Fairfield Medical Center

THE MONITOR

SPRING 2024

LETTER FROM THE

PRESIDENT & CEO

Over the years, I have received hundreds of letters from grateful patients who have received extraordinary care from Fairfield Medical Center. Recently, however, a letter from longtime FMC volunteer Debby Allen and her husband, Tom, stood out to me.

On Dec. 6, Tom had a heart attack and received lifesaving care at Fairfield Medical Center. Initially, the couple debated whether Tom's chest pain was just heartburn. In the end, they opted to call 911, a decision that likely saved Tom's life. In her letter, Debby explained, "Had it not been for the swift response and assessment of the Bloom Township Emergency Squad, the Emergency Department staff and the Cardiovascular team at Fairfield Medical Center, he would not be alive today." Debby went on to marvel about all the individuals involved in saving Tom's life and their efficiency in providing high-quality care through the entire process. From the chaplains to the ED medics, to the nurses, to the doctors, each person was professional, compassionate and was vital in directly contributing to Tom's care that day.

It was a proud moment for Debby, a former teacher, when she realized that several of Tom's caregivers had been students of hers when she taught at Bloom-Carroll Local Schools. A few others were familiar faces from their church. As a volunteer, Debby already had knowledge about the quality of care that FMC provides to patients, but she gained a whole new perspective and appreciation when she experienced that care firsthand. Despite the urgency of Tom's situation, she recalls how the staff took the time to connect with him and calm him down as they prepped him for an emergency heart catheterization. They took care of Debby, too, going the extra mile to comfort her as she anxiously awaited news of her husband's condition.

Debby concluded by saying, "We are still trying to process this miraculous end to a frightening ordeal. Thank you from the bottom of our hearts. And thank you for making a difference for everyone by creating exceptional care and experiences from the heart, always."

This story was so touching and encouraging to me because you never know who might be pivotal in saving your life one day. It takes a team to care for one single patient, and I deeply admire how our staff is relentless in ensuring the health and well-being of each patient who walks through our doors. I am always grateful when I have the opportunity to personally meet with those patients and hear their story, as I was able to do with the Allens several months ago.

As you read the following patient stories, I hope each one reveals to you that Fairfield Medical Center is not an average hospital; it is a health system where patients are not a number, but loved members of our family. To learn more about how you can honor your caregivers through the Grateful Patient program, turn to page 14.

John R. "Jack" Janoso Jr.

SPRING 2024

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Get to Know Us

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Has Fairfield Medical Center made a difference in your life? We want to hear your story.
Email us at marketing@fmchealth.org, or share your story on our Facebook page.

Joel Reid (center) with FMC chaplain Sue Johnson and FMC volunteer Andy Evans.

IN GOOD **HANDS**

Every Friday, FMC chaplain Joel Reid spends his afternoons playing music for patients at Fairfield Medical Center. Joined by fellow chaplain Sue Johnson and FMC volunteer Andy Evans, Joel tries to visit as many patients as possible in the span of just a few hours, taking requests, offering prayer and relieving stress through music.

Those visits are important to Joel, not just because he's helping patients, but because there was a time when he feared he might never be able to play the guitar again. In the fall of 2022, Joel was hospitalized twice after he suffered a neck injury that caused a series of strokes, all of which occurred over the span of several weeks.

"When I got home from the hospital, one of the first things I did after hugging my kids was to grab my guitar," Joel said. "I put my hands on it and realized that, yes, I still remember how to do this. Playing music is such a big part of my life, and to no longer be able to play would have been really sad for me."

Joel's injury occurred not from a car accident or a fall, but from coughing. Diagnosed with COVID-19 in September 2022, Joel said the virus left him with a lingering cough that could be very severe at times. "One evening, I had a really bad coughing fit where I was throwing my head forward and back really hard," Joel said. "The next morning, I woke up and felt like I had been hit in the back of the head with a baseball bat."

Joel didn't know it at the time, but the coughing had caused a vertebral artery dissection (VAD), or a tear in the neck artery that supplies blood to the brain. When a VAD occurs, blood enters the arterial wall and can form a clot that prevents blood flow to the brain.

When the pain didn't go away after several days, Joel visited his chiropractor for an adjustment, thinking that he might have pulled a muscle. While the adjustment provided some relief, it was only temporary; the next day, Joel was back in the chiropractor's office.

"He did another adjustment and when I got up to leave, the room started spinning," Joel said. "My chiropractor was very quick to respond; he sat down with me and began checking me for stroke symptoms. At that point, I started to get tunnel vision, which felt like I was looking through a hole that was getting smaller and smaller until it was just a tiny dot."

Joel was rushed to FMC's Emergency Department, where his providers immediately ordered an MRI. The scan confirmed a VAD, as well as damage from two strokes, the first of which had occurred on the night of Joel's coughing fit and the second while he was at the chiropractor's office.

"My doctors told me I was very lucky," Joel said. "In most instances like mine, patients either die or suffer a severe handicap or injury."

VADs are rare and occur in approximately 1 in 100,000 people. Trauma such as coughing or vomiting, playing contact sports or even riding a roller coaster can all cause a VAD. Patients with a connective tissue disorder, such as fibromuscular dysplasia or other vascular disorders, are at a higher risk of dissection.

Joel was prescribed blood thinners to heal the tear, a process that can take several weeks. His providers warned him that he could suffer another stroke during this recovery period. Sure enough, two weeks after his first hospital stay, Joel was back in the Emergency Department after experiencing a stroke at home. He lost his vision for approximately an hour and remembers that it was Barbara Nelson, RN, who helped to keep him calm during that frightening experience.

"She put her hand on my shoulder and told me that it was going to be OK, that help was coming," he said. "I felt like she truly cared for me and my situation. I experienced that same compassion from all of my caregivers."

Joel recalls another moment while he was staying on the 4th floor when nurse Courtney Pettit, RN, provided him with the same comfort and reassurance that he had received from Barb.

"She was working on her computer and I asked her a question about one of the medical terms, and something about my voice

Joel talks with patient registrar Megan Reed inside the chapel at Fairfield Medical Center's Main Campus.

VAD AWARENESS

Vertebral artery dissection (VAD) is a rare cause of stroke in the general population; however, it represents one of the more common causes of stroke in patients younger than age 45, according to the National Institutes of Health.

What is a vertebral artery?

Two vertebral arteries run along the back of your neck near your spine and deliver blood to your spine and brain. When a dissection occurs, blood becomes trapped and can form a clot, disrupting blood flow and causing swelling of the artery.

What are the symptoms of a VAD?

If the artery ruptures or a blood clot disrupts blood flow to your brain, you may experience signs of a stroke (see below). Seek medical attention right away.

How is a VAD diagnosed?

An MRI or CT scan is commonly used to diagnose VADs. Most dissections heal on their own. To reduce the risk of blood clots, you might be prescribed blood thinners. In more serious cases, you might need to undergo a procedure to repair the dissection.

STROKE WARNING SIGNS

A stroke is an emergency, and immediate medical treatment is needed to prevent long-term disability. The quickest way to recognize a stroke is to remember the acronym **BE FAST**.

Balance

Is the person having trouble walking? Look for signs of **dizziness or loss of balance or coordination.**

Eyes

Ask the person if they are **having trouble seeing** out of one or both of their eyes.

