



# Community Connection

## Licking Memorial Health Systems

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Volume 6, Issue 4

July/August 2009



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our Quality  
Report Cards online  
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See pages 12 - 16  
for Quality Report Cards  
in this issue.

## COMMUNITY EDUCATION

### Friends and Family CPR

**Date:** Tuesday, July 21 or  
Thursday, July 23

**Location:** Licking Memorial  
Health Systems  
Education Dept.  
1915 Tamarack Road

**Time:** 5:30 to 7:30 p.m.

(continued on page 3)

### Abdominal Aortic Aneurysm Education and Screening

**Date:** Thursday, July 23

**Location:** Conference Rooms  
A & B, first floor,  
Licking Memorial  
Hospital

**Time:** 6:30 p.m.

**Speaker:** Howard Reeves,  
D.O., FACOS

(continued on page 5)

### Pandemic Planning

**Date:** Tuesday, July 28

**Location:** Conference Rooms  
A & B, first floor,  
Licking Memorial  
Hospital

**Time:** 6:00 p.m.

**Speakers:** Jeanne Emmons, B.S., M.T.  
(A.M.T.) and Jonathan Dye

(continued on page 3)

### Healthy Weight Loss

**Date:** Tuesday, August 25

**Location:** Conference Rooms  
A & B, first floor,  
Licking Memorial  
Hospital

**Time:** 6:00 p.m.

**Speaker:** Shari Gallup, M.S.,  
CFLE

(continued on page 20)

## New Urgent Care in Pataskala Provides Alternative to Emergency Department Visits

Licking Memorial Health Systems (LMHS) recently increased health care service options for all residents of Licking County. A new Urgent Care opened in late spring and is located at One Healthy Place, off Broad Street in Pataskala.



Licking Memorial Urgent Care is on the first floor of the Pataskala Health Campus, located at One Healthy Place, off Broad Street.

Licking Memorial Urgent Care is designed to improve service to patients by offering health care that is closer to home for residents of Pataskala and all of Licking County. In addition, many patients will save money by being able to visit Urgent Care when

*New Urgent Care in Pataskala Provides Alternative to Emergency Department Visits (continued on page 2)*

## Clarissa Ann Howard Nursing Award for Clinical Excellence



Licking Memorial Health Systems President & CEO Rob Montagnese recently paid tribute to Clarissa Ann Howard for her many years of service and announced that the annual nursing award has been renamed the Clarissa Ann Howard Nursing Award for Clinical Excellence.

the announcement. "Ann was part of Licking Memorial when the Hospital was located on Buena Vista and Everett avenues," Rob said. "She was

During the 2009 National Hospital and Health Care Week reception at LMH, President & CEO Rob Montagnese announced that the annual Nursing Award for Clinical Excellence was renamed as the Clarissa Ann Howard Nursing Award for Clinical Excellence. The award's namesake, Clarissa Ann Howard (better known by her friends as Ann Howard), was present as Rob made

*Clarissa Ann Howard Nursing Award for Clinical Excellence (continued on page 17)*

Measurably Different ... for Your Health!

their primary care physician is not available, rather than having to go to the Emergency Department (ED). In most instances, Urgent Care is a cost-effective alternative to an ED visit for a simple ailment.



The new Licking Memorial Urgent Care in Pataskala is open seven days a week to provide care for many medical concerns that are not severe enough to require an ED visit.

“In 2007, the Hospital’s ED saw 53,557 patients, and in 2008, there were 57,900 visits to the LMH ED. This was an increase of 4,343 patients in one year’s time,” said Emergency Medicine Physician May-Lee Robertson, D.O. “Many of those patients required immediate care, but did not have a life threatening illness. As part of the triage process, we must see the most critically ill patients first, so patients with minor injuries and illnesses sometimes have to wait for longer periods of time. By visiting the Urgent Care instead of the LMH ED, patients with minor injuries and illnesses will be able to receive care more quickly.”

“Many patients are not sure what a true ‘emergency’ situation is,” Dr. Robertson continued. “If there is any doubt, they should come to the ED. Patients should definitely seek the level of care they require, but Urgent Care now gives them an option for less severe, yet urgent, illness or injury. Although the Urgent Care will provide a more efficient use of services, the ED is conveniently open 24 hours a day, in case of an emergency, regardless of severity.”

### When to Seek Emergency Care

The following list includes examples of critical illnesses, injuries and symptoms that require emergency care:

- Severe chest pain or heart attack
- Difficulty breathing
- Severe head injuries
- Severe dizziness
- Stroke-like symptoms  
(such as facial droop or one-sided weakness)
- Seizures
- Poisoning

- Drug overdoses
- Heavy bleeding
- Severe injury
- Severe bone fractures  
(with open wound or noted deformity)
- High fever in children or adults
- Fever in newborn babies
- Severe abdominal pain, especially if associated with fever and vomiting
- Severe asthma attack
- Electrical shock
- Stroke
- Snake or spider bites
- Unconsciousness
- Disorientation
- Pregnancy-related problems
- Allergic reactions
- Coughing/vomiting blood
- Persistent vomiting
- Suicidal or homicidal feelings

### When to Visit Urgent Care

If a patient’s primary care physician is not available, Urgent Care may be a better option than the ED to treat symptoms, illnesses or injuries that need immediate care, but are not life-threatening. Examples are:

- Colds, flu and coughing
- Sore throat
- Ear infections
- Minor allergies
- Minor fractures
- Sprains
- Minor fever
- Nausea (without persistent vomiting)
- Diarrhea
- Minor burns
- Minor cuts, even those requiring stitches
- Minor eye injuries
- Minor animal bites
- Insect stings (without allergic reaction)
- Pink eye
- Urinary tract infections
- Skin rashes

Licking Memorial Urgent Care is staffed by well-trained physicians from LMH’s ED. Urgent Care is open from 12:00 Noon to 8:00 p.m., Monday through Saturday, and from 12:00 Noon to 6:00 p.m., on Sunday. No appointment is needed. More information about Urgent Care services is available by calling (740) 348-7600 or (740) 964-7600.



# Camp Feelin' Fine Provides Kids with Asthma Tips on Staying Healthy

For many children with asthma, summertime can be filled with hidden dangers. Everyday factors, such as freshly cut grass, outdoor sports or playing with the family pet, can create alarming breathing difficulties for children with asthma.

Each year in June, Licking Memorial Health Systems hosts Camp Feelin' Fine, a day-long camp at Infirmity Mound Park to teach children with asthma about their condition, and to give them a chance to be with other kids who have similar challenges.

Pediatrician Richard Baltisberger, M.D., members of the Licking Memorial Respiratory Therapy Department, and other members of the Licking Memorial Hospital staff

conduct activities to teach the children how to avoid common "triggers," such as pollen, strenuous exercise, dust and pet dander.



Licking Memorial Health Systems' Camp Feelin' Fine helps kids with asthma learn how to manage their condition. They also enjoy a day of companionship with their peers who share the same challenges.

It is estimated that 7 to 10 percent of children have asthma which is marked by inflammation of the airways to the lungs. Most people with asthma have periodic wheezing attacks, although some may have coughing as their primary symptom. If the airflow is severely restricted, an asthma attack can be

dangerous. If anyone suspects a child may have asthma, the pediatrician or family physician should be contacted for a complete evaluation.

## Friends and Family CPR *(continued from front page)*

Licking Memorial Health Systems (LMHS) is offering a cardiopulmonary resuscitation (CPR) class to community members who would like to learn the life-saving procedure. The two-hour class, Family and Friends CPR, is designed to be an introduction to CPR and will focus on basic life support, and how to assist a choking infant, child or adult. It is not a certifying or credentialing course.

The cost for the Family and Friends CPR class is \$10, and registration is required. Participants may choose between two scheduled dates – Tuesday, July 21, from 5:30 to 7:30 p.m., or Thursday, July 23, from 5:30 to 7:30 p.m. Class size is limited to 12 participants per session.

The classes will take place in the LMHS Education Department, located at 1915 Tamarack Road in Newark. Please call (740) 348-1420 to register.



Join a two-hour class at LMHS to learn the basics of CPR this summer.

## Pandemic Planning *(continued from front page)*



Jeanne Emmons, B.S., M.T.(A.M.T.)

An informed and prepared public is essential to minimizing the health effects of a pandemic and the resulting consequences to society. The public can become better prepared for pandemic disease with important health and safety information that is targeted for specific groups, such as families, travelers, workers, communities and health professionals. Licking Memorial Hospital (LMH) encourages the public to be proactive by attending this education program to learn how to prevent further spread

of any virus. The free Pandemic Planning program is scheduled for Tuesday, July 28, at 6:00 p.m., in Conference Rooms A & B on the first floor of the Hospital.

Jonathan Dye, from the Licking County Health Department, and Jeanne Emmons, B.S., M.T.(A.M.T.), LMH Infection Control Manager, will present this important education program. Registration is required. To register, or for more information, please call (740) 348-1434.

# Breast-feeding Promotion and Support Program

The best nutrition for an infant is a mother's breast milk. It has an excellent blend of nutrients and the added bonus of natural antibodies. To encourage more new mothers in Licking County to breast-feed their babies, Licking Memorial Hospital (LMH) has developed the Breast-feeding Promotion and Support Program. New mothers who successfully complete the education-based program will receive a free electric personal-use breast pump.

Debbie Young, Vice President of Patient Services at LMH, said, "We welcome the opportunity to help new mothers give their babies a healthy start in life. Many women have told us that using a breast pump has made nursing more convenient and practical. One major drawback is the high cost of the breast pumps. We decided to offer the breast pumps to new mothers through the program as an effective way to promote healthy babies in our community."

Marcia Fisher, R.N.C., B.S.N., IBCLC, lactation consultant at LMH, explained that the Breast-feeding Promotion and



The best nutrition for newborn babies is contained in human breast milk. LMH offers education programs to encourage new mothers to breast-feed to give their babies a healthier start in life.

Support Program's main focus is patient education. "Some mothers may not realize the advantages of breast milk for their babies' well-being," Marcia said. "Others may know how important breast-feeding is, but are not prepared for the challenges that often come with learning to breast-feed. Breast-feeding skills do not always come naturally for the mother and baby. Our education program addresses such obstacles and provides answers for these topics."

