



Community Connection

Licking Memorial Health Systems

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November/December 2008

Measurably Different ... for Your Health!

Protecting Lives: One Athlete's Heart at a Time

Bolstered by cheering crowds, shaking pom-poms and marching bands, high school and middle school athletes across Licking County are enthusiastically engaged in the exciting tradition of fall sports. The athletes are well-equipped with protective helmets, mouth guards, padding and muscle braces for the physical rigors of sports. However, no amount of sports gear can protect the athletes from the dangers of a potential killer – a hidden heart defect. This fall, one Alexandria family is grateful that Licking Memorial Health Systems (LMHS) added a new component to the athletes' sports physicals that may have prevented a tragedy for them.



Clay Harris tosses the football just after scoring a touchdown in Newark Catholic's season home opener against Amanda Clearcreek.

Protecting Lives: One Athlete's Heart at a Time (continued on page 2)

Smoking Cessation Program



Stephanie Falkner

One of the Surgeon General's four rotating messages on cigarette packages is straight to the point, "Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy." Yet, in spite of the dire warning, 21.3 percent of Licking County adults continue to light up. "Nicotine is very addictive, so it is difficult for people to just set the cigarettes aside and quit smoking," explained Stephanie Falkner, counselor for the Quit for Good program at Licking Memorial Hospital

(LMH). "Licking Memorial wants to let the public know that our program is available to them, and we have had excellent results in helping patients to kick the smoking habit."

Quit for Good is a program based on the nationally-recognized Mayo Clinic medical model which combines provider intervention, counseling and nicotine replacement therapy. In 2006, LMH began offering the program in cooperation with The Breathing Association of Columbus, Ohio. Initially, the program operated with one part-time counselor. Today, two full-time counselors are needed to accommodate the growing list of patients. As of July 2008, 597 patients received Quit for Good services at

Smoking Cessation Program (continued on page 2)

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

See pages 10 - 14 for Quality Report Cards in this issue.

COMMUNITY EDUCATION

LMHS Presents Community Education Program - Palliative Care and End-of-Life Decisions

- Date:** Tuesday, November 18
- Location:** Conference Rooms A&B, First Floor Licking Memorial Hospital
- Time:** 6:00 p.m.
- Speakers:** Maria Heloise Mapa, D.O.



Maria Heloise Mapa, D.O.

Patients who have serious or life-threatening illnesses and may be nearing the end of their lives are faced with many difficult

decisions. Those decisions include which treatments to accept or limit, type of care desired, where care will be received and who will make decisions for them if they are unable to decide for themselves.

Licking Memorial Health Systems (LMHS) is offering a

See page 4 for more details.

Seventeen-year-old Clay Harris was feeling great as he joined his Newark Catholic teammates for the routine pre-participation sports screenings and ECGs over the summer. Clay, who is a junior, plays fullback and middle linebacker on the football team and throws the shotput and discus on the track team. "If anyone had tried to tell me that I had a heart problem, I would not have believed them. I did not have any symptoms," Clay said. In fact, Clay was so confident about his health that he put aside any thoughts of the screenings and journeyed to an out-of-state track meet with his parents, Jim and Barb, while his older brother, Nate, stayed home.



Diane Lemay,
M.D., F.A.A.P.

"Dr. (Diane) LeMay called while we were in North Carolina," Barb said. "She said that Clay's ECG results showed something that needed to be followed up."

Clay's follow-up tests confirmed that he had Wolff-Parkinson-White syndrome, a condition that creates an unusual circuitry for the heart's electrical impulses. Clay had corrective catheter ablation performed at The Ohio State Medical Center on July 21 to block the erratic electrical impulses, and was able to return home that same evening.

Diane LeMay, M.D., a pediatrician at Licking Memorial Pediatrics, was instrumental in adding the free ECGs in 2008 to check each high school athlete's heart rhythm. Licking Memorial has offered free pre-participation screenings to the student-athletes over the past three years.

"We added the ECGs this year to add that extra layer of protection," Dr. LeMay explained, "and Clay's case is a perfect example of why it was so important. Wolff-Parkinson-White syndrome can exist without any symptoms, but sometimes its first symptom is when an athlete dies suddenly on the field. That is a tragedy for the entire community. ECGs have been controversial in literature recently, but the price of one life cannot be measured in dollars or championships."