Face

Does one side of the face droop or is it numb? Ask the person to smile. **Is their smile uneven?**

Arm

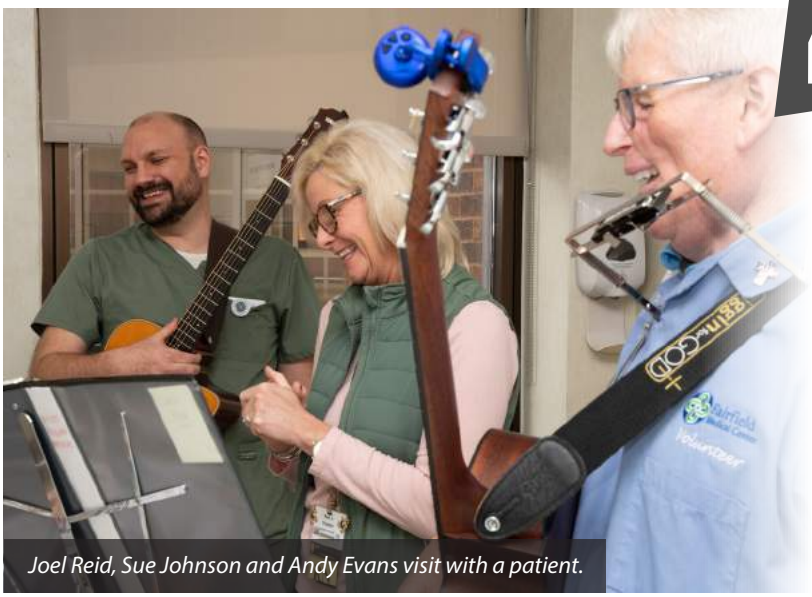
Is one arm weak or numb? Ask the person to raise both arms. **Does one arm drift downward?**

Speech

Is the person's speech slurred or are they having **trouble speaking?**

Time

Every minute counts when someone is having a stroke. **Call 911 immediately** and make note of when you first noticed symptoms.



Joel Reid, Sue Johnson and Andy Evans visit with a patient.

> *I always tell patients, 'You are in good hands here at FMC, and I know this because I was in good hands.'*

made her turn around – she realized that I was scared in that moment," Joel said. "She immediately dropped everything else she was doing and came over to me, pulled up a chair, sat down and made sure I understood every single term until she knew I was at peace."

Joel was discharged after four days and has not suffered any more strokes since then. At his six-month check-up, an MRI confirmed that the VAD had healed itself completely, which meant Joel could stop taking his blood thinners.

"When I saw that it had completely healed, it felt so great to have that peace – and to not have any lingering side effects," Joel said.

He added that he's thankful for the great care he received at FMC, from his nurses in the ED and on the 4th floor, to his providers, to his fellow chaplains, Sue Johnson and Josh Dexter, who provided constant support during both of his hospital stays.

"My experience had a big change in the way I am able to help our patients and their families as a chaplain – I can sit with them and use my own personal story to provide encouragement," Joel said. "As a patient, it's very scary to feel like you are a prisoner in your own body, that there is nothing you can do. It helps to have someone who can say, 'I've been there, I know what you are going through.'"

He added: "I always tell the patients, 'You are in good hands here at FMC, and I know this because I was in good hands.'"

Neuro Support Group

for Patients, Families & Caregivers

If you've survived a stroke or other neurological disorder or injury, or are a caregiver for someone else, you are invited to attend our **FREE** support group. The support group gives attendees the opportunity to meet with others who understand their experiences and can aid them in their recovery or caregiving.

Join us on the third Wednesday of the month (except December) from 4:45-5:45 p.m. at the River Valley Campus, 2384 N. Memorial Drive, Lancaster.

Fairfield Medical Center

Pictured: Stroke survivor and FMC volunteer Mark Vannoy.

ASK A PROVIDER

Michael Reinig, DO
Fairfield Healthcare Professionals Cardiology, 740-689-4480

Stroke is a leading cause of death and disability, but did you know there are several different types? Hemorrhagic strokes are caused by a ruptured vessel or bleeding in the brain, while ischemic strokes occur when a blockage, such as a blood clot, prevents blood flow to the brain. As a cardiologist who routinely treats atrial fibrillation (afib), Dr. Michael Reinig is particularly concerned about the latter.

WHAT IS ATRIAL FIBRILLATION?

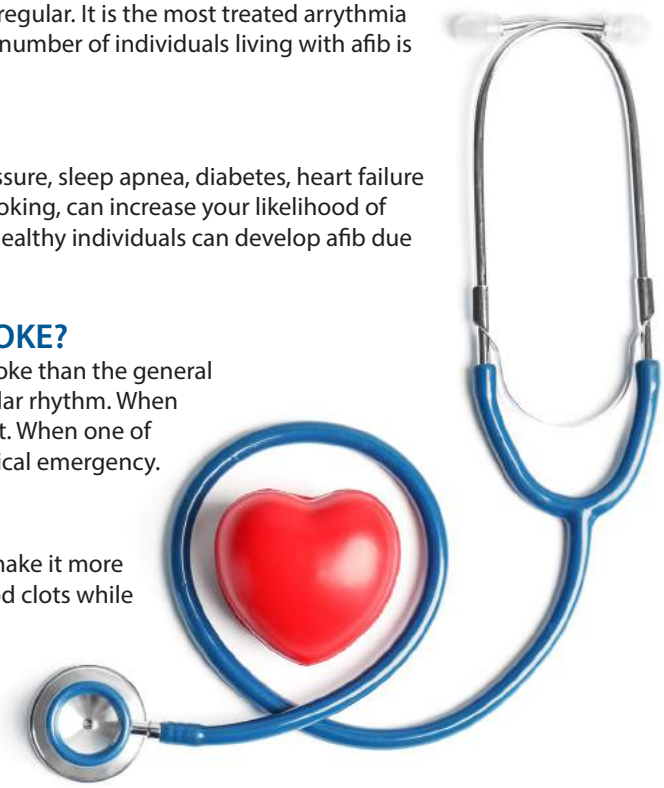
Afib is a type of abnormal heart rhythm that is often described as fast and irregular. It is the most treated arrythmia in the nation, and because the condition commonly develops with age, the number of individuals living with afib is expected to grow by millions in the coming years.

WHO IS AT RISK?

In addition to aging, you might be at risk for afib if you have high blood pressure, sleep apnea, diabetes, heart failure or kidney disease. Lifestyle choices, such as drinking alcohol in excess or smoking, can increase your likelihood of developing this arrhythmia. In some cases, even physically fit or otherwise healthy individuals can develop afib due to family history or endurance training.

WHAT IS THE RELATIONSHIP BETWEEN AFIB AND STROKE?

Individuals with afib are five times more likely to experience an ischemic stroke than the general population. The link between the two is directly related to the heart's irregular rhythm. When the cardiovascular system is out of sync, blood can pool and clot in the heart. When one of these clots breaks loose, it can quickly travel to the brain, resulting in a medical emergency.

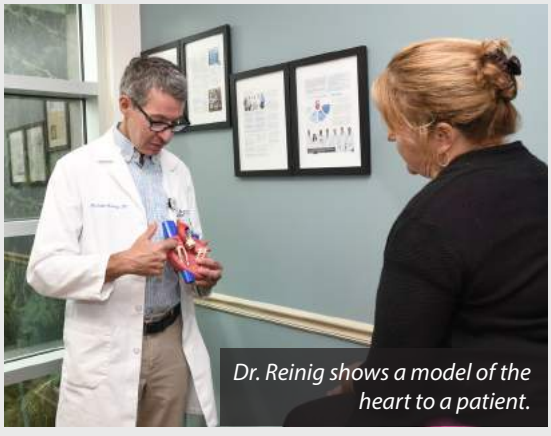


I HAVE AFIB. HOW CAN I PREVENT STROKE?

Taking anticoagulants (blood thinners) as prescribed by your provider can make it more difficult for blood to congeal or stick together, reducing your chance of blood clots while also reducing your risk of stroke.

If you are unable to take anticoagulants, talk to your cardiologist about alternative options. Some interventions, such as left atrial appendage closure procedures, can further reduce your risk by "blocking off" a portion of the heart that is particularly prone to clot formation.