Studies have repeatedly shown that babies who are fed breast milk are less likely than formula-fed babies to contract some illnesses. Babies who are breast-fed have lower rates of infection, diarrhea, bacterial meningitis, respiratory infections and allergies. To learn more about LMH's Breast-feeding Promotion and Support Program, please call (740) 348-4346 or e-mail: [firstimpressions@LMHealth.org](mailto:firstimpressions@LMHealth.org).

## "For Your Health" 5K Run and Fun Walk

The second annual "For Your Health" 5K Run and Fun Walk will take place on Saturday, August 1, at The Dawes Arboretum, 7770 Jacksonstown Road SE in Newark. The Licking Memorial Hospital (LMH) Development Council is presenting the community event in collaboration with The Dawes Arboretum, Star Power Running and the Licking County Family YMCA. The honorary co-chairs for the event are Karen Smith-Silone, D.O., and James Silone, D.O.



The "For Your Health" 5K Fun Run and Walk will take place at The Dawes Arboretum in Newark on Saturday, August 1.

female finisher in each age division will receive an award. Chip Timing Service will be used this year to determine the finishing times.

The 5K run begins at 8:30 a.m., and the 1-mile fun walk starts at 8:40 a.m. Registration for both events opens at 7:30 a.m. on race day. Online registration is also available through [www.premierraces.com](http://www.premierraces.com). Simply click on "Event Calendar" and then "Upcoming Events."

The "For Your Health" 5K Run and Fun Walk course wanders through the scenic grounds of The Dawes Arboretum, taking participants along the Deep Woods and other notable areas, such as the Azalea Glen, the Cypress Swamp, the Japanese Garden, Buckeye 17 and Outlook Tower. Participants may choose to run or walk the 3.1-mile course, or complete the 1-mile long fun walk course.

Awards will be given to the overall top three male and female finishers in the 5K run. In addition, the top male and

Online pre-registration closes Friday, July 24. Registration for the 1-mile fun walk is required, but there is no entry fee. The cost for all 5K run entries submitted by July 24 is \$15. For all entries completed after July 24, including registrations on race day, the cost is \$20. A Core Performance Wear™ shirt will be provided to each registrant. Packets may be picked up at The Dawes Arboretum on the day of the race or in advance at Star Power Running, 943 River Road in Granville. For more information, please contact the LMH Development Office at (740) 348-4108.



# Walkers Raise Funds for Cancer Research

Walkers in the 2009 Relay for Life – Mike Radabaugh Memorial had a common purpose – to raise funds for cancer research. Licking Memorial Health Systems (LMHS) is proud to be a corporate sponsor of the American Cancer Society's fund-raiser that began in Newark in 1992.

More than 60 teams organized to walk in this year's Relay for Life that took place at the T.J. Evans Sports Complex in early June. The Relay for Life featured 24 hours of nonstop walking to raise funds through sponsorships and to raise awareness of cancer prevention and symptoms.

Patty Banks-Chester, Patient Care Manager at Licking Memorial Oncology/Hematology, is a cancer survivor, herself. She offered an encouraging message to the walkers during the opening ceremony. "I believe that someday, when a person is told that they have cancer, they will have no need to fear because there will be a



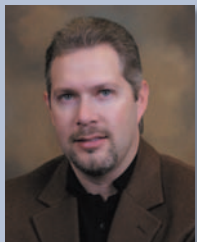
Licking Memorial Hospital Volunteer Betty Meyer walked with other cancer survivors in the opening lap of the 2009 Relay for Life - Mike Radabaugh Memorial.

cure," she said. "And that cure will be realized, in part, because of your willingness to give."

Licking Memorial Hospital (LMH) collaborates with the American Cancer Society to offer the Patient Navigator Program, located in the Oncology Unit at LMH. The free Patient Navigator service is designed to assist cancer patients, survivors and their

family members or caregivers in successfully addressing financial, insurance, logistical and emotional challenges that may arise following a cancer diagnosis. For more information about the Patient Navigator Program at LMH, please call (740) 348-1996 or toll-free at (888) 227-6446.

## Abdominal Aortic Aneurysm Education and Screening *(continued from front page)*



Howard Reeves,  
D.O., FACOS

Vascular Surgeon Howard Reeves, D.O., FACOS, will present an educational program, Abdominal Aortic Aneurysms, on Thursday, July 23, at 6:30 p.m., in Conference Rooms A & B on the first floor of the Hospital. In general, an aneurysm is any enlargement in blood vessels that can rupture and cause bleeding. One of the common places for an aneurysm to occur is in the abdominal section of the aorta.

Most patients with an abdominal aortic aneurysm have no symptoms. Those who do have symptoms may notice some abdominal bloating, a premature feeling of fullness when eating, sudden and severe pain that goes around to the back or abdominal pain that radiates to the leg. In some cases, the patient may be able to feel or see a pulsating mass on the abdomen. Anyone who experiences these symptoms is urged to consult with a physician. If an abdominal aortic aneurysm ruptures, the risk of death is very high.

The goal for screening is to find the aneurysm in the early stages, before it becomes enlarged. A painless ultrasound

procedure is a safe and effective method to screen for abdominal aortic aneurysms. Licking Memorial Hospital (LMH) will offer free screenings for this potentially fatal condition. Individuals who have none of the previously mentioned symptoms are encouraged to participate in LMH's free screenings if the four following characteristics apply:

- You are a male (or a female with a family history of aneurysms).
- You are age 65 to 75 years.
- You are a smoker or have smoked at least 100 cigarettes in your lifetime.
- You have high blood pressure.

The first 25 individuals who meet the characteristics above will be invited to sign up before the program for free screenings at a later date in the LMH Vascular Laboratory, a nationally accredited facility. Dr. Reeves will interpret the ultrasound results and will share the information with the patient's primary care physician or specialist. For more information or to register for the education program, please call (740) 348-1434.

# 2009 Golf Gala Supports Licking Memorial Hospital

On June 15, more than 120 golfers turned out at the Granville Golf Course for the 2009 Golf Gala sponsored by the Licking Memorial Hospital (LMH) Development Council. The tournament was set up as an 18-hole, four-player shot-gun scramble. Event proceeds will be used toward the new Licking Memorial Urgent Care on the Pataskala Health Campus.



The winning team of the 2009 Golf Gala was LMH Emergency Physicians. Members of the team were (left to right): Aaron Wood, John Wells, D.O., Jeff Bare, D.O., and Scott Jolly, D.O.

The third-place finishers were Crowe Chizek & Company, LLC. They received a round of golf for four at the Granville Golf Course. Members of the team included: Brady Burt, Chris Helms, Matt Miller and Jim Slivanya.

The winner of the longest putt was Scott Sirles. Kim Fleming won the longest drive for the women, and Jim Maynard won the longest drive for the men.

Three teams finished in a tie, scoring 56 1/2 each. The three-way tie was broken by comparing the performances at each hole of the 18-hole outing. LMH Emergency Department Physicians were declared the winners and received a trophy and golfing package to the Longaberger Golf Course. The members of the team were: Jeff Bare, D.O., Scott Jolly, D.O., John Wells, D.O., and Aaron Wood.

Kim Fleming also received the closest-to-the-pin honor. Unfortunately, no one won the Hole-in-One prize for the seventh hole, which would have earned a new 2009 Honda Accord from John Hinderer Honda.

The second-place finishers were members of Echo 24/General Cable Corporation/Graybar Electric/Hubbert-Premise Wiring. They each received a gift package for an overnight stay at Cherry Valley Lodge and four passes to the Coco Key Water Resort. Members of the team included: Tony Gunter, Tom Valentine, Dan Preese and Vic Rudolph.

The event began at Noon with lunch and friendly conversation prior to an afternoon of golf. Golfers were treated to a barbeque dinner followed by an award ceremony, which included raffles and door prizes.

“The Golf Gala provides an opportunity for both avid and novice golfers to join together in support of LMH,” said Licking Memorial Health Systems President & CEO Rob Montagnese. “The event focuses on our mission, to

*2009 Golf Gala Supports Licking Memorial (continued on page 7)*

## 2009 Golf Gala Sponsors

### **Ace Sponsor (\$5,000)**

Park National Bank

### **Eagle Sponsors (\$2,500)**

The Jerry McClain Companies  
Limbach Company, LLC  
MedBen  
Stedman Flooring  
Summit Custom Cabinets  
Turner Construction

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National City Bank  
NETEAM  
Newark Healthcare Centre  
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Surgical Interventions  
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### **Cart Sponsors (\$250)**

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Home Instead Senior Care  
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Licking 387 Memorial ED Charity Fund  
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Newark Rotary  
Old Trail Printing  
Red Vette Printing  
Sign Pro  
Southgate Corporation  
Standard Textile  
U.S. Foodservice  
Wilson, Shannon & Snow, Inc.

improve the health of the community, by raising funds to support the expansion project in Pataskala, which serves the entire county. The support of our sponsors is greatly appreciated, and it is through their commitment that our event remains so successful.”

LMHS Vice President of Development and Public Relations Veronica Link added, “This year’s Golf Gala Honorary Chairs, Bonnie and George Manning, are largely responsible for making this year’s outing a success. They are both active in community activities,

and are strong supporters of Licking Memorial Hospital. We are fortunate to have these caring individuals dedicate their time and efforts to help improve health care in our community.”

Park National Bank was the Ace Sponsor of the 2009 Golf Gala. The six Eagle Sponsors included: The Jerry McClain Companies, Limbach Company, LLC, MedBen, Stedman Flooring, Inc., Summit Custom Cabinets and Turner Construction.

## Children’s Art Creates Heartfelt Wishes



The Licking Memorial Hospital Café is decorated with local children’s paintings. The artists were invited to a reception to unveil their artwork.

The “Art from the Heart” reception was held April 30, in the Licking Memorial Hospital (LMH) Café with more than 60 children and their families in attendance. This was the

third year for this event, which is held in collaboration with The Works museum in Newark. More than 140 pieces of artwork were exhibited and are now displayed in the LMH Café and other areas.

