



Fairfield Medical Center

THE MONITOR

FALL 2020



FACES FROM THE
FRONTLINES

Contents

FALL 2020



8

4 A CRUCIAL CALL

A fall at work brought on a series of events that Mike Miller never expected. Luckily, the decisions made by his care team at FMC were critical in ensuring that he would make a quick recovery.

8 THE BOND OF MOTHERHOOD

When Shannon Russell experienced a frightening complication shortly after the birth of her daughter, she felt comforted knowing her OB/GYN would see her through it every step of the way.

Get to Know Us

 Facebook.com/FMCHHealth

 @FMCHHealth

 @fairfieldmedicalcenter

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.**



17

17 HEROES & HOPE IN UNCERTAIN TIMES

Even in the scariest of times, there are always people who are working to make the situation better. Read five stories of patients, employees and providers who have made a difference for others during COVID-19.

Editor's Notes: Due to event cancellations through the remainder of 2020, we have removed our events calendar from this issue. For 2021 event information, visit fmchealth.org.

Some of the photos featured in this issue were taken prior to COVID-19, or before social distancing and face mask recommendations and mandates were in place.



On the Cover

12: FACES FROM THE FRONTLINES

Devon Marshall, emergency management coordinator, and 15 other FMC staff members share how their roles have been impacted by COVID-19.



22 HEART OF THE COMMUNITY
Sudden cardiac arrest (SCA) survivor Scott Hardwick nearly died multiple times in one day, but the quick thinking and action of multiple caregivers saved his life.

26 CONNECTION IN A CRISIS
At the urging of her primary care provider, Carla Yantes sought emergency care for an issue that she thought was minor. The decision ended up saving her life.

In Every Issue

25: Healthy Habits

29: Foundation Spotlight

30: New Providers

31: Volunteer Spotlight

LETTER FROM THE PRESIDENT & CEO

John R. "Jack" Janoso, Jr.

They say every generation has its defining moment – the stock market crash of 1929, the attack on Pearl Harbor, Neil Armstrong walking on the moon, the fall of the Berlin Wall. Do you remember where you were on the morning of Sept. 11, 2001? I certainly do and have witnessed how the world has changed as a result of that tragedy. This impactful and sustained change is what constitutes a generation-defining moment.

Whether positive or negative, generation-defining moments are powerful because they shape the way we live our lives moving forward. We're experiencing one of these moments right now with the COVID-19 outbreak. Our world is changing, and so are we. In the past seven months, we have experienced fear, anxiety, economic hardship, sadness, illness and heartbreak. But we have also witnessed an outpouring of kindness, solidarity, heroism and sacrifice for the good of others.

Sometimes it's hard to see the positive when so much around you is negative. However, there have been moments of light among the darkness. This outbreak has highlighted the selflessness and perseverance of essential workers everywhere – healthcare staff, grocery store clerks, farmers, truck drivers, the list goes on and on. It's shown us the generosity of strangers, whether they're donating food, sewing masks or shopping local to support our small businesses. It's renewed our focus on personal health and wellness – we're washing our hands more, paying closer attention to our mental health, staying home when we're sick and going out of our way to protect the elderly and medically-vulnerable in our community. It's given us extra time to refocus our lives, discover new hobbies and find creative ways to reconnect with our families.

This issue of *The Monitor* focuses heavily on COVID-19 because that has been our world for so long, but it also focuses on the good. The hope. You'll find it in the stories of our frontline staff who have gone above and beyond – in some instances, taking on entirely new roles or responsibilities – in order to keep our community safe. You'll also find it in the inspirational stories of our patients and community members who have stayed strong and rallied together during a time of uncertainty. When you're finished with this issue, our goal is for you to feel hopeful for the future, whatever it may hold.

In closing, I will leave you with a question: 10, 20, 30 years from now, how will you choose to remember this generation-defining moment? What will you tell future generations who ask what life was like during the COVID-19 pandemic? As a hospital CEO, I have seen the worst that this horrible, indiscriminate disease is capable of, as well as the personal, lasting damage it can leave in its wake. As a result, I will choose to remember the courage of those whom I have seen run toward the challenge, not away from it. Their dogged optimism and commitment to do "something – anything" possible to help others has given me hope that our post-COVID world will strengthen our appreciation of our community heroes and colleagues, many of whom we will never know or meet.



John R. "Jack" Janoso, Jr.

A Crucial CALL



Mike Miller huddles with members of Granville Christian Academy's volleyball team during a game.

The care I've received at Fairfield Medical Center has always been outstanding, and the nurses – they hold a special place in my heart.

As a girls' volleyball and basketball coach, Creighton "Mike" Miller likes to begin each new season with an inspirational story.

He talks about a man who has undergone many serious health complications in his life – a rare and life-threatening blood-clotting disorder, heart surgery, E. coli, MRSA, gangrene, a stroke. He explains that everyone has trials they will have to go through in their life, but with strength and perseverance, you can overcome those hurdles. It's advice Mike knows all too well, because the man in the story is him.

"You could say I've been through a lot ... but I'm also very blessed," Mike said.

Mike doesn't look like someone who has spent the past several years in and out of the hospital for various health scares. The retired 64-year-old father of three is full of energy – five times a week, he drives from Lancaster to Granville to coach volleyball at Granville Christian Academy. He loves to spend time with his wife, Debbie, his grown daughters, Megan, Kristen and Katie, and his six grandchildren.

Through all of his health struggles, Mike knows he wouldn't be where he is today without the staff at Fairfield Medical Center and the care they provided during some of the most difficult trials of his life. "Fairfield Medical Center has been very good to me. The care I've received there has always been outstanding, and the nurses – they hold a special place in my heart," Mike said.

One of those nurses, Kelsey Hintz, RN, BSN, of FMC's Intensive Care Unit, was among the caregivers who saw Mike through one of his most challenging and recent health scares – a sudden stroke in December 2019.

Kelsey personally knows Mike from the years he spent coaching her daughters in volleyball.

"We don't often get to see what happens to the patient after they leave us," Kelsey said. "In Mike's case, I've been able to see his recovery and it's been truly amazing."

Mike said the day before his stroke, he passed out at work, hitting his head hard on the marble floor. His colleague called 911, and Mike was brought to FMC for an evaluation.

"They ran some tests, and everything looked good, but when the question came up of whether I should be discharged, the ED doctor surprised us when he told us no," Mike said.

The attending physician that day was Dr. Jerry Oliaro, DO, FACEP, of US Acute Care Solutions, FMC's emergency medicine group. Even though Mike's test results had shown no signs of stroke activity or anything unusual, Dr. Oliaro still had some concerns about what had caused Mike to pass out earlier that day.

"The primary concern I had with Mike on his ED visit was that he passed out for unknown reasons. He has a fairly complicated cardiac history and that was my initial concern," Dr. Oliaro said. "He may have had some type of a cardiac event or abnormal arrhythmia. Stroke is a possibility, but less common. In addition, he did not have any other symptoms at the time he passed out to suggest TIA (a transient ischemic attack, or mini stroke). That is why admitting patients, such as Mike, is important. There could be a number of causes for fainting, including cardiac and neurologic problems."

Dr. Oliaro's decision proved to be lifesaving – at 6 a.m. the following morning, Mike suffered a stroke.

Kelsey, being an ICU nurse and working on the day of Mike's stroke, was in a position to provide care and support for him and his wife during the stroke alert. "Mike knew me when I went into his room; he said, 'Hey, kiddo,' like he always does," Kelsey said. "But as the hour went on, he was speaking gibberish and had lost movement on one side."

Mike was suffering from an ischemic stroke, which is caused by a blockage in an artery that supplies blood to the brain. The blockage reduces blood flow and oxygen to the brain, leading to damage or death of brain cells.

As a Primary Stroke Center through The Joint Commission, FMC has a dedicated, stroke-focused program where patients like Mike can be diagnosed and medically stabilized before they are transferred to another facility. Time is a critical factor in stroke treatment; a clot-busting drug known as tPA must be given within 4.5-hours of the onset of symptoms if the patient is to have a good chance at making a full recovery.

As FMC's stroke response team rushed to administer the tPA, Kelsey stepped aside to sit with Mike's wife, Debbie, who had just arrived at the hospital. "I brought her food and just stayed with her. I knew that she was frightened," Kelsey said.

Debbie said the compassion she received from Kelsey in that moment was just what she needed to remain calm and focused. "It was a comfort to have a familiar face, someone Mike knew, who was there with me the whole time," she said.





Mike Miller recovers in the hospital with daughter Katie Pierce by his side.
Photo courtesy of Mike Miller.

Within an hour of suffering his stroke, the tPA had been administered, and Mike was stable enough to be transported to The Ohio State University Wexner Medical Center for ongoing care.

"As all of this was going on, it just didn't seem real to me. I just couldn't believe what was happening," Mike said.

Upon arriving at Ohio State, Mike was whisked into the operating room so the clot could be surgically removed. He recovered quickly and was discharged from Ohio State just seven days later. When he returned to Ohio State the following week for a check-up, the surgeon who had treated him was floored by the improvement he had made.

Mike and Debbie Miller pose for a photo with their family.
Photo by Faith Elizabeth Photography.

"He asked, 'Are you Creighton Miller? Did you just walk in here?'" Mike said. "I told him I was and he said, 'I wasn't expecting that at all.'"

Mike said he credits much of his remarkable recovery to the immediate and diligent care he received at FMC.

"Had FMC sent me home on the night before I had my stroke, I know my story could have ended much differently," Mike said. "Had they not responded like they did when I had the stroke, I might not be here today. Kelsey told me, 'you'll never know how bad it really was.'"

Kelsey said she is proud of how FMC's team worked together to save Mike's life and buy him the time he needed to get to Ohio State for his surgery.

