



Fairfield Medical Center

THE MONITOR

FALL 2021



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Photographer: Lisa Sells

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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.

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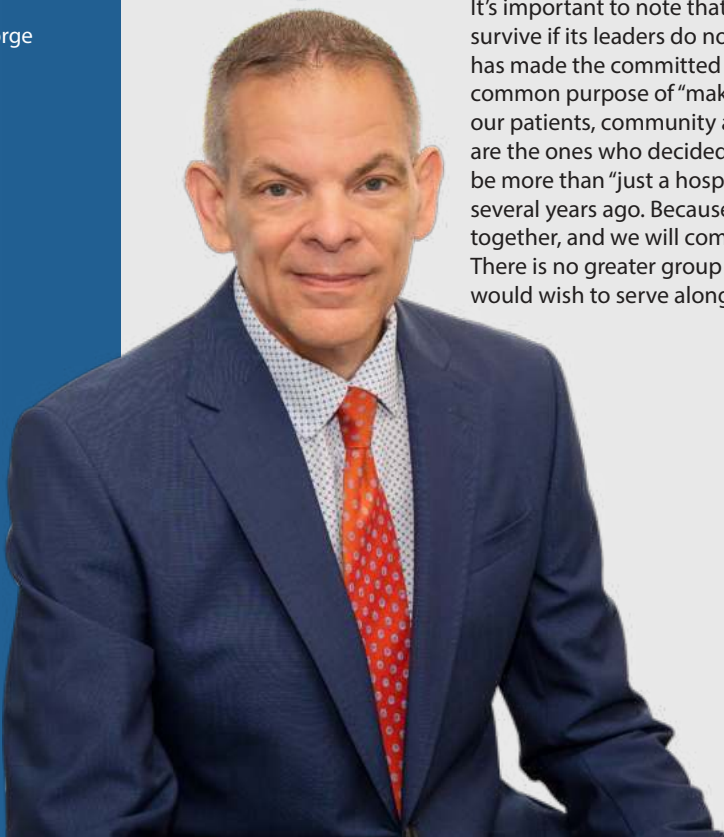
LETTER FROM THE PRESIDENT & CEO

Several years ago, our Marketing Team was filming a series of patient interviews when one of those patients – Ken Bussart – made an observation about Fairfield Medical Center that I have never forgotten. "Fairfield Medical Center is not just a hospital. You can take a building and make it a hospital," Ken said. "But when you put a team in it, like FMC has, you make a difference in someone's life."

Around the time that Ken made this statement, Fairfield Medical Center was in the early, formative stages of evaluating its organizational culture. With the guidance of an organization known globally for delivering outstanding customer service, we closely analyzed our organizational values, community mission and personal intentions. We asked ourselves, what does Fairfield Medical Center want to be remembered for, not only by our patients, but by ourselves? What is our true identity and driving purpose? What personal and organizational changes do we need to make in order to realize the culture we desire? These were the questions our multi-disciplinary team of frontline staff and department leaders were challenged to answer at the start of this journey. It was a process that required patience, open-mindedness, deliberate listening, time, work and soul searching. Our cultural journey has been a pivotally defining and worthwhile investment that has transformed who we are and how we care for our community.

Never in my career have I seen an investment in culture and purpose yield so much pride in ownership and selfless commitment to serve others in a personal, genuine manner. Back then, I could not contemplate that the decisions we were making to revitalize our culture would be the very ones that would help lift us highest through this current moment in our lives. For the past 18 months, the COVID-19 pandemic has challenged us in many ways, causing our staff to face unknown obstacles and take on roles well outside their normal job duties. The burnout and strain that healthcare workers across the country are facing has unquestionably been felt here at home; however, I believe that our culture and commitment to be dedicated servants of the community has played a key role in how our team has met this unexpected challenge. Our culture has served as our support system, guiding us through tough decisions, long shifts, emotional interactions and extreme pressure. It has taught us that in order to take care of our patients, we also have to take care of each other. It has helped us remain resilient and focused on the monumental task at hand – saving lives and helping others survive COVID-19.

It's important to note that an organization's culture cannot survive if its leaders do not actively model it. Our team at FMC has made the committed choice to embrace our culture and common purpose of "making a difference, from our hearts" for our patients, community and ourselves. Our amazing people are the ones who decided that Fairfield Medical Center should be more than "just a hospital," as our friend, Ken, observed several years ago. Because of them, we will get through this together, and we will come out stronger on the other side. There is no greater group of individuals (my FMC family) that I would wish to serve alongside during this time in our history.



John R. "Jack" Janoso Jr.

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Fairfield Medical Center





Meagan Lane (left) and Haley Moku, RN, hold a photo of their husbands, Jeremy Lane (left) and Kawaiiani Moku. The women also posed for a photo together the day after Sydney was born (below).

SUPPORT & SERVE

Patient Meagan Lane and maternity nurse Haley Moku, RN, developed a special bond in the delivery room after they learned that their families share an extraordinary connection.

Meagan Lane will be the first to tell you that it's hard to understand what it is like to be a military spouse unless you are one. It's a role that fills her with a lot of pride, but also requires a great deal of sacrifice and patience. Never has Meagan understood that more than during this past year when the COVID-19 pandemic prevented her husband, Jeremy Lane, from coming home on leave in May to meet their newborn daughter, Sydney. Jeremy is serving a 13-month deployment overseas that will end in January 2022.

"Typically they get a two-week leave when a child is born, but with COVID going on, there was not enough time for him to quarantine, and then go back and re-quarantine," Meagan explained.

The news was a disappointment for the Lanes, but they tried to not let it overshadow the





Moments like that make me feel like, yes, this is what I should be doing, this is where I'm supposed to be.

excitement of their daughter's arrival. The date of May 11 was selected for Meagan's Cesarean section, and her obstetrician Suzanne Barnhart, MD, of OB-GYN Associates of Lancaster, assured Meagan that she and the Maternity Team at Fairfield Medical Center would make whatever accommodations necessary to include Jeremy in the birth experience via video chat. So, when Meagan learned during a routine check-up on May 6 that she was progressing ahead of schedule and was ready to deliver, she alerted Jeremy of the change in plans and prayed he would be able to get on the video chat in time.

"It's always a concern that he might not make it on because the internet there is kind of in and out," Meagan said. "My mom was my support person, and she had two phones with her in case one quit working."

As Meagan anxiously waited to be taken back to the operating room, nurse Haley Moku, RN, entered the room to begin the admission process. As the two women chatted, the conversation eventually turned to Jeremy and his military service. When Meagan told Haley where Jeremy was stationed, Haley looked up from her computer in surprise.

"Haley told me her husband was also in the Army and was stationed in that same country," Meagan said. "She couldn't remember the exact name of his unit, but she said her husband was military police, and I said so was mine."

The coincidences didn't end there. Meagan texted the name of Haley's husband – Kawaiiani Moku – to Jeremy to see if it sounded familiar. Not only did Jeremy know who Kawaiiani was, but the two

men were in the same unit and scheduled to work together the following day.

"He was confused because I'd never asked about Kawaiiani before, so I explained that his wife was my nurse. I told him, 'I'm in the room with her right now,'" Meagan said.

Having a fellow military wife there to assist with the delivery – especially one whose husband was serving with her husband – put Meagan at ease. For Haley, the chance to support Meagan during one of the most important days of her life was a rewarding experience.