Clay returned to the football field in time for the new season. He said, "The experience was a little nerve-racking at first, but now that I have the problem fixed, it has not been in my mind at all."

"I called Dr. LeMay to thank her for her role in this," Barb said. "I feel like this testing was a guardian angel looking out for us, because we would have never caught Clay's problem without it. Who knows what might have happened?"

Licking Memorial staff screened 1,008 student athletes and provided 547 ECGs this past spring and summer. Nearly 3 percent of the ECGs performed indicated a need for further evaluation; those students were referred to their primary care providers.

A satisfactory ECG result is now required for pre-participation sports clearance by LMHS. Students who receive normal ECG test results should be rechecked every other year in high school.

Smoking Cessation Program (continued from front page)

LMH. "Of the 23 sites in central Ohio that offer the Quit for Good program, Licking Memorial Hospital is the only one busy enough for two counselors," Stephanie said.

The two Quit for Good counselors at LMH both have backgrounds in nicotine dependence and treatment education and are certified to provide smoking cessation services. At the first session, patients receive an assessment and an individualized smoking cessation plan. The intensity and/or frequency of counseling depend upon the patient's needs. Most patients meet with the counselor for 30 to 60 minutes for weekly or biweekly appointments for up to six months' time. Patients in 2007 participated in the program for an average of 11 weeks. Counselors track self-reported quit rates at each follow-up and conduct surveys after six months to monitor long-

term success. For the 2007 grant year, self-reported quit rates for participants in the LMH Quit for Good Program were calculated at 65 percent.

"Licking County has a high rate of smoking," Stephanie said. "Tobacco use is responsible for many debilitating medical conditions. The single best thing people can do to improve their health is to stop smoking. Studies have shown that the lungs actually begin to heal almost immediately after a person stops. The Hospital is to be commended for taking the initiative to help individuals quit smoking."

Quit for Good services at LMH are offered free to the public. For more information, or to register for the program, call (740) 348-4922.

Precautions to Take in the Event of a Flu Pandemic



Jeanne Emmons

A pandemic is described as a new infectious disease which can be easily spread and infect humans at a rapid pace causing serious illness and death. Previous influenza (flu) pandemics within the United States have occurred in 1918, 1957 and 1968.

Experts say that a flu pandemic will occur again. However, it is important to remember that a flu pandemic is not the same as the seasonal flu many Americans experience each year.

“Public service announcements have been played on television recently throughout Ohio warning people about a possible flu pandemic,” said Licking Memorial Hospital (LMH) Infection Control Manager Jeanne Emmons. “It is important to understand this information is not meant to

scare anyone, but rather to prepare them for the next flu pandemic, whenever that may be.” The most recent threat for a pandemic was the H5N1 virus, commonly known as the bird flu, and many people assume it will cause the next outbreak; however, experts warn that any virus could cause a pandemic.

Healthy habits such as a good diet, frequent hand-washing and getting enough sleep can help keep the flu at bay. Other health-conscious suggestions include: cover the nose and mouth with a tissue when sneezing, avoid touching eyes, mouth and nose, and stay away from those who are sick to decrease the spread of germs. Experts also recommend keeping a minimum of one week’s supply of non-perishable foods, medication and bottled water in each household to take precautions against a possible pandemic in the future.

Licking Memorial Chest Pain Center Receives Accreditation

Licking Memorial Hospital (LMH) has been granted Cycle II accreditation by the Society of Chest Pain Centers (SCPC). The SCPC is a non-profit organization formed to educate health care employees and advance medical practices by combining cardiology, emergency medicine and other specialties to improve heart care for patients. The Cycle II accreditation establishes LMH as a facility which meets or exceeds standards set by the SCPC. Key areas in which a Chest Pain Center must demonstrate expertise include:

- Integrating the emergency department with the local emergency medical system
- Assessing, diagnosing and treating patients quickly
- Effectively treating patients with low risk for acute coronary syndrome and no assignable cause for their symptoms
- Having a functional design that promotes optimal patient care
- Ensuring Chest Pain Center personnel competency and training
- Maintaining organizational structure and commitment within the Chest Pain Center



Imtiaz Ahmed, M.D., Debra Heldman, M.D., Bryce Morrice, M.D., and Patty Merrick, C.N.P., provide cardiac services at Licking Memorial Hospital.