"I remember the teamwork when they were all in there – the helicopter crew, the doctors, the ICU nurses, the pharmacist," Kelsey said. "Mike would not have had the results he had without that fast action. They saved his life that day."

Mike would like to dedicate this story to his friend, Del Barr.

STROKE CARE AT FMC

Oct. 29 is World Stroke Day, and Fairfield Medical Center is proud to be recognized by the American Heart Association/American Stroke Association for our commitment to delivering superior stroke care.

For the third year in a row, FMC has received the Associations' Get With The Guidelines® Stroke Gold Plus Quality Achievement Award. This award recognizes a hospital's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines that are focused on the latest scientific evidence.

FMC additionally received the Associations' Target: StrokeSM Honor Roll award, which recognizes hospitals that meet quality measures developed to reduce the time between the patient's arrival at the hospital and their treatment with tPA.

Do you know the warning signs of a stroke? F.A.S.T. is an acronym to help you remember. Together, we can save lives through quick action and awareness.

F.A.S.T. is how we come together to end stroke®

Learn the stroke warnings signs

F.A.S.T.

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911

Experience the Expertise

Fairfield Healthcare Professionals is a multi-specialty medical group owned and operated by Fairfield Medical Center that was formed for the purpose of providing healthcare services in Fairfield and surrounding counties.

Our Commitment to You

It's our mission to provide our patients, their families and our community with outstanding care. By utilizing a multidisciplinary approach and ensuring coordination of care through communication with the primary care provider, our elite group of healthcare professionals promote a culture of quality and excellence throughout your experience.



Primary Care:

Family Medicine of Amanda
Amanda, 740-969-4828

Family Medicine of Carroll
Carroll, 740-756-4589

Internal Medicine
Lancaster, 740-689-4470

Internal Medicine Residency Clinic
Lancaster, 740-687-8397

Logan Primary Care
Logan, 740-385-9646

Old Schoolhouse Family Practice
Lancaster, 740-689-2820

Primary Care of Diley Ridge
Canal Winchester, 614-829-6138

First Medical Urgent Care
Lancaster, 740-687-2273

Occupational Health
Lancaster, 740-687-2273

Specialty Practices:

Bariatric Surgery
Lancaster, 740-475-0442

Cardiology
Amanda, Lancaster, Logan,
New Lexington and Millersport,
740-689-4480

Cardiothoracic Surgery
Lancaster, 740-681-9020

Gastroenterology
Lancaster, 740-687-9182

General Surgery
Lancaster, 740-654-6213

Hematology-Oncology
Lancaster, 740-687-4505

Infectious Disease
Lancaster, 740-687-8805

Neurology
Lancaster, 740-687-8888

Obstetrics & Gynecology
Lancaster, 740-689-6690

Ophthalmology
Lancaster, 740-687-6902

**Orthopedics and Physical
Medicine & Rehabilitation**
Lancaster and Millersport,
740-689-4935

Psychiatry & Health Psychology
Lancaster, 740-689-6600

Pulmonology & Critical Care
Amanda, Lancaster, Logan and
New Lexington, 740-689-6833

Radiation Oncology
Lancaster, 740-687-8550

Rheumatology
Canal Winchester, Lancaster and Logan,
740-689-6408

Sleep Medicine
Lancaster, 740-689-4925

Urology
Amanda, Canal Winchester, Lancaster and
Logan, 740-689-4945

Vascular Surgery
Lancaster, 740-687-6910

Wound Care
Lancaster, 740-689-6430

Offering Telemedicine

Whether it's from your couch at home or your desk at work, you and your loved ones can receive care at the touch of a button. Telemedicine is great for wellness exams, medication management and routine follow-ups. Call your provider to determine if a telemedicine visit is right for you.



Take the first step toward a healthier lifestyle. Call us today or learn more about Fairfield Healthcare Professionals at fmhealth.org. Please contact your insurance provider to learn more about referral requirements.

The Bond of **MOTHERHOOD**



*Shannon Russell and
her daughter, Ellis*

Shannon Russell, 34, wears many different hats – experienced ICU nurse, loving wife and dedicated mother.

So, when she and her husband, Tyler, discovered that their family of three would be growing, Shannon knew she wanted to find a physician who would understand her hectic lifestyle on a more personal level. That's when she met obstetrician Emily Burnette, DO, of Fairfield Healthcare Professionals Obstetrics & Gynecology.

The two hit it off quickly, and throughout Shannon's pregnancy, they bonded over the delights and challenges of motherhood. "My daughter, Harper, is five – and Dr. Burnette has two girls herself," Shannon said. "That made it really easy to open up to her, because I always knew she understood where I was coming from."

For Dr. Burnette, this personal connection plays an important role in the care she provides. "Knowing my patients helps me tune in to their needs," she explained.

"To me, a clinical relationship doesn't have to be cold and distant – good relationships are based off of trust and mutual understanding, and a little common ground can go a long way."

And while Dr. Burnette knows firsthand the uncertainty and worry that can accompany pregnancy, she also

knows the overwhelming feelings of love and joy that come along with parenthood. Luckily, Shannon's maternity experience largely consisted of the latter, but in the days following her daughter's birth, she was glad to know she had Dr. Burnette by her side.

WELCOMING ELLIS

As her third trimester drew to a close, Shannon left each of her weekly appointments with a clean bill of health and a mounting sense of anticipation. Her due date came and passed uneventfully, and with no evidence of a willing arrival, her care team made the decision to induce labor. On Dec. 3, 2019, it was time for Shannon's baby to make her grand entrance – ready or not.

Once Fairfield Medical Center's Maternity Team began the induction process, Shannon's labor progressed quickly. After several hours of labor and a few quick pushes, Ellis Tyler, a beautiful baby girl, finally entered the world. "And just like that, our family was complete," Shannon said with a smile. "It was like she was the puzzle piece we never knew we were missing."

Shannon spent the remainder of the day resting and recovering with the help of FMC's Maternity Team. The nurses recognized Shannon's growing fatigue and encouraged her to lean on them for support. "That was so important for me. I never ask for help," Shannon explained. "But

They were honestly so fantastic and efficient and completely aware of a new mother's needs.

they saw what I needed more clearly than I did, and I trusted them. When I woke up a few hours later, I was ready to be the best mom to my girls, because I was in a better place to take care of myself."

The concept of slowing down and taking time to rest is often lost to mothers, and even Dr. Burnette – who knows just how difficult it can be to achieve balance between being a caretaker and practicing self-care – finds herself struggling to maintain the advice she gives to her patients. "There's never really enough time in the day," she shared. "But I try to remind myself – and my patients – that we cannot pour from an empty cup, and even airlines have you secure your own oxygen mask before assisting others."

Sisters, Ellis and Harper Russell.
Photo by Faith Elizabeth Photography.



With a renewed and optimistic outlook, the all-clear from their physicians and the prospect of the rest of their lives ahead of them, the Russell family prepared to head home. Unfortunately, they didn't realize just how short-lived their time away from the hospital would be.

THERE AND BACK AGAIN

In the pre-COVID world we all once knew, the Russells returned home to a whirlwind of excited visitors, an overjoyed big sister and the uninterrupted demands of daily life. Shannon found herself resuming the role of hostess and new mother of two without missing a beat, quickly forgetting the lesson in self-care she received a day earlier. "We walked in the door, and I scooped up my five-year-old without thinking twice. We were so focused on the tasks in front of us that we forgot to slow down and check in with ourselves," she remembered.

By nightfall, Shannon started to feel uncomfortable. She noticed the swelling first. "I hadn't had any swelling prior, but out of nowhere, my toes felt like they were going to pop off," she recalled. She later noticed an unusual twisting pain in her upper abdomen, followed by back pain, chills, cold sweats and a worsening headache. At that point, she began to suspect something was very wrong.

"Thank God for that discharge packet," Shannon said. "I flipped it open to the section on complications, and there it was: my symptoms listed almost exactly under a heading that read 'postpartum preeclampsia.'"

Preeclampsia, a condition associated with pregnancy, is most commonly characterized by high blood pressure. If left untreated, it can lead to fatal complications, including organ damage, seizure and stroke.

"In the United States, we've seen a huge rise in the incidence of preeclampsia in recent years," Dr. Burnette shared. "Onset after delivery – which can occur up to six weeks after birth – is less common than the typical third trimester presentation. Unfortunately, it's more likely to be missed or delayed until serious complications arise. That's why it's so important that we continue to educate women on the signs and symptoms of these conditions."

Still unwilling to believe she was experiencing a serious complication, Shannon's

medical background led her to investigate further. "I must have checked my blood pressure 15 times, and every single reading was high," she admitted. "But even then, I was in denial."

Despite her reservations, Shannon bit the bullet and picked up the phone: it was time to contact the doctor on-call. To her relief, it was Dr. Burnette's voice she heard at the other end of the line. "She answered, and I immediately apologized," Shannon laughed. "It was nearly midnight, and I felt so embarrassed to be calling her." Dr. Burnette, of course, was quick to reassure her that she should never be sorry for seeking care, no matter the hour.

After a quick discussion, Dr. Burnette urged Shannon to get to FMC's Emergency Department as soon as possible. For Shannon, that's when the panic set in. "I just kept thinking, 'What am I going to do with this tiny newborn? I can't take her to the emergency room with me in the middle of cold and flu season, but I can't be away from her either,'" she recalled.

Dr. Burnette quickly met Shannon's concerns with compassion and understanding: they would adjust the plan. Instead of going to the Emergency Department, Dr. Burnette instructed her patient to go directly to the Maternity Unit – the team would be expecting them. "I cried the whole way to the hospital because I was grateful and sad all at the same time," Shannon remembered.