“The children have really enjoyed this program each year, and patients have commented on the artwork many times. These paintings have such a youthful outlook and joy of life that you cannot help but feel uplifted and hopeful by their presence. We are pleased to provide a forum for the young artists, and to create a happy atmosphere for our patients,” commented Rob Montagnese, Licking Memorial Health Systems President & CEO.

The public is invited to stop by the LMH Café to view the children’s artwork. The LMH Café is located on the Hospital ground floor and is open 24 hours every day.

## LMHS Shares Health Information at Hartford Fair

The Hartford Fair, a favorite annual tradition in Licking County, will take place from Sunday, August 9, to Saturday, August 15, in Croton, Ohio. The week-long event, billed as “The Biggest Little Fair in the World,” is celebrating its 151st year. The headline attraction this year is country music star Aaron Tippin, who will perform on Sunday, August 9, at 8:30 p.m., in the grandstand.

Licking Memorial Health Systems (LMHS) will host a health education booth in the Merchants’ Building throughout the week. LMHS staff members will provide valuable health information on a variety of topics and will conduct blood pressure screenings. Members of the public will also have the opportunity to register for a prize drawing.

Health topics at the LMHS booth will include pediatrics, urgent care, pharmacy and dermatology. The topics will

change daily; visitors are encouraged to visit the booth for an up-to-date schedule, or call (740) 348-4044 for more information.



Be sure to visit the Licking Memorial booth in the Merchants Building at the Hartford Fair, August 9 through 15, in Croton, Ohio. Visitors will have an opportunity to learn about health topics and register for a door prize.



# LMHS Thanks Employees for Dedication to the Community



During National Hospital and Health Care Week, Licking Memorial Health Systems (LMHS) employees were treated to a cookout. LMHS President & CEO Rob Montagnese served ice cream with assistance from Vice President of Human Resources and Support Services Anne Peterson.

During the month of May, Licking Memorial Health Systems (LMHS) employees were honored for their hard work in providing caring, quality service to patients every day. With more than 1,650 employees, LMHS is the largest employer in Licking County.

To observe National Hospital and Health Care Week on May 10 through 16, LMHS hosted a health fair, fun activities and games, and an outdoor cookout for all employees. Anne Peterson, LMHS Vice President of Human Resources and Support Services, said, "Throughout the year, our staff members are focused on providing excellent patient care. The health fair is an effective way for us to remind employees that they need to take care of their own health, as well. The activities and cookout were offered to thank staff members and volunteers for their dedication."

## Employees Honored for Years of Service

On May 13, the annual LMHS Employee Recognition Dinner was held at the Longaberger Golf Course to pay tribute to employees who are celebrating employment anniversaries in 5-year increments. Cardiology point-of-care technician Elnora Welsh established an LMHS record with 50 years of continuous employment. Elnora's career began at the age of 18 years in 1959, as a nurse's aide at the Hospital, then known as the Newark City Hospital, located on at the corner of Buena Vista and Everett Avenues. She transferred first to Inhalation Therapy (later known as Respiratory Care) and then to Cardiology.

"Elnora's feat will probably never be duplicated at Licking Memorial Hospital (LMH)," said Rob

Montagnese, LMHS President & CEO. "Having been here for 50 years, it is understandable that every major event in Elnora's life has taken place while she was working at LMH. She met her husband, Dan, and was married in 1964. In 1972, her first son, D.J., was born at LMH, followed in 1976, by her second son, Baron. Elnora's co-workers report that she always has a smile on her face and treats everyone with respect. Others commented that she always puts the needs of others before herself. We are grateful for her 50 years of selfless service."



Elnora Welsh received recognition for her record-setting 50 years of continuous employment at Licking Memorial Hospital (LMH). The presentation at the Employee Recognition Dinner included (left to right): Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese, Elnora Welsh, LMH Board Chairman Patrick Jeffries and LMHS Board Chairman Gordon Wilken.

Hundreds of other employees also received special recognition at the annual dinner. Three employees received honors for their 40 years of employment: Karla Linton of the Neurovascular Laboratory, Connie Sheets of Community Case Management and Steven Snow of Surgery.

Nine employees were honored for reaching their 35-year employment anniversaries. Twenty-one employees celebrated 30 years' employment. Nine reached 25 years' employment. Fifteen were honored for 20 years of service. Eighteen reached 15 years' employment. Fifty-two celebrated 10 years of service, and ninety-two were honored for their five years of service. "All combined, the 220 employees who are being honored tonight have dedicated a total of 2,890 years of service to the Licking County community. Our employees are the reason





Three employees have received recognition for their 40 years of employment at Licking Memorial Health Systems (LMHS). Shown are (left to right): Licking Memorial Hospital Board Chairman Patrick Jeffries, LMHS President & CEO Rob Montagnese, Karla Linton, Connie Sheets, Steven Snow and LMHS Board Chairman Gordon Wilken.

Licking Memorial was named a 100 Top Hospital this year for a tenth time,” Rob said.

### Managers of the Year

Two members of the LMHS management staff received the 2009 Manager of the Year designation at the Employee Recognition Dinner. Kristi Blust, R.N., M.S.N., Director of Emergency and Acute Care Services, and Steve Schlicher, Communications Manager, both received the award, created in 1987, to recognize members of the management team who demonstrate fair and consistent leadership and an ability to inspire employees.



(Left to right) Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese, Licking Memorial Hospital Board Chairman Patrick Jeffries and LMHS Board Chairman Gordon Wilken presented the Manager of the Year Award to Kristi Blust.

Kristi first joined LMHS in 2006, as Director of Acute Care Services. She graduated from Ridgewood High School in West Lafayette, Ohio, served in the U.S. Air Force and then became an officer in the Air National Guard. She earned a Bachelor of Science in nursing

degree at Wright State University in Dayton and a Master of Science in nursing degree from University of Phoenix in Phoenix, Arizona. In her current position as Director of Emergency and Acute Care Services, Kristi oversaw the recent opening of Licking Memorial Urgent Care in Pataskala.



The Manager of the Year award was presented to Steve Schlicher at the Licking Memorial Health Systems (LMHS) annual Employee Recognition Dinner. Pictured during the presentation are (left to right): LMHS President & CEO Rob Montagnese, LMHS Board Chairman Gordon Wilken, Steve Schlicher and Licking Memorial Hospital Board Chairman Patrick Jeffries.

Steve was honored this year for his twentieth anniversary with Licking Memorial. He was originally hired as an information systems data operator at Community Health Plan of Ohio, a former HMO at Licking Memorial. He earned a Bachelor of Science degree in Business Management from Park College in Parkville, Missouri. In 1999, he assumed leadership of the Communications Department, and in 2007, he oversaw the installation of Vocera wireless communications technology. More recently, Steve spent countless hours expanding the communications system to accommodate expanded physician offices in Pataskala, as well as the new Licking Memorial Urgent Care.

### MVP Awards

As part of an annual tradition begun in 2006, LMHS honored outstanding employees with an MVP Award. Thirty employees received the award to recognize their consistent demonstration of LMHS' values of compassion, accountability, respect and excellence. Each recipient received a plaque and a gift.

#### Honorees included:

- Kathy Baldeschwiler, project coordinator in the Emergency Department
- Kathy Ballinger, physician practice coder in Health Professionals Coding
- Melody Bird, radiographer in Radiology

# Boards of Directors

## 2008 Licking Memorial Health Systems Board of Directors

The Licking Memorial Health Systems (LMHS) Board of Directors oversees all aspects of LMHS' three components: Licking Memorial Hospital, Licking Memorial Professional Corporation and Licking Memorial Health Foundation. As volunteer community leaders, the Board Members serve to ensure LMHS provides the best care and services available.



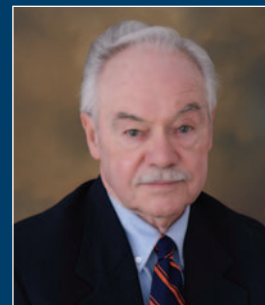
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Chairman



William N. Mann  
Vice Chairman



John F. Hinderer  
Secretary/Treasurer



Walter C. Gemmell



Lewis R. Mollica, Ph.D.



Judith B. Pierce



Gary A. Ryan



P. David Shull



Gerald R. Ehram, M.D.  
Physician Advisor



Patrick M. Jeffries  
Ex Officio with vote  
Licking Memorial  
Hospital  
Board Chairman



Robert A. Montagnese  
Ex Officio  
Licking Memorial  
Health Systems  
President & CEO



## 2008 Licking Memorial Hospital Board of Directors

In 1898, a small group of dedicated women opened a nine-bed hospital with donated furnishings in a converted house at the corner of Buena Vista and Everett Avenues in Newark to meet the needs of the community. After many evolutions throughout the past century, Licking Memorial Hospital now stands on West Main Street with 227 beds and state-of-the-art technology ready to serve the community. Today, like their predecessors, our Board of Directors is made up of dedicated individuals who volunteer their time to guide the operations and policies of the Hospital.



Patrick M. Jeffries  
Chairman



Linda K. Dalgarn  
Vice Chairman



Jack E. Crockford  
Treasurer



Patrick D. Guanciale  
Secretary



Gus A. Andrews



C. Gene Branstool



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President & CEO



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M.D.,  
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Licking Memorial  
Hospital  
Chief of Staff



## Patient Story – David Wade

Project engineer David Wade felt strong and healthy as ever as he trudged through mud, consulted with contractors, and coordinated the activities of construction equipment along the new 7-mile stretch of Interstate 161 last fall. “I am one of those people who never get sick,” David said. “I am always on the job, answering the phone when everyone else is out during the flu season.” But in October 2008, David suffered a stroke at the age of 45.

“I never felt bad,” David recalled. “I just woke up at 2:00 a.m., on the morning of October 2, and felt dizzy and disoriented. When standing, I could not walk in a straight line and kept walking into things. I went back to bed and hoped that I would recover, but when it was time to get up at 6:00 a.m., I had to call off work.”