- Continuously seeking to improve processes and procedures
- Supporting community outreach programs that educate members of the public to seek medical care promptly if they display symptoms of a possible heart attack

Licking Memorial exists to improve the health of the community, and it shows. “This accreditation signifies the Hospital’s commitment to excellent patient care,” said Director of Cardiac Services Patty Merrick. “We take pride in providing Licking County residents with specialized heart care close to home and eliminating the need to travel for their health needs.”

The elite accreditation comes after the completion of several evaluations performed by a review team. LMH received its first SCPC accreditation in 2004, becoming the 11th hospital in Ohio to earn the prestigious designation.

Palliative Care and End-of-Life Decisions *(continued from front page)*

community education program, Palliative Care and End-of-Life Decisions, to help patients and family members learn about various options available and to develop end-of-life plans. Palliative Medicine is a medical specialty that focuses on treating individuals with serious or life-threatening illnesses. Palliative Medicine physicians strive to increase their patients' quality of life and decrease any suffering through symptom management.

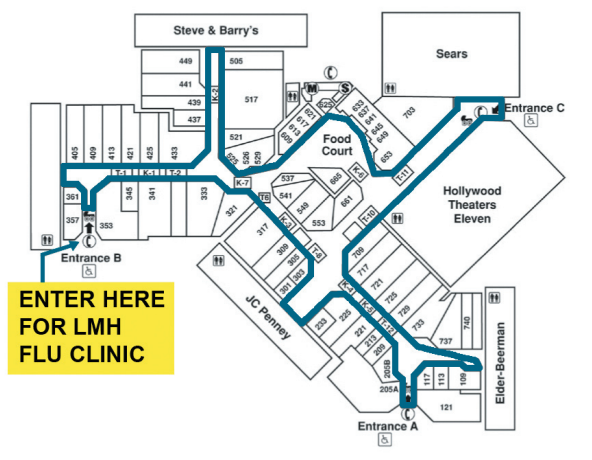
The free community education program will take place on Tuesday, November 18, at 6:00 p.m. in Conference Rooms A & B on the first floor of Licking Memorial Hospital. Palliative Care Physician Maria Heloise Mapa, D.O., from the Licking Memorial Internal Medicine Department will be the speaker.

Registration is required. To register for the free program, or for more information, please call (740) 348-1434.

2008 Licking Memorial Hospital Flu Clinic at Indian Mound Mall

Influenza, commonly known as the flu, can range from a mild infection to a deadly virus. Each year, more than 200,000 Americans are hospitalized from complications of the flu, and more than 36,000 people die from the virus. Flu vaccine is the single best way to prevent infection with the flu virus and complications associated with flu. Yearly flu vaccinations are important because the influenza virus changes frequently.

The 2008 LMHS Flu Clinic for adults will once again be held at the Indian Mound Mall, near Entrance B, across from Kitchen Collection. The flu clinic is open Tuesday, October 7, through Wednesday, November 26. Please note that the clinic is open two days each week, Tuesday and Wednesday. Hours for the clinic are 8:00 a.m. to 4:00 p.m.



The LMH Flu Clinic at the Indian Mound Mall in Newark will be open on Tuesdays and Wednesdays from October 7 to November 26.

The LMH flu clinic is open to the public. An appointment is not necessary. Flu shots are offered to adults age 18 and older. Parents of children needing flu vaccines should contact their pediatrician or family practitioner. You may not be eligible for a flu vaccine if you are allergic to eggs, are very ill with a high fever or have had a severe reaction to the flu vaccine in the past.

Flu shots cost \$30 by cash, check or credit card. You

may also bring a current traditional Medicare (Part B), Medicare HMO, traditional Medicaid, MedBen insurance, or a Molina or Caresource card. For more information about the 2008 LMHS Flu Clinic, please call (740) 348-7091 for a recorded message.