MEET THE TEAM FHP Obstetrics & Gynecology

At Fairfield Healthcare Professionals Obstetrics & Gynecology, we are committed to building a team you can trust. Our collaborative physicians, Drs. Emily Burnette and Justin Bruner, know that providing truly excellent care requires more than clinical skill and knowledge: it requires understanding. Pulling from their personal and professional experiences, our providers work together to deliver personalized, compassionate care to patients. **To schedule an appointment, call 740-689-6690 or visit their office at 112 N. Ewing St., Lancaster.**

AN UNEXPECTED RETURN

When she arrived at FMC for the second time in as many days, the Maternity Team was waiting for her, just as Dr. Burnette promised. "It was the middle of the night when we got there, but they had already thought to have a bassinet ready for Ellis," Shannon recalled. "That meant so much to me, just to know I could have her near me."

In the time it took to reach the hospital, Shannon's condition had worsened. Her blood work revealed that she was already in the early stages of kidney failure, a frequent complication of unmanaged preeclampsia. But, luckily, Shannon's early recognition of symptoms and Dr. Burnette's quick action allowed the team to begin administering supportive care almost immediately, staving off any lasting organ damage. "At one point, I was nursing the baby while one nurse checked my vitals and another placed an IV – they were honestly so fantastic and efficient and completely aware of a new mother's needs," Shannon shared. "I trusted my doctor, and I trusted my team, and I knew I was exactly where I was supposed to be."

HOME SWEET HOME

Within two days, Shannon's preeclampsia resolved, and her condition improved. It was time for the Russell family to head home – for good this time. Before long, Harper settled into her role as "best big sister in the world," while Ellis effortlessly wrapped Mommy and Daddy tighter and tighter around her little fingers. "They're perfect together," Shannon said of her daughters. "I can't imagine our family any differently."

Looking back on her experience, Shannon is overwhelmed with gratitude for the compassion she received during what she calls one of the scariest moments of her life. "Dr. Burnette is a blessing to Fairfield Medical Center," Shannon said, "and the rest of the Maternity Team – I think their souls were meant to be labor and delivery nurses. I will remember them literally for my entire life."



WARNING SIGNS of Postpartum Preeclampsia

Postpartum preeclampsia is a serious condition related to high blood pressures in women after having a baby. New moms can develop preeclampsia up to six weeks after the baby is born.

Call your healthcare provider right away if you are experiencing any of the following symptoms:



Blood pressure of 140/90 or higher



Changes in your vision



Swelling of your hands, feet and/or face



Nausea or vomiting



Stomach pain or pain under your rib cage



Severe headache that won't go away (is often worse in bright light)

Seek emergency care if you are experiencing any of the below symptoms:

- Blood pressure of 160/110 or higher
- Shortness of breath or trouble breathing
- Seeing spots
- Seizures

If you need immediate attention, call 911. Be sure to report that you recently had a baby.

OBSTETRICIANS AND GYNECOLOGISTS Hospitalist Service

Fairfield Medical Center and Envision Healthcare recently launched an OB/GYN hospitalist service to help provide obstetric and gynecologic care. OB/GYN Hospitalists are board-certified obstetricians and gynecologists providing 24/7 in-house coverage, including after hours emergency care, to women admitted to FMC's Maternity Unit or Emergency Department. The hospitalists work closely with the patient's OB/GYN provider to carry out the mission of improving patient care, safety and outcomes.

Faces from the



FRONTLINES

Similar to healthcare organizations across the country, COVID-19 has had a significant impact on our staff, physicians and administrators at Fairfield Medical Center. Regardless of department or job title, every person on our team has been on the frontlines from the very beginning. We have encountered trials and triumphs along the way, taken on new tasks, adjusted to new policies and learned new routines. We asked 16 of FMC's essential workers to provide insight into how their job has changed as a result of COVID-19, and what they have learned during this time. Here are their stories:

Andrew Dagg-Murry, MD, Infection Control



Before “COVID-19” had become a household name in early 2020, infectious disease physician Andrew Dagg-Murry, MD, and a team of healthcare workers at Fairfield Medical Center were already preparing for its arrival. Twice a day, FMC’s COVID-19 Committee would meet to share information that, an hour later, might be completely different. There were difficult decisions to make regarding patient care, visitation, testing, personal protective equipment, and most importantly, what to do if the hospital experienced a surge of patients. “We had many versions of each plan,” Dr. Dagg-Murry said.

From the very beginning, and through the long, uncertain months to follow, Dr. Dagg-Murry’s calm and levelheaded leadership helped guide FMC through the pandemic. It was a task that proved to be all-consuming. “Going to four hours of meetings a day, rounding in areas of the hospital where we needed to have hands-on, face-to-face contact to explain what our new processes were and help the staff to understand and feel safe, took a lot of time,” he said. “The infectious disease service also saw every patient admitted with potential or positive COVID-19 in March, April and May.” FMC’s Chief Medical Officer Renee Wagner, MD, said Dr. Dagg-Murry was able to take a plethora of information and break it down in the way that was not overwhelming for the rest of the team. “We would not have survived without Dr. Dagg-Murry leading us through the COVID Committee waters,” she said.



Lisa Heston, RN, demonstrates how to administer a COVID-19 test to Dan Kemp at the Outpatient COVID-19 Testing Site at Fairfield Healthcare Professionals First Medical Urgent Care in Lancaster.



Tina Anderson, Urgent Care

Tina Anderson understands how scary it must be for a patient when they are about to get a COVID-19 test. They see an employee walking towards them in a full isolation suit with a nasal swab in hand, and they immediately

become apprehensive. “The majority of our patients are more scared of having the swab done than of the results,” she said.

Knowing those fears exist, Tina and her team at FMC’s Outpatient COVID-19 Testing Site at Fairfield Healthcare Professionals First Medical Urgent Care try to keep the experience as positive as possible. “All of the amazing people that work at the drive-thru testing site are genuinely caring, kind, friendly human beings,” Tina said. “They always do what is in the best interest of the patient and put safety and personal connection at the forefront of every interaction.”

As the manager of FHP First Medical Urgent Care, Tina and her team were tasked in April with moving the COVID-19 testing site from FMC’s River Valley Campus to a more permanent location near the Urgent Care. With the help of employees Robin Saum, Sarah Large, Devon Marshall and many others, they accomplished that feat in just one day. Since then, Tina has assembled a staff of people from various departments to be a part of the COVID-19 testing team. On average, approximately 80-120 patients pass through the site in a day, and in August, the site hit a milestone of more than 10,000 tests administered.

Tina said she’s proud of the team she’s assembled, as each person goes above and beyond to ensure patients feel comfortable during what can be an uncomfortable moment. “I believe that everyone’s new normal is that of ‘How can we make a positive difference in the lives of others?’” she said.

Tina Cass & Kristin Shuman, Infection Control



One of the biggest components of an infection control practitioner’s daily job is education: how to properly wash your hands, how to put on and remove PPE, how to sanitize equipment and rooms. This information is crucial in preventing the spread of infection on a normal day, much less during a pandemic. So when COVID-19 hit, infection control practitioners Kristin Shuman and Tina Cass prayed that

they had done their jobs well.

“As an infection control nurse in a time when our PPE use is not normal, and it is vital that staff put on and remove PPE appropriately, I had many sleepless nights,” Tina said. “I prayed that we had clearly educated our staff, and that everyone had heard the message and its importance to keeping them safe.”

Tina and Kristin’s tireless efforts were not in vain. With their leadership, FMC has stayed on top of the frequent changes coming out of the Centers for Disease Control and the Ohio Department of Health. In addition, Tina and Kristin have worked hard to find answers to questions they never thought they would be asked, such as how to reuse PPE and what to do if a certain disinfectant ran out. They knew tough and costly decisions would have to be made if such a scenario occurred, and were grateful for the support they received from hospital leadership.

“Every decision was based on the safety of our staff and our patients. Multiple times I heard, ‘It doesn’t matter the cost ... if we need to have it, purchase it,’” Tina said. “That being said, of course we still have to be good stewards, but safety truly did trump everything else when it came time to make a decision.”

Rachel Deacon & Donna Stebelton, Lab



When a patient is tested for COVID-19, a lot happens between the time the test is administered and the time the results are delivered. The staff who work in FMC's Lab are the go-betweens who process the test, ship it out and manually enter the results. It's a cycle that doesn't stop; currently, FMC's Lab processes 600-800 tests a week, with its team working around the clock to get patients their results in a timely manner.



"Having multiple COVID orders and multiple locations helping to do testing, we are constantly managing a pending list and incoming results that need manually entered, not only into our electronic medical record system, but also into spreadsheets to help track numbers for reporting purposes," said Rachel Deacon, Lab team lead.

As someone who sees the test results come in every day, Rachel has learned not to discount COVID-19. "This is real, and it is in our communities," she said. "We are still seeing positives every day, and many are screening tests for patients without symptoms."

Donna Stebelton, clerical specialist for the Lab, said she puts together approximately 150 COVID testing kits a day, in addition to all of the tasks she handled prior to the pandemic. She said she's proud that FMC has met the demand for testing, particularly early on with supply shortages.

"We have such a great team in the Lab that have worked hard to provide the best patient care to our community during a trying time," she said.

Mark Darnell, MD, Emergency Department



When FMC first began preparing for COVID-19, there were a lot of unknowns about how the organization's two emergency departments would be impacted. With concerns about patients potentially overwhelming those areas, Mark Darnell, MD, medical director of FMC's ED, worked with the organization to come up with an overflow plan. "I think most of us felt this would be like influenza times 10 or 100," he said. "We did not anticipate how many people would stay home and not go to the Emergency Department."