SYMPTOMS OF **AFIB**



Dr. Reinig shows a model of the heart to a patient.

Atrial fibrillation is a progressive condition, which means it worsens over time. Some people, especially those with only brief episodes of afib, might not experience symptoms. Others may notice one or more of the following:

- Irregular heartbeat
- Heart palpitations (racing, fluttering, or pounding)
- Lightheadedness
- Extreme fatigue
- Shortness of breath, especially with activity
- Chest pain

If you are experiencing symptoms of atrial fibrillation or have a family history of the condition, talk to your primary care provider today. Referral to experts at Fairfield Healthcare Professionals Cardiology can help you manage and treat atrial fibrillation and other arrhythmias.

A HEALING JOURNEY

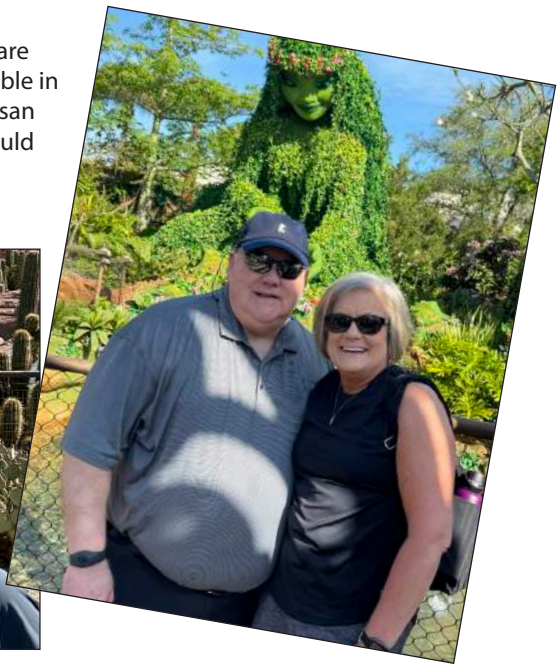
In March 2024, Susan Nixon-Stoughton embarked on a nine-day vacation that she had been eagerly awaiting for months. Her first stop was California, where she visited Hollywood Studios, Disneyland and The Price is Right studios with her sister Jennifer Muszynski and niece Lilian Muszynski. The trio then flew to Florida, where they met up with Susan and Jennifer's husbands for a few more days of relaxation and fun.

While Susan has been on many vacations throughout her lifetime, her most recent one was especially memorable because it was the first trip she was able to take since successfully undergoing treatment for C. diff at Fairfield Medical Center. C. diff is a bacteria that causes diarrhea and inflammation of the colon. For four long months during the fall of 2023, Susan suffered from severe and near-constant diarrhea and nausea that made it nearly impossible for her to leave her home for more than a few hours, much less travel.

"At one point during all of this, my husband said, 'I can't believe you haven't lost your mind,'" Susan said. "I know that's because of the team caring for me at Fairfield Medical Center. They got me through it and made sure I had the best possible care so I could stay out of the hospital and get back to living my life."

Susan's C. diff was caused by a round of antibiotics that had been prescribed to treat an infection in her tonsils. Within a day of finishing the antibiotics, Susan began experiencing frequent diarrhea and nausea. The symptoms continued for almost a week when, at the urging of her husband, Tom, and her sister, she decided to go to the Emergency Department at FMC's River Valley Campus. A C. diff diagnosis was quickly confirmed. "I cannot stress enough the importance of taking a probiotic when you are on an antibiotic," Susan said. "I wasn't doing that, so the antibiotics killed the infection in my tonsils, as well as my good gut bacteria."

Susan's primary care provider referred her to Andrew Dagg-Murry, MD, of Fairfield Healthcare Professionals Infectious Disease. Susan said the office immediately made her feel comfortable in the midst of a difficult diagnosis. "I never felt like any question I asked was a dumb one," Susan said. "They were always calm, cool and collected. Even if Dr. Dagg-Murry wasn't in, they would get a note to him, and I never waited more than an hour to get an answer back."



Pictured: Top - Jennifer Muszynski, Susan Nixon-Stoughton and Lilian Muszynski, at Disneyland in California.

Right - Lilian, Jennifer and Susan in California; Susan and Tom Stoughton at Disney World in Florida.

Dr. Dagg-Murry's goal right from the start was to keep Susan out of the hospital. He set her up with magnesium infusions and prescribed a round of antibiotics to treat the infection – but the relief was short-lived.

"I'd get through the 10 days of meds and would be feeling good, and then it would start again," Susan said.

Dr. Dagg-Murry said it's not uncommon for C. diff patients to experience reoccurrences. "C. diff can often not fully resolve; the patient gets better on treatment, but then may get ill again off the antibiotics, usually with the same symptoms of the original illness," he said. "Patients with this amount of diarrhea are very uncomfortable, and it's hard to plan trips or even to go to work."

Following the second reccurrence, Dr. Dagg-Murry and his team knew they needed to pursue a different treatment option for Susan, who was now heading into her third month of sickness. By this time, she could barely eat a meal without having to immediately excuse herself to go to the bathroom.

In addition to her symptoms, Susan struggled with feelings of isolation. She had missed a favorite fall event – the Fairfield County Fair – as well as a trip to Cabo San Lucas, Mexico, to watch her and Tom's nephew get married. She also postponed a trip to Germany in November to watch her nephew play professional basketball. As the executive director of The Lighthouse, a local domestic violence shelter, she was able to do most of her work from home, but relied heavily on Tom to assist her with daily pickups, deliveries and other work-related errands.

"On the few times I did get together with my coworkers, we met at Rising Park in the shelter house where there was enough space for me to distance myself and there were restrooms available," Susan said. "If I was leaving the house for anything – a meeting, a doctor's appointment – I could not eat or drink anything beforehand."

