



Measurably Different ... for Your Health!

Licking Memorial Offers New Medical Services in Pataskala

Licking Memorial Health Professionals (LMHP) recently announced the addition of several new physician practices at the Pataskala Health Campus. "The facility was built with a goal to expand with new services through the evaluation of community needs," said Christine McGee, Vice President of Physician Practices. The Campus currently offers family practice, pediatrics, women's health and psychiatric services. The service expansion, expected to open in spring 2009, will include gastroenterology, otolaryngology or ENT (Ear, Nose and Throat), reconstructive and cosmetic services, surgical services, and urology.



The Pataskala campus has added new services to accommodate western Licking County residents.

As an extension of the Hospital Emergency Department, an Urgent Care center will be featured on the first floor. Initially, the center will be staffed by current LMH Emergency Department physicians.

"Pataskala is one of the most rapidly growing areas of Licking County," said LMHS President & CEO Rob Montagnese. "Over the past decade, Licking Memorial has consistently upgraded Campus services to meet the needs of the expanding Pataskala community. The addition of these new medical practices and Urgent Care center will provide greater convenience for area residents."

LMHP recognized the need for general family medical services in Pataskala and opened a family practice in April 2001. During that time, plans were already underway for the construction of an upscale 20,000-square-foot medical facility in the area. To demonstrate the Health System's commitment to the community, the Pataskala Health Campus was completed within 10 months from the groundbreaking in July 2003.

The Campus is located at One Healthy Place off Broad Street in Pataskala. All appointments should be scheduled with the physician offices listed below with the exception of Urgent Care. The following is an overview of the new services to be offered at the Campus:

Licking Memorial Offers New Medical Services in Pataskala (continued on page 2)

Check out our Quality Report Cards online at www.LMHealth.org.

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

COMMUNITY EDUCATION

Colorectal Cancer Awareness Program

Date: Tuesday, March 24
Location: Conference Rooms A and B, first floor, Licking Memorial Hospital
Time: 6:00 p.m.
Speakers: David Subler, M.D.

(continued on page 4)

Dining With Diabetes

Date: Tuesday, April 14, Thursday, April 16, and Tuesday, April 21
Location: Conference Rooms A and B, first floor, Licking Memorial Hospital (LMH)
Time: 5:30 p.m.
Speaker: Annmarie Thacker, R.D., CDE
 Shari L. Gallup, M.S., CFLE

(continued on page 8)

Substance Use Disorder

Date: Tuesday, April 28
Location: Conference Rooms A and B, first floor, Licking Memorial Hospital
Time: 6:00 p.m.
Speaker: Richard N. Whitney, M.D.

(continued on page 18)

Gastroenterology

Licking Memorial Gastroenterology features David Subler, M.D., Roberta Hunter, M.D., and Shakil A. Karim, D.O. and focuses on the diagnosis and treatment of digestive tract and liver diseases. Acid reflux, peptic ulcer disease, ulcerative colitis, Crohn's disease, irritable bowel syndrome, colon polyps, hepatitis and cirrhosis are all examples of illnesses treated. Our physicians provide office consultations, hospital care and diagnostic procedures including colonoscopy for the early detection and prevention of colon cancer. Appointments may be scheduled by calling (740) 348-4137. Please mention that you are interested in scheduling an appointment with our Pataskala office.

Otolaryngology

Licking Memorial Otolaryngology (ENT) features Kenneth Parker, M.D., and Shaun Roof, D.O. This practice provides diagnosis, treatment and prevention of disorders of the ears, nose and throat. Appointments may be scheduled by calling (740) 348-4270. Please mention that you are interested in scheduling an appointment with our Pataskala office.

Reconstructive & Cosmetic Services

Licking Memorial Reconstructive & Cosmetic Services features James M. Jeffries III, M.D., and specializes in the restoration of body usage and the improved appearance of damaged areas of the body. The practice offers a full array of plastic surgery services including abdominoplasty, breast surgery, liposuction, blepharoplasty (eyelid surgery), Botox and Juvederm treatments, lesion removal and wound care management. Appointments may be scheduled by calling (740) 348-7955. Please mention that you are interested in scheduling an appointment with our Pataskala office.

Surgical Services

Licking Memorial Surgical Services features David Barbara, M.D., Larry Pasley, M.D., and Hydi Laidlaw-Smith, D.O., FACOS. Surgical Services include preliminary consultations on abdominal procedures, breast disease, cancer, endocrine (thyroid and parathyroid), laparoscopic (gall bladder and diagnostic), skin and soft tissue procedures and vascular surgeries. All surgeries will be conducted at Licking Memorial Hospital. Consultation appointments may be scheduled by calling (740) 348-1880. Please mention that you are interested in scheduling an appointment with our Pataskala office.

Urgent Care

Licking Memorial Urgent Care offers diagnosis, treatment, and management of urgent medical conditions and minor trauma when the patient's primary care physician is unavailable. Tentative hours of operation are 12:00 noon to 8:00 p.m., Monday through Saturday and 12:00 noon to 6:00 p.m., on Sunday. No appointment is needed for an Urgent Care visit.

Urology

Licking Memorial Urology features William Stallworth, M.D., and focuses on the diagnosis and treatment of diseases of the urinary tract and urogenital (male reproductive organs) system. Appointments may be scheduled by calling (740) 348-1750. Please mention that you are interested in scheduling an appointment with our Pataskala office.

Additional Services

Ultrasound procedures will now be offered within the existing Women's Health practice. This will allow expectant mothers the convenience of having a complete range of services just minutes from home.

The public is invited to attend a community open house on Saturday, April 18, from 10:30 a.m. to 1:30 p.m. Licking Memorial staff will be present for facility tours and to answer questions. The expanded services at the Pataskala Health Campus are part of LMHS' continuing efforts to improve the health of the community.

YOU'RE INVITED

to attend a community open house at the
Pataskala Health Campus on
April 18, from 10:30 a.m. to 1:30 p.m.



**Licking Memorial
Health Systems**

Licking Memorial Hospital Earns Recertification to the ISO 9001 Quality Standard

Licking Memorial Hospital (LMH) is proud to have earned a three-year recertification to the ISO 9001:2000 International Quality Standard. This certification serves as a basis to improve quality awareness and employees' understanding of roles and responsibilities.

ISO 9000 series standard was created nearly 20 years ago and was significantly modified in 2000. It was initially a manufacturing standard, but has expanded to include other industries as well. The ISO 9001:2000 standard requires a verifiable process approach, demonstration of customer focus and continuous improvement.

“Our foremost goal with the ISO 9001:2000 certification is to prevent problems from occurring. ISO also provides ways to detect and correct problems and ensures we maintain conformance to our documented processes,” said Rob Montagnese, President & CEO of Licking Memorial Health Systems.



Employees from every department at Licking Memorial Hospital participated in the review process for ISO recertification.

