



Community Connection

Licking Memorial Health Systems

(740) 348-4000 (phone) • www.LMHealth.org



Volume 6, Issue 3

May/June 2009

Measurably Different ... for Your Health!

LMH Named to 100 Top Hospitals® List for a 10th Year

Licking Memorial Hospital (LMH) has earned the outstanding distinction of being named to the national 100 Top Hospitals® list by Thomson Reuters for the 10th time. The prestigious 100 Top Hospitals Award is based on a set of measures that reflect highly effective performance across the entire organization, including employees, medical staff, management, volunteers and board members. Thomson Reuters is based in New York and uses its own statisticians, physicians and hospital industry experts to determine criteria and select the top-performing hospitals. Winning hospitals are announced in five categories: Major Teaching Hospitals, Teaching Hospitals, Large Community Hospitals, Medium Community Hospitals and Small Community Hospitals.



In central Ohio, LMH is the only hospital to make the list in the Community Hospital category this year. Riverside Methodist Hospital in Columbus received the award in the Teaching Hospital category.

Statewide, a total of 10 Ohio hospitals earned the 100 Top Hospitals distinction for 2008. LMH is one of five Ohio hospitals winning in the Medium Community Hospital category, which includes a total of 20 awardees nationwide.

Nationally, only six hospitals of any size have won the award more often than LMH, and

100 Top Hospitals®
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The Licking Memorial Health Systems 2008 Annual Report is now available online at www.LMHealth.org.

Learn more about our:

- Boards of Directors
- Executive Administration
- Medical Staff
- Development Council
- Employees
- TWIGS
- Volunteers
- Events
- Accomplishments
- Awards
- Community Involvement



Licking Memorial Health Systems

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

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

COMMUNITY EDUCATION

Skin Cancer Awareness and Screening

- Date:** Tuesday, May 12 or Tuesday, May 19
- Location:** Conference Rooms A and B, first floor, Licking Memorial Hospital (LMH)
- Time:** 6:00 p.m.
- Speakers:** J. Michael Holsinger, D.O., Laura Schaeffer, D.O., Bethany Wyles, D.O.

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Community Heart Health Fair

- Date:** Tuesday, June 2
- Location:** Conference Rooms A and B, first floor, Licking Memorial Hospital (LMH)
- Time:** 3:00 to 7:00 p.m.

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Tinnitus

- Date:** Tuesday, June 23
- Location:** Conference Rooms A and B, first floor, Licking Memorial Hospital (LMH)
- Time:** 6:00 p.m.
- Speaker:** Cheryl Barker, Au.D., CCC-A

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no other hospital in the Medium Community Hospital category has won the award as many times. More than 3,000 hospitals, including 1,103 in the Medium Community Hospitals category, were studied to compile the 100 Top Hospitals list.

The *100 Top Hospitals®: National Benchmarks for Success, 16th Edition* recognizes hospitals that have set the national benchmarks for providing the highest quality of care in the most efficient manner, while maintaining top financial stability and eliciting the highest patient perception of care. The study scores hospitals according to nine key organization-wide measures: risk-adjusted mortality, risk-adjusted complications, risk-adjusted patient safety, core measures score, severity-adjusted average length of stay, expense per adjusted discharge, operating profit margin, cash-to-total debt ratio and patient rating of overall hospital performance.

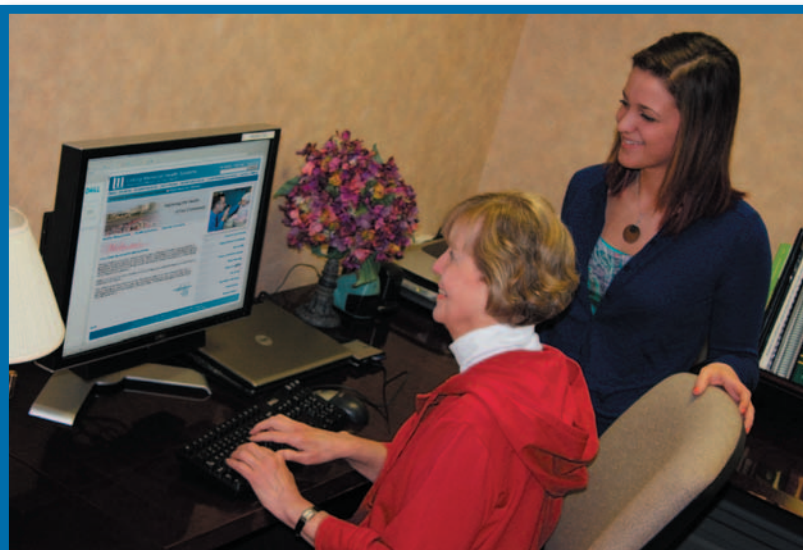
Thomson Reuters estimates that if all Medicare inpatients in the U.S. received the same level of care as that provided by the 100 Top Hospitals winners, the following improvements would happen:

- More than 107,500 additional patients would survive each year.
- Nearly 132,000 patient complications would be avoided annually.
- Expenses would decline by an aggregate \$5.9 billion each year.
- The average patient length of stay would decrease by nearly one-half day.

“Earning the 100 Top Hospitals award for the 10th time is an outstanding achievement,” said Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese. “We are greatly honored to have been named to the list more times than any other medium-sized community hospital in the U.S. It is rewarding to our employees, medical staff, management, volunteers and board members to know we are able to consistently perform at such a high level.”

LMH Board Chairman Patrick Jeffries said, “People in the community know they receive top-quality health care right here at LMH, but this award from a national peer review organization really drives the point home. The LMHS team does not expect awards for their compassionate and highly-skilled care, but it is gratifying to be recognized in this way. The members of the Board of Directors are very proud of this noteworthy achievement.”

For more information about Thomson Reuter’s 100 Top Hospitals study, please visit www.100tophospitals.com.



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out more about us!**

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Check out our Quality Report Cards online.

LMHS Expands Free Pre-Participation Screenings Program

Licking Memorial Health Systems (LMHS) is expanding the Pre-Participation Sports Screenings and ECGs in 2009. As in past years, the screenings will be offered free of charge to all middle school and high school athletes in Licking County. This year, football players in the Licking County All-Stars and students in the Criminal Justice, Fire and Physical Therapy programs at C-TEC are eligible, as well.



LMHS is increasing the scope of the free Pre-Participation Sports Screening program to protect students' heart health.

“Our Pre-Participation Sports Screenings have been very successful, and as we looked for ways to broaden our scope, we realized that students in these physically demanding vocational programs have the same risks for sudden cardiac events as the athletes,” explained Pediatrician Diane LeMay, M.D., who spearheaded LMHS’ free sports screenings in 2006. “We may never know how many lives are saved by these screenings, but we know we are doing the right thing by checking to ensure these students enter into their activities with strong, healthy hearts.”

The Pre-Participation Sports Screenings and ECGs will be offered in May and June, and a makeup date will be offered at the end of July. Athletic directors at each participating school will have information about which evenings their schools are scheduled to attend. Any middle school or high school student-athletes who attend a Licking County school that is not participating are still eligible for the free screenings.

The Ohio High School Athletic Association (OHSAA) also requires all athletes to complete a screening history and screening examination annually. A parent or guardian must complete a screening questionnaire containing more than 50 questions, including a medical history and family history. The physical screening portion of the exam is to be completed by medical personnel.

If the athlete has had a checkup with a physician within the past year, the athlete may simply take the OHSAA form to the physician's office to have it signed. In that

case, the athlete does not need to attend the Pre-Participation Sports Screening as described.

Free ECG tests were added to the screening program for the first time in 2008. They will be offered free of charge again in 2009 to high school students who did not receive one last year. Some junior high athletes who are considered to be at risk for sudden death, based on their

history or physical screening, will also receive the ECGs at no cost. The painless ECG shows the heart’s electrical impulses and can identify common heart conditions that place the athlete at risk for sudden cardiac death, 75 to 95 percent of the time, even when there are no symptoms. A satisfactory ECG result for each student is required before LMHS will give clearance for the student to participate in the activities.

The high school student-athletes will have an ECG performed by a Licking Memorial Health Professionals physician and read at no cost by a cardiologist. The student’s clearance will depend upon three factors: the history, the examination and the ECG test results. If a student does not clear any part of the process, a referral will be made for the student to return to the primary care physician for further evaluation and clearance. Students who receive satisfactory ECG results in the 9th or 10th grade, do not need to repeat the ECG test until the 11th or 12th grade, unless advised by their physician.

More than 1,000 students received free pre-participation sports screenings in 2008, and 547 also received free ECGs. Nearly 3 percent of the ECGs performed indicated a need for further evaluation, and those students were referred to their primary care providers. One 17-year-old student was discovered to have Wolff-Parkinson-White syndrome, a potentially fatal abnormality of the heart’s electrical impulses. As a result, he had successful corrective radiofrequency cardiac ablation surgery at The Ohio State University Medical Center and was able to resume playing football in the fall of 2008.