David’s wife, Lisa, could tell something was not right, so she stayed home from work, too. Lisa took their young son, Josh, to day care, and then around 9:00 a.m., David’s brother drove the couple to the Emergency Department (ED) at Licking Memorial Hospital. “I still was not really feeling that bad,” David said. “I was just so dizzy.”

After a triage process that featured many tests, including David’s blood pressure, blood glucose and cholesterol, he also had a CT scan performed on his brain. The blood glucose proved to be normal, and the overall cholesterol was in the normal range, but the blood pressure level was quite high. Neurologist Jason Barfield, M.D., reviewed the CT results and determined that David had suffered an ischemic stroke, a condition that occurs when arteries become blocked by blood clots or a gradual build-up of plaque and fatty deposits.



After recovering from a stroke last fall, David Wade enjoys life with his son, Josh, and wife, Lisa.

“Dr. Barfield told me that most strokes of this kind are caused by high blood pressure,” David said. “I had been told before that I had high blood pressure, but I did not think about it too much since I never felt bad.”

David spent three days in the Hospital. Fortunately, he suffered none of the common debilitating effects of a stroke, such as paralysis of the arms or legs, or difficulty speaking.

However, he noticed a visual impairment immediately. “My vision was blurry, because my eye muscles were not coordinating properly. I had to wear an eye patch to prevent my brain from receiving two different sets of information from my eyes.”

Just three days after being released from the Hospital, David reported to Licking Memorial Physical Therapy to begin his rehabilitation. “During the first session there, Mike (Pyle) began to help me retrain my eye muscles. He would hold up a pen and tell me to look up, down, to the side, and then straight ahead. It sounds simple, but I saw an improvement after the first session. By the end of the first week, I discontinued use of the eye patch, and have not used it since.”

David is now paying more attention to his health. He has lost 45 pounds of excess weight and takes medication for his high blood pressure, baby aspirin to prevent blood clotting, and medication to boost his HDL (good cholesterol) level which was low. He also uses a blood pressure monitor at home regularly. “I feel great,” he said. “I am lighter and quicker on my feet than I was before the stroke. However, this was a real wake-up call for me.”



# Stroke Care – How do we compare?

Check out  
our Quality  
Report Cards online  
at [www.LMHealth.org](http://www.LMHealth.org).

At Licking Memorial Hospital (LMH), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your health care choices.

- 1 A person who has symptoms of a stroke needs to seek emergency medical care immediately. A thrombolytic, or “clot-busting,” drug must be given within three hours after the initial onset of symptoms. To determine if a patient is a candidate for a thrombolytic drug, it is vital that a CT scan be performed before the drug is given.

|                                  | LMH 2006 | LMH 2007 | LMH 2008 | Goal <sup>(1)</sup>  |
|----------------------------------|----------|----------|----------|----------------------|
| Median time from door to doctor  | 20       | 11       | 11       | less than 10 minutes |
| Median time from door to CT scan | 51       | 38       | 30       | less than 25 minutes |

**Note:** In compliance with new national data abstraction guidelines, LMH will report door-to-drug information in 2010 after new data collection has begun.

- 2 A stroke can affect a person’s ability to swallow. Stroke patients should receive a swallowing evaluation to make sure they can swallow well enough to eat or take oral medication.

|  | LMH 2006 | LMH 2007 | LMH 2008 | Benchmark <sup>(2)</sup> |
|--|----------|----------|----------|--------------------------|
| Stroke patients who received a swallowing evaluation before eating | 71%      | 74%      | 68%      | 73%                      |

**Note:** In some cases, the swallowing evaluation was performed, but not documented. No adverse outcomes were reported as a result of incomplete documentation.

- 3 Beginning rehabilitation as soon as it can be done safely can help improve recovery for stroke patients. Rehabilitation may include physical therapy, occupational therapy and/or speech therapy.

|  | LMH 2006 | LMH 2007 | LMH 2008 | Goal |
|--|----------|----------|----------|------|
| Patients evaluated for rehabilitation services | N/A      | N/A      | 91%      | 90%  |

- 4 Evidence-based medicine supports quality by giving a blood-thinning medication (such as aspirin) by the second day of hospitalization after a stroke and ordering the medication at discharge. Blood-thinning medication prevents clots from forming and improves blood flow.

|   | LMH 2006 | LMH 2007 | LMH 2008 | Benchmark <sup>(2)</sup> |
|---|----------|----------|----------|--------------------------|
| Eligible patients receiving blood-thinning medication | 95%      | 98%      | 97%      | 96%                      |
| Patients with blood-thinning medication at discharge  | 99%      | 94%      | 98%      | 92%                      |

|   | LMH 2006 | LMH 2007 | LMH 2008 | Goal             |
|---|----------|----------|----------|------------------|
| Patients with DVT prophylaxis by second day | 81%      | 92%      | 85%      | greater than 90% |

- 5 Licking Memorial Health Professionals (LMHP) office-based physicians use evidence-based measures in order to provide excellent, quality care to patients. The American Stroke Association and American Heart Association recommend the use of blood-thinning medication in order to prevent clots from forming and to improve blood flow. It is also recommended to have an annual LDL cholesterol test.

|   | LMHP 2006 | LMHP 2007 | LMHP 2008 | Goal             |
|---|-----------|-----------|-----------|------------------|
| LMHP coronary artery disease patients seen, and are receiving blood-thinning medication | 93%       | 91%       | 95%       | greater than 90% |

|  | LMHP 2006 | LMHP 2007 | LMHP 2008 | Goal             |
|--|-----------|-----------|-----------|------------------|
| LMHP coronary artery disease patients seen who have had an annual LDL test | 91%       | 91%       | 92%       | greater than 90% |

**Data Footnotes:** (1) Institute for Clinical Systems Improvement. *Diagnosis and initial treatment of ischemic stroke*; 2003 Oct., 65p. (2) Most recent benchmark from VHA Central Key Clinical Indicator Project.



## Quality Reporting to the Community

### Patient Story and Benchmarks for Emergency Care



## Patient Story – Kameron Meeting

Melanie Davis of Pataskala is accustomed to her teenage son encountering the usual bumps and bruises that are part of an active boy's life. So it was no great surprise to her to receive a call from a school nurse last December that her son, 13-year-old Kameron Meeting, had an accident at school.

"I was in the locker room during gym class, and I fell backward," Kameron explained. "I landed directly on my left arm. It swelled immediately and turned purple, so I went to my gym teacher. He gave me an ice pack and wrapped my arm with a bandage to keep it still. I was not in a lot of pain; I was just uncomfortable."

Melanie said, "I work in Columbus, so it took a little while for me to get to the school. When I arrived, the physical education teacher was there waiting with Kameron in the nurse's office. I really appreciated that the teacher waited with him to ensure he was okay."

From Pataskala, it was a short drive to the Emergency Department (ED) at Licking Memorial Hospital. Kameron had not been to the ED since he was much younger, so he started to become a bit anxious during the trip. "I was nervous because I did not know what was going to happen, but had a good experience in the ED. People took care of me and were really nice to me. It was comforting," he said. "They also took an x-ray of my arm, and made sure that it did not hurt."

Melanie said the ED staff began to make her and Kameron feel at ease from the moment they first walked through the sliding doors. "They registered us right away, and the nurses joked with him just enough to make him feel comfortable. They kept him in good spirits,



Watkins Middle School student Kameron Meeting and his mother, Melanie Davis, made an unexpected visit to the Licking Memorial Emergency Department for a broken ankle in December.

which was important to me because I could tell his arm was uncomfortable."

With radiology equipment located directly in the ED, Kameron was able to have his wrist x-rayed and diagnosed very quickly. The ED radiology equipment also enabled Orthopedist Brad Bernacki, M.D., to access the x-ray results and examine Kameron in a timely manner.

Afterward, the ED nurse applied a temporary splint, which extended from Kameron's hand to just above his elbow. "I think he was a little proud of the splint," Melanie chuckled, "because he began to text pictures of it to family and friends right away."

A couple of days later, Kameron visited Dr. Bernacki at his office to have his wrist set, and a smaller, more permanent cast applied to let his wrist heal. "The only problem I had was taking showers," he remembered. "I could not get the cast wet, so that was rather hard. But all my friends signed it, and my mom saved it after it was removed."

Six weeks later, Kameron had the cast removed, and he resumed playing sports at Watkins Middle School. He participates in track as a runner. He also enjoys playing golf, and as a right-hander, he said his left-wrist injury did not affect his swing, and his game is back to normal.

In April 2009, Licking Memorial opened a new Urgent Care center in Pataskala. The facility is furnished with radiology equipment and other technology to treat injuries, such as sprains and broken bones. For more information about Licking Memorial Urgent Care, please visit the Licking Memorial Health Systems Web site at [www.LMHealth.org](http://www.LMHealth.org) and click on "Urgent Care."



# Emergency Care – How do we compare?

At Licking Memorial Hospital (LMH), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your health care choices.

Check out  
our Quality  
Report Cards online  
at [www.LMHealth.org](http://www.LMHealth.org).