The ISO 9001:2000 certification addresses communication and empowers employees to establish consistent operations and processes. “Our recertification demonstrates our consistent focus on patient care and desire to continuously improve how we deliver and support patient care delivery processes,” reported Debbie

Young, Vice President of Patient Care Services. “By adhering to the ISO 9001 standard, we have been able to enhance patient safety and customer satisfaction,” added Ann Hubbuch, Vice President of Corporate Compliance.

To attain recertification, LMH underwent a week-long audit, and staff members in many areas participated in interviews with the auditors from Smithers Quality Assessments, Inc. Licking Memorial Hospital received its first ISO 9001:2000 certification in 2005.

Clostridium Difficile Infection Prevention at LMH

A recent study by the Association of Professionals in Infection Control and Epidemiology (APIC) indicated that 13 out of every 1,000 inpatients at American health care institutions are infected with *Clostridium difficile*. This rate is 6.5 to 20 times greater than previous incidence estimates. *Clostridium difficile* is a bacterium that produces exotoxins and is pathogenic to humans. *Clostridium difficile* infection (CDI) is associated with a spectrum of illnesses ranging from severe diarrhea to colitis, toxic megacolon, sepsis and death. According to the APIC, CDI is most frequently associated with previous antibiotic use and is commonly contracted by the elderly and those with recent exposure to hospitals, nursing homes and other health care institutions. It is



Careful hand washing is one of the best defenses against spreading disease.

transmitted by hand contact with items contaminated by feces. In the last five years, a more virulent and antibiotic-resistant strain has developed and is associated with serious disease, treatment failures and deaths.

In 2004, infection prevention specialists at Licking Memorial Hospital (LMH) recognized a CDI increase in the community and designed a coordinated infection prevention and control program to protect patients, health care employees and the public. “Because of the vigilance of our physicians, we were one of the first hospitals in the nation to recognize this new strain and take early measures to control its transmission within our Hospital,” said Vice President of Medical Affairs Craig Cairns, M.D., MPH.

The LMH program incorporates evidence-based practices from leading authorities in infection prevention including the Centers for Disease Control and Prevention and the APIC. “We have monitored CDI at LMH for more than four years,” said Infection Control Manager Jeanne Emmons, B.S., M.T., CIC. “With our aggressive prevention processes in place, we have seen the CDI rate drop by more than 86 percent.”

The essential elements of LMH’s infection prevention program to prevent the transmission and lower the risk of CDI include:

- Rigorous hand hygiene practices that ensure health care providers clean their hands before and after providing patient care. We also encourage our patients to be partners in their care and talk with their health care providers about hand hygiene.
- Mandatory staff use of contact precautions, such as gloves and gowns. Staff in direct contact with patients are prohibited from wearing hand and wrist jewelry.
- Placement of patients with CDI in private rooms to prevent transmission.
- Environmental and equipment cleaning and decontamination, especially for items that are close to patients such as bed rails, bedside equipment and privacy curtains.

- Monitoring the cleaning, disinfection and sterilization of instruments and equipment used for patient care.
- Monitoring the use of antibiotics associated with CDI.
- Staff education regarding the prevention of transmission of resistant organisms such as *Clostridium difficile*.
- Educating staff, patients and families so they are equipped to implement and continue infection prevention practices in all health care settings and at home.
- Training LMH staff to identify any breaches in infection prevention and control practices to ensure patient safety and to intervene if such breaches are identified.

Since the majority of CDI cases are not hospital-acquired infections, LMH has provided a proactive prevention program within the community. “We have conducted educational seminars for health care facilities and nursing groups within the area and plan to expand our efforts to the public in general,” said Jeanne. “Our goal is to prevent the spread of CDI in the Hospital and the community through our prevention efforts. Although we have greatly reduced the percentage of cases, CDI remains a focus. LMH is committed to improving the health of our community through our continued efforts in preventing all infections.”

Colorectal Cancer Awareness Program *(continued from front page)*



David Subler,
M.D.

Colorectal cancer is the third most common cancer in both men and women. In 2009, it is estimated that more than 150,000 cases of colon and rectal cancer will be diagnosed, and more than 52,000 people will die from the disease, accounting for about 10 percent of all cancer-related deaths. Tremendous strides are

made regularly in the prevention, diagnosis and treatment of colorectal cancer. Recent advances have been made in the realm of targeted biologic therapies, and clinicians are challenged to stay abreast of the emerging clinical data for colorectal cancer.

Screening tests help your doctor find polyps or cancer before you have symptoms. Finding and removing polyps may prevent colorectal cancer. Also, treatment for colorectal cancer is more likely to be effective when the disease is found early. This program will help you

understand the risk factors and the importance of early detection.

Licking Memorial Health Systems encourages men and women to be proactive about their health with education on colorectal cancer. The free colorectal cancer education program is scheduled for Tuesday, March 24, at 6:00 p.m. in Conference Rooms A and B on the first floor of the Hospital.

David Subler, M.D., from the Licking Memorial Gastroenterology Department will speak. Registration is required. To register or for more information, please call (740) 348-1434.

Licking Memorial Hospital Celebrates Doctors' Day

It takes a special person to become a doctor. It takes someone who is intelligent, observant, dedicated and compassionate. Doctors are the first to greet newborns as they enter the world; they teach patients how to care for their bodies, and they attend to the sick and injured at all hours of the day or night. In 1990, former President George H.W. Bush declared March 30 to be National Doctors' Day to honor these generous individuals.

Licking Memorial Hospital (LMH) celebrates National Doctors' Day each year with a special breakfast and luncheon for the medical staff. "It is our way of saying 'thank-you' and giving back to the physicians," explained Kathy Bradley, Director of Medical Staff Services at LMH. "Our medical staff is made up of generous professionals who are selflessly dedicated to their patients. Our National Doctors' Day activities are designed to let the physicians know their work is appreciated without interrupting their busy day. Having the breakfast and lunch is a nice way of



Licking Memorial Hospital will honor its Medical Staff on March 30 which is National Doctors' Day.

showing our gratitude."

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese cited the LMHS physicians' hard work as a major component of the Health Systems' success. "We are proud of our recent renovations and state-of-the-art technology at Licking Memorial Hospital," Rob stated, "but equipment alone cannot care for our patients.

We give our medical staff the best tools available, and they use the equipment to deliver the best personalized care available to improve the health of the community. It is so gratifying to see the advancements made at Licking Memorial with this powerful combination."

The LMH Medical Staff is comprised of approximately 150 Active Medical Staff physicians and approximately 45 consulting physicians. In addition, the Hospital acknowledges the Honorary Medical Staff on Doctors' Day for their years of practice and their service to the community.

New Baby Ushers in 2009 for Newark Couple

Baby Adalyn just wanted to sleep. Her parents, Megan Pursley and Adam Crase of Newark, gently cajoled her so they could properly introduce her to visiting family and friends, but she groggily averted her tiny face and continued to doze away.