Dr. LeMay said, “Although statistics show the risk of sudden cardiac death in athletes is very low, numbers do not mean anything if your child is the ‘one’ out of 100,000. By identifying a Licking County athlete who had a potentially fatal asymptomatic heart condition in our first year of ECG screening, I am even more convinced that this program should be a standard part of the Ohio High School Athletic Association screening requirements. Prevention is the main mission of providing pediatric care. ‘The Heart to Play’ is one life-saving gift that Licking Memorial Health Systems has enabled me to implement for all athletes in our community.”

“The Heart to Play” program has many improvements this year over last year’s program. Students will have their ECG and pre-participation sports screenings on the same evening to prevent the need for two trips to the screenings. All students will be notified immediately

with receipt of a “Green Card” or “Red Card” with clearance or non-clearance, respectively, to play. “We are excited to offer an improved service to the athletes this year,” stated Dr. LeMay. “We are learning how to make the process work, and get the athlete into his or her sport as soon as possible. There will be no delay this year.”

Parents should contact their school’s athletic directors if they are interested in participating in the free pre-participation athletic examinations offered by Licking Memorial Health Systems. Most athletic directors will have permission forms available for students. A completed permission form is required for the physical and ECG. For more information, please contact Company Care at (740) 348-4973, or by e-mail at sportsphysicals@LMHealth.org.

New Identification System Improves Patient Safety

Licking Memorial Hospital (LMH) continuously looks for new ways to improve and streamline processes to benefit the patients’ health care experience. One of the most common hindrances to patient safety in hospitals nationwide is human error. Even though LMH has excellent standards in place to protect patients, the Hospital continuously evaluates ways to improve processes and minimize the chance of error.

LMH recently integrated new technology for inpatient nursing units that eliminates a repetitious step in collecting patient information, thereby reducing the opportunity for error. The CareFusion™ Nursing Data Collection Application uses a small, hand-held scanner to electronically capture vital signs and enter them into the patient’s chart. For example, when a staff member checks a patient’s blood pressure and pulse rate, the information will be scanned along with the patient’s wrist-band barcode. The blood pressure and pulse measurements no longer need to be manually keyboarded into a computer.

“Our staff has always been very diligent and taken great care to get every detail right,” said Debbie Young, Vice President of Patient Care. “However, there is always the



The new CareFusion™ Nursing Data Application is an additional patient safety feature at Licking Memorial Hospital.

slight possibility of making a human error, such as transposing numbers. This technology greatly decreases the chance of those kinds of mistakes. Our nurses and point of care technicians are very excited about using CareFusion Applications because they care deeply about our patients’ safety, and they realize what a valuable tool this is.”

The CareFusion Applications are developed and marketed by Cardinal Health, a manufacturer and distributor of medical and surgical supplies and technology. A Cardinal Health project manager worked with the LMH staff to implement the new technology and ensure the staff was fully trained.

The new CareFusion system works in conjunction with other technology added at LMH in recent years. The electronic medical record makes it possible for a physician to have access to a patient’s medical information 24 hours a day, seven days a week. In addition, the bedside medication verification system increases patient safety by comparing the patient’s ID wristband to ensure the correct medication is administered to the right patient by the proper method at the right time and dosage.

Western Licking County Tours Pataskala Health Campus Expansion

As western Licking County becomes more developed, the need for additional medical services has increased, as well. To be proactive, Licking Memorial Health Systems (LMHS) has expanded its breadth of services offered at the Pataskala Health Campus, located at One Healthy Place, just off State Route 16 in Pataskala. On April 18, LMHS hosted a community event at the Pataskala Health Campus to celebrate the opening of the new Urgent Care and physician specialty offices. Members of the community had the opportunity to tour the offices and meet the physicians and staff.



LMHS President & CEO Rob Montagnese, Emergency Medicine Physician May-Lee Robertson, D.O., LMHS Board Chairman Gordon Wilken, and Pataskala City Council President Barb Triplett cut the ribbon to mark the official opening of new offices at Licking Memorial's Pataskala Health Campus.

LMHS President & CEO Robert Montagnese stated, "Licking Memorial Health Systems is very dedicated to ensuring excellent health care for the community. We recognized the opportunity to improve our service to the community by providing an Urgent Care and additional physician specialties to the residents of Pataskala and the surrounding areas. By reducing the patient travel distance for physician visits, we are improving their health care experience."

Patients who need immediate, non-emergency medical attention can now receive care at Licking Memorial Urgent Care, located on the first floor of the Pataskala Health Campus building. Urgent Care is intended to care for patients when their primary care physicians are not available. Emergency Department physicians from Licking Memorial Hospital will staff the Urgent Care practice 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.

"Urgent Care services are a big improvement to health care availability in Pataskala and all of Licking County," said Kristi Blust, Director of Emergency Services. "The physicians can treat medical conditions that arise and need immediate attention, such as strep throat or a bladder infection. Patients can also come in for treatment of minor injuries. The Urgent Care center will be more convenient and economical for patients whose conditions are not severe enough to require a trip to the Emergency Department."

Several new Licking Memorial physician practices have expanded to the second floor of the Pataskala Health Campus. The following practices have well-established offices in Newark and are now also open in Pataskala to provide greater convenience for patients:

- Licking Memorial Gastroenterology – staffed by Roberta Hunter, M.D., Shakil A. Karim, D.O., and David Subler, M.D. Gastroenterology focuses on the diagnosis and treatment of digestive ailments. For an appointment, call (740) 348-4137 and mention that you are interested in scheduling an appointment with our Pataskala office.



The public had an opportunity to tour the new Pataskala Health Campus Expansion at the Open House on April 18.

- Licking Memorial Heart Center – staffed by Imtiaz Ahmed, M.D. Services will include consultations, surgery clearance examinations and EKGs. For an appointment, call (740) 348-7750 and

*Western Licking County Tours Pataskala Health Campus Expansion
(continued on page 6)*

mention that you are interested in scheduling an appointment with our Pataskala office.

- Licking Memorial Otolaryngology (ear, nose and throat) – staffed by Kenneth Parker, M.D., and Shaun Roof, D.O. Otolaryngology focuses on the diagnosis and treatment of disorders of the ears, nose and throat. For an appointment, call (740) 348-4270 and mention that you are interested in scheduling an appointment with our Pataskala office.
- Licking Memorial Reconstructive & Cosmetic Services – staffed by James M. Jeffries III, M.D. Services specialize in body image restoration from damages due to disease or trauma. Some services offered are breast reconstruction after mastectomy, breast augmentation, liposuction and facial aesthetics. Additional medical treatments are also offered for lesion removal and wound care management. For an appointment, call (740) 348-7955 and mention that you are interested in scheduling an appointment with our Pataskala office.
- Licking Memorial Surgical Services – staffed by Hydi Laidlaw-Smith, D.O. Patients will receive preliminary and follow-up consultations on surgical procedures that are performed at Licking Memorial Hospital. For an appointment, call (740) 348-1880 and mention that you are interested in scheduling an appointment with our Pataskala office.



Several new Licking Memorial Health Professionals physician practices are now located on the second floor of the Pataskala Health Campus.

- Licking Memorial Urology – staffed by William Stallworth, M.D. Urology focuses on the diagnosis and treatment of diseases of the urinary tract and the male reproductive system. For an appointment, call (740)



The Pataskala Health Campus features a spacious two-story rotunda in the main lobby.

348-1750 and mention that you are interested in scheduling an appointment with our Pataskala office.

As part of the expansion project, Licking Memorial Pediatrics, Licking Memorial Psychiatric Services and Licking Memorial Women's Health have moved from the first floor to the second floor. Licking Memorial Family Practice remains on the first floor. The Women's Health practice now offers ultrasound procedures on location. The Pataskala Health Campus' second floor offices are all wheel-chair accessible through an elevator in the main lobby.



Licking Memorial staff welcomed guests who arrived for tours of the expanded services and new Urgent Care center.

2009 Golf Gala

The Licking Memorial Development Council will sponsor the 2009 Golf Gala on Monday, June 15, at the Granville Golf Course, 555 Newark-Granville Road in Granville. Check-in and lunch are at 12:00 noon, followed by a shot-gun start at 1:00 p.m.

This year's honorary chairs are Bonnie and George Manning. Bonnie is a Licking Memorial Hospital Board Member and also serves on the Executive Committee of the Development Council. She joined the Development Council in 1997.

Bonnie has been instrumental in organizing each of the previous Golf Gala events, beginning with the first in 2002. Bonnie's husband, George, is a real estate broker specializing in commercial real estate and property management. He is co-chairman of the men's golf league at Moundbuilders Country Club. Bonnie and George are avid golfers and look forward to a successful Golf Gala this year.