"I can't imagine what it would be like to have a big life event and not have your husband there," Haley said. "It was definitely an emotional labor to be a part of. Moments like that make me feel like, yes, this is what I should be doing, this is where I'm supposed to be."

Meagan agreed. "She understood how it felt to be having a baby when your husband can't be there, and how it feels to have this long wait before he can come back. She understands what it's like to only have FaceTime, or only be able to text every couple of days because of the time difference. I just can't describe how nice it was to have someone who understood."

In addition to having Haley nearby, Meagan said Dr. Barnhart and FMC's Maternity Team

went above and beyond to ensure that Jeremy was as much a part of Sydney's birth as everyone else in the room.

"It was fun to see his reaction. When they took her away to clean her up, my mom followed them with the phone, so he actually got to see more of her than I did at first," Meagan said with a laugh.

Meagan opted for a gentle Cesarean, which allows the mother to see their child being born through a clear drape that separates her from the sterile surgical field.

"My last Cesarean, when I had my older daughter, there were complications and I had to have general anesthesia, so I missed the whole thing," Meagan said. "So I was very excited to actually see Sydney when she came out."

Haley remained close to Meagan for the duration of her stay, caring for both her and Sydney. The two women took a photo together to send to their husbands and were touched when Jeremy and Kawaiiani decided to do the same.

In July, Meagan and Haley met up at a local park to reconnect, and they look forward to seeing each other again when their husbands return home from their deployment in January.

"We will most likely have a welcome home party when Jeremy gets back, and Haley and Kawaiiani will definitely be on the invite list," Meagan said.



Meagan Lane with her daughters, Payton (left) and Sydney.

The Long Road HOME

In a year full of challenges and tribulations, heart attack survivor Dale Richardson and his girlfriend Merri found comfort in two simple realizations: Miracles are possible, and the world is full of kind people.

After a weeklong vacation spent visiting family in Virginia, Dale Richardson, 57, and his girlfriend Merri planned to spend most of Labor Day 2020 on the road, heading north to their hometown of Bucyrus, Ohio.

Shortly after the couple crossed the Ohio state line, Merri noticed that Dale was covered in sweat and visibly uncomfortable. She urged him to pull over, but Dale insisted that he was fine as he mopped the sweat from his face and kept driving.

"I just felt like I had massive indigestion," Dale explained. "I didn't have any pain, but I had this bloated feeling in my chest."

When the pressure in Dale's chest intensified, Merri insisted they pull off at the next rest stop. By the time they parked the vehicle, Dale's discomfort was unbearable; he lay down in the grass as a panicked Merri dialed 911. The dispatcher informed her that an ambulance was close by and could reach Dale in a matter of minutes, and while Merri waited for Hocking County EMS to arrive, she found comfort in the kindness of strangers. A man traveling with his family stayed to pray with her, and then drove her car to Fairfield Medical Center so she could stay with Dale in transit.

"They didn't know a thing about us, and they went out of their way to help," Merri remembered. "It was so touching. That was the first of so many acts of kindness."

Inside the ambulance, Hocking County EMS identified Dale's heart attack as being especially urgent: He was experiencing a STEMI (ST-elevated myocardial infarction), or a heart attack caused by a 100 percent blockage. Using lifesaving technology, the team transmitted Dale's EKG results to Fairfield Medical Center's Emergency Department during transport, alerting the cardiac team of their patient's condition ahead of arrival. The paramedics knew they had to get Dale to the hospital, and they had to do it fast.

Dale was alert and in good spirits as he was wheeled through the doors of FMC's Emergency Department. "I thought it was going to be a cakewalk," Dale remembered. "I'm right with God, and I had no fear; I just knew I was going to be OK no matter what."

Certain that the worst was behind him, Dale glanced over his shoulder. With a smile and a wink at Merri, he gave her a thumbs-up. The endearing moment would become one of his last memories of the day. His heart stopped less than a minute later.

"I was looking right at him, and I just knew his heart had stopped," Merri recalled. "I knew they were trying to revive him."

As Merri was whisked away, Fairfield Medical Center's Emergency Department Team began



performing CPR and administering cardiac life support. They continued chest compressions, gained access to Dale's airway and used the defibrillator to deliver shock after shock to his unresponsive heart. For half an hour, they worked. As the minutes ticked by, Dale's chances for survival and recovery grew slim. And still, the team refused to give up.

On the 14th shock of the defibrillator, Dale's heart began to beat once more. Fairfield Healthcare Professionals interventional cardiologist Andrew Stiff, MD, and his team immediately rushed to the Cath Lab, where they implanted an intra-aortic balloon pump to support Dale's weakened heart and inserted a stent to open the blocked artery.

"Every single person on our team was

determined to save Dale's life that day," Dr. Stiff recalled. "As healthcare providers, that's our calling. But to be part of a group that shares that passion so strongly is really something special."

The teamwork was no small feat. In the midst of a holiday weekend, providers and staff members poured in from far and wide to assist in Dale's care. While some were already at the hospital, others traveled from home at a moment's notice. Upon receiving the call, cardiologist Jeremy Buckley, MD, immediately arrived at FMC to help manage Dale's condition. Meanwhile, cardiothoracic surgeon P. Aryeh Cohen, MD, alerted his specialty team to the critical situation unfolding in the Cath Lab, and pulmonologist and critical care provider Jarrod Bruce, MD, took the lead on tending to Dale's failing respiratory system.

"Dale was very critically ill," Dr. Stiff recalled. "As a new member of the medical staff at the time, I was impressed by the speed and agility of my peers. From the quick response of Dr. Mark Darnell and the ED team to the skill of the Cath Lab crew, it was a perfect team effort. It made me realize very quickly how lucky I am to be a part of FMC."

Ultimately, it was determined that Dale's cardiac arrest was caused by a 100 percent

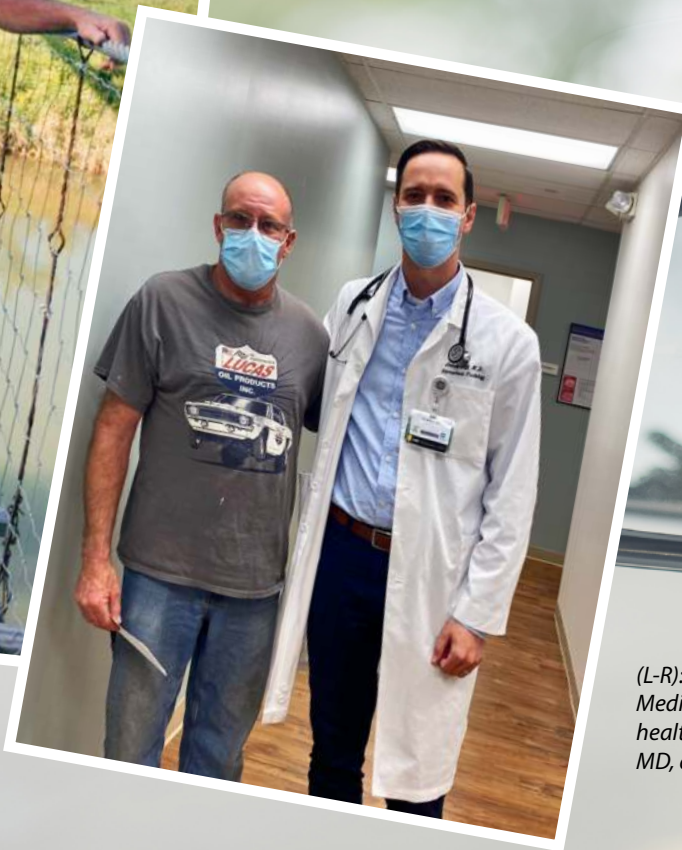
blockage of the right coronary artery, which can cause permanent damage to the heart muscle if not resolved quickly.