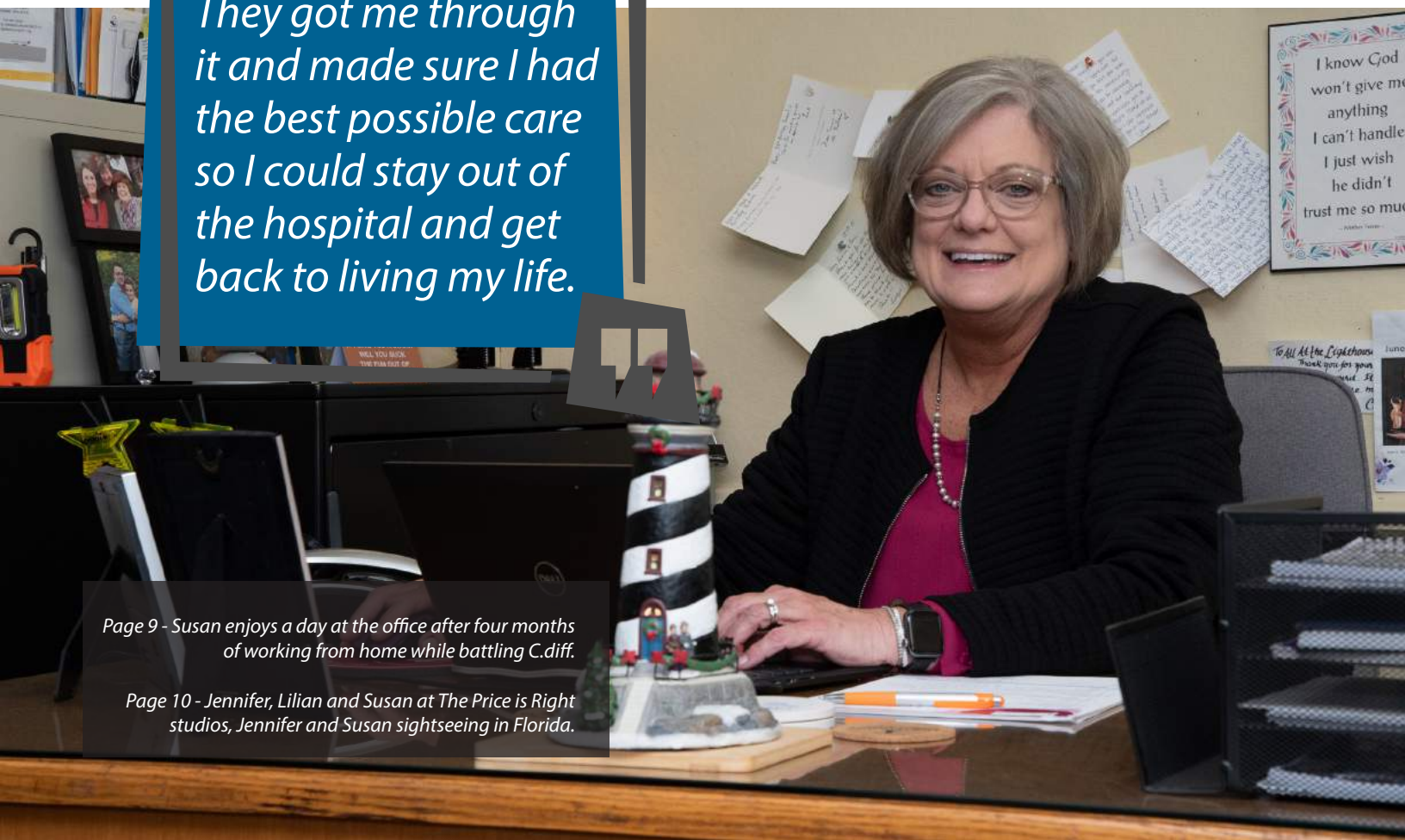
Dr. Dagg-Murry recommended Susan undergo a new treatment at FMC called Rebyota. Approved by the Food and Drug Administration in 2022, Rebyota is medication that is administered rectally as a single dose and is prepared from donated stool that can restore healthy bacteria in the patient's system.

Heather Luttrell, RN, BSN, of FMC's Endoscopy Department, administers Rebyota to patients and always meets with them first to discuss the process. She said patients are very rarely turned off at the thought of receiving donor stool.

"Most everyone who has had C. diff in the past will do anything to prevent it from coming back," Heather said. "I refer to Rebyota as a medication. I make sure the patient understands the process and that it is donated stool, but I also explain that it has gone through rigorous testing and is ensured to have the right microbiome, or 'good' bacteria, for the patient."

Excited at the prospect of finally getting relief from her condition, Susan was ready to receive the treatment – but she had a major hurdle to navigate first. Her insurance initially denied the procedure on the grounds that she wasn't "sick enough" because she hadn't been hospitalized during her illness. Susan called Dr. Dagg-Murry, who immediately got involved.

> *They got me through it and made sure I had the best possible care so I could stay out of the hospital and get back to living my life.*



Page 9 - Susan enjoys a day at the office after four months of working from home while battling C.diff.

Page 10 - Jennifer, Lilian and Susan at The Price is Right studios, Jennifer and Susan sightseeing in Florida.

"He called the insurance company and advocated for me," she said. "The next thing I knew, it was happening. I got a call on Wednesday that it was approved, and I had the procedure that Friday."

Susan ended up being one of the first patients at FMC to receive Rebyota. She described the treatment as "flawless" and said Heather went above and beyond to make the experience as comfortable as possible.

"I knew what I was walking into and exactly how it was going to go," Susan said. "Heather said she would talk with me throughout the treatment or I could just rest. We ended up talking the entire time. She took away any anxiety I was feeling."

The results of the Rebyota were immediate, and 10 days later, Susan was able to celebrate Christmas Eve with her family at St. Mary's Church in Lancaster – her first public outing where she didn't have to worry about her symptoms.

"At one point during the mass, my nephew handed me his newborn daughter and my eyes immediately filled with tears," Susan said. "I looked over at my husband and said, 'I'm finally back out among the living.'"

WHAT IS **C. DIFF?**

Clostridioides difficile, or C. diff, is a bacteria that causes diarrhea and inflammation of the colon (colitis). Most cases of C. diff infection occur while you're taking antibiotics or not long after you've finished taking antibiotics. The most common symptoms of C. diff are diarrhea, fever, stomach tenderness or pain, loss of appetite and nausea. It's important to see a healthcare professional right away if you have been taking antibiotics and have symptoms of C. diff.

Recurrent C. diff is not uncommon; one in six people who've had C. diff will get it again within 2-8 weeks. C. diff is also contagious, so it's important to take proper precautions such as washing your hands with soap and water frequently, using a separate bathroom and taking showers to avoid spreading the infection to others.

SUSAN'S CARE TEAM

Using an individualized approach, advanced technology and innovative research, Fairfield Healthcare Professionals Infectious Disease provides care for the diagnosis, treatment and management of a wide variety of viral and bacterial infections. ***FHP Infectious Disease treats patients 16 and older. A physician referral may be required. To learn more, call the office at 740-687-8805.***

Andrew Dagg-Murry, MD
FHP Infectious Disease

Paige Smith, CNP
FHP Infectious Disease

Heather Luttrell, RN, BSN
FMC Endoscopy

HEALTHY HABITS

By Emily Schmelzer, MS, RD, LD
Nutrition Therapy Supervisor

Go for the GOALS

If you're aiming to lose weight, become more active or adopt a healthier diet, guess what? You're in good company! Health-based resolutions are common, but can be difficult to maintain if you don't set yourself up for success first. If you have struggled in the past to stick with your plan for more than a few weeks, consider the following:

1. Your approach to goal-setting is all wrong.

While losing 10 pounds sounds like a reasonable goal on the surface, this statement is too general to drive action. Instead, goals should be SMART: specific, measurable, attainable, relevant and timely. SMART goals can help you reach your "big picture" goal (see example below).

2. The "diet mindset" is throwing you off.

How many times have you restricted certain foods because they didn't align with your diet, only to end up craving and eating them anyway? This often leads to feelings of guilt or shame. Avoid categorizing foods as good or bad. Instead, practice moderation and enjoy your meals! When we adopt a healthy lifestyle, we naturally make choices that support our body.

3. The timing just isn't right.

You will be successful only when you're ready, and that timing doesn't always align with the changing of the calendar. It's OK to take it slow and start in your own time. Focus on implementing small changes, such as exercising for just 5 to 10 minutes a day, as they can have a huge impact on how you think and feel. If you need social support, start a fitness challenge with friends, or sign your family up for a charity 5K.

SETTING **SMART GOALS**

BIG PICTURE GOAL: I will lose 10 pounds to improve my health and wellness.

SMART GOAL #1: In June, I will run for 30 minutes, three times a week, and will track workouts on my watch.

SMART GOAL #2: In July, I will include a serving of vegetables with dinner daily, and will track my servings with a chart on my fridge.

When you reach the end of your SMART timeframe, evaluate your progress. If you reached your SMART goals, continue to challenge yourself by increasing the duration or quantity of your workouts in a week, or adopting more healthy eating habits.

A JOINT EFFORT

Toni Reincheld is one of more than 50 million Americans who suffer from arthritis and the severe pain that comes with it. For years, the 62-year-old Newark resident experienced all of the hallmark symptoms of the disease, such as aching pain, stiffness and swelling in her joints. When two knee replacements in 2019 revealed a diagnosis of rheumatoid arthritis, Toni's orthopedic surgeon referred her to rheumatologist Sheryl Mascarenhas, MD, who was practicing in Columbus at the time.