We are pleased to acknowledge and thank our Ace Sponsor, Park National Bank, and our Eagle Sponsors, The Jerry McClain Companies, Limbach Company, LLC, MedBen, Stedman Flooring, Inc., Summit Custom Cabinets and Turner Construction, for their generous



Bonnie and George Manning are the honorary chairs of LMHS' Golf Gala 2009.

donations. Additional sponsorships are available. Minimum donation amounts for sponsors are as follows:

- Birdie – \$1,000
- Hole – \$500
- Cart – \$250

Participation is limited to the first 128 players who register. Cost is \$125 per person or \$500 per team. A prize package will be awarded to the winning team. Other prize categories will include:

- Hole in One
- Longest Drive
- Closest to the Pin

Senior golfers, who are 65 years and older, are permitted to play from the white tees unless they are competing for the "Hole in One" prize, in which case they must play from the blue tee. Participants are invited to a buffet dinner and awards ceremony following the event.

Proceeds from the 2009 Golf Gala will be used toward the new Licking Memorial Urgent Care in Pataskala. For more information about the 2009 Golf Gala, please contact the Licking Memorial Development Office at (740) 348-4102.

Congratulations! 2009 Woman of Achievement Award by Park National Bank and The Woodlands

Diane LeMay, M.D., FAAP
Licking Memorial Pediatrics

Licking Memorial Health Systems (LMHS) congratulates Diane LeMay, M.D., FAAP, 2009 Woman of Achievement. We are so proud of Diane and all of the women at LMHS who work hard every day taking care of our patients and improving the health of the community.



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Smoking Cessation Program Moves Office

A popular and effective smoking cessation program at Licking Memorial Health Systems (LMHS) has moved to an office at Licking Memorial Hospital (LMH) to provide better access to inpatients who want to stop smoking. The new Quit for Good office, located in the Cardiology Department on the first floor of LMH, is staffed by Barb Zoog, who previously counseled patients at Licking Memorial Community Case Management, located at 1865 Tamarack Road in Newark. The other Quit for Good office, staffed by Stephanie Falkner, remains open at Licking Memorial Pulmonology, located at Doctor's Park 2, 1272 West Main Street in Newark. Barb and Stephanie are both certified smoking cessation counselors.

Quit for Good is a program based on the nationally recognized Mayo Clinic medical model which combines provider intervention, counseling and nicotine replacement therapy. Counselors are available to provide assessment, an individualized smoking cessation plan, counseling and follow-up. LMHS underwrites the program and offers it to patients free of charge.



Barb Zoog shows some of the smoking cessation materials used in the free Quit for Good program at LMH.

“These days, families are looking for ways to make their budgets stretch farther,” Stephanie said. “So maybe the financial strain of smoking will be an incentive to quit. The price of cigarettes has skyrocketed recently. If someone smokes one \$5 pack per day, that adds up to more than \$1,800 a year spent on cigarettes. Of course, the most important reason to quit is that tobacco smoke is so detrimental to the health of the smokers and

everyone around them. However, if cost-savings is the ‘final straw’ that convinces smokers to kick the habit, we are more than happy to help them reach their goal.”

On average, most patients meet with their counselor for 30 to 60 minutes during weekly or biweekly appointments for up to six months. In 2008, 44 percent of the Quit for Good participants at LMHS reported they were still smoke-free six months after completing the program. To schedule an appointment or for more information, please call (740) 348-7759.

Local Quilters Honor Baby Born on National Quilting Day

By arriving one day ahead of his due date, Jaxon Bruff earned the distinction of being Licking County’s National Quilting Day baby. In 1992, the National Quilting Association established the third Saturday in March as National Quilting Day. The Heart of Ohio Quilters Guild celebrates by presenting a handmade quilt to the first baby born at Licking Memorial Hospital (LMH) on that day.

“We are proud to present this quilt to your baby, and hope it will receive a lot of use,” Guild president Rebecca Carter said as she spread the quilt for Jaxon’s parents, Michelle and Benjamin Bruff, to see. The nine-patch on-point pattern was pieced and quilted by Nancy Evans of Granville.



Cheryl Laughlin and Rebecca Carter of the Heart of Ohio Quilters Guild present a quilt to Benjamin and Michelle Bruff to celebrate the birth of their son, Jaxon.

The Bruffs live in Mount Vernon, Ohio. Jaxon is their first baby, and he was born at 11:27 a.m. on March 21, weighing 8 pounds, 9 ounces.

“This quilt is so beautiful,” Michelle commented. “My grandmother quilts, so I know how much effort was put into this. We are really honored that the quilters have done this to welcome Jaxon into the world.”

The Heart of Ohio Quilters Guild has more than 120 members. They meet on the third Tuesday of each month at St. Leonard’s Catholic Church in Heath. They sponsor various projects, including Quilts for Kids that provides quilts to many pediatric patients at LMH.

LMH's 111th Birthday Gift for the Community

Licking Memorial Hospital (LMH) celebrated 111 Years of Caring on January 16, 2009. In observance of the birthday, Licking Memorial Health Systems (LMHS) employees donated blankets, coats, gloves, hats and scarves to needy individuals in Licking County. Departments throughout LMHS were combined into teams for a donation contest. For the fifth consecutive year, more than 1,500 LMHS employees competed to see which team would donate the most as measured by weight. This year's donations totaled 526.2 pounds.

The winning team brought in 204.9 pounds of donated items. The team was comprised of Case Management (Inpatient and Community), Development, Education, ED Registration, Home Health, Human Resources, LMH and LMHP Coding, Pastoral Care, Public Relations, Registration and the Volunteer Office.



LMHS employees donated 526.2 pounds of blankets and outerwear in honor of the Hospital's 111th birthday.

LMH delivered the items to the Salvation Army of Licking County and the Center for New Beginnings. The Salvation Army of Licking County offers temporary shelter to the homeless. The Center for New Beginnings in Newark offers shelter from domestic violence and services for women and their children. The coats, blankets and clothes are given to needy individuals who come to these shelters.

Licking Memorial employees welcome the opportunity to provide help to those in need. "When considering today's economic situation, the employees of Licking Memorial Health Systems have rallied together and donated generously to help the people of Licking County," said Rob Montagnese, LMHS President & CEO. "We are proud to have such dedicated employees who truly improve the health of the community."

Licking Memorial Hospital Brings the Beach to a Patient

Samantha, who was diagnosed with cervical cancer in 2007, dreamed of going to the beach in Tampa, Florida. Due to her chemotherapy treatment three times a week she is unable to travel far. So instead of going to the beach, the Licking Memorial Hospital (LMH) Oncology Department brought the beach to Samantha.



Oncology staff members Rhonda Shaw (left) and Theresa Davidson (right) helped Samantha (center) enjoy her tropical beach party during a recent visit.

In early March, Claudia Sheetz, LMH Community Case Management Social Worker, and the LMH Oncology staff transformed a standard patient room into a subtropical oasis complete with sand, seashells, fresh fruit, and smoothies. For a moment, Samantha's dream came true as she dipped her toes into the "sandy beach" (an inflatable pool) to feel the soft, white sand. Jimmy Buffet tunes filled the air while smiling staff members wearing leis talked and laughed with their "traveling guest."

"I was completely shocked. I always wanted to experience the beach ... to swim in the ocean and feel the water," said Samantha. "I would like to thank Dr. Linke and the entire Oncology staff for making me feel so special. I had mentioned to Claudia that I had never been to the beach, and she came up with the idea to create a private beach, just for me."

Samantha said the staff makes her feel very comfortable and she has received excellent care as a patient of the LMH Oncology Department. She stressed the importance of being proactive with your health and consulting a health care professional with any concerns you may have.

A Tribute to Mothers ...

Licking Memorial Health Systems wishes a Happy Mother's Day to all moms of the 1,076 babies born at Licking Memorial Hospital this past year.



April 2008

Brittney Norris shows off her precious bundle, Ava, who was born on April 17.



May 2008

Vonetta Walsh received a very special spring arrival when Jamison was born on May 16.



June 2008

Saige will soon celebrate her first birthday. She was born to Kimberly Fogle on June 5.



October 2008

Ashley Mahan will be celebrating her first Mother's Day with her daughter, Layla, who was born on October 7.



November 2008

Maggie Primrose had an extra reason to be thankful after her son, Ferrin, was born on November 17.



December 2008

Just in time for the winter holidays, Mindy Tharp welcomed her daughter on December 19.

The mother-and-baby groups above were randomly selected from the list of mothers who consented to release information about the births to the public. There were 1,076 babies born at Licking Memorial Hospital this past year.



July 2008

On July 23, Annie Britton gave birth to twins – a beautiful boy and girl, Andrés and Eliana.



August 2008

Ryder was born to proud mom, Megan Parlet, on August 20.



September 2008

Taryn Montoney added a baby girl, Morgan, to the family on September 26.



January 2009

Megan Pursley welcomed her daughter, Adalyn, into the family on January 2.



February 2009

Kenzie looks pretty in polka dots as she snuggles with her mom, Courtney Crabtree.