**1** During 2008, there were 57,900 visits to the Licking Memorial Hospital (LMH) Emergency Department (ED).

|  | LMH 2006       | LMH 2007       | LMH 2008       | Goal                                    |
|--|----------------|----------------|----------------|---|
| Average length of stay in the ED                       | 3 hrs. 23 min. | 3 hrs. 11 min. | 2 hrs. 55 min. | less than 3 hrs. 18 min. <sup>(1)</sup> |
| Average length of stay in the ED before being admitted | 4 hrs. 49 min. | 4 hrs. 30 min. | 4 hrs. 6 min.  | less than 4 hrs.                        |
| Patients in the ED for more than 6 hours               | 7.8%           | 6.2%           | 4.1%           | less than 6%                            |
| Average registration-to-physician time                 | 1 hr. 25 min.  | 1 hr. 19 min.  | 1 hr. 11 min.  | less than 56 min. <sup>(1)</sup>        |

**2** For patients experiencing a heart attack, stroke, or pneumonia, timing is critical for effective treatment. LMH tracks the time it takes to deliver “clot-busting,” or thrombolytic, drugs for heart attack and stroke, the time to administer a CT or MRI scan for stroke and the time to deliver antibiotics for pneumonia.

|   | LMH 2006 | LMH 2007 | LMH 2008 | Goal                              |
|---|----------|----------|----------|-----------------------------------|
| Median door-to-drug time – heart attack           | 45 min.  | 35 min.  | 45 min.  | less than 30 mins. <sup>(2)</sup> |
| Median door-to-CT or MRI time – stroke            | 65 min.  | 43 min.  | 30 min.  | less than 30 mins.                |
| Patients receiving antibiotic dose within 6 hours | 97%      | 96%      | 98%      | National <sup>(3)</sup><br>93%    |

**3** Unscheduled returns to the ED may signal a problem in patient care, such as inadequate diagnosis or treatment during the initial visit, a patient’s inability to understand or follow discharge instructions, lack of access to care in the community or other factors. Identifying patients at risk of an unscheduled return can reduce costs, minimize misuse of ED services, and allow for better care of those who need it.

|   | LMH 2006 | LMH 2007 | LMH 2008 | Goal         |
|---|----------|----------|----------|--------------|
| ED patients who return to the ED within 24 hours of discharge | 1.8%     | 1.2%     | 1.3%     | less than 2% |

**4** An unscheduled admission to the Hospital, 72 hours after a visit to the ED, may signal a problem in patient care, such as inadequate diagnosis or treatment during the initial visit, patient non-compliance with discharge instructions or a patient’s inability to understand or follow discharge instructions. Careful review of the data can help identify ways to improve care, and to work with community agencies and resources to reduce unnecessary use of ED services.

|   | LMH 2006 | LMH 2007 | LMH 2008 | Goal         |
|---|----------|----------|----------|--------------|
| Patients admitted to the Hospital within 72 hours of ED visit | .68%     | .76%     | .77%     | less than 1% |

**5** A study published in the New England Journal of Medicine reported that patients are safer and less likely to experience serious complications when they are treated in hospitals with more registered nurses on staff. LMH recruits experienced nurses and clinical graduates from area nursing schools for open positions at the Hospital. A vacancy rate shows how many nursing positions need to be filled.

|                             | LMH 2006 | LMH 2007 | LMH 2008 | Goal         |
|-----------------------------|----------|----------|----------|--------------|
| R.N. vacancy rate in the ED | 8%       | 8%       | 4%       | less than 5% |

Dr. Barfield agrees that David’s recovery has been excellent. “Medical science has made great advances in stroke care over the past decade. The key to success is to begin treatment immediately. Some clot-busting drugs can be used only if the patient arrives at the ED within three hours after the first symptoms begin. Fortunately, David’s condition improved in spite of the slight delay.”

According to the National Stroke Association, 2 million brain cells die every minute during a stroke event. Seeking immediate help can minimize stroke damage to

the patient’s body. Anyone who suffers the following symptoms should call 9-1-1 immediately:

- Sudden numbness or weakness of the face, arm or leg – especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble with vision
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

#### Emergency Care – How do we compare? (continued from page 15)

- 6** Individuals sometimes leave the ED before their treatment is complete, even though their medical condition indicates they should stay.

|  | LMH 2006 | LMH 2007 | LMH 2008 | Goal         |
|--|----------|----------|----------|--------------|
| ED patients who left before treatment was complete | 7.6%     | 5.6%     | 3.4%     | less than 3% |

- 7** Looking at a person’s level of pain is sometimes called the “fifth vital sign.” Those who visit the ED will be asked at triage to rate their level of pain. This will be completed by using the “faces” pain scale for children or the traditional range of 0 to 10 for adults. Both scales are excellent tools for communicating an individual’s level of pain.

|                              | LMH 2006 | LMH 2007 | LMH 2008 | Goal             |
|------------------------------|----------|----------|----------|------------------|
| Assessment of pain completed | 92%      | 94%      | 95%      | greater than 95% |

**Data Footnotes:** (1) National Hospital Ambulatory Medical Care Survey: 2005 Emergency Department Summary. Number 386. (2) Recommendations of the American Heart Association. (3) National recommendation of CMS and The Joint Commission.

#### LMHS Thanks Employees for Dedication (continued from page 9)

- Cathy Boykin, quality manager in Health Professionals Administration
- Jayne Bryan, staff nurse in ICU
- Joan Charles, cook/expeditor in Food Service
- Joy Coleman, physician center nurse at Licking Memorial Family Practice in Granville
- Brad Copley, staff nurse in the Emergency Department
- Janae Davis, M.D., physician at Licking Memorial Women’s Health
- Kathleen Davis, point-of-care technician in 4-North
- Kevin Finley, M.D., physician at Licking Memorial Family Practice in Granville



Employees from various departments within Licking Memorial Health Systems (LMHS) recently received prestigious MVP Awards, based on their demonstration of LMHS values of compassion, accountability, respect and excellence.

- Peter Fleming, clinical scientist coordinator in Laboratory
- Robbie Graves, R.N., staff nurse in the Emergency Department
- Susan Hayman, patient account representative in ED Registration
- Debbie Hoar, staff nurse in 4-South
- Bob Johnson, electronic technician in Engineering Services
- Jacqueline J. Jones, M.D., physician in Licking Memorial Oncology
- Susan Lonsinger, PR specialist in Public Relations

LMHS Thanks Employees for Dedication (continued on page 17)



- Kathy McCarthy, administrative assistant in Information Systems
- Linda Minot, L.P.N., in Licking Memorial Oncology
- Melonie Norris, health information coding specialist in LMH Coding
- Randy Oliverio, patient account representative in Patient Accounting
- Michelle Pease, staff nurse in Labor and Delivery
- Irene Porter, environmental services assistant in Environmental Services

- Jeanne Roelle, point-of-care technician at Licking Memorial Women's Health
- Lacey Seville, staff nurse in ICU
- Timothy Specht, plumber in Engineering Services
- Annmarie Thacker, dietitian in Community Case Management
- Kim Winegardner, linen service supervisor in Laundry Services
- Richard Youker, staff nurse in Surgery

*Clarissa Ann Howard Nursing Award for Clinical Excellence (continued from front page)*

instrumental in shaping the nursing program through the years, serving as Director of Nursing Services, then as Vice President of Nursing Services and Vice President of Administrative Services. Although she officially retired in 1995, Ann still contributes to Licking Memorial through her position on the Development Council and various projects. After more than 50 years of total service to improve the health of the community, we are proud to rename this award to honor Ann's contribution."

Two nurses became the first recipients of the newly renamed Clarissa Ann Howard Nursing Award for Clinical Excellence – Marilyn Klingler, R.N., B.S.N., C.C.M., of Cardiology, and Jo Hicks, R.N., of Licking Memorial Internal Medicine. The award is presented each year to recognize nurses who are respected by their peers as examples of expertise, professionalism and clinical excellence in the provision of patient care.

Marilyn started her career at LMH as a nursing assistant during a summer employment opportunity in 1976. Within a year, she graduated with an associate's degree in registered nursing from Central Ohio Technical College in Newark. She then received a Bachelor of Science in nursing degree from Otterbein College in Westerville. Before transferring to Cardiology, Marilyn worked in the Coronary Care Unit and Case Management. She participated in the VHA chronic heart failure (CHF) task force to develop a plan to reduce CHF re-admissions. She also assisted with the introduction of LMH's percutaneous intervention (PCI) program in 2007.

Debbie Young, Vice President of Patient Services, said Marilyn was chosen for the award because of her leadership and excellent skills. "The technology for cardiac care is constantly changing. Marilyn has shown extraordinary dedication to stay at the forefront of new information and procedures. She has also shared her knowledge through education events to help the community become more proactive in their own heart health. She exemplifies the kind of caring health advocate who can truly make a difference," Debbie said.

Jo first joined Licking Memorial in 1999, as a physician center clerk. In 2000, she began to provide direct patient care as a point-of-care technician. At the



Jo Hicks, R.N., and Marilyn Klingler, R.N., B.S.N., C.C.M., are the first recipients of the newly named Clarissa Ann Howard Nursing Award. Pictured are (left to right): Vice President of Physician Practices Christine McGee, Jo Hicks, Vice President of Patient Care Services Debbie Young, Marilyn Klingler and Licking Memorial Health Systems President & CEO Rob Montagnese.

same time, she enrolled in the nursing program at Central Ohio Technical College. She graduated in 2002, with an associate's degree in registered nursing. She works in the office of Gerald Ehram, M.D., in Newark. In addition to providing compassionate assistance to patients in the office setting, Jo also provides leadership and is a role model for beginning health care workers. She serves as a preceptor to new clinical employees and C-TEC clinical interns.

Christine McGee, Vice President of Physician Practices, explained that Jo's compassion and devotion to the nursing profession were worthy of recognition. "When patients come to Dr. Ehram's office, Jo is one of their first contacts. She listens carefully to patients' concerns and documents their symptoms. She has a natural talent for connecting with people and encouraging them to do what is necessary to take care of themselves," Christine explained. "Jo is an excellent mentor and inspiration to students who are just entering the health care field."

# Local Brownie Troops Donate Books and Cookies to Patients

The Licking Memorial Hospital (LMH) Development Department recently hosted two special receptions to thank members of Brownie Troop 663 from St. Francis DeSales in Newark and Troop 1237 from Granville Elementary for their donations to LMH patients. The group of seven- and eight-year-olds in Brownie Troop 663 gave LMH over 200 used children's books that they and fellow classmates started collecting at the beginning of March. "The troop chose to donate their own books and set up a book donation drive at their school to get their classmates involved," said Troop Leader Joni O'Neill. "The girls have really worked hard to make this a successful donation. They even decorated drop boxes for the books that they placed throughout the school."



Brownie Troop 663 recently donated books to young patients at Licking Memorial Hospital.



Brownie Troop 1237 recently donated cookies to patients at Licking Memorial Hospital.

The 11 Brownies in Troop 1237, who are all first grade students, earned a "Gift of Caring" badge for their donation of cookies. "Our troop donated 19 boxes of assorted cookies, including sugar-free varieties, to LMH," said Troop Leader Brandie Pollock. "We chose to donate to LMH because we want the girls to see the impact of giving back to the community."