Megan understood her newborn daughter's exhaustion. Together, they had labored for 18 hours in Licking Memorial Hospital's Labor and Delivery. Adalyn was born on January 2, at 12:18 a.m., becoming the celebrated first baby born at Licking Memorial Hospital (LMH) in 2009.



Megan Pursley and Adam Crase spend some quiet time with their new daughter, Adalyn, the first baby born at Licking Memorial Hospital in 2009.

"When we checked in on New Year's Day, we thought there would be a lot of other women having babies, too," Megan said, "but the nurses said I was the only one. It was kind of cool to know we had the New Year's baby."

Adalyn has a big brother, 4-year-old Elijah. He bounced into the hospital room when Adalyn was just a few hours old and presented her with a precious gift – a small t-shirt that read, "I'm the little sister"

to complement the t-shirt he has that reads, "I'm the big brother."

New Baby Ushers in 2009 for Newark Couple (continued on page 6)

Adam beamed with excitement over his first child. “I knew that Megan was going to have labor induced in the morning (on January 1), so I couldn’t sleep the night before,” he said. “I was up at 4:30 a.m. and ready to go!” He chuckled, “I was nervous at first, but I got over it.”

Licking Memorial Obstetrician/Gynecologist Elizabeth N. Koffler, M.D., delivered the 8 pound, 1 ounce baby girl, and both parents were thrilled to have a healthy new daughter. “I can’t wait to dress her up,” Megan murmured. “My other one is a boy, and you do not get to dress them up nice and pretty!”

Megan works as a photographer at Sears Portrait Studio in Heath. Adam is a law enforcement student at Central Ohio Technical College. The couple took advantage of the complimentary gourmet Maternity Candlelight Dinner for new parents the evening before Megan’s dismissal from the Hospital. In addition, to honor Adalyn’s distinction as the New Year’s baby of 2009, LMH presented Toys R Us gift cards and an heirloom hand-crocheted baby blanket to Megan.

“Me Lab” at The Works Opens on March 7

In a fun, hands-on manner, a new exhibit at The Works will promote lifelong fitness and health to children who may not even suspect they are learning valuable lessons. In the midst of the laughter and excitement, they will think they are simply enjoying a day of recreation. The new “Me Lab” at The Works, located at 55 S. First Street in Newark, will open on March 7, and is geared toward school-aged children, teens and adults.

The new exhibit is a collaboration between The Works, Licking Memorial Health Systems (LMHS) and the Licking County Foundation. An opening ceremony at 10:00 a.m. on Saturday, March 7, will unveil the permanent display. Light refreshments will be served.

LMHS contributed equipment to the Me Lab that simulates computer-aided surgery. Guests at The Works will be encouraged to increase their activity level at other stations by trying one of two Wii Fitness games, and other sites will test aroma perception, strength and agility. By answering some basic age-appropriate lifestyle questions, an interactive computer program will offer “age progression” to show participants how their faces will age due to factors such as tobacco use or exercise regimen.

The exhibit's components include:

- Scan Me
 - Height and weight assessments
 - Eye test
 - Color blindness test
 - Stretching assessment
 - Age progression by computer
- Smart Choices
 - Nutrition
 - Hang time



On March 7, Licking Memorial Health Systems and The Works will open the new “Me Lab” to present fun, hands-on displays about the human body.

- How It Works?
 - Skeleton display
 - Torso display
- Laparoscopic Surgery
 - Simulate a surgery
- What’s New in Medicine?
- Wii Fit – Get Up, Get Fit and Get Active
- Activity Cart
 - What’s That Smell?
 - It’s All in the Genes
 - Heart Rate – Feel the Beat
 - Get a Grip
 - Blood Pressure – Pump It Up

“Everyone is concerned about how much their children are watching television or playing video games,” said Marcia Downes, Managing Director of The Works. “We are really excited to be adding the Me Lab to our facility to show how much fun fitness can be. We think families will have a lot of fun when they come here for a day!

“Me Lab” at The Works Opens on March 7 (continued on page 7)

Guests will also receive a Me Lab score card to bring back on subsequent visits.”

Licking Memorial Vice President Development & Public Relations Veronica Link said, “Many of our programs reach out to support athletic and fitness programs for children and teens. This exhibit is another way we can encourage childhood fitness and help shape lifelong healthy habits. I cannot think of a better way for us to fulfill our mission to improve the health of the community.”

TWIGS Installs 2009 Officers

The TWIGS organization of Licking Memorial Hospital (LMH) has installed new executive board officers and chapter chairmen for 2009. The acronym TWIGS stands for Togetherness, Willingness, Imagination, Giving and Sharing. There are six active TWIGS groups that contribute money for equipment needs and capital purchases at LMH.

The 2009 TWIGS Executive Board officers are:

- Chairman – Joy Weaver
- Chairman-elect – Sherry Staggers
- Recording Secretary – Lorraine Berry
- Corresponding Secretary – Ruth Mann
- Treasurer – Betty Siarnicki
- Assistant Treasurer – Nancy Malarky

Jean Heitmann is the Chairman of TWIGS 4. The chapter was established in 1950, and members ran the snack bar in the old Newark City Hospital on Buena Vista Avenue. Today, their projects include selling Entertainment Books and Rada Cutlery.

TWIGS 6 opened the Thrift Shop in Granville in 1950. Through the decades, they have relocated several times, and now operate at 454 South Main Street in Granville. Their Chairman is Donna Tegtmeier.

Pam Froelich is the Chairman of TWIGS 8. They were also founded in 1950 and currently operate the Hospital Gift Shop eight hours every day, except holidays.

Members of The Works and Licking Memorial Health Systems’ employees (with a current employee ID badge) will be admitted to the March 7 opening ceremony free of charge. Other guests may attend by paying admission. The Works is open Tuesday through Saturday, 9:00 a.m. to 5:00 p.m. For more information, call The Works at (740) 349-9277.



The members of LMH's 2009 TWIGS Executive Committee are (left to right): Joy Weaver, Sherry Staggers, Ruth Mann, Lorraine Berry, Betty Siarnicki and Nancy Malarky.

TWIGS 13, founded in 1955, was formerly known as the “Candle TWIGS” since candle sales were their main fundraising projects. Today, their Chairman is Darlene Baker, and their main project is the Christmas Greenery Sale.

Rose Ann Stevenson is the Chairman of TWIGS 14. They first organized in 1958 and have sponsored the annual Tour of Homes since 1963.

TWIGS 24 began in 1994, and many of the members are LMH employees. Susan Snyder is the Chairman, and their current projects include book sales, jewelry sales and the Hospital’s vending machines.

Since the first chapters were formed in 1950, TWIGS members have raised more than \$4.5 million for LMH through their fund-raising projects. To find out more about becoming a TWIGS member, call Carol Barnes, LMH Director of Volunteers, TWIGS and Events at (740) 348-4079.