March 2009

Melissa Pease has a new bouncing baby boy. Colin was born on March 1.



Patient Story – Lynn Stuart

Lynn Stuart knew she was feeling much more tired than normal, but she rationalized that with six children at home, she was just feeling the effects of nonstop parenthood. “I did not know what was ‘tired’ as opposed to normal ‘chaos.’ I was getting through the day with caffeine and naps,” she remembered. Today, Lynn’s life has been re-energized with a simple treatment to address her recent diagnosis of obstructive sleep apnea (OSA), a dangerous condition that causes breathing during sleep to become shallow or even stop temporarily.

Lynn met her husband, Scott, while she was at Gordon College near Boston, Massachusetts. Now married 20 years and living in Heath, Scott is employed as Director of Purchasing at Licking Memorial Hospital (LMH), and Lynn is a stay-at-home mom and home-schools their children. Her days are filled with textbook lessons, trips to museums, nature walks and arts enrichment. “As long as I kept active, I was okay, but the moment I stopped moving, I fell asleep,” she said.

“About 12 years ago, I had a sleep study done when we lived in Columbus,” she continued. “I had been snoring for a long time and thought I should get it checked. The doctors there said I had large tonsils, but no signs of sleep apnea.” More than a decade later, Lynn realized the symptoms had worsened and brought up the issue during a visit with Family Practice Physician David Walker, D.O. Lynn said, “I told Dr. Walker that I was beyond being exhausted – I was living in a fog. I would sleep eight hours and still feel as though I needed another three hours of sleep. On the weekends when Scott was home to take care of the kids, I’d sleep 11 hours, but I still could not catch up on my sleep. I tried to make



Lynn Stuart needs a good night’s sleep to home-school the family’s six children. Shown are (from left to right): Owen, Alix, Devin, Lynn, Keilan, Kayleigh and Meaghan.

changes on my own. I went to bed on time, and I eliminated any caffeine, but it made no difference. It was to the point that it was debilitating.” After the consultation, Dr. Walker referred Lynn to Licking Memorial Pulmonologist Eric Pacht, M.D., for evaluation.

Dr. Pacht examined Lynn and recommended a new sleep study after hearing her story of extreme fatigue. The study,

conducted at LMH’s Sleep Lab, revealed that although Lynn’s breathing was not stopping completely, it was very shallow at many points throughout the night. “Many times during the night, my brain would ‘nudge’ me awake so I could change positions even though I was snoring in every position,” she explained.

Based on the frequent episodes of shallow breathing that were recorded on the first night in the Sleep Lab, Lynn was advised to return for a second night to judge if a continuous positive air pressure (CPAP) device would be beneficial to her. “My first concern was that I did not want to look like Darth Vader,” she recalled.

Lynn’s fears were quickly dispelled when she saw how small the mask was. “The cradle cushion I use rests just under my nose, and it is really not that intrusive at all. The machine itself is about the size of a shoe box, and it sits on the night stand next to my side of the bed,” she described. “When I am going to sleep, I cannot tell any difference. The CPAP gently pumps warm, humidified room air, and it is so quiet that Scott says he does not hear it at all.”

The CPAP device has such an impact on Lynn’s well-being that she packs it everywhere she goes.

Patient Story – Lynn Stuart (continued on page 16)

Respiratory 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 Respiratory patients who are admitted to LMH receive a consistent, thorough assessment of their conditions. To initiate prompt and appropriate care, patient assessments need to be completed in a timely manner.

	LMH 2006	LMH 2007	LMH 2008	Goal
Respiratory assessments conducted within four hours of admission	91%	95%	94%	greater than 95%

2 When a patient is suspected of having respiratory failure, an arterial blood gas (ABG) test is performed to see how well the lungs are functioning. The test primarily measures how well the body is taking in oxygen and ridding itself of carbon dioxide. Any result from an arterial blood gas that has a critical value is reported directly to a responsible licensed caregiver within 15 minutes. Critical values are those results that fall outside the normal range for that value and usually require immediate medical intervention.

	LMH 2006	LMH 2007	LMH 2008	Goal
Turnaround time for emergency ABGs	10 min.	12 min.	11 min.	less than 12 min.
Critical results are called on ABG results	100%	100%	100%	100%

3 Pulmonary rehabilitation is a comprehensive program that helps people with respiratory problems improve their respiratory health. LMH tracks the percentage of program participants who reach their personal goals and increase their activity levels.

	LMH 2006	LMH 2007	LMH 2008	Goal
Met their personal goals	100%	93%	100%	100%
Increased activity	100%	100%	100%	100%
Increased activities of daily living	100%	100%	100%	100%

4 LMH uses a clinical practice guideline to make sure asthma patients receive all appropriate care for their condition. One quality measure on the guideline is the use of a peak flow meter to help determine the severity of and improvements in a patient's breathing problem.

	LMH 2006	LMH 2007	LMH 2008	Goal
Asthma protocol followed in ED	100%	94%	95%	greater than 90%



Patient Story – James

A teenaged boy's simple remark of "duh!" changed the life of a central Ohio man who was falling into the depths of alcoholism. James* (not his real name) is a 45-year-old practicing physician living in Ohio with his wife, 21-year-old son and 20-year-old daughter. Although James is a dedicated family man, his entire family suffered the effects of each alcoholic beverage that he consumed.



The Shepherd Hill facility at Licking Memorial Hospital provides treatment for those who are suffering from alcohol or chemical addiction.

James first experimented with alcohol in high school, drinking small amounts of beer as a teenager. Later, during college and medical school, he would relax with a couple of beers after studying. Through the ensuing years, as he began his medical practice, married and became a father, this social pastime became something more insidious.

"I cannot tell you when I crossed the line between social drinking and alcoholism," James pondered. "I knew I drank too much at times, and wondered if it got worse after my father's or uncle's death. Either way, I never felt that I drank more than my colleagues."

Those who knew James intimately had a different perspective. In the late 1990s, James was asked to leave a former medical position, and was forced to relocate his family to Ohio where he found new employment. His family often complained that he was becoming detached. "I certainly loved my family and was involved in their lives and activities, but as my drinking problem progressed, I became less involved and more isolated. Life also deteriorated at home. My daughter became withdrawn, and my son empathized with my wife's concerns. I blamed her for my condition. I often thought, 'If she would stop complaining, I would not

drink so much.' It was not a healthy family relationship. Understandably, my wife was beside herself because she did not know what to do."

"Things were pretty dark then, and I could not put my finger on the problem," James continued. At the same time, things were not going well at his new job. In 2002, a small group of fellow physicians within the practice confronted

James with an intervention, a meeting designed to confront a problem and convince an individual to seek help. "They had noticed the smell of alcohol on my breath early in the morning. I was not drinking in the morning, but I drank so much the night before that I was still under the influence." The group asked him to visit the Shepherd Hill facility at Licking Memorial Hospital (LMH) for evaluation and treatment.

"My first impulse was to run," James remembered. "But I called a family meeting. I still was not convinced I had a problem that needed help, but I asked my family what they thought I should do. My teenage son just said, 'Duh, Dad. Go in for treatment.' To him, it was that obvious."

Still doubtful that he had a real problem, but wanting to save his family and working relationships, James turned to Shepherd Hill at LMH. He checked into treatment and stayed for a three-month chemical dependency program. "The first couple of months were the most painful times in my life," he said. "It took a while to convince me that I was not in control. Even as a physician, I considered alcoholism to be a lack of willpower. During sessions with my counselor, J R Abrahamsen, I came to realize that alcoholism is a medical disease. I needed medical treatment, just the same as with other medical conditions,

Patient Story – James (continued on page 16)

Behavioral Health 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 Behavioral health is a broad term that refers to psychiatric and/or chemical dependency illnesses. Inpatient hospitalization for either condition is often necessary for effective intervention. Licking Memorial Hospital provides a wide range of services for people with behavioral health illnesses at its Shepherd Hill facility. One goal is to transition patients into outpatient settings where they can continue treatment, decreasing the need for readmission.

	LMH 2006	LMH 2007	LMH 2008	Goal
Psychiatric readmissions	0.3%	1.7%	0.5%	less than 5.6%

2 Chemical dependency, also called addiction, is treated as a chronic, progressive and potentially fatal disease. Although Shepherd Hill staff members work with patients to develop individual treatment goals that will meet the patients' needs, the Shepherd Hill program is built around four consistent treatment goals: education, self-diagnosis, self-responsibility and self-treatment. Recovery is dependent upon completion of all goals, therefore, Shepherd Hill monitors when treatment is incomplete and why. When patients leave Shepherd Hill, staff members encourage continuity of care by referring them to other health care professionals as needed.

	LMH 2006	LMH 2007	LMH 2008	Goal
People with complete treatment	61%	70%	79%	greater than 75%

3 Outcome studies are conducted to monitor and measure the success of chemical dependence treatment. Our data shows how patients are doing up to two years after completing the program. Information regarding abstinence one year after completing the program is self-reported by patients.