Licking Memorial Health Systems President & CEO Rob Montagnese thanked the Brownie troops for their generosity. "Sometimes children are nervous when they have to come to the Hospital. The donated books will help them feel more comfortable," Rob said. "The cookies are a nice treat for patients of all ages and hopefully will add some cheer to their day."

## Development Spotlight – Nelson McCray



Nelson McCray

"I joined the Licking Memorial Hospital (LMH) Development Council's Education and Membership Committee because I believe in supporting the Hospital and its goal to improve the health of the community," said Nelson McCray. He joined the LMH Development Council in 2004 after being invited by a friend.

With 12 years of experience as Licking County School Superintendent, Nelson looks forward to building the relationship between the schools and Hospital. "I take pride in serving as an LMH Development Council member, and I always welcome the opportunity to share

with others concerning the Hospital's many great accomplishments," he said.

Nelson earned a Bachelor of Social Sciences degree from The Ohio State University, a Masters degree in secondary administration from Xavier University and a Ph.D. in education leadership from Ohio University. For the past 10 years, he has served on the Newark Rotary Club Board of Directors and is an active member of the Junior Achievement Board.

In his spare time, Nelson enjoys gardening, spending time with his grandchildren, and traveling throughout the United States. He resides in Heath with his wife, Kathleen.

# Development Spotlight – Eloise Miller



Eloise Miller

Eloise Miller became a member of the Licking Memorial Hospital (LMH) Development Council, Education and Membership Committee in 2009, after being encouraged to join by a friend. “I believe we are extremely fortunate to have such a caring and community-driven hospital right here in Newark.

I look forward to learning more about how I can help LMH improve the health of the community,” said Eloise.

After founding the Reader’s Garden Bookstore in Granville a few years ago, Eloise made the difficult, but right, decision to retire. “I enjoy retirement by taking opportunities to give back to those who are in need of it

the most. While our time on this earth is short, I believe we are here to help others in any way we can,” said Eloise.

Eloise earned a Bachelor of Arts degree in history from Kent State University and has taken several courses in chemistry, geology, and horticulture from The Ohio State University. She has been an active member of the First Presbyterian Church for the past 16 years. Eloise belongs to a women’s quilting group, called the Peacemakers, which originated within her church. The avid quilters volunteer their time and skills to make custom quilts for the military, baptisms, bereavements, battered women, and those who are ill or fighting breast cancer. Aside from her active community involvement, Eloise enjoys bird watching, reading, golfing and canoeing.

## Donors -

*Contributions to Licking Memorial Health Foundation are used toward new equipment and services at Licking Memorial Hospital. To learn more about giving opportunities, please call (740) 348-4101.*

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*Donors (continued on page 26)*



# Dr. Jones Becomes Newest Alford Society Member

The Licking Memorial Hospital (LMH) Board of Directors recently recognized Oncologist Jacqueline J. Jones, M.D., and her husband, Eugene Jones, Ph.D., for their membership in the John Alford Fellowship. Membership in the prestigious fellowship is reserved for individuals who make remarkable contributions to support the Licking Memorial Health Systems mission to improve the health of the community.

Dr. Jacqueline Jones earned her Medical Degree from the University of Florida in Gainesville, Florida, completed her medical residency in internal medicine at St. Louis University Hospitals in St. Louis, Missouri, and completed a fellowship in hematology/oncology at the University of Florida. She also received a Bachelor of Science degree in food administration from Tuskegee Institute in Tuskegee, Alabama. She is board certified in internal medicine and medical oncology.

She first joined the consulting section of the LMH Medical Staff in 1991, and became a member of the Active Medical Staff in 1993. In 2002, Dr. Jones was selected by her peers as LMH Physician of the Year. She is the Division Chief for Hematology/Oncology at LMH, a member of the Hospital's Comprehensive Cancer Care Committee and serves as the LMH Chief of Staff. In addition, she is an ex officio member of the LMH Board of Directors, as a representative of the medical staff.



Licking Memorial Development Council Chairman Robert McGaughy presented a glass recognition piece to Oncologist Jacqueline J. Jones, M.D., to honor her John Alford Fellowship contribution.

LMH Development Council Chairman Robert McGaughy commended the Jones' commitment to Licking Memorial. "Both Dr. Jacqueline Jones and her husband, Dr. Eugene Jones, have been dedicated to promoting our mission to improve the health of the community," Bob explained. "For the past 10 years, they have generously contributed through the Caduceus Society. Now that their \$10,000 Caduceus commitment is complete, they have chosen to increase their donation to the John

Alford Fellowship level, which is \$25,000 over 10 years. They have seen how much their contributions can help with increased technology, programs and services at LMH, and they know how much still needs to be done in the community. We are proud to welcome such caring people into the John Alford Fellowship."

Dr. Eugene Jones earned his Ph.D. in agricultural economics from the University of Florida. He has been an associate professor at The Ohio State University in agricultural economics since 1984.

The John Alford Fellowship was created in 1996 by the Development Council of LMH to memorialize the extraordinary commitment of the Hospital's long-time friend and supporter, John W. Alford. Charitable contributions to LMH are dedicated toward purchasing equipment and funding programs, capital expenses and facility improvements. The contributions are not used for salaries or general operating expenses.

## Healthy Weight Loss *(continued from front page)*

There are many reasons for people who are overweight to lose those extra pounds. Losing weight allows them to lead healthier lives, feel better about themselves, look better physically and have more energy. Regardless, successful weight loss and sustained weight management depend on setting sensible goals and having healthy expectations.

Licking Memorial Health Systems encourages men and women to be proactive about their health with education on healthy weight loss. The free Healthy Weight Loss



Licking Memorial Hospital will host the Healthy Weight Loss community education program on Tuesday, August 25.

education program is scheduled for Tuesday, August 25, at 6:00 p.m., in Conference Rooms A & B on the first floor of the Hospital.

Shari L. Gallup, M.S., CFLE, Extension Educator with The Ohio State University Extension in Newark, will be the guest speaker. Registration is required. For more information, or to register, please call (740) 348-1434.

# Physician Honors Parents With Contribution

At a recent meeting, members of the Licking Memorial Hospital (LMH) Board of Directors thanked Physical Medicine Physician Timothy Gatens, M.D., for his generous contribution in memory of his parents, Paul and Kathleen Gatens. The senior Gatens were always impressed by LMH during their many visits to the Newark area.

Dr. Gatens' contribution is at the prestigious William Schaffner

Society level, which is reserved for gifts of at least \$10,000 over 10 years. In addition, Dr. Gatens has been a member of the Caduceus Society since 2006. The Caduceus Society is an organization of physicians who support Licking Memorial Health Systems with gifts of at least \$10,000 over 10 years.



Licking Memorial Health Systems Board Member David Shull thanked Physical Medicine Physician Timothy Gatens for his generous contribution.

Dr. Gatens joined the Licking Memorial Physical Therapy Department in 1982. He received his Medical Degree from the University of Missouri – Kansas City School of Medicine in Kansas City, Missouri. He completed an internship at Mount Carmel Medical Center in Columbus and a physical medicine and rehabilitation residency at The Ohio State University Hospitals in Columbus.

He is board certified in physical medicine and rehabilitation and is an active member of the Ohio Society of Physical Medicine, the Licking County Medical Society and the American Association of Electrodiagnostic Medicine. Dr. Gatens and his wife, Mary, reside in Newark.

## Caduceus Society Welcomes Three New Members

The Caduceus Society at Licking Memorial Hospital (LMH) gives physicians an opportunity to give back to the community with their financial support. With contributions of at least \$10,000 over 10 years, the physicians help to fund equipment, programs and services that might otherwise be unavailable. The contributions are not used for salaries or general operating expenses. The Caduceus Society recently welcomed three new members from the LMH Active Medical Staff: Pediatrician Shelley Gittens, M.D.; Family Practice Physician Ramon Barcelona, M.D.; and Family Practice Physician Talya Greathouse, M.D.



Licking Memorial Health Systems Board Member David Shull presented a glass recognition piece to Pediatrician Shelley Gittens, M.D., for her Caduceus Society-level contribution.

Dr. Gittens received her Medical Degree from Wright State University School of Medicine in Dayton, Ohio. She also has a Bachelor of Arts degree from Hunter College in New York. She completed a pediatric residency at the University of Connecticut Health Center in Farmington, Connecticut, and she joined Licking Memorial Pediatrics in 2000.

She is board certified in pediatrics and is a member of the American Medical Association and the American Academy of Pediatrics. Dr. Gittens resides in Heath with her husband, Richard, and their three children, 12-year-old Dellon, 6-year-old Richelle and 4-year-old James. In her spare time, she enjoys cooking, traveling and making arts and crafts with her family.

Dr. Barcelona is a board-certified family practice physician. He received his Medical Degree from De La Salle University College of Medicine in Cavite, Philippines. He then completed his residency in family practice through the Department of Family Practice of The Brooklyn Hospital Center in Brooklyn, New York. In 2005, he joined Licking Memorial Family Practice in Heath. Prior to joining Licking Memorial, he was an employee of the Mayo Health System and practiced at its Albert Lea Medical Center in Albert Lea, Minnesota.



Dr. Barcelona is a member of the American Academy of Family Physicians and the American Medical Association. He and his wife, Michelle Barcelona, C.N.P., a family nurse practitioner, reside in Licking County.



Licking Memorial Health Systems President & CEO Rob Montagnese thanked Family Practice Physician Ramon Barcelona, M.D., for his Caduceus Society-level contribution.

Dr. Greathouse received a Bachelor of Arts degree in chemistry from The Ohio State University (OSU) in Columbus. She then earned her Medical Degree from the OSU College of Medicine. She completed her



Family Practice Physician Talya Greathouse, M.D., was recently recognized at a Licking Memorial Hospital Board meeting for her membership to the Caduceus Society.

internship and residency in family practice at the Grant Medical Center in Columbus. Dr. Greathouse is a member of the American Medical Association, the American Academy of Family Physicians and the National Medical Association. She resides in Reynoldsburg with her husband, Malcolm, and their 4-year-old son, Xavier. She enjoys spending time with her family, listening to music, reading, traveling and being active in her church, United Faith Community Church.