"The pain I had was horrible. I felt like I couldn't even really get up to do anything, and if I did try to do something, I would have to sit right back down," Toni said.

Toni knew she was in good hands from her very first appointment with Dr. Mascarenhas; in addition to noticing improvement with her symptoms, Toni also liked her new provider's kind demeanor. When Dr. Mascarenhas accepted a position at Fairfield Healthcare Professionals Rheumatology in 2022, Toni decided to follow her. "She's so thorough, and she really cares about her patients. I knew I needed to continue seeing her because she had been such a saving grace to me," Toni said.

Dr. Mascarenhas quickly identified and diagnosed Toni with three types of arthritis – rheumatoid arthritis (RA), osteoarthritis (OA) and pseudogout. RA is an autoimmune and inflammatory disease that occurs when a person's own immune system mistakenly attacks the joints. OA, the most common form of arthritis, is non-inflammatory and occurs when the cartilage that caps the bones in the joints wears down over time, usually in the hands, hips and knees.

"It is rather common for patients with RA to have more than one type of arthritis over the course of their lives, and the one I see most with RA is OA," Dr. Mascarenhas said. "Some studies suggest having RA can make you three times more likely to develop OA."

Pseudogout occurs when calcium crystals develop in the blood and settle in the joint cartilage, leading to sudden flare-ups and painful inflammatory attacks, usually in the knees, wrists or ankles. According to Dr. Mascarenhas, patients with RA can be more likely to develop the calcium deposits that cause pseudogout flare-ups.

> *I want everyone to know that when they go in that office, every single person is going to help them the best they can.*

Toni Reincheld with her husband, Dave Reincheld.

JOINT PAIN: **WHEN TO SEE A SPECIALIST**

Dr. Mascarenhas uses ultrasound to diagnose rheumatic conditions.

Inflammatory and non-inflammatory arthritis can present differently due to its root causes. Inflammatory arthritis occurs from fluid developing in the joint, while non-inflammatory arthritis is due to wear and tear on the joint. Recognizing characteristics of joint symptoms for inflammatory arthritis can help determine if you should see a specialist.

Characteristics to watch for:

- Waking up in the morning with severe pain and stiffness
- Prolonged pain, stiffness and swelling that lasts longer than 30 minutes after waking up
- Pain, stiffness and swelling that worsens after rest

FHP Rheumatology

Rheumatologists specialize in diagnosing and treating joint diseases primarily caused by problems with the immune system. The FHP Rheumatology team uses a multidisciplinary approach to manage a wide range of conditions and will work with you to find the best solution to improving your quality of life. Commonly treated conditions include rheumatoid and psoriatic arthritis, ankylosing spondylitis, lupus and fibromyalgia.

Talk to your primary care physician about a referral to a board-certified rheumatologist. To contact FHP Rheumatology, call 740-689-6408.

Sheryl Mascarenhas, MD
FHP Rheumatology

Irving Rosenberg, MD
FHP Rheumatology

Diagnosing rheumatic conditions can be difficult, but innovative diagnostic methods are helping rheumatologists find these conditions earlier. Traditionally, joint conditions are diagnosed through a physical exam, blood work or imaging, but musculoskeletal ultrasound is a tool that can help achieve early diagnosis.

"I use ultrasound to look for early stages of a rheumatic condition because it allows us to look at the soft tissues around the joints that are affected before we start to see the irreversible damage that happens later," Dr. Mascarenhas said.

Over the years, Toni has put her full trust in Dr. Mascarenhas to treat the symptoms caused by her arthritis. As a result, her pain, joint function and swelling have improved significantly. Her treatment plan includes medications and intramuscular injections, in addition to local cortisone injections into her joints to target the inflammation. The therapies work by blocking part of the immune signals that cause inflammation in autoimmune rheumatic joint conditions. Various methods to relieve symptoms are often needed in cases where patients, like Toni, have multiple types of arthritis.

"When I was in pain, I could hardly walk. It was terrible, but she helped me through it," Toni said. "It took some trial and error to find the medication that worked best for me, but Dr. Mascarenhas was determined to find the right fit."

Toni also praises the FHP Rheumatology office staff for offering a warm, welcoming environment for patients and even helping her through insurance processes.

"I've never experienced such friendly staff at a doctor's office," Toni said. "I want everyone to know that when they go in that office, every single person is going to help them the best they can."

Despite her progress, Toni experienced an unexpected setback in January 2023 when she noticed new pain that "felt like a ball" in her back. She had also shrunk about 1.5 inches in height. "RA does not directly affect the lower back, so I knew something else was causing these symptoms," Dr. Mascarenhas said. "The shrinking itself was quite concerning."

Suspecting that Toni had compression fractures, Dr. Mascarenhas ordered X-rays. The imaging confirmed that Toni had three compression fractures in her back.

"I think I was exercising when the fractures happened, but I didn't pay much attention to it at the time, so I'm very thankful she found them," she said. "That's just one instance where she's shown how meticulous she is. I'm not sure I would have known what was causing that back pain otherwise."

To repair the fractures, Toni underwent a vertebroplasty, in which a cement-like substance is injected into cracked vertebrae, or spinal bones. Now on a maintenance schedule with her symptoms ultimately managed by Dr. Mascarenhas' ongoing treatment plan, Toni is pain-free and enjoying time with her husband, Dave Reincheld, and her beloved chihuahua.

"She's a wonderful person and an awesome doctor," Toni said. "I don't know where I'd be today if it wasn't for her. I'd be in a lot worse shape."

GRATEFUL HEARTS

To look at Jeani Shopel's wedding pictures, one would never guess that her big day was anything less than perfect. In reality, Sept. 2, 2023, was a far cry from the wedding day Jeani had imagined. On Sept. 1, her mother, Juanita Spangler, 87, broke her femur and was taken to Fairfield Medical Center where it was determined that she would need to have surgery the following day – Jeani's wedding day.

"My mom was to be my maid of honor," Jeani said. "She just kept saying, 'I ruined my daughter's wedding.' She was so upset."

Among the FMC staff members caring for Juanita that day was Emergency Department technician Susan Lane. Wanting to do something to help, Susan told Jeani that she was off the next day, but would be happy to come in and help Juanita watch the wedding via video chat. Jeani was touched, especially when she learned that Susan would be leaving her class reunion to come in. She decided to recognize Susan as a Legendary Caregiver through the FMC Foundation's Grateful Patient program (see below).

"I was very humbled," Susan said. "When my patients are upset or having a difficult time, I try to put myself in their situation and be as kind and helpful as possible. My mom always told me no one can get mad at a smile, and she was right."

Jeani said she will always remember Susan as "the unexpected, but most appreciated" guest at her wedding. "Just knowing that my mother was there watching meant so much to me," Jeani said. "Susan did that for us. She's our angel."

Jeani Shopel, Juanita Spangler and Susan Lane.

HONOR A **CAREGIVER**

Patients and their families can recognize staff, providers or volunteers as "Legendary Caregivers" for delivering extraordinary care. All Legendary Caregivers receive a certificate and a pin to proudly wear on their badge. You can also make a financial gift with your recognition, which will go to support programs and services for patients. ***To learn more, visit fmchealth.org/foundation/grateful-patient/.***

In 2023, the following individual caregivers and departments were recognized through the Grateful Patient program.

