to quality rehabilitative care without the financial burden that can hinder the healing process. At your FMC Foundation, we strive to remove barriers to care and promote access to services that can help patients lead healthy, productive lives.



Meet Merle...

FMC Foundation Board of DIRECTORS

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Maris Mahler







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Jamie Culver

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John R. "Jack" Janoso, Jr.
Sky Gettys

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Temple Custer Montanez
Phil Settecase
Brenda Shamblin
Rick Szabrak
Laura Tussing
Craig Vandervoort

TOTAL ASSETS \$2,516,973

	Cash
	\$244,500
	Accounts Receivable
	\$1,518
	Endowment Fund
	\$1,539,339
	Equipment
	\$105,622
	Planned Gifts Receivable
	\$506,000
	Investments
	\$1,659,333

Where does the money go?

TOTAL EXPENSES \$1,210,403



Direct Patient Assistance
\$276,147



Grants and Scholarships
\$207,042



Wishes Gift Shop
\$172,965



Hospital Projects
\$158,626



Operations
\$58,809



Special Events Expenses
\$49,510



Salaries/Benefits*
\$287,304



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:

Aug. 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:

Aug. 6 – 5:30-8:30 p.m.

Sept. 25 – 5:30-8:30 p.m.

Oct. 9 – 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 OB 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:

Mondays, Aug. 14, 21 and 28 – 5:30-8:30 p.m.

Mondays, Sept. 11, 18 and 25 – 5:30-8:30 p.m.

Mondays, Oct. 9, 16 and 23 – 5:30-8:30 p.m.

Two-Day Class Dates/Times:

Saturday, Aug. 5 – 8 a.m.-3 p.m. & Sunday, Aug. 6 – 5:30-8:30 p.m.

Sunday, Sept. 17 – 8 a.m.-3 p.m. & Monday, Sept. 25 – 5:30-8:30 p.m.

Sunday, Oct. 1 – 9 a.m.-4 p.m. and Monday, Oct. 9 – 5:30-8:30 p.m.

To register for online classes, call 740-687-8218 or

mollyd@fmchealth.org. Price is \$90/family

Maternity Tour

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

Registration: 740-687-8218

Price: FREE

Dates/Times:

Aug. 10 – 6-7:30 p.m.

Sept. 7 – 6-7:30 p.m.

Oct. 17 – 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:

Aug. 14 – 10 a.m.-noon
Sept. 11 – 5:30-7:30 p.m.
Oct. 9 – 10-noon

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

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:

Aug. 26 - 8:30-noon
Sept. 9 - 8:30-noon
Oct. 14 - 8:30-noon

Location:

Fairfield Medical Center
401 N. Ewing St., Lancaster



Gynecological Cancer Education Information & Caregiver Support Group

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

Registration: 740-277-6941
Price: FREE

Date/Time:

Oct. 3 – 6 p.m. (Nutrition)

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-noon

Location:

FMC Wellness Center
1145 E. Main St., Lancaster

Heart & Lung Run

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

Registration: fmchealth.org

Entry Fee 5K: \$25 pre-race;

\$30 day of race

Entry Fee 10K: \$30 pre-race;

\$35 day of race. Free for kids 12 and under

Dates/Times:

Aug. 26. Registration begins at 6:30 a.m., race begins at 8 a.m.

Location:

Race starts and finishes on the corner of Wheeling and North Ewing Streets in 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:

Aug. 28 – 6 p.m. (Be a Diabetes Detective)
Sept. 25 – 6 p.m. (Potluck)
Oct. 30 – 6 p.m. (Baking & Cooking With Sugar Substitutes)

Location:

Assembly Rooms at FMC
401 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

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

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

Prostate Health Education Group of Fairfield County

Learn about prostate cancer screening, early detection, treatment choices and side effects. Patients are encouraged to share their experiences. Meetings often include health professionals as guest speakers.

Registration/more information: 740-503-0086
Price: FREE

Dates/Times:

Aug. 14 – 7-9 p.m.
Sept. 11 – 7-9 p.m.
Oct. 9 – 7-9 p.m.