## Shred Day Donation

Local residents took advantage of the annual Community Shred Day co-sponsored by Park National Bank and Shred-It on May 16. The public was invited to bring sensitive paper documents, newspapers, magazines, CDs, floppy disks and VHS cassettes to the Pataskala Park National Bank location to be destroyed and recycled. Shred-It staff members then fed the materials into mobile truck-mounted equipment for on-site shredding.

Park National Bank CEO Dan DeLawder said, "People are becoming more aware of identity theft and security. We are proud to offer this event as a community service."

Although Community Shred Day services were offered free of charge to the public, donations were accepted to benefit new equipment, programs and expanded



Park National Bank CEO Dan DeLawder presented LMHS President & CEO Rob Montagnese with the proceeds from the recent Community Shred Day event.

services at Licking Memorial Hospital. In late June, Dan presented the proceeds to Licking Memorial Health Systems President & CEO Rob Montagnese.

"Park National Bank has provided a great public service in protecting the community's security. In addition, the event also supports Licking Memorial's health care service to the community. We truly appreciate your generous work," Rob said.

Shred-It is a security company based in Canada with 140 branches around the world. Park National Bank, based in Newark, is the leading community bank in Ohio. It is a subsidiary of Park National Corporation.



# Zonta Members Support Cancer Patients

Newark Area Zonta International has generously contributed to Licking Memorial Hospital (LMH) for the care of cancer patients. At a recent lunch, Zonta members presented LMH Director of Outpatient Services Sharyn Davis, R.N., with a check for \$4,000.

“We will use this contribution to purchase personal televisions and DVD equipment for the infusion room,” Sharyn said. “Patients who are undergoing chemotherapy treatment spend many hours in the room. It will certainly help to lift the patients’ spirits to have some entertainment available, and the multimedia



The Zonta Club of Newark presented proceeds from their annual Champaign Luncheon and Fashion Show to the Licking Memorial Hospital (LMH) Oncology Department. Pictured are (left to right): Joanne Logan, LMH Director of Outpatient Services Sharyn Davis, Becky Shoults and Joan Wine.

environment will also be used to provide personalized educational information in a more private fashion. Zonta members have generously made contributions in the past, and we are grateful that they continue to make our patients a top priority.”

Zonta International was founded in 1919 and consists of professional and business executives who serve to advance the status of women worldwide. The money was raised through the annual Zonta Champaign Luncheon and Style Show.

## Dr. Whitney Receives New Board Certification

In early May, Richard N. Whitney, M.D., an addiction medicine physician at Shepherd Hill in Newark, was among the first physicians to receive board certification from the American Board of Addiction Medicine (ABAM). ABAM was formed in 2007 to certify physicians who have completed rigorous training and practice requirements and who have passed a qualifying examination designating them as specialists in the discipline of addiction medicine. The certificates were presented during the American Society of Addiction Medicine’s 40th Annual Medical – Scientific Conference in New Orleans, Louisiana.

Dr. Whitney joined the medical staff of Licking Memorial Hospital (LMH) in 2001. He currently serves as Chief of the Behavioral Health Department of Licking Memorial Hospital (LMH) and Medical Director of Addiction Services at Shepherd Hill, a department of LMH.

Dr. Whitney received a Bachelor of Science degree in Zoology from Texas A&M University in College



Addiction Medicine Physician Richard N. Whitney (center) is among the first to receive a newly established board certification in addiction medicine.

Station, Texas. He then attended the University of Texas Southwestern Medical School in Dallas, Texas, where he received his Doctor of Medicine degree. He completed an internship in internal medicine at the University of Missouri-Kansas City School of Medicine and the Affiliated Hospitals’ Consortium for Health Education in Kansas City, Missouri, and a residency in

emergency medicine at the Truman Medical Center in Kansas City, Missouri. Dr. Whitney subsequently completed a fellowship in addiction medicine at the Charter Hospital of Dallas, and has practiced addiction medicine since that time.

In addition to Dr. Whitney’s board certification in addiction medicine, he is also certified by examination through the American Academy of Pain Management. Dr. Whitney was appointed to the Ohio Chemical Dependency Professionals Board by Governor Bob Taft in 2006 for a three-year term, and served as chairman of the Treatment Committee.

# Physician Spotlight – Melissa D.S. Winterhalter, M.D.



Melissa D.S.  
Winterhalter, M.D.

Inpatient Pediatrician Melissa D.S. Winterhalter, M.D., provides care to children while they are inpatients at Licking Memorial Hospital (LMH). Since joining Licking Memorial Health Professionals in 2008, Dr. Winterhalter has helped to establish the Hospital's Snuggle Time program that encourages quiet bonding time between a new mother and her baby immediately after delivery.

She is a member of the American Academy of Pediatrics, the Ohio State Medical Association, the American Medical Association, and the Academy of Breastfeeding Medicine. She is board certified in pediatrics.

Dr. Winterhalter is married to Jason Winterhalter, M.D., a family medicine physician on LMH's active medical staff. They live in Newark with their two sons, Eli and Seth.

Dr. Winterhalter received her medical degree at Medical College of Ohio in Toledo, Ohio. She completed a pediatric internship and a pediatric residency at Nationwide Children's Hospital in Columbus. She earned Bachelor of Science degrees in molecular biology and biology at Ohio Northern University in Ada, Ohio.

## Ask a Doc

**Question** – I plan to return to work shortly after my baby is born. Is there any point in breast-feeding for those few weeks while on maternity leave?

**Answer** – Absolutely! I am glad you asked that question, because many women mistakenly believe it is better not to begin breast-feeding if they will not be able to continue long-term. We would like to see every baby receiving only breast milk for the first six months after birth. That means no formula, juice or even water. Ideally, the mother will continue to breast-feed until her baby is at least one year old.

However, many women are not able to commit to breast-feeding for that long. In that case, any amount of breast-feeding that a mother can provide is better than none. The colostrum that she produces in the first few days is uniquely comprised of nutrients and antibodies that the baby needs.

World Breast-feeding Week is August 1 through 7, 2009, and breast-feeding advocates are trying to educate new mothers that human breast milk is the perfect food for their babies. According to the U.S. Food and Drug Administration, human milk contains just the right amount of fatty acids, lactose, water, and amino acids for human digestion, brain development, and growth. Human milk contains at least 100

ingredients that are not included in formula. So, every additional day you breast-feed, you are giving your baby another boost toward life-long good health. Please, do consider breast-feeding for as long as you can. When you return to work, you may be able to continue to nourish your baby with breast milk through the aid of a breast pump. Breast milk can be safely refrigerated for up to five days or frozen for up to one year.

Breast-feeding skills do not come naturally to all women, so we encourage expectant mothers to participate in one of Licking Memorial Hospital's breast-feeding classes before their babies are born. The classes review simple solutions to problems that may occur during breast-feeding. In addition, LMH now offers a comprehensive Breast-feeding Promotion and Support Program. Participants who complete the program will be given a free electric breast pump to use at home. Registration for the breast-feeding classes and program is required and can be made by calling (740) 348-4346.

# Stenson Is Named LMH Volunteer of the Year

Licking Memorial Health Systems (LMHS) has many volunteers who devote their time to enrich patients' health care experience. Some of the tasks they perform include staffing the front desk at Licking Memorial Hospital (LMH), delivering flowers to patients and distributing the mail. LMHS recently hosted the annual Volunteer Recognition Dinner to thank these caring individuals.

"Licking Memorial is proud to be able to offer state-of-the-art equipment and medical expertise to the community, but it is often the 'personal touch' that has influenced patients the most," commented Veronica Link, Vice President of Development & Public Relations. "Patients and their families often report they found great encouragement in a volunteer's friendly gesture, such as a warm greeting, a pleasant smile or a cup of coffee. It seems like a simple thing, but it has a great impact on individuals who are going through a difficult time."

Patrick Jeffries, Chairman of the LMH Board of Directors, cited, "In 2008, the Volunteer Department donated 46,585 hours to the Hospital. That is certainly a significant contribution and an invaluable resource to our Health Systems. It is impossible to put an accurate value on what the volunteers mean to LMH. All of our volunteers contribute time and talents to help us improve the health of our friends, family members and neighbors here in Licking County."

Joseph Stenson, a volunteer since 2004, was named the 2009 LMH Volunteer of the Year. Joseph has worked in the Emergency Department and at the front desk in the Main Lobby. He recently helped to initiate a new program called "Meet and Greet" that helps patients get in and out of their cars. Joseph has dedicated more than 2,200 hours to LMH and serves on the Volunteer Board of Directors.



Licking Memorial Hospital Volunteer Joe Stenson received the 2009 Volunteer of the Year Award from Licking Memorial Health Systems President & CEO Rob Montagnese at the annual Volunteer Recognition Dinner in May.

Other nominees for Volunteer of the Year included: Becky Becker, Patrician Brannon, Joyce Clemings, Janet Cook, Joanne Hanson, Harry Harper, Bobby Jo Hewitt, Maxine Keith, Molly Lee, Donald Montell, Doris Mummey, Richard Stewart, Helen Irmischer-Thoma and Elizabeth Yoak.

Past recipients of the LMH Volunteer of the Year award have included:

2008 – Janet Anderson and Ann Wood  
2007 – Beverly Crockford and Betty Meyer  
2006 – Robert Norman  
2005 – Donald Day  
2004 – Marye Crispin  
2003 – Noble Snow

At the dinner, Carolyn Cline was recognized for her 35 years of volunteer service to LMH. She works as a messenger in the Volunteer Office.

There are volunteering opportunities for teens and adults at LMH. For more information, call (740) 348-4079 or visit [www.LMHealth.org](http://www.LMHealth.org) and click on the "About Us" tab.



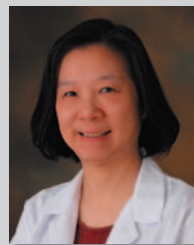
Abhay J. Anand, M.D.



Jeffrey A. Oster, D.P.M.



Latha Urs, M.D.



Hong Zhang, M.D.