"In these cases, time is of the essence, which made it even more important that our team was able to operate like a well-oiled machine," Dr. Stiff explained.

Once stable, Dale was transferred to the ICU, where he was visited daily by Merri. During those long days, she had numerous interactions with members of FMC's team.

"Everybody at FMC was wonderful," she shared. "I actually call them my family. There's not a day that goes by that I don't think of them, because they really helped me get through that difficult time."

Merri said that the chaplain visited her each of the 15 days Dale spent at FMC. When the hospital's Environmental Services staff noticed she wasn't eating, an incredibly thoughtful housekeeper brought her lunch and continued to check on her throughout the week. An ICU nurse even opened her home to Merri, offering her a place to stay in the middle of the COVID-19 pandemic just so she could be closer to Dale. While she declined the offer, those small acts of kindness helped Merri remain connected and hopeful in a time of uncertainty and isolation.



(L-R): Dale during his hospitalization at Fairfield Medical Center; free of the tubes and wires, a healthy and happy Dale; Dale with Andrew Stiff, MD, during a follow-up appointment.

DALE'S CARE TEAM



Front row (L-R): Jess Patterson, RT (R); Ashley Casey, RN; Hannah Miller, RN; Lindsey Miller, RN; Marlana Solgot, RT (R); Deserae Belcher, RN, STEMI Coordinator; Back Row (L-R): Kim Daubenmire, RN; Sara Crispin, RT (R); Kristen Faherty, RT (R); Brittney Meadows, RT (R); Abby Swisher, RN; Gina Wilson, RN



Andrew Stiff, MD

is a board-certified cardiologist with FHP Cardiology in Lancaster, 740-689-4480.



Jeremy Buckley, MD

is a board-certified cardiologist with FHP Cardiology in Lancaster, 740-689-4480.



P. Aryeh Cohen, MD

is a board-certified cardiothoracic surgeon with FHP Cardiothoracic Surgery, 740-681-9020. He also serves as Director of Cardiothoracic Surgery at FMC.



Jarrod Bruce, MD

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



Mark Darnell, MD

is a board-certified emergency medicine physician and the Chief Medical Officer for FMC.

"The nurses, doctors, surgeons, everyone – they were all absolutely amazing," she said. "At one point, they offered to transfer Dale to a hospital closer to Bucyrus, and we refused. I didn't mind driving four hours every day. He was going to stay at Fairfield Medical Center, there was no question."

After two weeks of around-the-clock critical care, Merri formed a bond of trust with Dale's providers – it was a relationship that served her well through countless trials and tribulations. In some of the hardest moments, she knew she could count on Dr. Stiff and FMC's clinical staff for honesty and reassurance.

"We are always trying to balance being clinical and realistic with remaining optimistic," Dr. Stiff shared. "Every time we speak with family members and patients, we try to keep them informed about our plan and the possible outcomes. This transparent communication is helpful in managing expectations – and Dale's case is proof that excellent medicine, coupled with genuine care and compassion, can lead to impressive outcomes."

On two separate occasions, Dale's care team prepared his loved ones for the worst. The first instance was the evening of his heart attack. In the ICU, Dale's family grappled with the gravity of his situation: At worst, Dale would not survive. If he did pull through, there was a chance that he would never regain normal brain function. It was during this heart-wrenching waiting game that Merri most appreciated the truthfulness of the staff – and their commitment to giving her the courage to hope.

"I stumbled upon this Bible on my way home one night," Merri recalled. "I pulled over to wait for a storm to pass, and there it was on the ground. In that moment, I felt so much peace – like it was a sign that everything was going to be OK. All of those small reminders of hope kept me going."

The next day, Dale's condition started to improve, and he was beginning to show signs of brain activity. When he did finally open his eyes, Merri was the first person he saw.

"When I woke up, she was standing beside me," Dale said with a smile. "She was with me every single day. And she explained to me that there were great people caring for me, and that FMC was a great place to be."

Dale, of course, soon realized this for himself. "I can't give them enough praise for the work they do," he said. "The doctors and nurses at FMC were absolutely phenomenal. They were so good to me – and they were kind to my family. I can't say enough about Fairfield Medical Center. We were blessed all the way around."

With an unbelievable recovery in the works, the blessings continued. Dale showed no evidence of brain damage, and on Sept. 19 – 12 days after his heart attack – he took his first steps, officially becoming what his care team could only describe as a walking miracle. On Sept. 21, Dale was discharged from FMC, returning home for the first time since before his vacation nearly three weeks earlier.

"To see Dale recover the way he did was incredible," Dr. Stiff

said. "It serves as a clear reminder of why I chose this profession – to not only save lives, but hopefully improve them. Dale was able to return home to his family in Bucyrus, and our team is thrilled to have played a role in that reunion."

Following his discharge, Dale and Merri continued to make the long trip to Lancaster to see Dr. Stiff for routine follow-up appointments. When Dale walked into the Fairfield Healthcare Professionals Cardiology office two weeks after his departure from FMC, the team couldn't believe it. And when Dr. Stiff realized Merri was waiting out in the car because of COVID-19 restrictions, he walked outside to speak with her.

"The fact that Dr. Stiff took the time to come out and see me was so personable and wonderful," Merri said. "We pray for him and his team members at FMC every day – for their strength and their protection and their health. Through all of this, we received so many blessings from perfect strangers. More than ever before, I think it's important to remember that there is still so much good in the world."

Now, Dale is feeling better than he has in years, sharing that he never realized how poorly he felt until he returned home from the hospital at the end of September. He is back to working his five acres of land, rebuilding cars, romping with his dogs and cherishing his relationships with family and friends. His words of advice to those around him are simple: Firstly, if you have health concerns, don't hesitate to get them checked out. Secondly, never forget

to appreciate your guardian angels and the kindness of strangers.

"Every day is a blessing. From the moment I had my heart attack to where I am today, it was all perfectly orchestrated," Dale shared. "From stopping at the rest stop, to the EMS squad being in the right place at the right time, Dr. Stiff and his team being prepared for us, and all of the wonderful people we met along the way, it was a symphony created by God to get me where I am now. That's something I'll always remember."

I can't say enough about Fairfield Medical Center. We were blessed all the way around.



Dale with his girlfriend, Merri (left) and holding his grandson, Hunter.



DON'T DIE OF DOUBT

The American Heart Association champions the *Don't Die of Doubt* campaign, an initiative designed to give people the courage and confidence to address health concerns head-on instead of waiting for them to pass – a decision that can lead to dire consequences. Here are some of the most common barriers to seeking care, and why you shouldn't let them stop you from taking control of your health:

I'm not sure this is an emergency. I'm probably fine. I'll wait to see if the symptoms pass.