	LMH 2006	LMH 2007	LMH 2008	Goal
Patients remaining abstinent	84%	83%	83%	greater than 85%
Improvement in quality of relationships	95%	99%	91%	greater than 85%
Improvement in overall physical and mental health	93%	98%	93%	greater than 85%
Improvement in overall quality of life	91%	97%	92%	greater than 85%

4 Detoxification – the safe, medically supervised elimination of addictive substances from the body – is the most intensive care offered for chemical dependency patients. Acute withdrawal symptoms are managed by the appropriate medications for each patient's situation. The length of stay for detoxification depends upon the drug of choice and the severity of the withdrawal.

	LMH 2006	LMH 2007	LMH 2008	Goal
Average length of stay – alcohol treatment	2.6	2.6	2.4	less than 3 days
Average length of stay – opiate treatment	2.7	2.8	2.7	less than 4 days
Average length of stay – tranquilizer treatment	2.2	3.2	2.8	less than 5 days

5 Family participation is an important component in patients' recovery. For continuity of care, a licensed professional clinical counselor or a social worker will initiate contact with family members of Shepherd Hill psychiatric inpatients and encourage them to participate in a family meeting during the period of inpatient treatment.

	LMH 2006	LMH 2007	LMH 2008	Goal
Attempted to contact family within 24 hours for initial social work meeting	90%	94%	99%	greater than 95%
Social work/family meeting during patient stay	52%	74%	99%	greater than 95%

such as diabetes or heart disease.”

“Any chemical dependency, including alcoholism, causes changes in brain chemistry,” explained Shepherd Hill counselor J R Abrahamsen, LICDC, NCAC I, ICCS. “Once James understood that we needed to treat the disease medically, he was able to let go of his inner struggle, thinking he only needed to summon up sufficient willpower to quit drinking. He was able to concentrate on healing, instead of dealing with guilt and shame. This was also the time to begin the healing process for the entire family.”

To achieve optimum results, the chemical dependency program at Shepherd Hill treats addiction as a family illness. Family members are encouraged to participate in the Family Education Program. James’ wife and children attended weekly meetings, and their family dynamics began to improve. “Over time, I regained my children’s trust and respect, and I am very close with them now. My relationship with my wife is now as good as it has ever been.”

After James’ residential treatment at Shepherd Hill, his entire family attended Alcoholics Anonymous for a length of time. James also continued regular visits to the Shepherd Hill Aftercare and Caduceus Group for two years. Aftercare is a weekly facilitated group that provides follow-up support for one year after treatment, and Caduceus Group is an additional aftercare group designed specifically for health care professionals who have completed treatment of their addictive disease.

James has now been sober for more than six years. He no longer craves alcoholic beverages, and knows that he needs to continue to abstain from the substance altogether. “I tell the people I sponsor, ‘Basically, we all start out as cucumbers, and some of us become pickles. But, once you become a pickle, you can never go back to being a cucumber again,’” he said.

James has resumed an active lifestyle. He volunteers with charity associations, plays tennis and works around the house. In addition, he sponsors several recovering alcoholics, providing advice, friendship and support. He also has invaluable advice for friends who ask him about alcoholism. “There is no set level of drinking that determines if a person is an alcoholic or not – it is a very individual thing. I also tell them that if drinking seems to be causing problems, it probably is a problem.”

The staff at Shepherd Hill can help determine if the use of alcohol or any other chemical substance has become an addiction. Treatment plans for adults are available through residential or outpatient programs. For more information, call Shepherd Hill at (740) 348-4870 or toll-free at (800) 223-6410. Information is also available online at www.shepherdhill.net.

**We have used the name “James” to safeguard the patient’s confidentiality, however all the other details of his case are factual. The patient has agreed to share his story in the hope that the information may inspire others with chemical addiction to seek help.*

“We went to London last year, and I took it along. With the CPAP, I sleep six to seven hours straight, and I feel so much more alert and energetic. It even helped me to recover from jet lag much more quickly. I also use it during short naps, and I keep a battery pack for it, just in case the power ever goes off.”

Use of the CPAP device is the only treatment Lynn is using for OSA – she does not require any medication for the condition. She plans to follow up with Dr. Pacht through annual visits to monitor her symptoms, and is keeping a close eye on her children’s sleep patterns since sleep apnea tends to run in families.

Although some amount of snoring is usually harmless, very loud snoring or breathing cessations are symptoms that could indicate dangerous sleep apnea and should not be ignored. For more information about sleep apnea, consult a family physician, or log in to www.LMHealth.org and click on “Hospital Services” and then “Sleep Laboratory.”

Development Spotlight – Todd Hartshorn



Todd Hartshorn

In 2004, Todd Hartshorn joined the Licking Memorial Hospital (LMH) Development Council after being invited by a friend. Todd is currently a member of the Education and Membership Committee. “I am involved because I want to be a part of the LMH organization and give back to the community,” he said.

The Licking County native is a self-employed financial advisor for Hartshorn Financial Services in Newark, and has 15 years of experience in financial services. “I look forward to contributing through my abilities to further benefit Licking Memorial,” he said.

Todd earned a Bachelor of Science in Business Administration degree from The Ohio State University

with specialization in insurance and risk management. He also offers his time as a volunteer in the local community. He coaches basketball and softball teams ranging from third to sixth grade levels. In the past, he served as President of AmSpirit, and was a member of the Newark Jaycees and Newark Rotaract. Since 1995, he has attended the Spring Hills Baptist Church.

Todd and his wife, Jennifer, have been married for 13 years. The couple has three children, 11-year-old Haleigh, 8-year-old Payton, and 2-year-old Thaddaus. In his spare time, he enjoys weightlifting, riding his motorcycle, and spending time with his family.

Development Spotlight – Joy Weaver



Joy Weaver

“I joined the Licking Memorial Hospital (LMH) Development Council Annual Support Committee because I want to learn more about LMH and further support its fundraising activities,” said Joy Weaver. “As Chairman of the TWIGS’ (Togetherness, Willingness, Imagination, Giving and Sharing)

Executive Board, I understand how important raising community awareness is for the Hospital.” The TWIGS Organization of LMH raises funds for the Hospital year round through special events, sales, the LMH Gift Shop and the TWIGS Thrift Shop in Granville.

In 1984, Joy, a Pennsylvania native, relocated to Licking County with her family. In 2003, her friends invited her to join TWIGS at LMH. She has been an active member ever since and finds giving back to the community a gratifying reward.


Joy is the Assistant Co-Chairman of the LMH Gift Shop where she works two or more days each month. She assists in ordering merchandise and keeping the shelves stocked with the most up-to-date items. In 2004, Joy started working part-time in the snack bar at the Granville Golf Course. “I enjoy serving the public and think it is a great way to meet people,” she said.

In her spare time, Joy enjoys golfing and bowling. She also is involved in researching her family’s genealogy. “I find that researching my family’s heritage and history is very rewarding. Every day I learn more about my ancestors, where they originated, and the similarities we share,” she said.

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by: Richard Reed
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by: Licking Memorial Hospital

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Bernadette and Jerame Davies
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In Memory of Kathy J. Wenzelberger
by: Richard P. Wenzelberger

Physicians Recognized for Their Memberships to The Caduceus Society

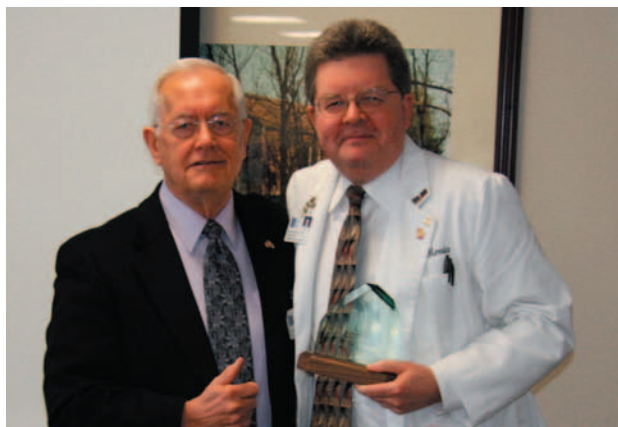
During a recent Licking Memorial Hospital (LMH) Board meeting, three LMH physicians were presented with engraved glass pieces to recognize their decision to join The Caduceus Society. Membership in The Caduceus Society is extended to those who are members of the LMH medical staff and pledge a minimum gift of \$10,000 over the course of 10 years. The three new Caduceus Society members were Licking Memorial Women's Health Physician Tiffany E.D. Inglis, M.D.; LMH Director of Cardiology Bryce I. Morrice, M.D.; and Licking Memorial Pediatrician Robert Seese, M.D.