That in itself posed a different problem: fear of contracting COVID-19 was preventing patients from seeking emergency care for other potentially life-threatening problems. In mid-April, FMC's ED volume was 50 percent of normal, and patients seeking heart attack and stroke care had dipped 40 percent nationally. Since then, Dr. Darnell and FMC have worked hard to alleviate the community's fears and encourage them to come to the hospital if they require emergency care. "We were extremely fortunate to have the hospital provide the necessary PPE to protect us," he said. "We screen all staff and visitors, as well as ED patients. We all wear masks. The ED is safe, much safer than any other public place."



Kaylee Dunlap, clinical education coordinator for Learning & Development, demonstrates how to put on PPE in the Lab.

Devon Marshall, Emergency Preparedness



As a liaison between FMC and all other state and county agencies, Devon Marshall's role as emergency management coordinator is not a 9-5 position. "Leaving work at work is not an option for me," he said. "Daily reporting, supply shortages, press conferences, testing site deployments, internal safety procedures, staffing shortages, virtual environments, medical bed space/capacity, protests and riots are just a few of the things keeping me up at night."

That anxiety, said Devon, would be much worse without the support and assistance of the community and other emergency agencies. Through that coordination, FMC has been able to navigate the many hurdles that have come with COVID-19, including staying ahead of the supply shortage curve. In addition, Devon credits his emergency preparedness training for keeping him focused and ahead of the game. "Preparedness through annual training is key to an effective disaster response," he said. "When stress levels are high, and people's lives are at stake, it's my training that sees me through."

As the country continues to move forward through this challenging time, Devon said now is the time for people to come together, not point fingers, place blame or spread false information based on emotion and fear. "This is a time to show one another grace and be sympathetic to the health needs of others," he said. "All emergency response begins on a local level first. It's your county leaders and local emergency response agencies that need your support and prayers right now."

Cory Kilbarger, Observation Unit



If there is anything Cory Kilbarger has learned from working directly with COVID-19 patients in FMC's Observation Unit, it's that masks matter. For 12 hours a day, Cory wears a mask to not only protect himself, but the critically ill patients

in his care. "I have seen multiple patients who tested positive without any symptoms, so wearing a mask is beneficial in not spreading the virus from asymptomatic people," said Cory, team lead for Cardiovascular Services.

Before COVID-19, Cory mainly cared for patients with cardiac issues. He now cares for patients who have tested positive for COVID-19 or are assumed to have the virus, and are having difficulty breathing. Caring for these patients requires Cory and his colleagues to work inside a negative air pressure room, which is designed to prevent airborne diseases from escaping the area. They must also wear full PPE – N-95 masks or a respirator, face shields, gowns and gloves. Cory said while the PPE gets uncomfortable by the end of a long shift, it's nothing compared to what his patients are experiencing. "Seeing how sick these patients can get is really hard to watch, but I know our team is providing the best care possible."

Cory said the past five months have been eye-opening. He has a newfound respect for the doctors and nurse practitioners who work in the areas of infectious disease and critical care pulmonology. He has seen the effects of COVID-19 firsthand and has discovered a strength within himself that he never knew he had. "I have found that during all this I am more resilient to change than I previously thought," he said. "I've found even more empathy for those who are hurting and sick. I've found that all I need is my faith and the love of my family to make me happy."



Members of FMC's Observation Team (left to right) – Stacy Foster, Mathew Mathias, Shari Music, Kari Good, Tiffany Dickens, Lacy Wilson – show their gratitude.

This virus is real and it's lethal – we've experienced that firsthand.

Ryan Copeland, Respiratory Therapy



Before COVID-19, respiratory therapist assistant Ryan Copeland's day was entirely clinical – running EKGs, assisting with emergencies and getting to know his patients. One day, his manager pulled

him aside with a request – FMC was in need of a courier who could deliver COVID-19 tests to Riverside Methodist Hospital and The Ohio State University Wexner Medical Center every day. The courier would also be responsible for taking FMC's used N-95 masks to Battelle Memorial Institute in Columbus to be sanitized for reuse. Ryan agreed to accept the position and temporarily step away from what he enjoyed most – patient care. "I took this as a way for me to be able to help my community," said Ryan, who makes the trek to and from Columbus 5-6 days a week.

As FMC's COVID-19 courier, Ryan ensures that anxious patients get their COVID-19 results in a timely manner, and his trips to Battelle Memorial Institute also mean that his fellow colleagues can continue to safely care for patients without the worry of a PPE shortage. Working outside the hospital has given Ryan a new sense of purpose – and he's also found a great deal of hope and joy along the road. "As a courier, I've had the opportunity to make some great friends during these hard times," he said.

Alisha Moore, Respiratory Therapy



As a mother and a diabetic, Alisha Moore knows full well the risk of working in a hospital during a pandemic. She fears what could happen if she becomes ill or brings the virus home to her child. However, she also knows that her patients need her, especially now, and that has kept her brave during a scary time.

"The scariness of not knowing a lot about COVID-19 has been hard on my co-workers and myself. A lot of us are parents and some of us take care of elderly family members," said Alisha, team lead for Respiratory Therapy. "However, the respiratory therapists at Fairfield Medical Center have never once hesitated to take care of our COVID-19 patients."

Alisha said her job has changed a great deal as a result of the pandemic. Procedures and treatments have been modified and every therapist must now don PPE each time they enter a patient's room. The silver lining has been the exposure her line of work has received – respiratory therapists are no longer solely viewed as "the breathing treatment" people, but also a critical component of the patient care team, she said.

"I am extremely proud of how my department has handled all of this," Alisha said. "We play as a team and even though it's scary, it has been a shining moment for our staff."

She added that the past few months have given her a new appreciation for the simple things in life. "I have learned to never take for granted our freedom to move around, visit loved ones, go to the movies, eat out, go to a park, or go to work without the worry of catching a deadly virus," she said.

Casey Henderson & Stacy McKee, Emergency Department



The staff and physicians in FMC's Emergency Department never know what each new day will bring. "We could have 50 sick patients walk through the door or 100," said Casey Henderson, ED supervisor. She can attest to the fact that being able to adapt to change is a must when you work in emergency care, especially during a pandemic. From the start, Casey's biggest hurdle was scheduling employees for a patient volume that was largely uncertain. When it ended up being lower than predicted, she worked with staff to help them find new temporary roles within the organization in order to avoid a cut in hours.



ED secretary Stacy McKee was one of those employees. Prior to COVID-19, a large part of her job involved scheduling meetings and trainings. When FMC stopped all in-person gatherings, that task went away and Stacy faced the possibility of temporarily dropping to part-time. "I cross-trained to work as a unit clerk so I could help with the influx of patients ... then was brought back to full-time by taking temperatures in the lobby twice a week," she said.

Casey said she's impressed with how employees like Stacy have been flexible at a time when it's needed most. She's also proud of the doctors and nurses in her department who have not only cared for their patients, but provided comfort to them when visitor restrictions prevented the patient's loved ones from being by their side. "The first thing that goes through our heads as caregivers is not, 'Does this patient have COVID?' it is, 'What exactly does this patient need, and how can we help the patient?'" Casey said.

Stacy agreed. "I've seen how scared patients are when we had to tell them their loved ones couldn't stay with them ... I have a new perception of what our frontline workers do every day, even before the pandemic."

Renee Wagner, MD, Chief Medical Officer



Sleepless nights have become the new norm for Renee Wagner, MD, since the arrival of COVID-19. As Chief Medical Officer and an administrative COVID leader at FMC, the virus is a topic that never leaves her mind, even in the dark of night.

"From February until the end of May, I felt like I did nothing but think about COVID; I would wake up in the middle of the night and think, 'Oh, we forgot about this,'" she said. "My other job duties didn't even cross my mind until probably mid-June when it felt like we had some breathing room before gearing up for the fall season."

For Dr. Wagner, the hardest part of this pandemic has been keeping up with information that is constantly changing. Each day presents a new operational question to consider and, as so many other hospital administrators have learned, there is no playbook for COVID-19.

"It has been overwhelming the amount of information that is not known about this virus and how quick guidance changes can occur," she said. "It seemed as soon as we communicated a change, it was obsolete."

With all of the unknowns, Dr. Wagner said one thing is for certain – washing your hands, socially distancing from others and wearing a mask are essential in stopping the spread of the virus and protecting those around you.

"This virus is real and it's lethal – we have experienced that firsthand at FMC," she said. "It is not a sign of weakness to help one another."



EVS worker Susan Decker cleans an exam room in FMC's Emergency Department.

Debbie Hiles & Susan Decker, Environmental Services



As an Environmental Services employee, Debbie Hiles has always known that the work she does matters. That's why, when she was assigned to clean FMC's COVID-19 unit, she didn't let fear get the best of her.



"Our job is important – we're the heroes behind the scenes," she said. "We are saving lives, just like the doctors and nurses, by stopping the spread of the COVID-19 virus and other infectious diseases."

Susan Decker, who is assigned to clean FMC's Emergency Department, agrees. She is quick to dispute anyone who says hospitals are an unsafe place to be during a pandemic. "We are constantly cleaning and disinfecting surfaces," said Susan, who sanitizes the ED restrooms and waiting room multiple times a day in addition to deep-cleaning every patient room. "We have always made cleanliness a priority at FMC, but with COVID-19, we are even more vigilant."

In addition to high traffic areas, the EVS Team has also zeroed in on sanitizing high-touch areas every two hours, including keyboards, telephones, door handles and even pens and pencils. "We're not letting COVID-19 win," Debbie said. "We're working hard every single day to keep our facility safe for everyone."