When it comes to heart attack and stroke, every second counts – and delaying care can cost you your life. If you experience symptoms of these conditions, call 911 to receive emergency medical attention.

I don't want to bother the paramedics or the staff at the Emergency Department.

Healthcare professionals have dedicated their time and expertise to saving lives. If you are experiencing a heart attack or stroke, they can help. If your symptoms are not related to a cardiovascular emergency, there's no need to feel embarrassed: That's good news! You can leave with peace of mind.

I can't afford an ambulance ride or hospital stay.

An untreated heart attack or stroke can lead to severe disability or death. While financial stress can seem overwhelming, your life is more important. In an emergency, you will always receive care, regardless of your insurance status or ability to pay.

Source: American Heart Association

ADVENTURE AWAITS

After losing a combined 400 pounds following weight loss surgery, Jennifer and Chris Boggs are enjoying life as they never have before.

Throughout their 22 years of marriage, Jennifer and Chris Boggs have shared many life experiences, and – for better or for worse – always tackle them side by side. When the idea of weight loss surgery was first discussed, it only seemed natural that they explore the option together. Little did they know, they would be embarking on one of their greatest adventures.

“It’s like we’re completely different people,” Jennifer said of their new lifestyle. “We explore every weekend; we’re happier, healthier. We’re absolutely not the same people we were a year ago.”

For years, Gloucester residents Jennifer and Chris struggled to manage their weight through traditional methods. From commercial and self-guided diet plans, to exercise regimens and medications, they worked tirelessly to shed the pounds, always with little to show for their efforts. And while some of the plans would bring short-term results, lasting success remained elusive.

As time dragged on, the pair noticed the weight’s negative impact on their health. At age 39, Jennifer was pre-diabetic and fighting gastroesophageal reflux disease (GERD), while Chris, 40, struggled with high blood pressure, sleep apnea, high cholesterol and debilitating knee pain, a condition that affected his day-to-day life, as well as his job duties as an at-home healthcare provider.

“We felt like we had tried everything, like we had exhausted all of our options,” Jennifer recalled. “That’s when our primary care provider referred us to Dr. Custer and his team at Fairfield Medical Center.” At the time of their referral, Jennifer and Chris weighed 355 pounds and 452 pounds, respectively.

Jennifer and Chris started their process by attending a free information seminar with FMC’s Bariatric Services Team, where they learned about the program, the disease journey of obesity, and the potential solutions offered by weight loss surgery.

“The information session was really helpful,” Chris said. “They reframed obesity in a way that made sense – the why behind it – and we left feeling like there was hope.”

Jennifer agreed that the new perspective was a welcome change of pace. “It was a relief to understand what was happening, why other weight loss methods didn’t work,” she said. “From the very beginning, there was no judgement from the team. We didn’t feel like we needed to be ashamed. That was a very different experience than we’d had with some other doctors.”

In June 2019, Jennifer took the life-changing step of scheduling an appointment to begin the consultation process. She met with bariatric surgeon Timothy Custer, MD, to discuss her options, and from there, the rest of the team worked

to make sure her experience moved smoothly. While program and eligibility coordinators tracked documentation to make sure she met all her insurance requirements, Jennifer spent her time making sure she was well-prepared for the road ahead.

For six months, Jennifer focused on learning all she could in the program’s education classes, paying close attention to lessons from registered dietitian Emily





Jennifer and Chris Boggs go for a walk at Alley Park in Lancaster.



We just have so much energy now. It feels like we're actually able to finally live life.



Schmelzer on the basics of nutrition and how to best nourish her body – and soul – before and after surgery.

“Nutrition is an incredibly important part of long-term success,” explained Emily, who has played a key role in the bariatric program over the past four years. “Making sure you adopt those healthy habits is going to make a big difference in reaching your goals, so we definitely talk a lot about smart diet choices – but we also talk about goals beyond weight loss and embracing self-worth. It’s equally important for patients to know that they deserve to feel good, that they’re worthy of change and new opportunities.”

After completing her classes, Jennifer felt confident in her ability to take control of her health and was given the all-clear to move forward with her Roux-en-Y gastric bypass procedure.

“It was New Year’s Eve – Dec. 31, 2019 – when I had my surgery. I thought it would be the perfect start to the new year,” Jennifer said with a laugh. “Obviously, I had no idea what 2020 had in store for us, but it still felt like a fresh start to me.”

Meanwhile, Chris – who had also committed to changing his life and reclaiming his wellbeing – entered the program in October 2019. Following just three months behind his wife, Chris met with Dr. Custer, entered the program and enrolled in pre-surgical education classes, where he learned not only how to be a successful patient, but a successful support person as well.

“I think going through the process together made us both more successful,” Chris shared. “It helped me understand what she was going through, and by the time I had my surgery, she knew exactly what I was experiencing.”

Chris’s surgery was temporarily delayed due to the COVID-19 pandemic, but in June 2020, he also underwent a Roux-en-Y gastric bypass procedure with Dr. Custer.

Just as Jennifer and Chris had supported each other before surgery, they found strength in their bond as they recovered and healed. They were patient with one another as they learned to navigate their new way of life. They offered support and encouragement to each other in the

moments that felt overwhelming, and – most of all – they shared in the joy of countless successes and victories.

At first, the accomplishments were small, yet significant. Everyday tasks like putting on a pair of tennis shoes or going up and down the stairs to their bedroom became easier. As the weight loss continued, Jennifer found joy in purchasing clothes from new stores, browsing the racks and exploring her newfound style. She even had to resize her wedding ring. It was a reminder of how far she and Chris have come together, both in their weight loss journey and the beautiful life they share.

The biggest change of all, however, became evident in their sense of adventure. With more energy and improved mobility, the couple began to embrace a world of possibilities.

“If you would have told me a year ago that I would be biking 14 miles and kayaking, I would have told you that you were crazy,” Chris said. “But we love getting out and being active; since losing the weight, I’m much more open to trying new things.”

In addition to cycling and kayaking, the couple hike often, exploring new trails and parks across southeastern Ohio, and hit the gym more days than not. They even tried ziplining for the first time in July.

"We just have so much energy now," Jennifer said. "It feels like we're actually able to finally live life."

To date, the couple has shed a combined total of more than 400 pounds, with Jennifer down 193 pounds and Chris losing 215 pounds and counting. While their results are both impressive and inspiring, the pair refuses to become complacent. Instead, they are focused on making even more progress and, above all else, maintaining their success. This proactive approach includes staying in touch with their team at FMC.

"You need that support from the staff to make it through this," Chris shared. "Dr. Custer, Bethany, Emily, Angela and Elizabeth – they're all fantastic. We would recommend them to anybody."

The feeling, it seems, is mutual. When Emily

Schmelzer, RD, met with her patients for a follow-up nutrition appointment, she couldn't help but beam with excitement for the individuals sitting in front of her.

"When Jennifer and Chris came to see me, I was truly inspired by their success and just how much their lives have changed," Emily said. "They are focused on living overall healthier lives, and they're doing things that they never could before – they're actually living their lives now. Their story has had an impact on me, too, and I'm just so proud of them."

Most importantly, they're proud of each other. The endless support Jennifer and Chris have offered one another has been a blessing and valuable tool in their process. And while their story has run the spectrum from rewarding to incredibly challenging, they agree that it's been 100 percent worth the hard work that has become part of their daily lives.