Graduates Attend Annual Cardiac Rehabilitation Dinner

The Cardiology Department at Licking Memorial Hospital (LMH) hosted the annual Cardiac Rehabilitation Dinner in December at the LMH Café. The event theme, inspired by the current construction in the Heart Care area, was titled “Building a Better Heart.” Sixty-one Cardiac Rehabilitation program graduates arrived with friends and family and were greeted by Cardiology Department staff who wore hard hats and tool belts to complement the event theme. Throughout the evening, the staff also showed their respect for the graduates by serving them dinner and beverages. The LMH Café staff prepared a delicious heart-healthy meal including a fresh fruit yogurt parfait dessert, showing that healthy eating can still be enjoyable.

Director of Cardiology Patty Merrick, R.N., M.S., CNP, emceed the event and congratulated the graduates for completing the program. She also recognized Cardiac Rehabilitation staff including LMH dietitians Lelah Davis and Annmarie Thacker and LMH Cardiology nurses Nancy Snow and Ingrid Pitcher. “These four individuals provide encouragement and direction on a daily basis for our rehabilitation patients,” she said.

Bryce Morrice, M.D., and Imtiaz Ahmed, M.D., both LMH cardiologists and featured speakers at the event,



Cardiology staff provides table service to attendees.

counseled attendees on the importance of maintaining one’s heart health beyond the Cardiac Rehabilitation program. Dr. Morrice spoke concerning the alarming rate at which obesity has increased. “During the past 20 years, adult obesity rates have doubled,” he said. “In 2008, 30 percent of adults are obese and 60 percent are overweight. This condition leads to an increase

in coronary heart disease and type 2 diabetes. Exercise decreases abdominal fat and increases insulin sensitivity.” Dr. Ahmed echoed Dr. Morrice’s advice on heart care through exercise. “More insurance companies are reluctant to cover ongoing heart medications, but in contrast, are very willing to support cardiac rehabilitation programs,” he said. “They understand that the best medicine for your heart is exercise.”

The Cardiac Rehabilitation Dinner is an annual event that began in 1987. “This event has been going on for more than 20 years now,” said Patty. “It started as a small, bi-annual event and grew into the annual dinner we have today.” The first graduating class was comprised of 10 people. To date, there have been more than 2,300 graduates who have completed cardiac rehabilitation at LMH.

Dining With Diabetes *(continued from front page)*

Take charge of your diabetes with a cooking school program designed for people with diabetes and their families. A three-part program, Dining with Diabetes, includes diabetic food preparation, demonstrations and tasting of healthy foods. A three-course meal will be provided at every session. Instructors are Annmarie Thacker, R.D., CDE, LMH registered dietitian and certified diabetes educator, and Shari L. Gallup, M.S., CFLE,

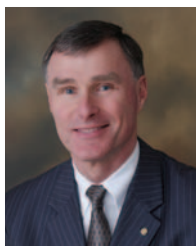


Register by Tuesday, April 7, for Dining with Diabetes classes on April 14, 16 and 21.

extension educator with the OSU Newark Extension Office.

Advance registration is required and includes all three dates. Cost is \$10 for seniors (60 and over) and \$20 for all other registrants. Cost is due with registration. Deadline to register is Tuesday, April 7. Space is limited, so enroll soon. To register, or for more information, please call (740) 670-5315.

Development Spotlight – Jim Mitchell



Jim Mitchell

As a community business leader, Jim Mitchell, Vice President and Financial Advisor for Smith Barney, was often invited to attend Licking Memorial Hospital (LMH) Development Council's Corporate Breakfast events.

"I have friends who serve on the LMH Development Council, and I often

heard about great things LMH was doing within the community," he said. "LMH has built a solid reputation within the community and beyond. When LMH comes up in conversation with Columbus businessmen, they are well aware of the Hospital's capabilities and accomplishments. LMH is a solid, well-managed community hospital."

Recently, Jim was asked to join the Annual Support Committee within the LMH Development Council.

"I decided that I wanted to make a difference by raising awareness for the Hospital." As a Licking County native, LMH has been a part of my life," said Jim. "This is an

opportunity for me to give back for the years of service to my family and me."

Jim earned a Bachelor of Arts degree in journalism from The Ohio State University in Columbus and a Masters in Education degree from Ohio University in Athens, Ohio. He is a member of the Newark Rotary Club, the Newark Schools Building a Brighter Future Committee and the Licking County Chamber of Commerce Government Affairs Committee. He is an affiliate member of the Ohio Society of Association Executives and President of the Liberty Middle School Athletic Boosters in Newark. Jim also served on the Board of Directors for the North Newark Little League for 12 years.

Jim and his wife, Nancy, are Newark residents and enjoy attending the various sporting events of their children, Colin, 22, Connor, 17, Ben, 15, and Maggie, 13. His family also has a great appreciation for nature and makes time for outdoor recreation when possible.

Donors

CAPITAL IMPROVEMENT

TWIGS 4
TWIGS 6
TWIGS 8
TWIGS 13
TWIGS 14
TWIGS 24
TWIGS Executive Board

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Donors (continued on page 10)

Donors (continued from page 9)

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WILLIAM SCHAFFNER SOCIETY

Paul and Kathleen Gatens

Staff Nurse Welcomed into The William Schaffner Society

A Licking Memorial Hospital (LMH) staff nurse was welcomed into The William Schaffner Society during a recent Board meeting. Clinical Supervisor Vicky Walbright, R.N., generously increased her contribution and joined the Schaffner Society. She is one of seven who joined The William Schaffner Society this year.

LMH Development Council Chairman Robert McGaughy, who conducted the presentation, said the new Schaffner Society member has supported the Hospital well beyond monetary contributions. "Vicky has provided great leadership for more than 20 years," said Robert. "A supervisory role in the Emergency Department (ED) is not easy, especially on the night shift."

Vicky served within the ED from 1972 to 1977 and returned in 1979. She served for 18 years as a night shift



Licking Memorial Hospital Development Council Chairman and Board Member Robert McGaughy congratulated Vicky Walbright for her Schaffner Society level contribution.

nursing supervisor from 1984 until her return to the ED in 2003. She was promoted to her current supervisor position in 2007. Vicky graduated from East Knox High School in Howard, Ohio, and received a diploma from Riverside White Cross School of Nursing in Columbus. Vicky has two grown children, James and Erin, and enjoys spending time with her granddaughters, Annabelle and Saige, as well as

her chocolate lab puppy, Rosie.

The William Schaffner Society was created to lend special support to Licking Memorial by recognizing individuals for their generosity. All donations from the medical staff, employees and the community are used specifically toward new medical equipment, expanded services and/or facility improvements. They do not assist with general operating expenses.

New William Schaffner Society Member Honored at Board Meeting

Licking Memorial Hospital (LMH) Maternal Child Nurse and Lactation Consultant Marcia Fisher, BSN, RNC, IBCLC, was recently recognized for her membership into The William Schaffner Society during a Board meeting. Licking Memorial Health Systems is proud to acknowledge those who make remarkable contributions to support the Health Systems' mission to improve the health of the community.