HEROES & HOPE

in Uncertain Times

Every situation needs a hero. We've all heard that phrase before. When times are tough, you'll always be able to find someone who is working to make it better. At Fairfield Medical Center, we are fortunate to have witnessed many inspiring, hopeful stories that have come about as a result of COVID-19. We have seen patients who have made the most of a difficult situation, nurses and doctors who have gone the extra mile to care for those in need, and employees who have helped spread positivity and kindness. Through their efforts, we have been inspired to do our own part to shine a bright light of hope during a challenging time in history.

"All Generations of This Country Have Been Tested at Some Point, and This is Our Test."

Ever since their oldest daughter, Emery, 7, was diagnosed with leukemia two years ago, FMC pulmonologist Andrew Twehues, MD, and his wife, Morgan Twehues, have worked hard to educate their two daughters about the steps they all can take to ward off germs and infection. "We have been talking about this for quite a while since Emery's port requires that we immediately go to Nationwide Children's Hospital any time she has a fever," Morgan said.

The Twehues family's vigilance to protect Emery's weakened immune system increased substantially this spring when Dr. Twehues began caring for patients who had tested positive for COVID-19. Knowing how detrimental it could be to bring the virus home, Dr. Twehues made the decision to self-isolate from his family. Currently, he and his colleagues, pulmonologists Jarrod Bruce, MD, and Christian Tencza, MD, of Fairfield Healthcare Professionals Pulmonology & Critical Care, rotate the weeks they care for inpatients. "I would isolate on the week I was working inpatient, and then I would come home in the middle of the next week as long as I was symptom-free," Dr. Twehues said.



Dr. Andrew Twehues shares a socially distanced meal with his daughters Penelope, 4, and Emery, 7, at the family's home. Photo courtesy of Morgan Twehues.

I know that we can collectively make sacrifices and look out for one another so that we can all have a successful outcome.

On the weeks that he would self-isolate, Dr. Twehues made sure his daughters saw and spoke with him every day, whether it was through a Facebook conversation or at the window of their home. "Sometimes I would sit outside, and the girls would be just inside the door, and we would eat dinner together," he said. Morgan captured a few of those special moments on camera. "We are so thankful for technology because we video chatted a lot, but the girls always felt better when they could see Andy in person," she said.

With the threat of COVID-19 still present, Dr. Twehues' advice for others is to rise up during this challenging time and care for one another. "All generations of this country have been tested at some point, and this is our test," he said. "I know that we can collectively make sacrifices and look out for one another so that we can all have a successful outcome."

"They Were My Total Support Group."

Going through cancer treatment is a frightening, emotional road that no one wants to travel alone. Yet that was the reality for breast cancer patient Bridget Brandon, who started radiation shortly after FMC implemented visitor restrictions for COVID-19. Luckily, it didn't take long for Bridget to find friendship in the form of a few angels in purple scrubs – FMC's Radiation Oncology Team. "From day one, I was comfortable talking to any one of the ladies because they would all listen to me," Bridget said. "They were my total support group. They may not have realized it, but they were."

It takes a special group of people to do what they do.

Bridget said it was the little things the Radiation Oncology Team did that made all the difference during her treatments. They talked to her, not about her cancer or the pandemic, but about more lighthearted topics – her grandchildren, her dog, her hobbies, what she did over the weekend. They shared pictures of their families and told jokes. On the difficult days when Bridget found herself struggling to remain positive, they offered hope and reassurance. Before long, Bridget began looking forward to her treatment days. "It takes a special group of people to do what they do," she said. "I was very lucky. I had a fantastic team at FMC."

Radiation therapist Tiffany Moody said she and her colleagues enjoy forming connections with patients like Bridget and providing them with the encouragement they need to face their diagnosis, especially now during COVID-19. "We take time to sit and talk, cry, laugh, pray," she said. "We try to support our patients in any way, shape or form we can."



Bridget Brandon (front) stands with the following FMC staff members (left to right) Faith Evans, radiation therapist; Cathy Gaskill, medical office specialist; Angel Tran, radiation therapist; Tiffany Moody, radiation therapist & Jeni Pennywitt, lead radiation therapist

"They Have Become a Part of My Family, a Part of Who I Am."

When it comes to long-distance friendships, Heidi Reed knows that emails, cards and phone calls are essential in helping to bridge the distance, but nothing compares to an in-person visit. So after two months of not being able to see more than 200 of her dearest friends – the men and women who make up FMC's volunteer team – Heidi decided to pay them a visit. Every single one of them. "I see these volunteers every week, and they have become a part of my family, a part of who I am," said Heidi, who serves as FMC's volunteer coordinator. "So not seeing them for such a long time – it just feels like something really important is missing."

In late March, FMC temporarily halted its volunteer program due to COVID-19, and the volunteer appreciation banquet that had been scheduled for April was cancelled. In the weeks to follow, Heidi kept in contact with her volunteers through a weekly email, but she wanted to do more. So she put together a map of where they all lived, compiled more than 200 gift bags and hit the road. It took several weeks and more than 800 miles through Fairfield County and beyond for her to personally deliver every single gift bag – but it's an experience she wouldn't trade for the world. With every visit, she had the opportunity to meet spouses, children, grandchildren and



Heidi Reed visits with Tom and Susan Saddler at their home during her On the Road Volunteer Appreciation.



Heidi Reed visits with Warner Mathias at his home during her On the Road Volunteer Appreciation.

pets, and hear about what her volunteers were doing in quarantine. She also struggled to answer a question that would come up, over and over again: "When can we come back?" That question, said Heidi, is one she hopes to be able to answer soon. "Volunteering at FMC is part of the fabric of who these volunteers are, so to be without that opportunity for so long has been incredibly challenging for many," she said.

Heidi said the volunteers are not the only ones who are eager to get back to FMC. Much of the staff is also looking forward to their return. "Without our volunteers, there are incredible gaps of service and care that are impossible to fill," Heidi said. "They wonder how we are managing without the service they provide. The truth is, we are not. We are not the same without our volunteers – part of our heart is missing."



Brad and Linda Keister in June 2019.
Photo courtesy of Kristin Poole.

"He Felt Safe and Comfortable With Them."

Linda Keister and her son, Brad Keister, were an inseparable duo. When Linda became ill with gallbladder cancer in September 2019, it was Brad who became her caregiver and main support person. He not only quit his job to care for her full-time, but also attended every one of her medical appointments and chemotherapy sessions. This past spring, when visitor restrictions were put into place at FMC, the staff at the Cancer Care and Infusion Center were faced with a challenge. Brad, whom they had gotten to know well over the past year, was no longer able to come into the treatment area with his mother. However, the staff wanted to make sure he could still be nearby. It didn't take long for the cancer care team to come up with a solution that would make all the difference for Brad and Linda.

"They allowed Brad to wait out in the lobby, and while my mother was receiving treatment, staff from the Cancer Care and Infusion Center – and the valets who worked out front – would go and take turns sitting with him," said Brad's sister and Linda's daughter, Kristin Poole. Kristin explained that her brother has special needs and is unable to stay home alone. "They gave him snacks and talked to him. He is a huge fan of The Oak Ridge Boys, and they would download the band's music videos on their phones so he had something to watch," she said. "But mostly they would just talk."

Not only did their kindness help fill the time that Brad spent in the lobby while his mother received treatment, but it meant a huge deal to Kristin and her husband, who would have otherwise had to take time off work to stay with Brad on treatment days. "We would have been able to do it, but my mother would have never allowed us to not work," she said.

In June, Linda passed away, but the kindness of those who cared for her and her son is a memory that Brad and Kristin will never forget. "Brad was not their patient, he was not their priority, they didn't have to do those things, but they did," Kristin said of the staff. "He felt safe and comfortable with them, and they became his friends."

"We Didn't Worry About the Pandemic While We Were There."

When Michelle and Justin Sharp's daughter, Skylar, is older, her parents will have an interesting and heartwarming story to tell her about the day she was born. "Due to visitor restrictions, our loved ones could not be in the room with us at all during our stay," said Michelle, who gave birth on May 13 at FMC. "Instead of letting this stop them, our amazing family and friends surprised us outside of our hospital room window with signs welcoming our baby girl ... it's a memory we'll never forget."

Another special memory that Michelle and Justin have is how comfortable the Maternity Team made them feel during their stay. The fear of giving birth in the middle of a pandemic was nerve-racking for the new parents, but the staff was quick to put the couple at ease. They even secretly worked with the Sharps' family to help coordinate the surprise for Skylar outside the window. "The staff made us feel so comfortable and gave us the best experience bringing our baby girl into the world," Michelle said. "Every nurse and doctor gave us exceptional care, and we were able to really relax during our stay. We didn't worry about the pandemic while we were there."

Deb Price, manager of FMC's Maternity Department, said the nurses are hyper-sensitive, not only about wearing face masks, shields, gloves and handwashing to prevent the spread of germs, but also to the emotional needs of their patients. "Once on the unit, our nurses encourage video chats with families who can not come in," she said. "They take pictures of mother, father and baby with the family's phones so the parents can send them ASAP post-delivery to family and friends. They do what they can to make the experience special."



Above: Michelle, Justin and Skylar Sharp

Left: The Sharps' friends and family gather outside FMC to give Skylar a socially distanced welcome.

Photos courtesy of Michelle Sharp.