"I always tell people that surgery helped us get here, but we did the work," Jennifer said. "We're still doing the work and making good choices; it's a mindset that we'll carry

with us for the rest of our lives."

Their advice to others is simple: Don't let fear, uncertainty or anxiety hold you back. In fact, as far as the Boggs family is concerned, there is nothing in this world that's worth compromising health or happiness.

"With the extra weight gone and our health conditions resolved, we might get to spend an extra 20 to 30 years together," the couple said with a laugh. In this new chapter of their lives, Jennifer and Chris are grateful for the opportunity and strength to rewrite their own story – one full of adventure and a happy ending.

CHRIS & JENNIFER'S CARE TEAM

In 2021, Fairfield Medical Center's Bariatric Services Program received national recognition as a comprehensive Center of Excellence. If you're interested in pursuing weight loss surgery, this designation from the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) means that you can receive compassionate, high-quality care from a nationally acclaimed facility without leaving your community or traveling to large city centers.

Weight loss associated with bariatric surgery can be life-changing, leading to dramatically improved health and quality of life. "We do this procedure for the medical reasons on paper, but what we're really trying to do is help people get their life back," said Timothy Custer, MD, Bariatric Program Medical Director and bariatric surgeon.

The FMC Bariatric Services Team is made up of several experts, including an experienced and specialized clinical staff, program coordinators, insurance verification specialists, dietitians and mental health providers to ensure successful surgical outcomes. If you're interested in exploring bariatric surgery at FMC, please attend a free information session to learn more about the process. For details, visit fmchealth.org, or call our office at 740-475-0442.

Pictured below (left to right): Angeline Stergiou, MD; Elizabeth Beougher; Kimberly Kohli, PhD; Timothy Custer, MD; Bethany Smith, PA; Emily Schmelzer, RD, and Angela Rowe.





Back in ACTION

When Ken Darst decided that he could no longer live with debilitating hip pain, he didn't have to travel far to find a solution.

After spending 15 years in the military and nearly three decades as an active-duty police officer for Fairfield Medical Center, Ken Darst, 54, realizes just how important mobility is. So, when hip pain began slowing him down, he was determined not to let it get the best of him. But try as he might, he struggled to find a lasting solution.

"I did physical therapy, steroid injections, pain medications – you name it, I tried it," said Ken. "Nothing touched the pain."

In fact, his discomfort worsened as his hip joint deteriorated and the arthritis progressed. At his worst, Ken struggled to lift his left foot from the ground as he walked. Simple tasks became complicated, and the complex tasks – like responding to emergency calls and renovating his Baltimore home – were nearly impossible.

"I had a doctor tell me that one morning I would wake up and decide I couldn't stand it anymore," Ken remembered. "That's exactly what happened. I was in excruciating pain, and I knew it was time for me to take that next step."

In January 2021, Ken decided to meet with an orthopedic surgeon to discuss total hip replacement. He picked up the phone and dialed the office of Fairfield Healthcare Professionals Orthopedics and Physical Medicine & Rehabilitation, where he was pleased to discover that not only could he be seen without a referral, but that the office could get him in quickly.

"That was huge for me," Ken said. "I crawled into their office that day, and they were ready to help me as soon as possible."

Orthopedic surgeon Jordan Bonier, DO, MS, sat down with Ken to discuss surgical options. After learning more about Ken's active lifestyle and talking with him about the benefits and considerations, they felt confident about moving forward with a minimally invasive anterior approach.

"The anterior hip approach involves an incision that's made at the front of the hip," Dr. Bonier explained. "It also spares and preserves the muscle, which typically results in less pain and a quicker recovery."

In a few short weeks, Ken was ready to move forward with the procedure. His

anterior total hip replacement was performed on Tuesday, Feb. 23, 2021, and by that same evening, he was back on his feet with the assistance of his care team. The following day, Ken walked up and down the halls of Fairfield Medical Center's dedicated orthopedic unit before being discharged home. In just two days, the hip pain he battled for years had resolved.

"Dr. Bonier did an awesome job," Ken shared. "He sat down with my wife and me and told us exactly what to expect from my surgery and recovery, and he was spot on. I had some pain, of course, but it was minimal compared to what I had been dealing with before. It was nothing like the pain of a bad hip."

Ken followed the recovery guidelines set forth by his team. Little by little, he resumed his normal activities, giving himself time to move slowly as he regained strength in the muscles that had been inactive prior to his surgery. By week six, he was back at work. Today, he is unstoppable.

"I've never felt so good in my life," Ken said. "Nothing slows me down. Nothing fazes me. My day-to-day life has completely changed for the better, and I have Dr. Bonier to thank for that."

While Ken realizes that surgery may not be the answer for everyone, he encourages

I've never felt so good in my life. Nothing slows me down. Nothing fazes me.

those dealing with hip pain to do their research and consider all options.

At Fairfield Healthcare Professionals Orthopedics and Physical Medicine & Rehabilitation, Dr. Bonier and his team believe a holistic approach is necessary to get the best results.

"During our consultations, it's really important for us to understand the whole picture," Dr. Bonier explained. "When Ken came to us, he had already tried the non-operative route, and it was time to take a different approach so he could get back to living his life more fully. To see him now, walking and moving around without pain, is extremely rewarding – it's the result we want for all of our patients."

BENEFITS OF ANTERIOR HIP SURGERY

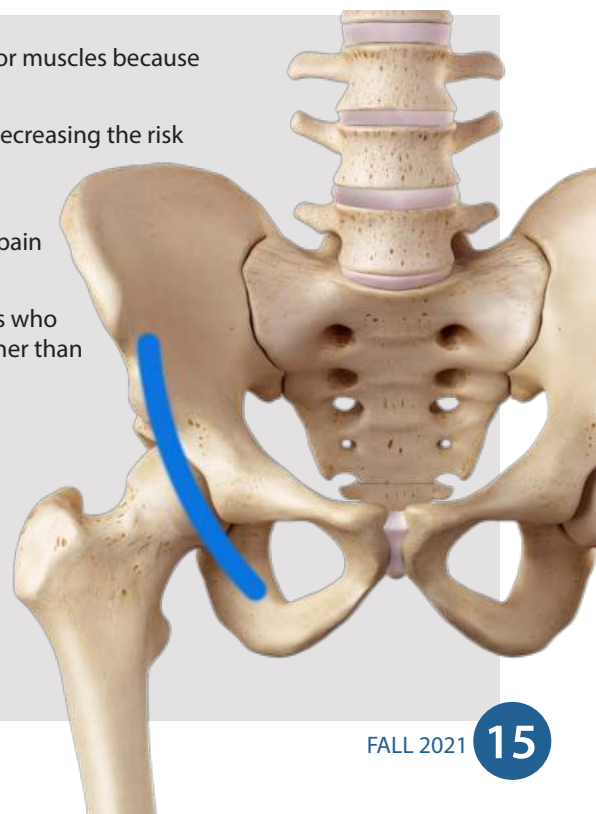
- **Less damage to major muscles.** The anterior hip approach avoids damaging major muscles because there are naturally fewer muscles at the front of the hip.
- **Lower risk of dislocation.** The muscles that stabilize the hip joint are preserved, decreasing the risk of dislocation when compared to the traditional surgical approach.
- **Less pain after surgery.** Because major muscles are spared, patients typically experience less discomfort during recovery, potentially decreasing the amount of pain medication needed.
- **Reduced hospital stay and faster recovery.** Studies have suggested that patients who have anterior hip replacement surgery stop using assistive devices 5 to 7 days sooner than traditional hip surgery patients.¹



Jordan Bonier, DO, MS

is an orthopedic surgeon and adult reconstruction specialist with Fairfield Healthcare Professionals Orthopedics and Physical Medicine & Rehabilitation, 740-689-4935.