Licking Memorial Hospital Development Council Chairman and Board Member Robert McGaughy congratulated Marcia Fisher for her Schaffner Society level contribution.

Marcia holds a Bachelor of Science degree in nursing from Ohio University. She is certified as a Maternal Newborn Nurse by the National Certification Corporation and as a Tobacco Treatment Specialist by the Mayo Clinic. She is an active member of the Licking Memorial Hospital Nurse Practice Council, Association of Women's Health Obstetrics and Neonatal Nurses, International Lactation Consultant Association and Sigma Theta Tau International Honor Society of Nursing.

LMH Development Council Chairman Robert McGaughy presented her with a glass recognition piece as a token of appreciation for her generosity. "As a previous LMH Director of the Maternal Child Department, Marcia participated in the achievement of Level II accreditation for the Newborn Nursery," said Robert. "She has shown great commitment to the Hospital in numerous ways since 1996."

Membership in The William Schaffner Society is extended to those who make a commitment of \$10,000 or more with up to 10 years to meet their commitment. Contributions provide the vital margin that enables LMH to ensure continued critical health care services for the community.



CONGRATULATIONS!

Rob Montagnese

Licking Memorial Health Systems President & CEO

Licking Memorial Health Systems congratulates Rob Montagnese for receiving the John W. Alford Memorial Award. We are proud of Rob and all of his accomplishments. Thank you for leading Licking Memorial Health Systems to meet its mission to improve the health of the community.



Licking Memorial
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Measurably Different ... For Your Health!



Quality Reporting to the Community

Patient Story and Benchmarks for CHF Care



Patient Story – Jim Bayerl

Hanover resident Jim Bayerl has been a hard working man all his life. Originally from Portsmouth, Ohio, Jim worked in a steel mill there so he and his wife, Lou, could support their family of seven children. When the steel mill closed in the mid-1970s, the Bayerls moved to Licking County. “I was fortunate enough to get a job up here at Kaiser Aluminum,” he said. “This community has been very good to us.”



Jim Bayerl relaxes at home in Hanover with his son Kevin and his wife, Lou, by his side.

Jim proudly put in many years at Kaiser Aluminum as a maintenance mechanic, but in 2003, he began to notice that he did not have much energy. “I kept getting slower. I would get tired out just by walking from the job site to the shower house, and my legs were swelling,” he remembered. Knowing that these symptoms were not normal, Jim visited Licking Memorial Family Physician Richard Simon, M.D., who sent him to Riverside Hospital in Columbus for a heart catheterization. The diagnosis was cardiomyopathy.

For follow-up care, Jim began to see Cardiologist Bryce Morrice, M.D., at Licking Memorial Hospital (LMH). “The catheterization had shown that my heart was working at 15 percent capacity. During my first visit with Dr. Morrice, he told me that back in 1973, if a man came in with my heart condition, he could expect to live for just five more years! I asked, ‘Does that mean I have just five years to live?’ Dr. Morrice said, ‘Oh, no – we have all new medicines now. We’re going to take care of you.’”

Armed with high blood pressure medication and a beta blocker to regulate his heart rate and blood pressure, Jim persevered at his workplace for a couple more years. “The doctors wanted me to work, so I kept working

as long as I could,” he said. Finally, in July 2008, just short of 30 years on the job, Jim officially retired. “I would work in my yard and walk two miles three times a week to keep moving, but I would get so tired I would have to take a nap every day,” he said.

Because of Jim’s dedication to daily exercise, his heart began to strengthen. “The follow-up tests with Dr. Morrice showed

my heart had improved to 30 percent capacity,” Jim said. However, his continued lack of energy prevented him from enjoying normal activities. At this point, Dr. Morrice determined that Jim was a good candidate for further treatment.

So on October 21, 2008, Jim returned to LMH, and Cardiologist Charles Noble II, M.D., and Dr. Morrice implanted a biventricular pacemaker and heart defibrillator under conscious sedation. “I remember hearing someone talking once in the operating room, but there was no pain,” Jim said. He stayed in the Hospital overnight for observation and quickly realized he felt a difference. “After just five or six days, I noticed I had more energy,” he said. “I started walking two miles every day. I feel better, and I don’t get tired all the time.”

Even before the pacemaker surgery, Jim took great pride in his yard work and flower gardening. “I like to work outside in the yard, so I did not just sit around. I could not do much because I would get so tired, but I kept working in the yard.” He devoted many hours to grooming his two acres of land, maintaining his small pond and tending to his collection of many lily varieties. Now that the pacemaker has given him a second wind, Jim is beginning to make more ambitious plans once again. He even has more gardening projects germinating in his mind for the coming spring.

CHF Care – How do we compare?

Check out
our Quality
Report Cards online
at www.LMHealth.org.

At Licking Memorial Health Systems (LMHS), 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 The left ventricle is the chamber of the heart that pumps blood out of the heart and into the body. Measuring left ventricular function (LVF) helps determine how well a CHF patient's left ventricle is working.

	LMH 2005	LMH 2006	LMH 2007	Benchmark
LVF assessment	97%	96%	97%	87%(1)

2 Medications beneficial to many CHF patients include angiotensin-converting enzyme (ACE) inhibitors, beta-blockers, and angiotensin-receptor blockers (ARBs). ACE inhibitors and ARBs have been shown to lower mortality and improve functional capacity and quality of life. Beta-blockers can reverse or prevent some of the health effects associated with heart failure. Patients treated with beta-blockers may see significant improvement in heart function after three months.

	LMH 2005	LMH 2006	LMH 2007	Benchmark
CHF patients on ACE or ARB at discharge	98%	91%	93%	87%(1)
CHF patients on beta-blockers at discharge	99%	99%	99%	90%(2)

3 It is vital that CHF patients be involved in their own care to reduce health complications and improve quality of life. They need to monitor their weight, limit their salt intake, and take their medications regularly. Health care providers need to give thorough discharge instructions to help these patients effectively manage their condition.

	LMH 2005	LMH 2006	LMH 2007	Benchmark
All discharge instructions given	91%	95%	93%	69%(1)

4 Hospitalized patients with a condition that puts them at risk for developing complications from pneumonia and/or influenza (flu) should be screened for vaccines while in the hospital and receive a pneumonia and/or influenza vaccine if appropriate.

	LMH 2007	Goal
CHF patients screened for the pneumonia vaccine	97%	greater than 90%
CHF patients screened for the influenza vaccine	92%	greater than 90%

5 Atrial fibrillation is an irregular rhythm that is often associated with heart failure. Patients who develop atrial fibrillation may have an increased risk for stroke. To reduce this risk, heart failure patients with atrial fibrillation should be evaluated for anticoagulation therapy.