CAREGIVERS

Adelyn Smith
Adrienne Ferryman
Dr. Alicia Zha
Amy Fisher
Amy Holley
Dr. Andrew Dagg-Murry
Dr. Aryeh Cohen
Ashley Gehr
Audra Miller-Schaar
Barb Hedges
Becky Grubb
Beth Lamp
Dr. Bradley Dull
Brandy Casto
Brian Coler
Brittany Saylor
Candace Hurley
Candy Enmen
Dr. Caren Miller
Casey Henderson
Cassandra Jewell
Chelsea Decker
Cheyenne Carter
Dr. Christian Tencza
Chrystal Martin
Courtney McCarty
Courtney Pettit
Dr. David Robertson
Dawn Erwin
Dawn Smith
Debbie Clifford
Deborah Hiles
Debra Klinger
Dr. Doug Pope
Dr. Douglas Dearth
Dustin Karns
Dr. Earl Haley
Dr. Emily Burnette
Emily Thoms
Emma Greeler
Eric Barrows
Dr. Ethan Wasson
Frank Caldwell
Ginger Davis
Dr. Gregory Riffle
Hadyn Ashby
Haley Carlson
Hanah Lafollette
Heidi Friesner
Heidi Taylor
Holli Jones
Holly Miller
Dr. Isabel Manzanillo-DeVore
Dr. Isteaq Ahmed
James Stephenson
Jamie Queen
Dr. Jean Robertson
Dr. Jeffrey Yenchar
Jennifer Spearman
Jensen Greer
Dr. Jeremy Buckley
Jessica Hughes
Jessica Sparkman
Jessica Welsh
Dr. Jill Rice
Joan Ray
Dr. John Waller
Dr. John Weaver
Dr. Jon Reed
Josh White
Josselyn Jewell
Julia Figgins
Kerestan North
Kiaunna Debolt
Kim Whitely
Krista Tobin
Kristen Zimmerman
Kristin Emmert
Laura Walters
Lauren Thomas
Dr. Leon Hughes
Linda George
Lindsey Thomas
Lisa Scott
Lyndsey Skaggs
Madison Johnley
Dr. Majida Giancola
Dr. Mark Becker
Dr. Matthew Campos
Melissa Hildinger
Dr. Michael Falkenhain
Dr. Michael Reinig
Dr. Michelle Graham
Michelle McCotter
Michelle Sammons
Misty Heston
Dr. Mobusher Mahmud
Dr. Neelkant Raya
Nicole Hartberger
Noel Palladino
Rachel Whetstone
Rebekah Snyder
Rebekah Wall
Dr. Ron Linehan
Sally Reese
Sarah Cook
Sarah Dunbar
Shaun Willison
Shelby Markowski
Shelly Romine
Sherri Stephenson
Sierra Call
Stacey Wolfinger
Stephanie Hurst
Sue Johnson
Susan Lane
Sydney Chenetski
Tamara Wray
Dr. Todd Armen
Dr. Troy Hampton
Dr. Vijaya Venkataraman

DEPARTMENTS

5th Floor
Cancer Care & Infusion Services
Cardiac Cath Recovery
Cardiac Observation
Cath Lab
Emergency Department
ICU
Medical Observation
PCU
Pre-Op
Surgery

A SECOND CHANCE

> *When a place saves your life as many times as Fairfield Medical Center saved mine, you get to say it's the best hospital in the world.*

It's been more than two years since Ron Brame entered the fight for his life. As a then-61-year-old man with no known history of cardiac disease, a heart attack was the last thing on Ron's mind as he battled COVID-19. But when he began feeling severely unwell on Oct. 13, 2021, he knew he needed medical attention.

As they traveled from their home in New Lexington to Fairfield Medical Center, Ron instructed his wife, Martha Brame, to run the red lights. The couple pulled directly into the ambulance bay of FMC's Emergency Department and jumped from their car. They were met by an FMC police officer who grabbed a wheelchair and rushed Ron through the paramedic entrance. This dramatic arrival would mark the beginning of a months-long rollercoaster for all involved.

Through weeks of setbacks and complications – including two cardiac arrests, emergency surgeries, pneumonia, and poorly functioning kidneys – Ron's care team and family persevered. When Ron finally found himself on the road to recovery and started cardiac rehabilitation to reclaim his strength, stamina and stability, he set forth with the same grit and determination as those who saved his life.

"I wasn't going to let myself wallow and give up," Ron said. "I knew that if I wanted to get back to doing the things I love, if I wanted to get back to fishing trips and hunting and to be there for my family, I needed to put in the work."

For Ron, returning to health was also an important way to honor his care team. He made it his mission to return to FMC and thank the multitude of healthcare professionals who gave him a second – and third – chance at life. "I was sick during a time when people in healthcare were seeing a lot of loss," Ron said of the pandemic. "They worked so hard to keep me alive, and I know they provide that same level of care to everyone. I just wanted to let them know I think the world of them, and the work they do matters."

Little by little, life has returned to normal, but Ron still carries his experience with him wherever he goes. He is reminded of it when he sees his surgical scar or finds himself being mindful of physically demanding tasks. Most of all, his story comes to life every time he walks through the doors of FMC.

"There is always someone there who remembers me," Ron said. "I might not remember their face or their name, but I will always give them a hug and thank them. This place cares like no one else can. Without Fairfield Medical Center, I wouldn't be here today."

RON'S JOURNEY:
A YEAR OF RESILIENCE

2021

OCT. 13

Minutes after arriving at the Emergency Department on Oct. 13 with chest pain, Ron coded. Dr. John Lazarus and the Cath Lab team worked for more than an hour to restore his heart function using stents and a heart pump. As a result, he survived a 100 percent cardiac blockage and cardiac arrest.

OCT. 19

Ron was placed on a ventilator and quickly began to show signs of progress. On Oct. 19, he underwent open-chest surgery to repair broken ribs and a fractured sternum acquired during CPR, a common side effect of effective chest compressions.

OCT. 29

On Oct. 29, four days after Ron's breathing tube was removed, he became extremely short of breath. A rare blood clot, known as a saddle pulmonary embolism, was blocking blood flow to his lungs. He was taken directly to emergency surgery, where his heart stopped beating for seven minutes. The team performed CPR on Ron, saving his life for a second time.

NOV. 3

Ron was placed on a ventilator once again, this time with a temporary pacemaker to keep his recovering heart in sync. He would remain this way until Nov. 3.

NOV. 12

Once again breathing on his own, Ron received treatment for several complex conditions for another eight days before being discharged to a rehab facility on Nov. 12.

Pictured in the timeline:
Oct. 13: Ron with the Cath Lab team and Dr. Lazarus;
Oct. 19: Dr. Aryeh Cohen performs a procedure at FMC;
Oct. 29: Ron with members of the Medical/Surgical ICU team;
Nov. 3: Ron with members of the Surgical ICU team;
Nov. 12: Ron with his wife, Martha Brame, and Dr. Jarrod Bruce;
Dec. 5: Ron and his son, Grant Brame;
Aug. 13: Ron with the Cardiac Rehab team at the 2022 Heart & Lung Run

Ron remained positive and committed to his health. By August, he completed the Heart & Lung Run 5K with his son, granddaughter and brother by his side, and received the Ed Readman Award in recognition of his perseverance and remarkable recovery.

2022

DEC. 5

Nearly two months after his heart attack, Ron returned home in time for the holidays. He spent Christmas with his family and started cardiac rehab at FMC on New Year's Eve.

AUG. 13

A PROVIDER & SON'S PERSPECTIVE: **GRANT BRAME, PA**

Ron is the father of Grant Brame, a physician assistant with Fairfield Healthcare Professionals Cardiothoracic Surgery. As an employee and long-time healthcare professional, Grant understood his father's survival was not guaranteed, but he had every confidence that his peers and colleagues would provide the best care possible. What he wasn't prepared for was his startling transition from calm practitioner to worried family member.

"The odds were very much against my dad, and I was well aware of it," Grant said. "When it comes to critical illnesses, I often say that being on the outside of the bedrails is almost always harder on the loved ones than the patients – my experience confirmed that to be true."