1. Taunton MJ, Mason JB, Odum SM, Springer BD. Direct Anterior Total Hip Arthroplasty Yields More Rapid Voluntary Cessation of All Walking Aids: A Prospective, Randomized Clinical Trial. *J Arthroplasty*. 2014 May 25. pii: S0883-5403(14)00340-4. doi: 10.1016/j.arth.2014.03.051. [Epub ahead of print] PubMed PMID: 25007723.





Pictured left to right – The Gerardi Family: Anthony, Dominic, Tracy, Jace, Gavin and Daisy.

PEACE OF MIND

After almost putting off a routine mammogram that would end up revealing a breast cancer diagnosis, Tracy Gerardi has a message for other women: Do not delay your annual screening.

Tracy Gerardi, 43, has always advocated for women to get their annual mammograms, especially after watching her own mother battle breast cancer 15 years ago. With a family history of both breast and prostate cancer, Tracy refuses to let anything get in the way of her own annual health screenings. But in July 2020, she began experiencing some reservations about an upcoming mammogram in the wake of the COVID-19 pandemic.

I didn't have any signs. There was nothing I could see, nothing I could feel.

"It would have been a great year to put it off, and I considered that multiple times, but I decided to just go," Tracy explained.

It was a decision that would prove to be life-saving. A few days later, Tracy learned that she had Stage 1 breast cancer.

"I didn't have any signs. There was nothing I could see, nothing I could feel," said Tracy, a mom of three from Canal Winchester.

"There was nothing. So if it hadn't been for that routine mammogram – if I had put it off because it was 2020 – who knows what stage I would have been."

Following her diagnosis, Tracy had a biopsy, then surgery at Grant Medical Center. When it came time to decide where to go for her radiation treatment, she was hesitant about continuing her care in Columbus. As a first-grade teacher in the Berne Union Local School District, she wanted to remain close to work and her students while undergoing treatment. Having heard good things about Fairfield Medical Center from several of her friends, Tracy decided to meet with the hospital's Radiation Oncology Team and radiation oncologist Mark Becker, MD. At the end of the meeting, she walked away feeling confident that she was in the best hands possible.

"Dr. Becker was just very positive from day one that this wasn't going to be a concern," Tracy said. "He was very reassuring that 'We're going to take great care of you, we've got this, you're going to do great, you're going to be fine.' That was very helpful to hear."

While COVID-19 restrictions prevented Tracy from having any friends or family with her during her seven weeks of

treatment, she never felt alone. Her mom, who had become one of her biggest cheerleaders, would often visit her outside the hospital following her treatments. In addition, FMC's Radiation Oncology Team was always there to provide the support she needed to make her treatment days a little bit easier and a lot less stressful.

"The ladies just knew. They asked maybe two or three times if I wanted a warm blanket, and then from that point it was like, 'We've got this warmed up for you, Tracy,'" she explained. "They knew personally, a little bit about me – they knew my likes, my dislikes ... as difficult as the experience might be, they tried to make it a positive one."

BREAST SCREENING MATTERS

The American Cancer Society recommends women at average risk of breast cancer (meaning those who do not have a personal history of breast cancer, a strong family history of breast cancer, or a genetic mutation known to increase risk of breast cancer, and did not have chest radiation therapy before the age of 30) get breast screenings as follows:

- Age 40 to 54 – should get annual mammograms
- Age 55 and older – have the option to continue annual breast screenings or switch to mammograms every other year

Women at higher risk of developing breast cancer are encouraged to get an annual mammogram, usually starting at age 30. You may be considered higher risk based on factors such as family history, previous radiation therapy and more. Talk to your healthcare provider about available risk assessment tools and what your risk level may be.

Did you know?

- If you have a primary care provider, you do not need a referral to schedule your annual screening mammogram.
- Uninsured and underinsured women may qualify for a variety of financial resources to cover screenings, diagnostics and more.
- Early detection saves lives. Mammograms are the most effective way to find breast cancer early, when it is easier to treat.

**Take control of your health by scheduling your screening today.
Call 740-687-8666.**

Source: American Cancer Society





Tracy Gerardi relaxes with her mom, Diane Factor, and family on the back porch of their Canal Winchester home.

Although Tracy suffered from some of the side effects of radiation treatment – most noticeably, redness and peeling of the skin – she says the “wonderful distractions” of her classroom of new first-graders and a busy schedule with her own three sons kept her focused on her life, not on her cancer.

“Ironically, there was a three- or four-week period right at the beginning of the year where we were remote learning, and the silver lining in all of it was that I was able to be at home and still teach my kids following my surgery,” Tracy shared. “In any other given year, that would have never even been an option.”

Tracy described her final day of treatment as bittersweet – she brought treats for the Radiation Oncology Team who had been with her through this difficult time, and staff members took a video of Tracy ringing the bell to signify the end of this chapter of her cancer journey.

Now in remission, she remains focused on sharing the importance of mammograms, using her own story as inspiration for why you should never put off an important health screening like she almost did.

“We tend to believe that at a young age we’re just kind of invincible. But this stopped things for me for a while – it really put things in perspective,” Tracy said. “I think a lot of women have the impression that breast screenings are just so awful, but it’s really not that big of a deal, and to have that peace of mind is more comforting than anything.”

LIFE-CHANGING TECHNOLOGY

Fairfield Medical Center is improving patient care through the addition of a new linear accelerator system to the radiation oncology department. The new machine will allow FMC to expand treatment options for patients and improve the speed and precision of their care.

Benefits include:

- Faster treatments for less time on the table
- Fewer treatments required, which helps minimize disruption to daily life
- Increased precision to target tumors while minimizing damage to healthy tissue
- Expanded ability to treat more cases, including small brain tumors

“Our Radiation Oncology department offers the highest quality standard of care available for every cancer that we see. We want patients to know the care they receive here at FMC is as good as anywhere, just with the added personal touches to make their experience the best it can be,” said radiation oncologist Mark Becker, MD. “We are going to change the amount of time some patients are on the machine from 40 minutes down to 5 or 10 minutes, and we also are going to be able to treat smaller tumors than we ever have before.”

The linear accelerator purchase was made possible through generous support from the FMC Foundation and the community. Learn more about this life-changing technology on page 19.



Mark Becker, MD

is a board certified radiation oncologist with Fairfield Healthcare Professionals Radiation/Oncology, 740-687-8550.

FOUNDATION SPOTLIGHT



\$1,000,000

MILESTONE DONATION TO PROVIDE LIFE-CHANGING TECHNOLOGY FOR CANCER PATIENTS

In 2020, the FMC Foundation set out to raise \$750,000 to serve cancer patients at FMC by supporting the purchase of a new Varian TrueBeam® linear accelerator for radiation treatment. The benefits include customizable radiation therapy and shorter treatments, allowing patients to spend more time doing the things they enjoy. With the support and generosity of the FMC Foundation donors, the goal was surpassed and a total of \$1 million was donated.