	LMH 2007	Goal
CHF patients with atrial fibrillation assessed for anticoagulation therapy	81%*	greater than 90%

Data Footnotes:

(1) *Hospitalcompare.hhs.gov national benchmarks.*
 (2) *Benchmark indicates LMH goal.*



Patient Story – Mandy Lane

Mandy Lane of Heath has two small children at home who keep her moving at a busy pace. Mandy may not have time to relax, but she does have time to count her blessings, and she tackles diaper changes with joyful enthusiasm. After suffering a miscarriage four years ago, Mandy and her husband, Jared, are thrilled to be the parents of an energetic son and daughter.



Mandy and Jared Lane came to Licking Memorial Hospital for the births of their two children, Jacob and Morgan.

Mandy and Jared met at a bank in Heath – she was a teller, and he was a regular customer. They were married in October 2000, and after waiting several years to begin their family, Mandy became pregnant for the first time in 2005. Sadly, at a routine office visit during her 12th week of pregnancy, the fetal monitor could not pick up a fetal heartbeat. An ultrasound confirmed that the baby had died. Devastated, Mandy consulted with Licking Memorial Obstetrician/Gynecologist Mary Testa, D.O., who recommended a dilatation and curettage (D&C).

“I am really nervous about anything having to do with doctors or hospitals, but I felt comfortable with Dr. Testa. She is such a caring person,” Mandy said. “The last thing I remember before going under anesthesia for the D&C is that Dr. Testa was still there holding my hand.” Mandy and Jared were touched by the way Dr. Testa compassionately shared their grief with them.

Several months later, Mandy excitedly visited Dr. Testa at her office in Pataskala again and was thrilled to learn that she was expecting. “I had morning sickness, and I got really large, but I did not care. Nothing could get me down – I was on Cloud Nine!” Mandy remembered. She admits, however, that she did not feel truly confident about the pregnancy until she passed the 12-week “benchmark” of her first pregnancy. “After the miscarriage, I was thinking that I might not ever be able to have kids. Dr. Testa was wonderful. She told me to

take a breath, and that everything was going to be fine,” Mandy said.

The pregnancy went very smoothly for Mandy, until the final weeks when she developed pregnancy-induced hypertension. As a precaution, Dr. Testa advised her to have labor induced instead of waiting for it to occur naturally. At 6:00 a.m. on July 24, 2006, Mandy and Jared arrived at Licking Memorial Hospital

(LMH) to have labor induced. “At 5:00 p.m., the baby still had not come, and Dr. Testa found that his head was turned to one side. So I ended up having a Cesarean section. Looking back,” Mandy continued, “it was probably a stressful situation, but Dr. Testa and the staff acted with such confidence that I was contented and calm about the whole thing.” Jacob, an 8 pound, 1 ounce baby boy, was born in excellent health.

Mandy and Jared returned to LMH on March 31, 2008, for the birth of their daughter, Morgan. Dr. Testa had determined that Mandy was a good candidate for vaginal birth after Cesarean (VBAC) and gave her information about her options. After careful consideration, Mandy chose to have a repeat Cesarean section.

“Again, the nurses were very personable and professional. I just cannot say enough good things about them,” Mandy said. “I kept Morgan in the room with me because I wanted to have that time to bond with her. But if I needed to catch a nap, the nurses could just tell, and they would take her to the nursery for a little while. It was great that they had that expertise. They also made Jared feel really comfortable while he stayed with me.”

During their stay for Morgan’s birth, Mandy and Jared discovered a change in LMH’s maternity services since their stay for Jacob’s arrival. The Hospital was now presenting a gourmet dinner for two to new parents. The

Maternity Care – How do we compare?

Check out
our Quality
Report Cards online
at www.LMHealth.org.

At Licking Memorial Health Systems (LMHS), 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 According to the American Academy of Pediatrics, low birth weight infants are those who are born weighing less than 2,500 grams (5 pounds, 8 ounces) at term. There are many factors contributing to low birth weight, including multiple births, preterm births, a lack of prenatal care, mother’s poor nutritional status before and during pregnancy, and drug, tobacco and alcohol use during pregnancy. Low birth weight infants are often at increased risk for health problems. Adequate prenatal care and health practices can significantly reduce the incidence of low birth weight deliveries. In 2008, there were 1,076 babies delivered at LMH.

	LMH 2006	LHM 2007	LMH 2008	National ⁽¹⁾
Low birth weight infants	6.6%	5.7%	4.6%	8.2%

2 Cigarette smoking during pregnancy is one of the factors that can contribute to low birth weight in infants.

	LMH 2006	LMH 2007	LMH 2008	National ⁽¹⁾
Patients who reported smoking during pregnancy	26%	24%	26%	12 %
LMHP pregnant smokers who received smoking cessation counseling		LMHP 2007	LMHP 2008	Goal
		61%	74%	greater than 90%

3 Group B beta streptococcus (GBS) has been the leading bacterial infection associated with illness and death among newborns in the United States since its emergence in the 1970s. Most neonatal GBS infections can be prevented through screenings and, if needed, by giving an antibiotic to the mother before delivery.

	LMH 2006	LMH 2007	LMH 2008	Goal ⁽²⁾
Mothers with GBS receiving antibiotic before delivery	98%	98%	96%	100%
Number of newborns testing positive with GBS	0	0	0	0

4 Cesarean section deliveries (C-sections) can save the life of a mother and/or baby. To avoid unnecessary surgeries, C-sections should be performed only when truly necessary. Therefore, lower percentages are desirable.

	LMH 2006	LMH 2007	LMH 2008	National ⁽³⁾
Maternity patients who had a C-section	22%	20%	22%	32%
First-time C-sections	11%	10%	12%	18%

5 Breast-feeding provides many benefits for infants and their mothers. The LMH maternity care staff offers encouragement and support to breast-feeding mothers. Breast-feeding rates are monitored at LMH to evaluate the effectiveness of the support provided.

	LMH 2006	LMH 2007	LMH 2008	Goal
Mothers choosing to breastfeed	55%	56%	53%	greater than 55%

Note: LMH has implemented a formal lactation program to increase breast-feeding education and assistance to new mothers.

6 Induction of labor is the artificial initiation of labor before it occurs naturally. The initiation of labor sometimes becomes necessary if the fetus is in danger or labor does not occur spontaneously, and the fetus is determined to be at full term. Primary reasons for labor induction include pre-eclampsia, eclampsia, severe hypertension, Rh factor sensitization, prolonged rupture of membranes or intrauterine growth restriction. Induction, however, does not occur without risks to mother and baby.

	LMH 2006	LMH 2007	LMH 2008	National ⁽¹⁾
Induction of labor	31%	32%	29%	22%

7 Gestational diabetes (GDM) is one of the most common clinical issues facing obstetricians and their patients. The prevalence of GDM ranges from 2 to 5 percent of all pregnancies in the United States, and all pregnant patients should be screened between 24 and 28 weeks' gestation. Licking Memorial Health Professionals (LMHP) obstetricians screen pregnant patients for GDM by 29 weeks.