While Grant and his family remember the grim statistics, sleepless nights and stress, they also remember the miraculous moments. After Ron's initial cardiac arrest required more than an hour of CPR, it was estimated that he had a less than 1 percent chance of survival with return of normal brain function. But he lived. From there, each stumbling block was met with remarkable skill and compassion.

"Literally everything lined up for my dad to survive. He is the luckiest man I know and truly a medical miracle," Grant said. "It's almost hard to comprehend how many people were involved in his survival and recovery, and to say we feel blessed would be an understatement when it comes to my coworkers and teammates at FMC."

Looking back, the fear and uncertainty have all but subsided. In their place, the Brame family – including Ron – focus more intently on the accomplishments and milestones of the past few years. They celebrate the resilience that has led to more time together, continued traditions and new memories. Above all else, they look forward to creating more.

Pictured left to right: Ron, his brother Jeff Brame, granddaughter Kaydence Brame and son, Grant Brame.

2024 Calendar

For an updated list of events, visit fmchealth.org/calendar.

GET ACTIVE

FMC FOUNDATION GOLF OUTING

Join a team and come out for a day of golfing, food, prizes and fun. There will be a round in the morning and in the afternoon.

Date: Thursday, June 13

Location: Lancaster Golf Club, 3100 Country Club Road, Lancaster

Cost: $300 twosome or $600 foursome. Twosomes will be paired with another twosome. Foursome teams will receive priority spots.

Registration:
Scan the QR code or visit fmchealth.org/foundation/fundraising-events.

GOLD EVENT SPONSORS

- Caretenders
- Claypool Electric
- FAIRHOPE Hospice & Palliative Care
- Park National Bank
- Porter Wright

SAVE THE DATE: HEART & LUNG RUN

Includes a 5K Run/Walk and a 10K Run to raise funds for patients in need of cardiopulmonary rehab. Sponsored by the FMC Foundation.

Date: Saturday, Aug. 17.
Race begins at 8 a.m.

Location: Fairfield Medical Center, 401 N. Ewing St., Lancaster

Cost: $25 to $35 (Varies by 5K and 10K registration options)

Registration: Scan the QR code or visit fmchealth.org/foundation/fundraising-events.

GOLD EVENT SPONSORS

- Caretenders
- Claypool Electric
- Park National Bank
- Porter Wright

KIDS BIKE RACE AND DECORATING CONTEST

Join us during the Lancaster Festival for a bike race and decorating contest. This event is for children ages 4-10. All winners will receive a medal. Children must wear a helmet to participate. Sponsored by FMC and Fairfield County Job & Family Services.

Date: Friday, July 26, 5:30 p.m.

Location: Job & Family Services, 239 W. Main St., Lancaster

FMC Foundation Golf Outing

SAVE THE DATE: TWIG 1 CANCER CARE RUN

Support local cancer patients by participating in this annual 5K run and 2-mile walk. Memorial signs can be purchased to honor someone who had or is fighting cancer. Participants can register beginning in August through the Cancer Care Run Facebook page.

Date: Saturday, Oct. 12

Location: Martens Park, 710 Lincoln Ave., Lancaster

SAVE THE DATE: TURKEY DAY 5K

Join us on Thanksgiving Day for a holiday run! Racers will receive a commemorative race item and can compete for prizes in their age group. Registration will open in June. Sponsored by the FMC Foundation.

Date: Thursday, Nov. 28

Location: Forest Rose School, 739 College Ave., Lancaster

GOLD EVENT SPONSORS

- Claypool Electric
- FAIRHOPE Hospice & Palliative Care

Heart & Lung Run

SPECIAL EVENTS

Cancer Survivors Day

CANCER SURVIVORS DAY

Cancer Survivors Day celebrates survivors while providing hope and inspiration to those who have been recently diagnosed. Enjoy a carnival-themed afternoon of games, snacks, door prizes, education and fellowship.

Date: Sunday, June 2
12:30-2:30 p.m.

Location: FMC River Valley Campus, 2384 N. Memorial Drive, Lancaster

Registration: Scan the QR code to register on Eventbrite or call 740-687-8561.

SAVE THE DATE: RED HEART GALA

Wear your best red or semi-formal attire during our food and wine tasting and charity auction. Registration will open in August. Sponsored by the FMC Foundation.

Date: Friday, Oct. 25

Location: Wagnalls Memorial Library, 150 E. Columbus St., Lithopolis

GOLD EVENT SPONSORS

- Park National Bank
- Caretenders
- FAIRHOPE Hospice & Palliative Care
- Porter Wright

SCREENINGS

SPORTS PHYSICALS

FMC is offering free scheduled sport physical appointments for student athletes in grades 7-12.

Dates/Locations:

Lancaster High School
June 1, 8-11:30 a.m.

Amanda-Clearcreek High School
June 5, 5:15-7 p.m.

Limited spots available!

Registration: Visit fmchealth.org/calendar or scan the QR code. Book one appointment slot per athlete and include the full name of the athlete.


Sports Physicals


Women's Screenings

MEDICAL MOBILE UNIT WOMEN'S SCREENINGS

Uninsured, underinsured and insured women are eligible to receive these lifesaving screenings. Services include pap tests, pelvic and breast exams, same-day mammograms, and breast health education and navigation.

Date:
Thursday, July 18,
9:30 a.m.-3 p.m.

Location:
FMC River Valley Campus,
2384 N. Memorial Drive
(Columbus Street entrance)

Registration: Appointments are required. To schedule, call 800-844-2654 or 740-593-2432.

The screenings are offered by Ohio University Heritage Community Clinic and funded by grants from the Breast and Cervical Cancer projects of Southeast Ohio and Ohio University Community Health Grant.

EDUCATION/SUPPORT GROUPS

CHILDBIRTH EDUCATION SERIES

Certified childbirth educators offer private, in-person classes to help prepare expectant mothers and one support person for the arrival of a new baby. These education courses are free and should be completed four to six weeks before your due date.

Registration: Required. Space is limited. Scan the QR code, call 740-687-8218 or visit fmchealth.org.

CHILDCARE & BABYSITTING SAFETY (CABS)

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

Dates:
Friday, June 7, 8:30 a.m.-3:30 p.m.
Friday, Aug. 9, 8:30 a.m.-3:30 p.m.

Price: $35/person

Location: To be determined

Registration: Required. Contact Resa Tobin at 740-687-8477 or resa@fmchealth.org.

CPR Training

CPR & AED TRAINING

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

Dates:
June 8, 8:30 a.m.-noon
July 13, 8:30 a.m.-noon
Aug. 10, 8:30 a.m.-noon
Sept. 14, 8:30 a.m.-noon

Location: To be determined.

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

Price: $35/person

FIRST AID TRAINING

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

Dates:
June 8, Noon-3:30 p.m.
July 13, Noon-3:30 p.m.
Aug. 10, Noon-3:30 p.m.
Sept. 14, Noon-3:30 p.m.

Location: To be determined.

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

Price: $35/person

Community Heart Watch mobile unit

COMMUNITY HEART WATCH MOBILE UNIT

The Community Heart Watch mobile unit will be traveling to the following events this summer to offer free CPR training to adults and children.