All in this TOGETHER

At Fairfield Medical Center, we're used to taking care of our community – it's what we do. When the COVID-19 outbreak presented challenges our healthcare organization had never experienced before, including the threat of supply and PPE shortages, it was you – our community – who helped take care of us. You sewed masks and donated supplies. You supported our staff by bringing in meals, homemade cards and other surprises to help lift our morale and keep us motivated. You helped see us through those difficult first months. **We couldn't have done it without you.**

We would like to take this opportunity to thank everyone who was and continues to be there for us during one of the most challenging times in our nation's history. We hope you know that every mask you sewed and every box of PPE you donated went toward saving a life in our community. Every card or video message you sent helped bring a smile to someone's face when they needed it most. There was no act of kindness that went unnoticed. **Thank you from the bottom of our hearts for making such a huge difference in our lives.**





THANKS TO YOU

THE FMC FOUNDATION HAS RAISED MORE THAN

\$56,000

TO HELP FIGHT COVID-19

The generosity of our community has truly made a difference for our staff and patients by supporting additional needs created by the COVID-19 pandemic:

- A \$30,000 ventilator
- Masks and personal protective equipment
- A high-flow oxygen system to improve outcomes of patients fighting COVID-19
- Temperature-taking kiosks
- Patient feeding tubes



WANT TO GIVE BACK? HERE'S HOW YOU CAN HELP.

We are taking every step necessary to continue to ready ourselves for an uncertain future. There are many ways that you can help make a difference during this challenging time. To learn more, please visit:

fmchealth.org/foundation/



Heart of the **COMMUNITY**



Scott Hardwick with his wife, Sally, and daughter, Zaynah, recently had the opportunity to thank the members of Engine House No. 2 for saving his life (pictured left to right in the background – Bryan Mirgon, Corey Snoke, Dirk Ingram, Craig Spiller, Gary Hatch, Kevin Nagle)

Before COVID-19 brought the world to a halt, life stood still for the Hardwick family. For Scott Hardwick, 45, of Lancaster, it stopped completely – four times in one day.

On Jan. 28, Scott's day presumably started much like any other. The routine details – getting out of bed, making coffee and leaving the house to tend to his family-owned grooming shop – are lost to him completely. But there is one thing he remembers: the will to survive.

As he was preparing to open the doors of Hair of the Dog's Wee Care Pet Salon in Lancaster for another day of business, an ominous chest pain prompted Scott

to leave the porch of his shop and head across the street. Sitting caddy corner to 534 Harrison Ave. was the first in a long line of Scott's saving graces: Lancaster Fire Department Engine House No. 2.

"It's not even really a memory, it's more of a feeling that I had," Scott said. "As I was walking across the street to the fire station, I just had this unshakeable feeling of, 'I have to make it, I have to make it.'"

He almost did. Scott collapsed against the door of the fire station.

A QUICK RESPONSE

Inside Engine House No. 2, the crew was completing morning chores and preparing for the day ahead. In the midst of the morning bustle, two of the men heard a sound that caught their attention: a thud at the door. Firefighter and paramedic Kevin Nagle peeked outside to find Scott

– unresponsive and struggling to breathe – at his feet. He turned to shout his discovery to co-worker Corey Snoke, and within seconds, the fire house was teeming with activity.

The crew soon determined that Scott was experiencing sudden cardiac arrest: something was disturbing the rhythm of his heart, causing it to flutter and quiver erratically instead of pumping blood to the rest of his body. This condition, called ventricular fibrillation (V-Fib), is particularly dangerous, but can often be corrected with an electrical shock. As some members of the department performed CPR, others connected their automated external defibrillator (AED) to Scott's chest, delivering a successful shock to his struggling heart.

His heart beating normally once more, Scott began to tell the crew how he hadn't felt well that morning – but within minutes, and without warning, he coded again. Another shock from the AED. Another return to consciousness. The crew repeated this intense cycle of revival a total of three times while en route to Fairfield Medical Center, keeping Scott alive even when his body was seemingly determined to give up. "Between episodes, Scott was alert and talking," paramedic Dirk Ingram remembered. "At one point, he even looked at us and asked, 'I just died, didn't I?'"

Scott maintained consciousness as the ambulance neared the hospital, but as they pulled into the bay of the Emergency Department at FMC's Main Campus, he went down again. This time, his heart didn't respond to the electrical jolt from the AED. Fortunately, the next of his saving graces was already waiting in the wings.

MIRACLE ON EWING ST.

The paramedics transferred Scott to the waiting care of FMC's STEMI Call Team, a group of experts specially trained to respond to emergent, life-threatening heart attacks. One of those team members was interventional cardiologist John Lazarus, MD, PhD, of Fairfield Healthcare Professionals Cardiology.

As Dr. Lazarus assessed the situation, a group of six FMC team members performed CPR on Scott for nearly 30 minutes, rotating at regular intervals to avoid fatigue while continuously providing measured, high-quality chest compressions. With their hands acting as his heart, this simple yet invaluable action replaced Scott's defunct circulatory system – an effort that would go on to play a significant role in his successful recovery.

Because Scott's heart rhythm was no longer responding to the electrical shock of the defibrillator, Dr. Lazarus quickly consulted with cardiothoracic surgeon P. Aryeh Cohen, MD, and pulmonologist and critical care provider Jarrod Bruce, MD. Together, they made the decision to try something FMC had never attempted before: in order to give Scott any chance of survival, they would need to place him on ECMO life support immediately – in the middle of the Emergency Department.

Prior to Scott's arrival, the team had received extensive training for the use of ECMO, a technology that artificially replaces the heart and lungs, in controlled environments – like the operating room, Cath Lab and ICU – all of which are prepped and ready with the necessary

FMC's response was so choreographed, like they'd done it a thousand times before. I know it all could have ended differently that day.

equipment. This was a different ball game, but the team didn't bat an eye. Staff members raced through the hospital to gather the supplies they would need to save the life of the husband and father who so desperately needed their help – they collected everything from cutting-edge technology to simple extension cords, and they did it in record time.

"One of the great things about FMC is the fact that we have the opportunity to create strong, trusting relationships with our teams," Dr. Lazarus recalled of making the uncommon decision. "Everybody jumped into action and was awaiting direction, allowing us to start ECMO within 34 minutes of Scott's arrival to the ED – which is remarkably fast."

With the ECMO device in place and acting as Scott's heart and lungs, it was time for the team to identify the cause of his life-threatening heart rhythm disturbance. In the Cath Lab, Dr. Lazarus discovered a 100% blockage of Scott's left anterior descending

SCOTT'S CARE TEAM



John Lazarus, MD, PhD

is a board-certified interventional cardiologist with FHP Cardiology and FMC's Structural Heart Program in Lancaster, 740-689-4480.



P. Aryeh Cohen, MD

is a board-certified cardiothoracic surgeon with FHP Cardiothoracic Surgery and FMC's Structural Heart Program in Lancaster, 740-681-9020.



Jarrod Bruce, MD

is a board-certified pulmonologist and critical care provider with FHP Pulmonology & Critical Care in Lancaster, 740-689-6833.



Scott Hardwick with his cardiologist, Dr. John Lazarus

(LAD) artery. "Because this vessel supplies such a large portion of the cardiac muscle with oxygen, blockages can cause serious – and often fatal – complications, earning it the name the 'widow maker,'" said Dr. Lazarus. Fortunately for Scott's wife, Sally, the condition didn't have a chance to live up to its name on that January day. "They saved my life that morning, too," she later said of her husband's survival.

With the artery stented, blood flow restored and a balloon pump in place to assist his recovering heart, the team prepared Scott for transfer to The Ohio State University Wexner Medical Center for

ongoing critical care. While his vitals were stable, questions remained about Scott's cognitive function: had his brain suffered any damage from the repeated stopping of his heart? Through CPR, the use of AEDs, and quick, decisive action, the Lancaster Fire Department and FMC's team had done everything they could to save Scott's life and return him to full health – but had it been enough? In a week's time, they would find the answer was a resounding "yes."

A LIFE OF GRATITUDE

After spending a week and a half in the ICU, Scott slowly regained consciousness and began to fill in the holes of his story with the help of his family, care providers and community. It was then that he learned just how many people had worked together to save his life. And while Scott's journey has been physically and emotionally taxing, it has also been full of gratitude.

For Dr. Lazarus, Scott's story serves as a reminder of his motivation as a physician. "Scott's story really hit home for me. He's similar in age to me with a lovely family and a job that he loves – and it all could have been lost," Dr. Lazarus said. "After his transfer, the one thing that reassured me was knowing that we had provided him with cutting-edge care and a good chance for survival here at FMC. And when I heard that he had made a full neurologic recovery and would be able to regain the rhythm of his daily life – that was the most heartwarming for me."

And as Scott continues to recover, growing stronger with each cardiac rehab session and receiving encouraging news with each diagnostic test, his follow-up visits with Dr. Lazarus have been anything but ordinary. The two, linked by such an incredible story, share a unique bond.

"The last time I saw him, Dr. Lazarus walked into my appointment, shook my hand, shook his head, and said, 'Still a miracle,'" Scott recalled. "He reminds me not to dwell on the past, to keep moving forward – and I want to give him my thanks every time I see him."

Scott is reminded of his renewed appreciation for life on a daily basis. When he looks at his wife and daughter, who kept the family business open while he recovered, he is filled with pride. When he sees the fire station across the street from his shop, he is reminded of his gratitude. And when he meets members of the FMC team that helped save his life, there are no words to fully convey his thanks.

"By the grace of God, someone inside that fire station heard me that morning," Scott said. "And FMC's response was so choreographed, like they'd done it a thousand times before. I know it all could have ended differently that day, and that puts a lot of things into perspective."

Sudden Cardiac Arrest (SCA)

How to Save a Life

SCA Chain of Survival

Survival from SCA depends on the quick actions of people nearby who call 911, start CPR and use an AED to restart the heart.



RECOGNIZE SCA

If person is unresponsive and not breathing, assume SCA.

CALL 911

Follow emergency dispatcher's instructions.

Start CPR.

Push hard and fast in center of chest (100-120 pumps/minute).

Use AED

Follow step-by-step instructions. AEDs are meant for anyone to use.