Location:

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

Cooking With Heartburn: A Culinary Experience

Come dine with FMC Chef Will Parker 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 Jeffrey Yenchar, M.D., of the Fairfield Medical Heartburn Center.

Registration: RSVP by Sept. 25 to 740-689-6839.
Price: \$10 per person

Date/Time:

Oct. 3 – 6:30-8:30 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:

Aug. 26 – Noon-3:30 p.m.
Sept. 9 – Noon-3:30 p.m.
Oct. 14 – Noon-3:30 p.m.

Location:

Fairfield Medical Center
401 N. Ewing St., Lancaster

Opioid Addiction Symposium

The opposite of addiction is connection. Join us for this two-day symposium to learn how you can play a part in combating opioid addiction in our community.

Registration: Call 740-689-4420 by Aug. 10 or register online at fmchealth.org/OpioidAddiction.aspx
Price: \$25 for one day or \$40 for both days.

Dates/Times:

Aug. 17 & 18 – 8 a.m.-4 p.m.

Location:

Crossroads, 2095 W. Fair Ave.,
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:

Aug. 15 – 6-7:30 p.m.
Sept. 20 – 6-7:30 p.m.
Oct. 11 – 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 (narcan) kit upon completion of a training.

Registration: Not required.
Price: FREE

Dates/Times:

Oct. 18 – 5-7 p.m.

Location:

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

Healthfest

This fun-filled community event for all ages features free health screenings, food/craft vendors, giveaways, health information and 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. 5 – 9 a.m.-2 p.m. The Color Mile begins at 11 a.m.

Location:

Fairfield County Fairgrounds
157 E. Fair Ave., Lancaster

Fairfield Medical Center Foundation Food & Wine Tasting

Join us for an evening of wine, tapas, fundraising and live music.

Registration: Call your FMC Foundation at 740-687-8107
Price: \$50

Date/Time:

Sept. 14 – 5:30-8:30 p.m.

Location:

Lancaster Country Club
3100 Country Club Road,
Lancaster



New Faces

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

Looking for a provider? The right one is just a click away. Go to fmchealth.org and click "Find a Provider."



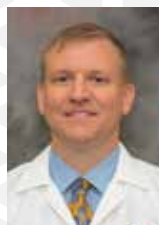
Safdar Khan, M.D.
FHP Orthopedics
740-689-4935



Jill H. Rice, D.O.
FHP Internal Medicine
740-689-4470



Tammy Messbarger-Slicer, CNP
FHP Vascular Surgery
740-687-6910



James A. Wright, PA-C
FHP Orthopedics
740-689-4935



Micayla Zeltman, PA-C
FHP Orthopedics
740-689-4935

2017

Fairfield Medical Center

HEALTHFEST
COMMUNITY • HEALTH • FUN • COLOR MILE

SATURDAY, AUG. 5th 9 A.M.-2 P.M.

@ FAIRFIELD COUNTY FAIRGROUNDS

FREE HEALTH SCREENINGS

FOOD VENDORS

CRAFT VENDORS

COLOR MILE FUN RUN

GIVEAWAYS

HEALTH INFORMATION

INFLATABLE OBSTACLE COURSE

AND MORE!

FMCHEALTH.ORG

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Phil Settecase

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.**

Operated by TWIG 2, the Bargain Boutique was established in 1948 and is Lancaster's oldest consignment shop. Located at 1724 E. Main Street in Lancaster, the Bargain Boutique features small household items and fine-quality clothing for men, women, and children.

Like TWIG 2, other groups of women known as the "TWIGS" have formed a strong network that is dedicated to transforming healthcare at Fairfield Medical Center. The impact of the collective power of the TWIGS has produced more than \$4.2 million, 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.

Bargain Boutique Hours of Operation: Wednesday 10 a.m.-4 p.m. and Thursday-Saturday 10 a.m.-2 p.m. Consignments are accepted every Saturday from 10 a.m. to noon. All proceeds enable the dedicated members of TWIG 2 to assist FMC in purchasing needed equipment and supplies for the Emergency Department.

*For more information about your
FMC Foundation, visit fmchealth.org*