Dr. Inglis received her Medical Degree at the Medical College of Ohio in Toledo. She completed a residency in obstetrics/gynecology at Riverside Methodist Hospital in Columbus. She also earned a Bachelor of Science degree in zoology from The Ohio State University. She and her husband, Brian, are the parents of two children, Julia and Jack. In her spare time, she enjoys reading, running and spending time with her family.



LMH Development Council Chairman Robert McGaughy presented a glass recognition piece to Tiffany E.D. Inglis, M.D., in honor of her contribution to The Caduceus Society.

Dr. Morrice has been with LMH since 1984. He earned his Medical Degree from the University of Cincinnati College of Medicine after receiving a Bachelor of Science degree in chemistry from Antioch College in Yellow Springs, Ohio. He has served on the boards of the Central Ohio and Licking County chapters of the American Heart Association, Moundbuilders Professional Association, and Hospice. Dr. Morrice also served as Medical Director of the Newark EMS Board, and President of the American Heart Association Ohio–West Virginia Affiliate. He is a current fellow of the American College of Cardiology.



LMH Development Council Chairman Robert McGaughy thanked Bryce Morrice, M.D., for his Caduceus-level contribution.

Dr. Seese received his Medical Degree at Northeastern Ohio Universities College of Medicine in Rootstown, Ohio. He completed an internship and residency in pediatrics at Children's Hospital in Columbus. Dr. Seese also completed clinical training in pediatric infectious disease at The Cleveland Clinic in Cleveland. He earned his Bachelor of Science degree in life sciences at Kent State University in Kent, Ohio, graduating magna cum laude. Dr. Seese is board certified by the American Board of Pediatrics.



LMH Development Council Chairman Robert McGaughy congratulated Robert Seese, M.D., for becoming a member of the distinguished Caduceus Society.

All donations from the medical staff, employees and the community are used specifically toward new medical equipment and expanded services at LMH. They do not assist with general operating expenses.

The William Schaffner Society Welcomes Two New Members

Two new members of the William Schaffner Society were honored during a recent Board meeting at Licking Memorial Hospital (LMH). Membership to the William Schaffner Society reflects a contribution of \$10,000 over the course of 10 years to benefit new medical equipment and expanded services at LMH.

Respiratory Therapist Rita Allen was presented with a recognition glass piece for her decision to join the William Schaffner Society. Rita became a member of the Schaffner Society by increasing her donation through the LMH employee contribution program, Providing Resources in Dedicated Employees (PRIDE). LMH Development Council Chairman Robert McGaughy, who introduced Rita at the meeting, said that she was one of the first to support the PRIDE campaign in 1987 when the employee contribution plan was first implemented.

Rita coordinates the Pulmonary Rehab Program at LMH. The Muskingum County native joined the Hospital in 1982. She earned a diploma in respiratory therapy from the Muskingum County Adult Education Program. Rita is a member of the Ohio Respiratory Care Board (ORCB), and National Board for Respiratory Care (NBRC). She is certified in Advanced Cardiac Life Support (ACLS) and as a Neonatal Resuscitation Professional (NRP). Each year, she serves as an assistant at Camp Feelin' Fine, a summer program for children with asthma. Rita lives in Philo, Ohio, and has one son, 18-year-old Kyle.



LMH Development Council Chairman Robert McGaughy congratulated Rita Allen for her Schaffner Society level contribution.

Teresa Wood, Ph.D., R.N., also accepted a recognition glass piece for her membership into the William Schaffner Society. Her gift is just one example of her dedication to Licking Memorial Hospital (LMH) and the community. Teresa, who joined the LMH Emergency Department in May 2007, also serves as the Dean of the School of Nursing and Health Sciences at Mount Vernon Nazarene University and a Nurse Education Consultant. "Teresa is passionate about developing programs for nursing on a national level to help advance the nursing profession," said LMH Development Council Chairman Robert McGaughy.

The Crooksville native earned a Bachelor of Science degree in nursing at Ohio University in Athens, Ohio, a Master of Science degree in nursing at Wright State University in Dayton, Ohio, and a doctorate degree at The Ohio State University in Columbus.



LMH Development Council Chairman Robert McGaughy introduced Teresa Wood during a board meeting presentation in honor of her Schaffner Society level contribution.

Teresa and her husband, Kelvin, live in Newark and have three children, Katelynn and Adam Wood and Amy Wood Cooperrider. The couple has two grandsons, Isaac and Charles Cooperrider. In her spare time, Teresa enjoys spending time with her family, reading, biking, cooking and attending church at the Pataskala Church of the Nazarene. She is a member of the Knox County Chamber of Commerce, American Association of Colleges of Nursing, Ohio Council of Deans and Directors, Ohio Nurses Association, American Nurses Association and Sigma Theta Tau International Honor Society of Nursing.

Physician Spotlight – Laura J. Schaeffer, D.O.



Laura J. Schaeffer,
D.O.

Laura J. Schaeffer, D.O., is a dermatologist at Licking Memorial Dermatology in Newark. She specializes in the prevention, diagnosing and treatment of skin diseases.

Dr. Schaeffer earned her Doctor of Osteopathic Medicine degree from Ohio University College of Osteopathic

Medicine in Athens, Ohio, after receiving a bachelor's degree in biological sciences from Ohio University. She completed her dermatology residency with Pontiac

Osteopathic Medical Center in Pontiac, Michigan, and an internal medicine residency and an internship with Doctors Hospital in Columbus. She is board certified in dermatology. Dr. Schaeffer is a member of the American Osteopathic College of Dermatology, the American Osteopathic Association and the American Medical Association.

Ask a Doc

Question: There are so many sunscreens on the market. Is there an ideal SPF factor that will protect me from sunburn, but still allow me to tan?

Answer: As summer approaches, the ultraviolet rays in sunlight become stronger, and people enjoy more outdoor activities. The combination of those two factors often sets the stage for sunburn, so I am glad you are being proactive about protecting your skin.

First, let me explain how sunlight can damage the skin. The sun emits two types of harmful radiation, UVA and UVB rays. UVA rays will accelerate aging of the skin, causing age spots and wrinkles. UVB rays are the primary cause of sunburns. Both types of radiation also set the stage for skin cancer later in life.

Ideally, all exposed skin should be protected with sunscreen every day, even if you are going to stay inside near a window. Glass will block UVB radiation, but not UVA radiation. For days you will be indoors, applying sunscreen under makeup or using makeup with a sunscreen component should be sufficient.

For outdoor activities, sunscreen should be applied to all exposed areas year-round. Anyone who has very dry skin should apply the sunscreen 15 to 30 minutes before going outside. Most people remember to apply the sunscreen to their faces, shoulders, arms and legs, but the ears, lips, neck and scalp are quite vulnerable, as well.

In the summer time, it would be best to choose a sunscreen with a SPF 30 (or higher) factor. Products that contain zinc oxide or titanium dioxide provide the best protection since they reflect light and cause fewer allergic reactions. Sunscreens should be reapplied every four hours, and after swimming or heavy sweating.

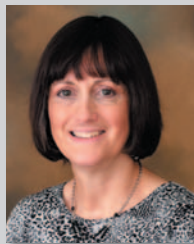
All tanning is a sign of skin damage. The skin darkens in response to the injury that ultraviolet light rays produce. Anyone who desires a "healthy glow" is better advised to use a cosmetic product such as a bronzing lotion or a spray-on tan. Tanning beds and booths that use artificial light should be avoided completely since they produce radiation that can be even stronger than the sun's.



Thomas Argyle



Hydi F. Laidlaw-Smith,
D.O., FACOS



Jackie L.
Underwood, M.D.

New Appointments

Thomas Argyle

was named Director of Public Relations.

Hydi F. Laidlaw-Smith, D.O., FACOS,

joined Licking Memorial Surgical Services.

Jackie L. Underwood, M.D.,

joined Licking Memorial Family Practice.

Rob Montagnese Honored at Grand Illusions Event



Robert A. Montagnese
President & CEO

Chairpersons Ron Alford, Barbara Cantlin, Johnny John, Pat Jeffries, Leonard Feightner, Frank Stare, C. Daniel DeLawder, Robert H. McGaughy, Eschol Curl Jr., and the volunteers of Ohio Cancer Research Associates honored and sautéed Robert A. Montagnese President & CEO of Licking Memorial Health Systems in its 20th Anniversary John W. Alford Memorial Dinner. Rob was chosen for

this honor because of his community and civic involvement as well as his interest in cancer research. The black tie optional gala took place on Saturday, March 7, at Cherry Valley Lodge in Newark.

Past recipients of the Grand Illusions award include Leonard Feightner, Johnny John, the Rev. Dr. Charles Noble Sr., Don Edwards, David Longaberger, Charlie Franks, Dr. Charles Sinsabaugh, Howard E. LeFevre, Calvin E. Roebuck, Elizabeth Welsh, Nancy Chiles Dix, former Mayor Frank Stare, Herbert and Frank Murphy, Jerry McClain, Eschol Curl Jr., C. Daniel Delawder, John Hinderer, Pat Jeffries and Robert H. McGaughy.