"Thanks to this donation, we are now capable of treating certain cancer types that we have not been able to in the past while reducing the treatment times for patients, allowing them to have more time at home with their family and friends," said Chad Stoltz, director of FMC's Cancer Services. "This is part of our commitment to the community we serve to provide cancer treatment close to home, where you will be treated like family."

In addition to this new technology, the FMC Foundation covers expenses associated with cancer care and women's health initiatives. These expenses include biopsies, mammograms and breast ultrasounds, colonoscopies, nutritional supplements, transportation, comfort items, follow-up care and support for the FMC Cancer Resource Center to provide free wigs to cancer patients experiencing hair loss.

"Even in the midst of the COVID-19 pandemic, our donors and community gave of themselves to support our healing initiatives. We are grateful for and inspired by what they have made possible in our community, and the lives they have saved in the process," said Tracy Kelly, Executive Director of the FMC Foundation.

James Culver, FMC Foundation Board Chair, agreed.

"Through the efforts and generosity of the many donors and supporters of FMC Foundation events, this gift will help ensure that patients in our community can receive high-quality cancer care or treatment here at our community hospital," he said.

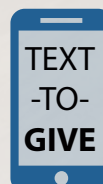


(Pictured left to right): Tiffany Moody, RT (R)(T), Alexandra Phillips, RT (R)(T) and Faith Evans, RT (R)(T) stand in front of the linear accelerator.

JOIN FMC'S HEALING MISSION

Whether providing financial assistance to offset the cost of prescription drugs, supporting the availability of life-saving cancer care or assisting with the purchase of medical equipment, the Fairfield Medical Center Foundation helps make FMC's culture of compassion and wellness accessible to all segments of the community, regardless of their income. When you give to the FMC Foundation, you are creating a better hospital and building a healthier, stronger community.

You can be part of FMC's future. To learn more about the healing mission of the FMC Foundation and become a donor, visit fmchealth.org/foundation or call 740-687-8105.



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



HEALTHY HABITS

Guest Columnist: Olivia Clevenger, RD, LD, CNSC Nutrition Therapy
To learn more, call 740-687-8079

The holidays are just around the corner! Many of us look forward to this season all year, and some of our fondest holiday memories are associated with food. We remember helping Grandma with the mashed potatoes on Thanksgiving morning or decorating Christmas cookies on the family's annual "Cookie Day."

While it is important for us to enjoy the holiday season, we also cannot neglect our health. The average American gains 1-5 pounds between Thanksgiving and New Year's Day. While this may not sound like a lot, these pounds tend to stay with us into the new year and accumulate over time. Luckily, this weight gain is not inevitable! Below are five tips to battle holiday weight gain while still indulging in some seasonal favorites.

Switch to **HEALTHY SUBSTITUTES**

Use applesauce or pumpkin instead of oil. Switch from white flour to whole wheat. Select a sugar substitute of your choice.

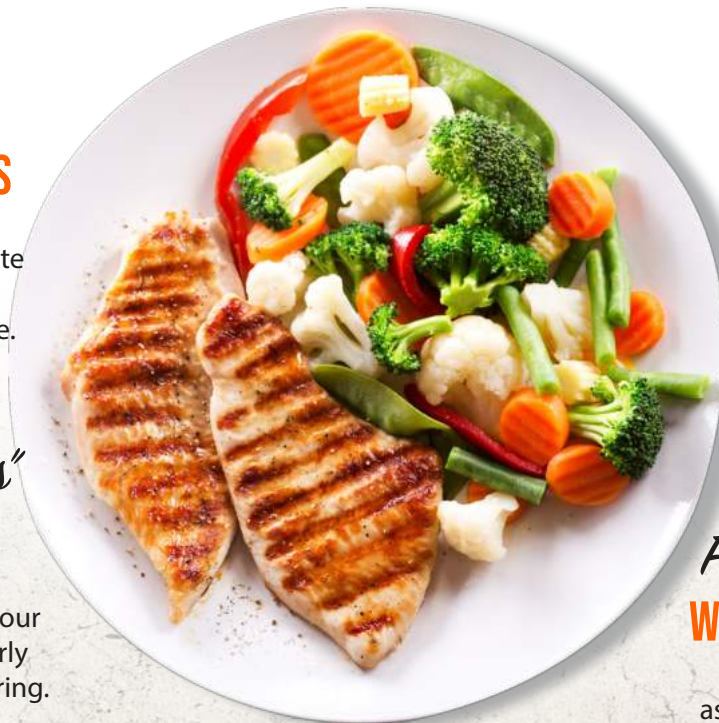
Don't "save calories" **FOR HOLIDAY MEALS**

Skipping meals often leads to overeating. Be sure to follow your normal routine and eat regularly before a party or family gathering.

*Improve your diet,
improve your life.*

Fairfield Medical Center offers nutrition counseling with a registered, licensed dietitian who can empower you to make healthy food choices that will help you lose weight and assist with disease management.

To schedule an appointment, call 740-687-8079. A provider referral is encouraged to assist with insurance coverage.



Enjoy **HOLIDAY FAVORITES**

Don't deprive yourself, but limit sweets. Aim for 2 to 3 desserts or treats each week. Plan ahead and skip the cookies so you can enjoy Aunt Barb's Famous Fudge on Saturday.

Fill half your plate **WITH FRUITS & VEGGIES**

Enjoy seasonal offerings such as kale, sweet potatoes, apples, broccoli and carrots. Bring a healthy dish, such as a simple veggie tray or a festive salad, to your event.

Don't forget to **EXERCISE**

Sign up for a 5K or take an extra lap around the mall while shopping.



Fall 2021 Calendar



Tobacco Cessation Program

The Tobacco Cessation Program at Fairfield Medical Center is designed to help tobacco users break the habit.

Call 740-687-4404 or email tobaccocessation@fmchealth.org to set up an appointment.

Price: FREE

Location:

Fairfield Medical Center

Bone & Joint Pain Seminars

Learn about treatment options and how our orthopedic team can get you back to doing what you enjoy.

Call 740-687-8541 to register or visit fmchealth.org.

Price: FREE

Dates/Times:

Shoulder, Oct. 19 – 2-3 p.m.
Staying Active & Healthy During the Holidays, Nov. 9 – 2-3 p.m.

Location:

River Valley Campus

Grandparenting Class

Explore the latest trends in childbirth and safe practices in caring for newborns.

Call 740-687-8218 to register. Dates subject to change.

Price: FREE

Dates/Times:

Nov. 17 – 6-7:30 p.m.

Location:

Fairfield Medical Center

Newborn Care

Learn basic newborn care and typical newborn characteristics.

Call 740-687-8218 to register.

Dates subject to change, registration required.

Price: FREE

Dates/Times:

Oct. 18 – 5:30-9 p.m.
Nov. 8 – 5:30-9 p.m.
Nov. 14 – 2-5:30 p.m.
Dec. 5 – 2-5:30 p.m.
Dec. 20 – 5:30-9 p.m.