- Lithopolis Memorial Day Event, May 27, 10 a.m.-4 p.m. 66 S. Market St., Lithopolis
- Buckeye Lake State Park 75th Birthday Celebration, June 8, 10 a.m.-4 p.m., 2871 Lieb's Island Road, Millersport
- Tons of Trucks, June 15, 9 a.m.-1 p.m., Hocking County Fairgrounds, 150 N. Homer Ave., Logan
- United Way Day of Action, June 21, 9 a.m.-noon, downtown Lancaster
- Perry County Fair, July 15-20, 11 a.m.-6 p.m., Perry County Fairgrounds, 5445 Ohio 37, New Lexington
- Festival Fair Day, July 20, 9:30 a.m.-2:30 p.m., Fairfield County Fairgrounds, 157 E. Fair Ave., Lancaster
- Fairfield County Fair, Oct 7-12, 11 a.m.-7:30 p.m., Fairfield County Fairgrounds, 157 E. Fair Ave., Lancaster

To learn more about Community Heart Watch, contact Teri Watson, FMC Community Outreach Coordinator, at 740-687-6929 or visit fmchealth.org/community-heart-watch

NEURO SUPPORT GROUP

For patients, family and caregivers, this support group is designed to provide connections and motivation to individuals who are going through rehabilitation from a neurological disorder or injury, with a focus on improving communication and access to resources.

Dates: Third Wednesday of each month (except December), 4:45-5:45 p.m.

Location: Conference Room A, River Valley Campus, 2384 N. Memorial Drive, Lancaster (Columbus Street entrance)

Contact: For questions, call 740-689-6328.

PATIENT UPDATE:

GRACE HAMLIN

Let the journey shape you, not shake you. That was the personal mantra Grace Gundelfinger Hamlin always kept in the back of her mind while she was undergoing treatment for Hodgkin's lymphoma in 2017. At the time of her diagnosis, Grace was a 20-year-old nursing school student with big plans for the future – and she wasn't about to let cancer dampen her spirit. "I came up with the phrase, 'Let the journey shape you, not shake you' as a reminder to not let the difficult trials bring me down and to be open to personal growth," said Grace, who received all of her treatment at Fairfield Medical Center and was featured in FMC's *The Monitor* magazine and Experience commercials. "Although having gone through cancer had some tough moments, my journey was sprinkled with many blessings. Having cancer taught me to have a grateful heart and to always find ways to help others."

After ringing the bell on Feb. 15, 2018, to signify the end of her final treatment, Grace completed nursing school and married her husband, Luke Hamlin. The couple moved to New Mexico, where Grace worked as a nurse on the critical care and neurology floor of a local hospital. In 2022, Grace and Luke welcomed their son, Asa (pictured right), and relocated to Georgia. That same year, Grace received another blessing – her oncologist informed her that she was done with routine six-month check-ups. With that chapter in her life now finally closed, Grace is enjoying her new role as a stay-at-home mom. She intends to return to the healthcare field in the future, where she hopes to have the opportunity to make an impact on her patients in the same way that her FMC caregivers did for her. She said the best nursing education she received came from her own patient experience, where she discovered how extremely important empathy is when it comes to caring for others.

Grace, Luke and Asa Hamlin

"Being a nurse is hard, but being a patient is harder; I will never forget that," Grace said. "To me, taking care of a human life is an honor. So, for the 12 hours I get with my patients, they deserve my everything. I know I was very well cared for by my doctors and nurses on my journey as a patient, and I am forever grateful to the staff at Fairfield Medical Center."

MEET OUR

NEW PROVIDERS

The following providers recently joined Fairfield Healthcare Professionals.
Looking for a provider? The right one is just a click away.
Go to fmchealth.org and click Find a Provider or scan the QR code.

Daniel Hyatt, MD
FHP General Surgery
618 Pleasantville Road, Suite 301
Lancaster
740-687-5437

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

Juan Santiago, MD
FHP Ortho & Physical Medicine and Rehabilitation
2384 N. Memorial Dr., Lancaster
740-689-4935

Now with Fairfield Healthcare Professionals!

David Robertson, MD
FHP General Surgery
618 Pleasantville Road, Suite 301
Lancaster
740-687-5437

Margaret Sawyer, MD
FHP General Surgery
618 Pleasantville Road, Suite 301
Lancaster
740-687-5437

Jeffrey Yenchar, MD
FHP General Surgery
618 Pleasantville Road, Suite 301
Lancaster
740-687-5437

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

Heather Nickell, CNP
FHP Hematology Oncology
135 N. Ewing St., Suite 202
Lancaster
740-687-4505

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

VOLUNTEER
SPOTLIGHT
Pet Therapy

When Donna Clay puts on her blue volunteer smock, her golden retriever, Cooper, knows it's going to be a good day. As a therapy dog, Cooper loves visiting Fairfield Medical Center with Donna to brighten the spirits of patients, visitors and staff – and the hugs and attention he gets in return isn't bad either. "He practically pulls me into the building, he's so excited to start," Donna said. "He is such a personable, loving dog – it would be a shame not to share him."

Donna and Cooper are among eight pet therapy teams that regularly visit FMC to provide comfort and a little bit of stress relief. On most days, pet therapy teams will spend several hours crisscrossing through patient floors and busy units to help spread some cheer. Patients can also request visits; if a dog isn't already on site that day, volunteer coordinator Heidi Reed will reach out to the pet therapy teams to see if one is available to stop in. "Even though these are volunteers, we make every effort to try and fulfill the request because we know how therapeutic those visits can be for patients," Heidi said.

Susan Wernert joined the pet therapy team with her son's German Shepherd, Jaxx, in 2023 as a way to get him out of the house more. "I tell Jaxx that we're going to put smiles on people's faces today," she said. "It's such a joy to see people so happy when you walk in with a dog."

Do you think your beloved pet has what it takes to make a difference for others? Join FMC's pet therapy team! The characteristics of an ideal therapy dog include basic obedience, good demeanor and a great relationship with their handler. All dogs must become a registered pet therapy team before they can start. To learn more about pet therapy at FMC, contact Heidi at 740-687-8109 or heidire@fmchealth.org.

Above left: Jaxx visits with a group of nurses
Above: Donna (right) and Cooper sit with a staff member in an FMC waiting room.

THE MONITOR

Administration & Officers

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President & Chief Executive Officer

Julie Grow
Chief Financial Officer

Alan Greenslade
Chief Operating Officer

Mark Vanderhoff, DNP, RN
Chief Nursing Officer

Laura Moore
Chief Business & Strategy Officer

Mark Darnell, MD
Chief Medical Officer

Mary Nash, PhD
Chief Human Resources Officer

Melony Rarick, MSA, CHC, CHPC, CCEP
Corporate Compliance Officer

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Fairfield Medical Center provides healthcare services to more than 250,000 residents in Southeastern Ohio. FMC is a nonprofit health system 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.

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

SIGNATURE SUPPORT

Fairfield Medical Center FOUNDATION

In 2024, the FMC Foundation is committed to supporting cardiovascular health at Fairfield Medical Center. **As an event sponsor, you can play an important role in this healing mission.** Whether you choose to sponsor one of our signature events or all of them, your dollars will support technology and programs that will enrich the cardiovascular services we provide to our patients.

Our Signature Events

Golf Outing
June 13, 2024
This all-day event boasts two full rounds of golf and more than 300 participants and volunteers.

Heart & Lung Run
Aug. 17, 2024
Highlight your company's commitment to heart health during our annual run.

Red Heart Gala
Oct. 25, 2024
Wear your best red or semi-formal attire during our food and wine tasting and auction.

Turkey Day 5K
Nov. 28, 2024
Promote your business to more than 400 attendees as they gather for a pre-feast run.

Our Sponsorship Levels

Diamond Package	Gold Package	Silver Package	Bronze Sponsor
$9,500	$7,000	$5,500	$3,000
All FOUR events	Choose THREE events	Choose TWO events	Choose ONE event

The following sponsorship opportunities are also available:

- Provision Sponsors – $1,500
- Hole Sponsors – $1,000
- Table Top Sponsors – $500
- Entertainment Sponsors – $500
- Mile Marker Sponsors – $500

To become an event sponsor or to make a charitable gift, visit fmchealth.org/foundation, call 740-687-8107 or email fmcfoundation@fmchealth.org.