“When we started to raise seed money for cancer research, few people understood or supported the concept. Yet, Johnny John galvanized our efforts in Licking County. Our volunteers are our greatest asset and the Alford family embraced our cause. Each year, the committee chooses someone in the community who best reflects John Alford’s legacy, a commitment to all causes that enrich the human spirit,” said Tom Lamb, Associate Executive Director, Ohio Cancer Research Associates.

Rob currently serves as a member of the Ohio Hospital Association (OHA) Board of Trustees and the OHA Research & Educational Foundation Board. He is also a board member (past president) of Big Brothers Big Sisters, board member (past president) of the Salvation Army Advisory Board, board member of the First Federal Savings and Loan, board member of The Works, board member of Kendal at Granville, and a member of the Newark Rotary Club. Rob is the current chairman of the Salvation Army Capital Campaign for a new shelter. In 2007, Rob was named to the Forty Under 40 list by Columbus Business First to honor a select group of community and business leaders in the Greater Columbus area.

Ohio Cancer Research Associates is an independent statewide, nonprofit organization dedicated to the cure and prevention of the many forms of cancer and the reduction of its debilitating effects through aggressive basic seed money research, public information and awareness. Ohio Cancer Research Associates is not affiliated with any other organization.

More than 11 million has been spent on cancer awareness and seed money research; of that amount, \$5,800,000 in seed money provided by Ohio Cancer Research Associates has generated over \$78.4 million in new money from other sources to continue basic cancer research on projects initially funded.

Individual researchers are currently being funded at The Ohio State University, The Cleveland Clinic, Case Western Reserve University, Children’s Hospital in Cincinnati, University of Cincinnati, University of Toledo, University of Dayton and Ohio University.

Dr. Nock Earns Fellow in Hospital Medicine Designation



Peter Nock, D.O.,
F.H.M.

The Society of Hospital Medicine (SHM) has announced that Hospitalist Peter Nock, D.O., of Licking Memorial Health Systems has earned the Fellow in Hospital Medicine designation. Becoming a fellow is an avenue for special recognition for Society members who have distinguished themselves among their colleagues and the hospital medicine specialty.

“Until now, hospitalists have not had a way to distinguish themselves from their colleagues,” said SHM’s CEO, Larry Wellikson, M.D. “The FHM designation gives hospitalists a chance to set themselves apart and be recognized for all of their work that continues to make hospital medicine the fastest growing medical specialty in history.”

To be designated as a Fellow in Hospital Medicine, an applicant must be a hospitalist for five years, be a member of SHM for three years, demonstrate dedication to quality and process improvement, show commitment to organizational teamwork and leadership, and continue lifelong learning and education. Approximately 500 hospitalists will be inducted in the inaugural class of fellows this May at the Hospital Medicine 2009 event in Chicago, Illinois.

SHM is the premier medical society representing hospitalists. Over the past decade, studies have shown that hospitalists decrease patient lengths of stay and reduce hospital costs and readmission rates, all while increasing patient satisfaction. Hospital medicine is the fastest-growing specialty in modern health care, with more than 28,000 hospitalists currently practicing.

Licking Memorial Health Systems Wins Green Star Merit Award for Landscaping

Licking Memorial Health Systems (LMHS) was recently recognized for its outstanding landscape design and grounds maintenance. The Professional Grounds Management Society (PGMS) has presented LMHS with a Green Star Merit Award in the Hospital or Institution category.



LMHS' beautiful landscaping and environmental conservation has earned the prestigious national Green Star Merit Award.

The award winners are determined by a distinguished panel of judges, selected by the PGMS. The judges considered quality, challenge, operating budget, and performance in maintenance of the grounds. Photographs of the grounds and crew were also

submitted to the PGMS panel for review.

“We believe our landscaping and grounds contribute to the healing environment we like to create for our patients. It is an honor to have our landscaping be acknowledged for its beauty, and our grounds crew feels gratified for all of the hard work put into the maintenance of the landscaping,” said Rob Montagnese, LMHS President &

CEO. LMHS shares this nationally known award with The Christ Hospital in Cincinnati and Sacred Heart Hospital in Pensacola, Florida.

Volunteer Spotlight: Renee Halblaub

Renee Halblaub has been an official volunteer at Licking Memorial Hospital (LMH) in Linen Services since 2000. “Renee has a mild case of Down syndrome and wanted to stay active by volunteering her time to make a difference,” said Renee’s mother, Helen. “She looks forward to going to work three days a week and has formed friendships with the crew members.”



Hospital Volunteer Renee Halblaub

Renee, a 1999 Licking Valley graduate, has earned both the Five Year Service and the President’s Call to Service awards. “Renee is loved by all who meet her. When she comes to work, she is determined to do a good job and takes pride in her work,”

said Carol Barnes, Director of TWIGS and Volunteers. With more than 2,000 volunteer hours, Renee has proved to be a dedicated volunteer, but enjoys taking her summers off to be with her family.

Renee lives in Newark with her mother and father. When she is not donating her time to LMH, she enjoys traveling with her family, camping, playing computer games and riding her three-wheeled bike. She is an avid football fan. Her favorite teams are The Ohio State Buckeyes and the Licking Valley Panthers.

Web Site Tip

Choosing a Doctor

Choosing a new doctor can be confusing. Fortunately, there is a great deal of information available on Licking Memorial Health System’s Web site that will guide patients to excellent physicians in Licking County.

To find a physician, log on to www.LMHealth.org and click on “Find a Doctor.” Two drop-down menus will appear. The first menu will allow the user to search by physician specialty. The second menu allows the user to search for a physician by name.

By clicking on an individual physician’s name, the user will find information about the doctor’s address and telephone number. The listing also includes any board certifications earned, the area of degree specialty and which medical schools attended.

Additional information is included on the LMH Web site for physicians who are part of the Licking Memorial Health Professionals. To locate those doctors, click on “LMHP Physician Practices,” and choose a specialty from the drop-down menu. Each practice lists the physicians’ educational background and contact information for the office.

Licking Memorial Recognizes National Hospital and Health Care Week

The American Hospital Association has proclaimed May 10 to 16 as National Hospital and Health Care Week. During this week, the public is invited to join Licking Memorial Health Systems (LMHS) in thanking its employees for their year-round dedicated work. The Health Systems employs approximately 1,650 staff members and is Licking County's largest employer.



Vice President of Human Resources and Support Services Anne Peterson helped President & CEO Rob Montagnese serve ice cream at the employee picnic during 2008's Hospital and Health Care Week celebration.

in putting the patients' needs first on a daily basis. National Hospital and Health Care Week gives us an opportunity to recognize their extraordinary service to the community."

National Hospital Week began in 1921 and has grown into the nation's largest annual health care event. The week will be recognized at Licking Memorial Hospital with special employee awards, a two-day employee health fair, entertainment and

LMHS President & CEO Rob Montagnese said, "We are very proud of every one of our capable and compassionate staff members who succeed

fun carnival-type activities.

Retiree Spotlight: Joe Snively



Joe Snively

Joe Snively began his career at Licking Memorial Hospital (LMH) in 1979 in the Radiology Department as a radiographer. He worked various shifts, and as a result, built great relationships with fellow employees and patients.

"I had the opportunity to meet and work with so many wonderful people and make friendships that will last a lifetime," he said.

During his years of service, Joe experienced many changes within the Hospital. "No matter what the changes seemed to be, we were always treated fairly and received support from management," said Joe. "I am grateful to have had such a memorable experience, and

I am proud to say I have been part of the LMH family." In 2003, due to health reasons, Joe made the decision to retire after 24 years of service to LMH. "It was time for me to retire, but I really miss my coworkers and the interaction with patients," he said.

Over the past six years, Joe has been enjoying retirement while traveling and spending time with his family. His wife, Elsie, who has been employed at LMH for more than 22 years, is currently a certified pharmacy technician. During time off from her duties at the Hospital, they frequently visit their son, daughter and four grandchildren in North Carolina. Joe also stays busy volunteering at church, playing music, attending car shows, and visiting former coworkers.

Community Shred Day

Stacks of old bank statements, homework assignments and newspapers that are collecting dust around the house could actually benefit patients at Licking Memorial Health Systems (LMHS). The Park National Bank (PNB) and Shred-it are hosting a Community Shred Day on Saturday, May 16, from 8:00 a.m. to 12:00 noon, to provide shredding and recycling services to the public. Proceeds will be donated to Licking Memorial Health Foundation to be used toward new equipment, programs and expanded services at LMHS.

On Community Shred Day, the public is invited to bring paper items to the Pataskala office of PNB located in the Kroger Center on State Route 16 for immediate shredding. Truck-mounted equipment from Shred-it will perform the shredding on-site, cross-cutting the documents and materials to pieces no larger than 5/8 inch in size – much like paper confetti. All the shredded materials will be recycled.