Location:

Fairfield Medical Center

CPR Classes

Receive adult, child and infant CPR and a certification card upon completion of a written exam.

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

Price: \$35/person

Dates/Times:

Nov. 6 – 8:30 a.m.-noon
Dec. 4 – 8:30 a.m.-noon

Location:

To be determined

Childbirth Education Series

Explores labor and birth, pain control options, relaxation techniques, childbirth recovery and Cesarean birth. This class will be offered as a two-part series. Expectant mothers and one support person are welcome to sign up for classes at their convenience. It is recommended that sessions be taken in order. Both sessions must be attended to receive complete information.

Call 740-687-8218 to register. Dates subject to change, registration required.

Price: FREE

Part 1 Series Dates/Times:

Oct. 12 – 5:30-9 p.m.
Oct. 17 – 2-5:30 p.m.
Nov. 2 – 5:30-9 p.m.
Nov. 7 – 2-5:30 p.m.
Nov. 30 – 5:30-9 p.m.
Dec. 12 – 2-5:30 p.m.

Part 2 Series Dates/Times:

Oct. 26 – 5:30-9 p.m.
Oct. 31 – 2-5:30 p.m.
Nov. 15 – 5:30-9 p.m.
Nov. 21 – 2-5:30 p.m.
Dec. 7 – 5:30-9 p.m.
Dec. 19 – 2-5:30 p.m.

Location:

2nd Floor Conference Room at Fairfield Medical Center

You also can tour FMC's Maternity Unit for free. Registration is requested. Register online at fmchealth.org or call 740-687-8218.

Lung Cancer Screenings

Doctors have found that screening for lung cancer in people at high risk can help find some of these cancers early. Funding is available for those who qualify.

Call 740-687-8134 to find out if you are a candidate for screening and to schedule your appointment.

Date/Time:

Nov. 6

Location:

River Valley Campus

First Aid

Receive hands-on emergency training and a certification card upon completion of a written exam.

Call 740-687-8477 or email resa@fmchealth.org to register.

Price: \$35/person

Dates/Times:

Nov. 6 – Noon-3:30 p.m.
Dec. 4 – Noon-3:30 p.m.

Location:

To be determined

Childcare & Babysitting Safety (CABS)

Learn what to do in an emergency, what to expect at what age and how to positively discipline kids. Participants will receive CPR and Foreign Body Airway Obstruction Training. For attendees ages 11-15.

Dates/Times:

Dec. 29 – 8:30 a.m.-3:30 p.m.

Location:

To be determined

Call 740-687-8477 or email resa@fmchealth.org to register.

Price: \$35

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."



Carter Battista, DO
Precision Pain Care Inc.
1533 Election House Rd. NW
Lancaster
740-689-9500



Heather Morningstar, CNP
FAIRHOPE Hospice
& Palliative Care
282 Sells Rd.
Lancaster
740-475-0699



Angela Reichley, CNP
Fairfield Nephrology
& Hypertension
618 Pleasantville Rd., Ste. 103
Lancaster
740-475-0502



Sang-Kyune Lee, MD
FHP Old Schoolhouse
Family Practice
1955 Lancaster-Newark Rd.
Lancaster
740-689-2820



Dylan Ekstrand, DO
FHP Family Medicine of Amanda
5115 Amanda Northern Rd. SW
Amanda
740-969-4828

FHP Welcomes Buckeye Spine and Rehab

Brian Higgins, DO; Frank Meszaros, MD; and Brian Buck, PA-C, of Buckeye Spine and Rehab have joined FHP Orthopedics and Physical Medicine & Rehabilitation practice at River Valley Campus. These providers have extensive experience caring for spinal, musculoskeletal and neurological injuries and diseases.

The practice joins the FHP Orthopedics and Physical Medicine & Rehabilitation team of: Trevor Call, DO; Jordan Bonier, DO, MS; Nicole Sabatina, DO; Jonathan Pearlman, MD; Brian Oricoli, MD; John Walter, DO; Timothy Norman, PA-C; and Jim Wright, PA-C.



VOLUNTEER SPOTLIGHT

Neva Nameth



On March 15, 2021, Lancaster resident Neva Nameth was one of the first volunteers to return to service at Fairfield Medical Center following a year-long hiatus caused by COVID-19. Given her long history with FMC, there is very little that gets in the way of Neva volunteering – even a pandemic. “I love working with people and giving back,” Neva said. “Every day is something different.”

Since January 2002, Neva has served more than 4,300 hours in departments such as Cancer Care and Infusion Services, Volunteer Services and Marketing and Community Services. She was the first volunteer to take around FMC’s cookie cart, and her current duties include providing clerical support in the volunteer office, running the cash register in the Wishes Gift Shop and delivering the internal newsletter every Monday morning.



“When you meet someone like Neva, you find new purpose and meaning in the work that you do,” said FMC volunteer coordinator Heidi Reed. “She takes incredible pride and ownership in all that she gives to FMC, and she is an invaluable member of our team.”

FMC is always looking to grow its volunteer team, most of whom serve just one, 4-hour shift per week. Applications are available at the Information Desks at FMC and River Valley Campus, or online at fmchealth.org. To learn more, contact Heidi Reed at 740-687-8109 or heidire@fmchealth.org.

THANK YOU FOR ALL YOU DO, NEVA



GET THE FACTS ABOUT COVID-19 VACCINES

The COVID-19 vaccine has been proven to be safe and effective. Below are a few facts regarding some of the most common myths surrounding the vaccine. Talk to your healthcare provider about your concerns and learn more at fmchealth.org/covid-19-updates/

✗ MYTH

The process to create the vaccine was rushed.

✓ FACT

While developed quickly, each of the COVID-19 vaccines underwent **rigorous and detailed studies** before receiving emergency use FDA approval.

✗ MYTH

You can get COVID-19 from the vaccine.

✓ FACT

COVID-19 vaccines **do not contain a live virus**. You can come into contact with the virus after you are vaccinated, but your symptoms will likely be **less severe**.

✗ MYTH

The vaccine will alter my DNA.

✓ FACT

The vaccine **cannot alter your genetic makeup**. The mRNA in the vaccine triggers an immune response to help your body learn to fight off the virus.

✗ MYTH

I don't need the vaccine if I've already had COVID-19.

✓ FACT

While your body may have some immunity, it's unclear how long it lasts. Vaccination gives you an **extra layer of protection**.



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

Experience Prevention

November is Lung Cancer Awareness Month

Smoking is linked to 80-90 percent of lung cancer deaths, according to the Centers for Disease Control. Screening for lung cancer in people at high risk of the disease can help find lung cancer early, which improves the chances of successful treatment.

Lung Cancer Screenings – Nov. 6



Are you a good candidate for a lung cancer screening?

- Men or women age 55-77
- Must be a current or former smoker who has quit smoking within the last 15 years, smoked at least one pack per day for 30 years or 2 packs per day for 15 years

*Physician order required. Funding is available for those who qualify.
Call 740-687-8134 to schedule.*

Tobacco Cessation Program



Fairfield Medical Center offers a 6-week Tobacco Cessation Program to help you break the habit. Call 740-689-4404 or email tobaccocessation@fmchealth.org for more information.

“My advice to others would be to quit smoking and to not wait to get checked out if you are experiencing symptoms.”

-Barney Ankrom, lung cancer survivor