Sudden cardiac arrest occurs when the heart suddenly stops beating and affects nearly 356,000 people a year. Without immediate bystander intervention – including CPR and/or the use of an automated external defibrillator (AED) – the chance of survival drops to 10%. FMC, along with local EMS and fire departments, business owners and community members, is working to create a more heart-safe region.

The group's passion for improving cardiac arrest survival rates in Lancaster and beyond focuses on expanding CPR education, increasing the availability of AEDs and creating a system to map and track defibrillator locations for quicker access. "Survival in cardiac arrest is really a community effort," Dr. Lazarus said. "Especially in southeast Ohio and other rural areas, where ambulance response times can be further affected by location."

To learn more about CPR training for your business or organization, contact FMC's community educator Resa Tobin at 740-687-8477 or resa@fmchealth.org. You can also contact your local first responders to inquire about training opportunities.

Source: Sudden Cardiac Arrest Foundation



HEALTHY HABITS

Guest Columnist: Kimberly Kohli, PhD
Fairfield Healthcare Professionals Psychiatry & Health Psychology
To contact the office, call 740-689-6600

7 Steps to Protect Your MENTAL HEALTH During COVID-19

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can negatively impact their mental health. The COVID-19 outbreak, and the social distancing measures in place to prevent its spread, have turned our lives upside down. If you have a mental illness, the increased anxiety, stress and social isolation may be especially harmful to your mental health. Take these seven steps to protect your mental health during COVID-19:

1

Keep a routine. You will feel more productive if you establish personal, professional and familial boundaries. Try to keep a regular routine by waking up at the same time, getting ready and keeping normal work or school hours. Designate specific areas in your home for work and school that are not places where you would normally relax (such as the couch).



2

Stay informed, but know your limits. Use only reliable sources of information, such as the CDC, Johns Hopkins University and Fairfield Medical Center's website to stay informed about pertinent updates that will keep you and your family safe. Take breaks from the news, including social media, to try to decrease stress and anxiety.



3

Find ways to "get going" & motivate yourself. Pay a visit to the gym or go out for a brisk walk as long as you keep your distance from others. Practice yoga at home or even work out virtually with a personal trainer.



4

Practice healthy sleep habits. Schedule changes and anxiety can negatively affect your sleep. If you're wide awake in bed for more than 15 minutes, watch TV, read a book or listen to music. Guided meditation, available on YouTube or through an app, may also be helpful. Try not to focus on meditating to fall asleep, but rather on observing your thoughts.



5

Practice mindfulness & acceptance techniques. Meditation, yoga or prayer can help you focus on the present instead of an uncertain future, as well as manage your distress. Great resources include "Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World" by Mark Williams and Danny Penman, the UCSD Center for Mindfulness and the Calm app.



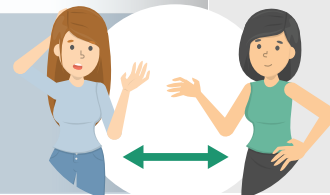
6

Be kind to yourself & practice self-care. Research shows the value of self-compassion for coping with emotional challenges and adversity. If you're feeling isolated, be kind to yourself, not self-judgemental. Realize that others are likely experiencing the same challenges. Care for yourself mentally by participating in activities you enjoy.



7

Stay socially connected while practicing social distancing. Support a family member or friend and use social networking apps or video chat to stay connected with others.



Common Signs of Distress

- Feeling hopeless or helpless
- Feelings of numbness, disbelief, anxiety or fear
- Changes in energy and activity levels
- Difficulty concentrating and focusing
- Difficulty sleeping
- Physical reactions, such as headaches, body aches, stomach problems and skin rashes
- Worsening of chronic health problems
- Anger and irritability
- Increased use of alcohol, tobacco products or other substances
- Worsening of mental health conditions (anxiety, depression, trauma-related symptoms, etc.)
- Changes in appetite (eating too much or eating too little)

CONNECTION IN A CRISIS



Carla Yantes (front) stands with oncology nurse navigator Shelly Romine and oncologist and hematologist Kanwaljit Singh, MD.

Although breast cancer is very common – with one in eight women battling the disease during her lifetime – receiving that diagnosis alters each patient's life in a different way.*

In many cases, having an established and trusting relationship with a primary care provider is an important first step toward early detection and treatment. Just as important to the healing process is having an additional team of caregivers who don't just treat the patient, but support them from beginning to end in their cancer journey. At least that was the case for Carla Yantes, 57, a breast cancer patient whose cancer journey was characterized by her deep connection with the people who cared for her.

Carla, of Lancaster, had an unusual start to her cancer journey. While moving a heavy box, she bumped her breast and developed a bruise. When the injury didn't heal, Carla contacted her primary care provider (PCP), Sara Busch, CNP, of Fairfield Healthcare Professionals Old Schoolhouse Family Practice. Sara was concerned that the bruise had turned into a hematoma – a pooling of blood beneath the skin – and sent Carla for an ultrasound, which confirmed her suspicion.

Several weeks later, Carla's pain worsened despite treatment, and when Carla contacted her primary care office about her condition, Sara advised Carla to go immediately to Fairfield Medical Center's Emergency Department. "Sara couldn't stress it to me enough. I was so used to

the pain that it was like, 'It'll be okay. I'll just wait.' She said, 'No, Carla, now. I'm telling you, right now.'"

"Carla has faith in me as her provider, and in return I have faith in her as the patient to come to me with concerns," Sara said. "Because of that trust and willingness to share, she was able to express her concerns and trust that my insistence she be seen in the ED that day was in her best interest. This connection between the patient and provider is what primary care is all about."

Testing done at FMC's ED revealed that Carla had an abscess, a collection of pus that had built up within the tissue of the body and could lead to serious complications. Scott Johnson, MD, of Fairfield Healthcare Professionals General Surgery River View, was called in for emergency surgery.

During a follow-up appointment the next week, Dr. Johnson gave Carla news that she was not expecting. He explained that, during the procedure, he had found and biopsied a concerning growth. The biopsy results came back positive for breast cancer.

Carla's sister, Charlotte Linn, was with Carla during the appointment and said the news took even Dr. Johnson by surprise. "He had

Primary care is important for everyone's health. No one knows you better than your PCP.

them check it a couple times. I think he was kind of shocked," she said. Dr. Johnson and his staff reassured Carla that they would do everything they could to fight the cancer.

Kanwaljit Singh, MD, of Fairfield Healthcare Professionals Hematology-Oncology diagnosed Carla with Stage 3 triple-negative invasive ductal carcinoma, an aggressive form of breast cancer that can be more difficult to treat than other types. The fact that there is no known breast cancer in her family made the diagnosis even more of a surprise for Carla.

Oncology nurse navigator Shelly Romine said cases like Carla's highlight the importance of establishing a relationship with a PCP and keeping up with annual screenings. "Primary care is important for everyone's health. No one knows you better than your PCP," Shelly explained. "You need to be proactive in your health – sharing concerns with your PCP and

CARLA'S CARE TEAM



Sara Busch, CNP

is a certified nurse practitioner with Fairfield Healthcare Professionals Old Schoolhouse Family Practice, 740-689-2820.



Scott Johnson, MD

is a board-certified general surgeon with Fairfield Healthcare Professionals General Surgery River View in Lancaster, 740-654-6213.



Shelly Romine, MSN, RN, BC, CCRN

is an oncology nurse navigator with FMC's Cancer Care and Infusion Center in Lancaster, 740-687-6900.



Kanwaljit Singh, MD

is a board-certified medical oncologist and hematologist with Fairfield Healthcare Professionals Hematology-Oncology in Lancaster, 740-687-4505.

*Source: American Cancer Society



I believe every one of those providers has put forth an effort to make me well and make sure that I'm here tomorrow.



getting yearly mammograms are great ways to do that.”

Carla’s treatment began with several strong doses of chemotherapy to slow down the cancer and shrink her tumor prior to her scheduled surgery.

Her connection with Dr. Johnson helped to put Carla’s mind at ease before her procedure. “He said a prayer with all of us before Carla went into surgery, and that’s just amazing to me,” Charlotte remembered. “He gives her the biggest hug every time he sees her. That makes you want to get well – to know that there’s somebody out there who cares enough to give you that hug.”

Dr. Johnson said he strives to provide that support for patients – beyond just caring for their medical needs. “Having a personal connection means the patient has someone familiar at the beginning of this process – to help them through their cancer battle. That familiar person is someone they can trust to tell them the hard truth, stay connected with them through this process as an ally and keep in touch with them for years to come,” Dr. Johnson explained. “I hope that personal connection allows a more authentic openness that lets the patient speak from their heart and feel heard and acknowledged. Hopefully, our connection helps patients feel empowered to ask hard questions, knowing they deserve respectful, honest answers.”

Carla had a double mastectomy with lymph node removal to take out the cancer. The surgery was

followed up with more chemotherapy to fight the cancerous cells in Carla’s lymph nodes that could not be removed during her surgery. Carla also completed 25 rounds of radiation to ensure that all the cancer was eliminated.

Carla says that having an established relationship with her primary care provider is what pushed her to have her injury checked out – and her providers’ compassion and persistence is what ultimately led to her cancer diagnosis. “If it wouldn’t have been for Sara initially pouring out her heart to me and making sure that I did go to the Emergency Department, and then if it wasn’t for Dr. Johnson taking that initiative to notice something out of place and checking it out, I may not even be here today.” With Carla’s cancer already having progressed to Stage 3, any further delay in her diagnosis would have made treatment even more difficult.

“Prevention of illness and disease is the role of primary care. Trusting patient-provider relationships allow for comfort when discussing small changes, concerns and routine screening guidelines,” Sara explained. “Early detection leads to early intervention with the hope of improved outcomes.”