Community Shred Day (continued on page 25)

“This is the first year we have offered this service in the Pataskala area, but the third year PNB has offered a Community Shred Day in Licking County. An additional Shred-it truck was added last year, due to the large volume of material that the community brought in. This is a service that the community really appreciates, and PNB is happy to be able to provide this service,” explained PNB Administrative Officer Cindy Hollis.



Park National Bank and Shred-It will host a Community Shred Day on Saturday, May 16, to provide shredding and recycling services. Contributions will benefit LMHS.

Items that can be accepted for shredding include paperwork, receipts, tax and medical records, newspapers, magazines, CDs, floppy disks and VHS cassettes. Staples and paper clips do not need to be removed; however, papers must be removed from notebooks and binders. No more than five standard-sized boxes will be accepted per household. The event is aimed for households; materials from businesses or organizations will not be accepted.

“As a drive-thru service, we will have staff members from our Pataskala Office available to unload the items from people’s cars,” Cindy said. “If the items are in cardboard boxes or paper bags, we can shred those as well. We’ll remove them from the cars and put them directly into the Shred-it trucks with the shredding equipment. If people prefer, they can park to the side and watch their documents being shredded.”

PNB and Shred-it are offering Community Shred Day as a free service to the community. Donations will be accepted with the proceeds benefiting LMHS. Cindy explained the event was purposely planned to occur shortly after tax season when residents are likely to discard unneeded paperwork. She said, “In this day and age, there are many documents that people should not be throwing in the trash at home. Anything

that may contain sensitive information should be shredded to avoid the risk of identity theft or fraud.”

LMHS Vice President Development and Public Relations Veronica Link stated, “We encourage the members of the community to bring their confidential documents to be shredded on Community Shred Day. LMHS would like to thank PNB in Pataskala and Shred-it for providing this secure and convenient service to the community.”

Shred-it is a security company based in Canada, with 140 branches around the world. The local Shred-it operation is headquartered in Gahanna, Ohio, and is an independent locally owned franchise of the Shred-it system. Shred-it associates are bonded and trained in material processing.

Based in Newark, PNB is the leading community bank in Ohio. It operates 18 full-service offices in Licking and Franklin counties, and has a staff of more than 500 associates. For more information about Community Shred Day, call (740) 349-3724.



Easter Bunny Visits Pediatric Patients

Young patients at Licking Memorial Pediatrics in Newark received a surprise visit from the Easter Bunny on April 9. As part of the national Some Bunny Loves You program, the Licking County Sheriff’s Office partnered with Licking Memorial Health Systems (LMHS) to provide some springtime cheer. The program is designed to help children develop a positive and trusting relationship with law enforcement officers. Shown are (left to right): LMHS President & CEO Rob Montagnese, Matthew Stafford, Shelby Stafford, Capt. Ray Back and Elizabeth Rickett.

Operation FEED Campaign Raises Money to Benefit Food Pantry Network of Licking County

Each year, Licking Memorial Health Systems (LMHS) employees work together for the Operation FEED Campaign to raise money for the Food Pantry Network of Licking County. The Food Pantry's Operation Feed Campaign provides LMHS and other area employers, churches and schools with the opportunity to help those less fortunate in the Licking County area. LMHS employees have been participating in the Operation Feed Campaign for the last 19 years.

There were several ways to raise money for Operation Feed, including an event designed to build friendly competition among employees. LMHS employees were given the chance to donate spare change in designated coin jars located near the Café. They also had the option of either donating cash or having a designated amount donated automatically from one paycheck.

The Supermarket Sweep game, also sponsored by the local Food Pantry Network, was held to raise funds as well. Local residents and fellow employees gathered to cheer on their team at the Indian Mound Mall. Teams of two were given a shopping list and sent to shop as quickly as possible in the small scale grocery store set up just for the event. LMHS employees, Chris Montis and



Chris Montis and Holly Huff raced to fill their shopping cart as they represented LMHS at the Supermarket Sweep to benefit the Food Pantry of Licking County.

Holly Huff, both participated in the Supermarket Sweep contest, and placed third in the first heat. The top 10 place holders then competed in the final round to determine the top three winners. The team finished in fourth place overall. "I was very pleased with their performance," said Steve Schlicher, Communications Manager and Operation Feed Committee Co-chair. "This was the second time an LMHS team has ever made it to the final round!"

LMHS employees had another opportunity to participate in the Operation Feed Campaign by way of the FEEDbay auction. FEEDbay was designed much like the online bidding auction, eBay. LMHS employees donated new and slightly used items which were placed for bid on an employee Web site. The donated items were then listed for auction and employees were able to place their bids in order to purchase their favorite items.

All of the proceeds collected from the employee donation cards and FEEDbay went toward the Operation Feed Campaign to assist needy Licking County residents. This year, the combined efforts from LMHS raised \$19,584.35 for the food pantry, exceeding last year's contribution by \$3,409.35.

Tinnitus *(continued from front page)*



Cheryl Barker, Au.D., CCC-A

Head noise or ringing in the ears (tinnitus) is very common. Millions of people have some degree of tinnitus. For some, the ringing in their ears is distressing enough for them to seek medical help, although tinnitus is not a disease. It is a symptom that can be caused by a number of medical conditions. Tinnitus may be the result of age-related hearing loss or ear injury, or it may be an indication of a circulatory system disease.

Licking Memorial Health Systems encourages men and women to be proactive about their health with education on tinnitus. The free education program on tinnitus is scheduled for Tuesday, June 23, at 6:00 p.m., in Conference Rooms A and B on the first floor of Licking Memorial Hospital.

Cheryl Barker, Au.D., CCC-A, Doctor of Audiology, from Clear Choice Audiology will be the featured speaker. Registration is required. To make a reservation or receive more information, please call (740) 348-1434.

Community Heart Health Fair *(continued from front page)*

In honor of National CPR/AED Awareness Week, Licking Memorial Hospital (LMH) will host its first Community Heart Health Fair on Tuesday, June 2, from 3:00 to 7:00 p.m., in Conference Rooms A and B on the first floor. The public is encouraged to attend to learn ways to prevent heart disease, how to respond to a heart attack, and what kinds of cardiology services are available at Licking Memorial.

Stations at the Health Fair will offer free or low-cost screenings. Licensed dietitians will be available to answer individual questions about the impact of nutrition on heart health. Other topics that will be represented at the health fair include exercise and wellness, smoking cessation and early signs of a heart attack. In addition, CPR and healthy cooking demonstrations will take place throughout the Health



LMH's first Community Heart Health Fair will take place on Tuesday, June 2. Visitors will have the opportunity to participate in screenings.

Fair. Guests will receive copies of heart-healthy recipes to take home.

Licking Memorial Health Systems (LMHS) is striving to reduce the number of cardiac deaths in Licking County. In 2008, LMHS spent approximately \$155,000 to equip law enforcement agencies and schools with 117 AED (automated external defibrillator) devices. The Health Systems also provided 3-hour AED training sessions to approximately 175 law enforcement officers from several police departments in the county.

Attendance to the Community Heart Health Fair is free, and no reservations are necessary. For more information, please call (740) 348-1424.

Skin Cancer Awareness and Screening *(continued from front page)*

Early detection is the best defense for all types of skin cancer. A monthly self-exam is easy. It takes only about 10 minutes and could save your life. Participants will learn about the different types of skin cancer, the harmful effects of tanning, the benefits of sunscreen in protecting against aging, and treatment alternatives. Mole and skin lesion screenings will be available to the first 45 registrants.



Registration is required for the free Skin Cancer Awareness Program at Licking Memorial Hospital. The program is being offered twice this year, on Tuesday, May 12, or Tuesday, May 19.

J. Michael Holsinger, D.O., Laura Schaeffer, D.O., and Bethany Wyles, D.O., from Licking Memorial Dermatology will be the featured speakers. Registration is required. To make a reservation or receive more information, please call (740) 348-1434 and specify which evening you would like to attend.

Licking Memorial Health Systems (LMHS) encourages men and women to be proactive about their health with education on skin cancer and a free screening. Due to its popularity, this free skin cancer education program is scheduled twice this year, Tuesday, May 12, or Tuesday, May 19, at 6:00 p.m. in Conference Rooms A and B on the first floor of Licking Memorial Hospital.



**Licking Memorial
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You'll once again see why
Licking Memorial Health Systems is
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Visit us at www.LMHealth.org.

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**Licking Memorial
Health Systems**

Upcoming Dates

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

Skin Cancer Awareness & Screening

Tuesday, May 12 or Tuesday, May 19 – 6:00 p.m.
Conference Rooms A and B, first floor
Licking Memorial Hospital

See front cover for program details.

Community Heart Health Fair

Tuesday, June 2 – 3:00 to 7:00 p.m.
Conference Rooms A and B, first floor
Licking Memorial Hospital

See front cover for program details.

Tinnitus

Tuesday, June 23 – 6:00 p.m.
Conference Rooms A and B, first floor
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.

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.