## New Appointments

**Abhay J. Anand, M.D.,**

joined Licking Memorial Pain Medicine

**Jeffrey A. Oster, D.P.M.,**

joined the Licking Memorial Hospital Active Medical Staff

**Latha Urs, M.D.,**

joined Licking Memorial Pathology

**Hong Zhang, M.D.,**

joined the Licking Memorial Hospital Active Medical Staff



# Volunteer Spotlight: Vickie Fogarty

Vickie Fogarty has been an official volunteer at Licking Memorial Hospital (LMH) since 2005 and has volunteered more than 1,560 hours. Vicki currently greets patients and visitors at the connector reception desk in the John & Mary Alford Pavilion and the front desk in the main lobby of the Hospital. She also transports patients, creates hand-crocheted telemetry pouches, and designs the monthly volunteer bulletin board. “Vickie is an active volunteer at numerous places within the community. We are very fortunate that she shares her many talents with LMH. Whenever I may be short of volunteers, Vickie is always willing to help out in any way she can,” said Carol Barnes, Director of TWIGS and Volunteers.



LMH Volunteer Vickie Fogarty

“The best thing about volunteering is the people. I enjoy welcoming co-workers, employees, patients and visitors to LMH and assisting them with their needs. It is a great feeling to give people personal attention when they need it most,” said Vickie.

Vickie has lived in Licking County for 11 years. When she is not volunteering at the Hospital, she enjoys gardening and spending time with her grandchildren. She serves on the Executive and Central Committees of the Licking County Democratic Party, and is the secretary of the Bowling Green Township Park Committee.

# Retiree Spotlight: Kay Rogers



Kay Rogers

Kay Rogers, R.N., retired from Licking Memorial Hospital (LMH) in 2005 after 32 years of caring for patients. During her years of service at LMH, she worked in various patient care departments including the Intensive Care Unit, Critical Care Unit, Post Anesthesia Care Unit, Emergency Department, Community Case Management, and

assisted in the opening of Licking Memorial Company Care. “I really enjoyed working with, and meeting people from the different departments. I thoroughly loved my job and looked forward to coming to work each day to care for the people in the community,” said Kay.

Kay completed her service at LMH as a Pain Management Staff Nurse. The Post Anesthesia Care

Unit (PACU) allowed her the opportunity to interact closely with patients and their families. “After leaving the PACU, I realized just how much I missed getting to know the patients and their family members. It was gratifying to help them feel comfortable, relaxed, and informed. Patient care came first, and our dedicated, caring staff practiced that principle each and every day,” she said proudly.

Kay, who resides in Licking County, enjoys traveling, gardening, rooting for her beloved Ohio State Buckeyes and Pittsburgh Steelers, as well as spending time with her nieces and nephews. She is also an instructor for a State Tested Nursing Assistant (STNA) course and Cardio-Pulmonary Resuscitation (CPR) training at the Career & Technology Education Center (C-TEC).

## Donors (continued from page 19)

Howard Reeves, D.O., FACOS

by: Jay and Linda Dalgarn

Douglas Schram, D.O.

by: Jerry and Debbie McClain

Richard Simon, M.D.

by: David Shull

William Stallworth, M.D.

by: Julie Barrett, Robert & Betty Ketner

David Subler, M.D.

by: David Shull

Edward Westerheide, M.D.

by: C. Ann Howard

Patty Whisman, M.D.

by: Omar Whisman

## MEMORIAL GIFTS

Phyllis Sturm

by: DLA NOSC Employees

## PLANNED GIFTS

Eli Hull

## SHEPHERD HILL

Gene and Mary Jo Branstool

## PRIDE CORNERSTONE BRONZE

Molly Beaver

Heather Cullins

Donna Dunlap

Deanna Elwell

Shirley Ewing

Janice Hansen

Rebecca Havice

Tarah Jurin

Lorrie Keith

Erin Mead

Katie Mitchell

Keri Moore

Angela Nay

Tynisha Strickland

Mark Thomas

Amber Winland

Rebecca Winland

Vickey Yarborough

Misty York

## PRIDE CORNERSTONE SILVER

Barbara Bates

Emily Britton

## WILLIAM SCHAFFNER SOCIETY

Harold J. and Nancy G. Greten

Donald E. and Jennifer L. Hughes

# TWIGS Contributions Recognized

Licking Memorial Hospital (LMH) recently honored the TWIGS groups who serve the Hospital with a recognition dinner in May. More than 80 TWIGS members were in attendance.

“In the past year, the TWIGS groups donated more than \$85,650 to LMH and more than \$4.5 million since 1972,” said Rob Montagnese, Licking Memorial Health Systems President & CEO. “These groups make a measurable mark by providing much-needed services throughout the Health Systems – which has a direct financial impact on LMH.”



At the annual TWIGS Recognition Dinner in May, four members were recognized for their 25 years of service. Pictured are (left to right): Jean Fuller, Beth Yocum, Director of Volunteers, TWIGS and Events Carol Barnes, Nancy Siegel and Jean Bower.

During the recognition dinner, nine dedicated women were inducted into the 25-year Recognition Hall of Fame. The recognition award was created in 2000, when the TWIGS celebrated their 50th anniversary and began recognizing current members who have given more than 25 years of service through TWIGS of Licking Memorial. The Hall of Fame plaque is located by Conference Rooms

A & B on the Hospital's first floor, and has grown to 122 names listed. The newly inducted LMH Hall of Fame members include: Jean Fuller, Beth Yocum, Nancy Siegel and Jean Bower.

## History of TWIGS at LMH

The acronym TWIGS stands for Togetherness, Willingness, Imagination, Giving and Sharing. Nationally, TWIGS originated with a ladies' auxiliary group of Rochester General Hospital in Rochester, New York in the late 1800s. The TWIGS organization of LMH was established in 1950, when Mrs. John Spencer suggested to her bridge club that they form TWIGS 1. That original group has since disbanded, but there are six current TWIGS groups that are dedicated to serving LMH.

TWIGS 4 was formed in 1950. Two of the charter members were Mrs. John Alford and Mary B. Williams. Their first main project was the snack bar in the former Hospital building in North Newark. Other past projects included the Vacation Auction, Merchandise Auction, and Super Duper Days. Today, their main fundraising project is the Rada Cutlery Sale.

TWIGS 6 began in 1950 with its main project of operating the Thrift Shop in Granville. They began the shop in a portion of the old firehouse in Granville, which was torn down when the present fire station was built. Then, as more room was needed, the Thrift Shop was moved to the former council chamber above the village offices. They relocated to the Granville Shopping Center in the fall of 1964. In 2003, the Granville Thrift shop moved to its current larger location at 454 S. Main St.

TWIGS 8 started out in 1950 at the former Hospital location with two card tables that held homemade baby items, candy and jewelry for sale. Items were also toted around the Hospital on a gift cart. Currently each

TWIGS 8 member works a three-hour shift, twice per month, in the LMH Gift Shop, which is open eight hours a day, seven days a week, except on holidays.

TWIGS 13 began in 1955 with 19 members. They were previously known as the “Candle TWIG” because they sold Christmas candles and ornaments. They delivered toys to children in the Hospital through the Ruth Lyons Christmas Fund beginning in 1971 through 1984, when the fund was discontinued. Today, their current project is holiday greenery sales.

TWIGS 14 began in 1958. In May 1963, the members began hosting an annual spring Tour of Homes. In 1982, the event was moved to the winter season and renamed as the Holiday Tour of Homes. Approximately five to six homes are decorated each year in holiday splendor for the public to enjoy.

TWIGS 24 is the “youngest member” of the LMH TWIGS family, forming in 1994 with a group of Hospital employees. Their projects have included selling hand-crafted items and pumpkins at Halloween. Current projects include book sales, jewelry sales and vending machines. In January 2004, TWIGS 24 welcomed members of the disbanded TWIGS 12 into their ranks.

Membership to LMH TWIGS groups is open to the public. To find out more about these opportunities to support LMH, call (740) 348-4044.



**Licking Memorial  
Health Systems**

1320 West Main Street  
Newark, OH 43055

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You'll once again see why  
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measurably different ... for your health!

Visit us at [www.LMHealth.org](http://www.LMHealth.org).

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# Upcoming Dates

For more information about any LMHS event, please call (740) 348-1572, or visit [www.LMHealth.org](http://www.LMHealth.org). Event information is subject to change.

## **Pandemic Planning**

Tuesday, July 28 – 6:00 p.m.  
Conference Rooms A & B, first floor  
Licking Memorial Hospital

Registration is required. See front cover for details.

## **Abdominal Aortic Aneurysms**

Thursday, July 23 – 6:30 p.m.  
Conference Rooms A & B, first floor  
Licking Memorial Hospital

Registration is required. See front cover for details.

## **Healthy Weight Loss**

Tuesday, August 25 – 6:00 p.m.  
Conference Rooms A & B, first floor  
Licking Memorial Hospital

Registration is required. See front cover for details.

## **Ask the Doc**

A physician knowledgeable in the field of chemical  
dependency will answer questions. Open to the public.

Takes place every Saturday, from 9:00 to 10:00 a.m. No  
charge. Shepherd Hill, 200 Messimer Drive, Newark  
Phone (740) 348-4878

## **Diabetes Self-Management Classes**

Licking Memorial Diabetes Learning Center  
1865 Tamarack Road, Newark

Tuesday Class                      Wednesday Classes  
9:00 to 11:00 a.m.              1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.

Diabetes Self-Management is a series of four classes  
providing information on all aspects of diabetes. Instructors  
include registered nurses, dietitians and a pharmacist who  
have received extensive training in diabetes management.  
Registration and physician referral required. To register for  
the class, call (740) 348-4722. For information regarding  
course fees, call (740) 348-4910. Fees vary depending on  
insurance coverage.

## **First Impressions – Maternal Child Classes**

- Childbirth Education Classes
- Maternity Tour
- Stork Tour
- Breast-feeding Class
- Infant and Child CPR
- Sibling Preparation Class
- Parenting Class

For more information or to register for First Impressions/  
Maternal Child classes, call (740) 348-4346 or  
e-mail: [firstimpressions@LMHealth.org](mailto:firstimpressions@LMHealth.org).