	LMHP 2006	LMHP 2007	LMHP 2008	Goal
LMHP pregnant patients screened for GDM by 29 weeks	93%	96%	96%	greater than 90%

Data Footnotes:

(1) Births: final data for 2005. National Vital Statistics Reports; Vol. 56, No. 6: National Center for Health Statistics. December 5, 2007.

(2) Centers for Disease Control, American College of Obstetricians and Gynecologists and the American Academy of Pediatrics, 1999.

(3) Comparative data from the Midas Comparative Database.



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Licking Memorial Hospital first impressions

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Physician Spotlight – Ralph J. Napolitano Jr., DPM



Ralph J.
Napolitano Jr.,
DPM

Ralph J. Napolitano Jr., DPM, is a podiatrist at Foot and Ankle Associates of Newark and has been a member of the Active Medical Staff at Licking Memorial Hospital (LMH) since 2003. In addition to his podiatry practice, Dr. Napolitano provides care to patients at LMH's Wound Clinic. He is one of the physician founders and medical directors of the LMH Wound Clinic.

Dr. Napolitano received a Bachelor of Science degree in biology with minors in music and chemistry from Baldwin-Wallace College in Berea, Ohio. He earned his Doctor of Podiatric Medicine degree at Ohio College of Podiatric Medicine in Cleveland. He completed his residency in podiatric medicine and surgery at Heritage Valley Health System located in Beaver County,

Pennsylvania, just north of Pittsburgh. He is board certified in podiatry surgery and wound management. He is a diplomate of the American Board of Podiatry Surgery and a fellow of The American College of Foot and Ankle Surgeons. He is also a diplomate of the American Academy of Wound Management and holds the distinction of Certified Wound Specialist.

Dr. Napolitano is a native of Columbus. His broad interests include golf, playing trumpet, and home theater, a hobby he has had since his college work study days as an audio engineer in the conservatory of music. Dr. Napolitano and his wife, Beth, currently reside in Blacklick with their 2-year-old daughter, Mira. They are happy to share they are expecting another child in June. Appointments can be made with Dr. Napolitano by calling (740) 345-8800.

Ask a Doc

Question: I have cracked skin on my heels and feet which is painful when I walk, and it is embarrassing when I wear sandals. Sometimes, I cannot even finish grocery shopping because it hurts to stand on my feet. What causes this cracked skin?

Answer: The condition you are describing is called heel fissures. It has several possible causes and can be very painful as you already know. There are several steps you can take to prevent the condition from occurring, and there are several treatment options available if some simple home remedies do not resolve the problem.

The most common causes of fissures on the heel or feet are:

- Thick calluses
- Excessive dryness
- Excessive wetness
- Fungal infections
- Extended periods of standing or walking
- Excess weight
- Other underlying health conditions

Many people have callused skin on the bottoms of their feet. The thick, callused skin can crack, especially under the stress of walking or standing. Mild calluses can be reduced by debriding the area with an emery board or a pedicure smoothing tool. Just be sure to use

these products gently to avoid injury to the skin. Never use scissors or a razor to remove the skin. Patients with diabetes or poor circulation should seek professional medical care and should avoid self-palliative care.

Too much or too little moisture can cause the foot's skin to crack. Applying a moisturizer twice each day will help alleviate dryness. However, feet can also be damaged by being exposed to too much moisture over a prolonged period of time. You should change out of wet socks or shoes as soon as possible. If your feet tend to sweat heavily, wearing sandals will help to let the moisture evaporate.

Fungal infections are commonly seen in patients with heel fissures. In some cases a fungal infection caused the skin to thicken, harden and crack. In other cases, the cracked skin allowed the fungal infection to establish. In either situation, it is important to keep the feet dry to minimize the fungal growth. A podiatrist or family physician should evaluate the infection to see if medication is necessary.

Since the sole of the foot bears much of the body's weight while standing, walking or running, long periods of these activities can contribute to heel fissures. Likewise, the heels will suffer under excessive body weight. You may need to alter your activities or lose excess weight in order to alleviate heel pain. It may also help to wear shoes with full,

Ask a Doc (continued on page 18)

supportive backs instead of mules, clogs, sandals or sling backs.

You may see improvements with one of the tips previously mentioned. If the pain persists, you should consult with a podiatrist or family physician to prevent the fissures from worsening, and possibly becoming

infected. However, if you have diabetes or a circulatory problem you should see your physician as soon as you notice any problem with your feet because of the increased risk of infection. Also, anyone who has deep cracks that bleed should seek treatment to avoid further complications.

Volunteer Spotlight: Maureen Cantlebury



Maureen Cantlebury

According to her mother and aunt, Maureen Cantlebury needed to enhance her weekly agenda. "I am somewhat of a homebody," she freely admitted. "Outside of my work as a professional dog groomer, I enjoy the comfort zone of my home. They suggested volunteering at Licking Memorial Hospital (LMH)."

In October 2005, Maureen took their advice and offered her time to serve as an LMH volunteer. During the morning hours each Monday, her day off from work at The Barking Box, she provides assistance with various office projects, directs incoming traffic at the reception desk, makes reminder calls to patients concerning appointments and serves as an internal/-external messenger for the Hospital. "I enjoy taking flowers to patients," she said. "It is rewarding to see their faces light up when they find out they have a special delivery."

Maureen feels she has received more from her volunteering experience than what she gives weekly. "I really enjoy my time at LMH each week," she said. "Volunteering makes me interact with others, and now

I feel much more comfortable talking with new people. This experience has helped bring me out of my shell." The Hospital has been a benefit to her in other ways as well. "I was born at LMH," Maureen said. "I have also experienced great care in the Emergency Department when I periodically receive dog bites in the line of duty. So, I guess you could say I am giving back to the Hospital through my volunteer work."

Her coworkers appreciate her positive demeanor. "Maureen is a wonderful volunteer who starts Monday morning with a burst of energy," said Director of Volunteers, TWIGS and Events Carol Barnes. "She always has a smile and is willing to help in any way. The Volunteers are always glad to see her; she is a good friend to all of us."

Maureen is a St. Louisville resident and Licking County native. She received certification through the National Dog Groomer Association of America while attending the Central Ohio School of Dog Grooming, and has worked in her profession for 13 years. She has two dogs, Stanley, a dachshund, and Maggie, a bichon mix. She enjoys walking on the local bike path, working with her family outside and is active in her church activities.

Substance Use Disorder (continued from front page)



Richard N. Whitney, M.D.

Substance abuse and alcohol disorders are among the most common behavioral problems encountered by professionals. Rates of mood disorders, anxiety disorders, suicide, criminal behaviors and medical disorders are much higher among those individuals with substance and alcohol disorders.

The medical, psychiatric and social complications of substance and alcohol disorders make them among the most costly to individuals, families and society. As these conditions have come to be viewed as medical rather than moral problems, research into the cause of the conditions has led to the development

of effective medical and psychosocial treatments to treat withdrawal and cravings, gain abstinence, reduce relapse rates and create strategies to prevent the onset of these conditions in vulnerable individuals.