Today, Carla is cancer-free and thankful to all of the people who contributed to her care. “I believe every one of those providers has put forth an effort to make me well and make sure that I’m here tomorrow, and the next day and the next day, to be able to tell my story again.”



Carla Yantes with her sister, Charlotte Linn

PRIMARY CARE is truly at the heart of wellness. It is often viewed as the building block of a healthy life and focuses first and foremost on the prevention of disease. No matter your age, you should plan to see your primary care provider once a year for a routine wellness exam.

Virtual visits are available for some appointments. **Ask your provider if telehealth visits may be right for you.**

FHP Family Medicine of Amanda*
5115 Amanda Northern Road,
Amanda
740-969-4828

FHP Primary Care of Diley Ridge*
7901 Diley Road, Ste. 120,
Canal Winchester
614-829-6138

FHP Family Medicine of Carroll*
82 E. Canal St., Carroll
740-756-4589

FHP Internal Medicine
2405 N. Columbus St., Ste. 280,
Lancaster
740-689-4470

**FHP Internal Medicine
Residency Clinic**
2405 N. Columbus St., Ste. 260,
Lancaster
740-687-8397

**FHP Old Schoolhouse
Family Practice***
1955 Lancaster-Newark Road NE,
Lancaster
740-689-2820

FHP Logan Primary Care*
751 State Route 664 N., Unit A,
Logan
740-385-9646

**Practices accepting pediatric patients*

Driven to **GIVE**

Loving wife Joyce Murphy lost her husband, Earl "Butch" Murphy, Jr., to cancer in March. Butch fought a five-year battle with multiple myeloma, a form of cancer that affects plasma cells found in bone marrow, and received his care at Fairfield Medical Center's Cancer Care and Infusion Center.

Joyce and Butch's family decided to carry on his legacy by donating \$10,000 to the Fairfield Medical Center Foundation Cancer Care Fund, which provides needed cancer care, treatment and prevention services to the community. Butch's cancer care team, including oncologist Roopa Srikantiah-Saha, MD, gathered with his family back in the spring to reconnect and reminisce about his loving and caring spirit.

"The care my dad received was beyond just medicine, it was the people," stated Earl Murphy III, Butch's son. "My dad looked forward to seeing everyone at his appointments."

Butch's care team, who formed a close bond with Butch during his treatment, recalled how he had a strong drive to succeed, which translated to all aspects of his life. An avid car enthusiast, he made a living by restoring Rolls Royce and Bentley cars. He would always give 100% effort and was known for saying "Full steam ahead" and "Don't spare the horsepower." His son



Pictured top right: Earl "Butch" Murphy, Jr.'s family. Pictured above: Earl Murphy III, holds a picture of his father, Earl "Butch" Murphy, Jr., while he speaks to FMC staff outside the Cancer Care and Infusion Center.

and grandson will continue his legacy and passion for cars. "Butch has a place in everybody's heart," said Janice Novotni, Cancer Care Resource Center coordinator.

Volunteer and cancer survivor Kitty Handley remembered Butch always jokingly asking, "What are you peddling today?" whenever she brought the snack cart around. These stories and memories brought closure and comfort to the Murphy family.

"I've never seen a place like Fairfield Medical Center, where people work as a team – a real team," Joyce Murphy stated. "The care he received is the reason for this donation, and this reunion showed me that Butch will not be forgotten."

Even during a pandemic, stories of kindness and acts of generosity show the power of selfless giving. Through generous donors like the Murphy family, the FMC Foundation has the ability to make a difference in the lives of cancer patients and fund preventative screenings.

"We are so grateful for the Murphy family and their generous donation in Butch's name," said Tracy Kelly, executive director of the FMC Foundation. "When you support our healing mission, you are saving and changing lives right here in our community – our friends, neighbors and loved ones. Your gift of any amount will make a lasting difference, living on through the heartfelt work of the FMC family."

If you are interested in learning more about individual giving opportunities, please visit fmchealth.org or text to give today.



Text **FMC** to
855-735-2437 to
give today.

MEET OUR NEW PROVIDERS

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



Jordan Bonier, DO, MS

FHP Orthopedics and Physical
Medicine & Rehabilitation
2384 N. Memorial Dr.,
Lancaster
740-689-4935



Justin Bruner, DO

FHP Obstetrics
& Gynecology
112 N. Ewing St.,
Lancaster
740-689-6690



Caitlin Evans, PA-C

FHP Cardiothoracic Surgery
618 Pleasantville Road,
Ste. 202, Lancaster
740-681-9020



Cassandra Ferguson, CNP

Hospice of Central Ohio
2269 Cherry Valley Road SE,
Newark
740-788-1430



Christie Irving, CNP

FHP Cardiology
2405 N. Columbus St.,
Ste. 200, Lancaster
740-689-4480



Katie Long, CNP

FHP Urology
618 Pleasantville Road,
Ste. 203, Lancaster
740-689-4945



Christine Ritzenthaler, CNP

Hospice of Central Ohio
2269 Cherry Valley Road SE,
Newark
740-788-1430



Brianna Schuelke, CNP

Hospice of Central Ohio
2269 Cherry Valley Road SE,
Newark
740-788-1430



Christina Siemer-Harley, CNP

FAIRHOPE Hospice &
Palliative Care, Inc.
282 Sells Road,
Lancaster
740-475-0699



Ashley Six, CNP

Hospice of Central Ohio
2269 Cherry Valley Road SE,
Newark
740-788-1430



Andrew Stiff, MD

FHP Cardiology
2405 N. Columbus St.,
Ste. 200, Lancaster
740-689-4480



Joseph Tasch, DO

Kidney Specialists, Inc.
1550 Sheridan Dr.,
Ste. 103, Lancaster
740-475-0058

VOLUNTEER SPOTLIGHT

Wayne Dozier

For several years, Wayne Dozier has been making a difference at Fairfield Medical Center by crafting beautifully quilted and crocheted items for cancer patients and newborns. What started as a hobby has quickly become an essential skill, especially during the COVID-19 outbreak.

"After COVID-19 hit, I saw a need for masks for patients and staff," said Wayne, a former Baptist minister who volunteers at FMC's Cancer Resource Center. "After watching YouTube videos, I jumped in and haven't quit."

Wayne has lost count of how many masks he has sewn for patients and staff since late March – he estimates it's around 2,000-2,500. He devotes approximately 30-40 hours a week to cutting, pinning, sewing and pressing masks, not counting the additional time spent collecting fabric.

As a people person, he said he's eager for the day when he can get back to ministering to cancer patients as a volunteer. But for now, sewing masks has helped to fill that void.

"I enjoy personally making things for those facing difficult times. For me, it is personal. What I have made touches them, like I was reaching out in encouragement. They have been prayed for."

Although FMC's volunteer program is currently on hold due to COVID-19, there will certainly be a great need for volunteers in the future. Most of our volunteers serve just one 4-hour shift per week. To learn more, contact Heidi Reed at 740-687-8109 or heidire@fmchealth.org.

THANK YOU FOR ALL YOU DO, WAYNE



Head to Toe Care

Orthopedics and Physical Medicine & Rehabilitation

2384 N. Memorial Dr., Lancaster
12135 Lancaster St., Millersport
740-689-4935

Regardless of where your orthopedic journey starts, our team is here to help get you back to doing what you love.

- ☑ Same week appointments
- ☑ Caring for patients of all ages
- ☑ All insurances accepted



**Fairfield Healthcare
Professionals**

An Affiliate of Fairfield Medical Center

Learn more at fmchealth.org

Concussion Care

Neck & Shoulder

Spine & Back

Hand & Wrist

Hip

Knee

Foot & Ankle



THE MONITOR

Administration

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

Stanley C. Adams, MBA
Interim Chief Financial Officer

Debra Palmer, RN
Vice President of Administrative Services

Alan Greenslade
Chief Operating Officer

Helen Harding, RN
Chief Nursing Officer

Laura Moore
Chief Business & Strategy Officer

Renee Wagner, MD
Chief Medical Officer

Mark Vanderhoff, RN
Vice President of Patient Services

Board of Directors

Laura Tussing
Chair

Brad Hedges, PhD
Vice Chair

Matthew Wideman
Secretary

Aundrea Cordle

Theresa Dyar, DO

Dan Fruth

John R. "Jack" Janoso, Jr.

Angela Krile

Ronald Linehan, MD

Micah Riggerbach

Laurianne Scott, DO, FACOG

Susan Nixon-Stoughton

Milt Taylor

William Yaple

The Monitor Editorial Staff

Editor-in-Chief/Designer: Michelle George

Designer: Aaron Uhl

Photographer: Lisa Sells

Contributing Writers & Editors:

Olivia Burns

Katie Goodall

Jill Henwood

Mike Kallenberg

Regina King

Lynne Lutz

Janae Miller

Resa Tobin

Risha Wagner

Teri Watson

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.



Fairfield
Medical Center

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

Experience the Connection

Since 1948, a powerful network of community members have formed auxiliary groups called "TWIGS." Together, these charitable teams host events and fundraisers dedicated to transforming healthcare at Fairfield Medical Center. TWIGS are a vital part of the Fairfield Medical Center Foundation, and they support several areas of service, including: Cancer Care, the Maternity Department, Cardiovascular Services, Palliative Care and the Emergency Department.

When you join a TWIGS group, you will form lifelong friendships and have an immeasurable impact on your community. All active TWIGS groups are accepting new members. Please contact the Fairfield Medical Center Foundation at 740-689-4976 or visit fmchealth.org/foundation/ways-to-give/twigs to learn more.

TOGETHERNESS



WILLINGNESS



GIVING



IMAGINATION



SHARING



TWIGS

Fairfield Medical Center
FOUNDATION