Licking Memorial Health Systems (LMHS) encourages men and women to be proactive about their health with education on substance use disorder. The free Substance Use Disorder Awareness program is scheduled for Tuesday, April 28, at 6:00 p.m. in Conference Rooms A & B (first floor) of the Hospital.

Dr. Richard Whitney of Licking Memorial's Shepherd Hill will be the speaker. Registration is required. To register or for more information, please call (740) 348-1434.

Retiree Spotlight: Cheryl Rose



Cheryl Rose

Cheryl Rose began her career at Licking Memorial Hospital (LMH) as a nurse aide while still attending classes to become a registered nurse. Upon completion of her nursing diploma at Riverside White Cross School of Nursing, she was hired full-time as a staff nurse in the Emergency Department (ED). “I had the opportunity to assist

patients through the entire process,” she recalled. “I tended to patients in the ED, assisted in their surgeries and provided care in Recovery.” Four years later, Cheryl was promoted to the position of Head Nurse in Recovery. “I enjoyed those years because of the good working relationships within our team,” she said. “We also received great support from management and were treated fairly. There were many changes over the years, but I think change is good!”

Change came quickly for Cheryl. In 1970, she gave birth to her first son, Clint, with a second son, Adam, born four years later. During this time, she reduced her hours to part-time in the Recovery and Intensive Care Unit departments. In 1992, she decided to welcome change once again with a transfer to the Home Care Department. “I just felt it was time to do something different and take

on a new challenge,” said Cheryl. Within the next 10 years, she was promoted to the Patient Care Supervisor position and ultimately as manager of patient care. “For me, becoming manager was my greatest achievement,” Cheryl said. “I was surprised to be considered as I never thought I would reach that level.”

Cheryl’s original employment application in 1964 stated that she enjoyed sewing, knitting, horseback riding and any outdoor sports. Since her retirement in December 2004, her interests have changed somewhat. “I still enjoy sewing and knitting and love the outdoors,” she said. “However, horseback riding is out. My priorities have changed over the years. Staying healthy and enjoying life are my new priorities.” Two years after Cheryl’s retirement, her husband, William, handed the family business, a local carpet cleaning company, to their son, Clint. This decision provided the couple with ample time to focus on their changing priorities. They have since traveled around the U.S. with favorite vacation spots in Myrtle Beach and Las Vegas. Their future plans include a possible cruise to Alaska. “It is the only cruise destination my husband will consider because of the beautiful scenery,” she said. The couple also enjoys time with their two sons, daughters-in-law and three grandchildren.



David Madigan,
CRNA



Thomas Argyle

New Appointments

David Madigan, CRNA,
joined Licking Memorial Anesthesiology

Thomas Argyle
was named Interim Director of Public Relations

Patient Story – Mandy Lane (continued from page 14)

couple dined by candlelight before they returned home to their newly-expanded family. “We both had the filet mignon and chocolate cake for dessert,” Mandy remembered. “It was so, so good, and what a nice touch! Little did we know the craziness that we were getting into at home with kids 20 months apart!”

Mandy also noted how much she enjoyed having a private hospital room while recuperating from childbirth. “With both children, I was able to have a room to myself, and that was absolutely nice,” she commented. “I was so much more comfortable, and so were my visitors. By having a room to myself, it was easier to catch little cat-nips.” LMH carefully arranges for every new mother to

have a private room whenever it is possible. Overall, in 2008, new mothers were able to have private post-partum rooms 93 percent of the time.

More than 1,000 babies are born at LMH each year. The Hospital offers many classes to educate expectant parents about pregnancy, childbirth and parenting. Scheduled LMH maternity tours also give expectant parents a chance to become familiar with the facilities and birthing procedures. For more information about classes and tours, please visit www.LMHealth.org, click on “Hospital Services” and then “First Impressions, Maternal Child.” Class information is also available by calling (740) 348-4346.

Web Site Tip

Sending a Message of Cheer

A thoughtful sentiment or a touch of humor can go a long way to lift the spirits of a patient at Licking Memorial Hospital (LMH). It takes just a few minutes to send a greeting, and it is absolutely free of charge through the Licking Memorial Health Systems (LMHS) Web site.

To create a personalized greeting card, Internet users should log on to www.LMHealth.org and click on "Send Patient Greetings," located on the right-hand side of the home page. After clicking on "Send a Greeting Card," users will see a short description of the card delivery process. By clicking on "Create Card" next, a selection of four card designs is available:

- Thinking About You
- Get Well Soon
- Birthday
- New Baby

The user can write a short message, and with a quick click on "OK! Send Card," the message will be on its way to the LMH Volunteers office where it will be printed on quality, glossy card stock and delivered to the patient's room. The complimentary service is available on non-holiday weekdays, Monday through Friday. LMH reserves the right to withhold delivery of cards with inappropriate language, and cards cannot be delivered to patients who have been discharged.

The LMHS Web site, www.LMHealth.org, is an extensive source of information about the Health Systems' services and other health care information. It is one of the tools LMHS uses to improve the health of the community.



Check out our new and improved Web site at www.LMHealth.org with more options to better serve you!

LMHS' Web site now offers:

- Bill Pay
- Pre-Registration
- My Health Patient Information
- Physician Office Appointment Requests, Test Results and Medication Renewals

Our Web site also provides:

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- Send a Patient Greeting
- Find a Physician
- Maps and Directions
- Virtual Tours
- Online Application for Employment



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National Doctors' Day

March 30



In recognition of Doctors' Day, express your appreciation for your favorite physician by making a donation to the Licking Memorial Health Foundation in his or her honor.

Contributions will benefit new technology in the John & Mary Alford Pavilion. For more information or to make a donation in a physician's name, please call (740) 348-4102.



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Explanation of how project/initiative helps improve the health of the community:

Additional Comments:

Please provide us with your name, address and telephone number in order for the committee to work with you in developing a more comprehensive list of your nominee's activities. Thank you.

Your Name

Address

Phone Number

All nominations must be received in the Development Office,
Licking Memorial Hospital, 1320 West Main Street, Newark, Ohio 43055
by June 29, 2009, at 5:00 p.m.



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**Licking Memorial
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Upcoming Dates

For more information about any LMHS event, please call (740) 348-1572, or visit www.LMHealth.org

Colorectal Cancer Awareness Program

Tuesday, March 24 – 6:00 p.m.,
Licking Memorial Hospital

See front cover for program details.

Dining with Diabetes

Tuesday, April 14; Thursday, April 16; and Tuesday,
April 21 – 5:30 to 7:30 p.m.,
Licking Memorial Hospital

See front cover for program details.

Substance Use Disorder

Tuesday, April 28 – 6:00 p.m.,
Licking Memorial Hospital

See front cover for program details.

Ask the Doc

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

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 provid-
ing 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.