Health Outcomes Brochure Available to Show Quality of Care

Some important considerations that many patients use to choose their health care providers are convenience and quality of care. As a community facility, Licking Memorial Hospital (LMH) provides the convenience of receiving services locally in Newark. In addition, Licking Memorial Health Professionals (LMHP) offices are located throughout Licking County, bringing family practices and other specialties such as dermatology and women's health into patients' own communities. While

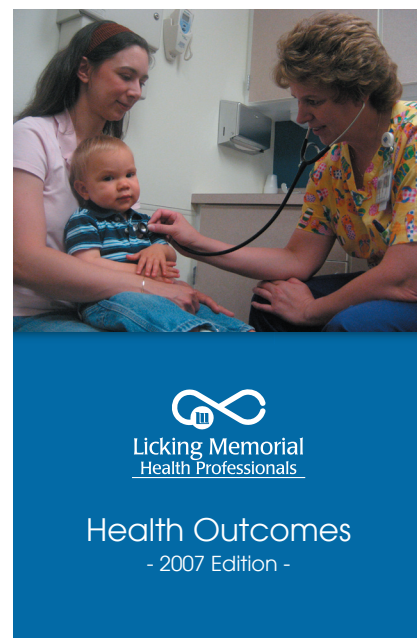
convenience is often influenced by personal impressions, quality of care is measured precisely through health care standards, and LMHP voluntarily shares those results with the public so patients can make informed decisions about their own health care.

Each year, LMHP compiles benchmark measures that indicate how well providers are following best practice standards. The LMHP results are then compared

to national results to show areas of excellent performance and, possibly, any areas that need improvement. These statistics are published annually in a brochure called Licking Memorial Health Professionals *Health Outcomes*.

“Licking Memorial is happy to make these records transparent so that patients can make informed decisions, and be reassured that they will receive the best care possible,” stated Christine McGee, Vice President of Physician Practices. “The benchmark results show how highly our services compare to other health care providers anywhere in the nation. We are also constantly re-evaluating our services to identify any areas that can be improved, and these measures are a useful tool to gauge our success.”

If you would like a copy of the brochure, please call (740) 348-7900, and one will be sent to you. You can also access the brochure online at www.LMHealth.org by clicking first on the LMHP Physician Practices tab, and then on the *Health Outcomes* link.



The Licking Memorial Health Professionals *Health Outcomes* brochure is available online at www.LMHealth.org.

Options in Treating Excessive Bleeding

It is estimated that approximately 10 million women in the U.S. suffer from excessive menstrual bleeding from benign causes, known in the medical community as menorrhagia. Many of those women report missing at least one week of work in a year’s span because of the condition. However, a recent study by the national Women’s Health Resource Center showed that most women do not discuss this condition with their physicians, often due to the misconception that it is “normal” or something that they “just have to put up with.”

Menorrhagia is described as the need for 10 or more sanitary napkins or tampons in a single day, or when menstruation lasts for a duration of more than seven days. It can cause iron deficiency anemia, severe pain, fatigue, emotional turmoil and embarrassing accidents.

The physicians at Licking Memorial Womens Health stress that women do not need to tolerate excessive bleeding. Physicians have several tools to treat the condition, depending on the woman’s age, overall health



The physicians at Licking Memorial Women's Health are available to provide comprehensive care to women.

and whether or not she wants to have children in the future. Long-standing treatments include hormone therapy, dilation and curettage (commonly called D and C) and hysterectomy. A newer treatment is endometrial ablation which is showing great success in curing excessive bleeding.

Endometrial ablation is a minimally-invasive procedure that can be performed as an outpatient procedure. It uses

laser equipment, an optical fiber delivery system and an inflated balloon to remove the endometrial lining of a woman’s uterus. The entire procedure takes just over four minutes to complete, and many women are able to return to work the following day.

The physicians at Licking Memorial Women’s Health have received special training in endometrial ablation. To choose a physician, logon to the Licking Memorial Web site at www.LMHealth.org, or call the Physician Referral line at (740) 348-4014.

LMHS Purchases Hartford Fair Steers



Licking Memorial Health Systems (LMHS) purchased two market steers at the Hartford Fair – the reserve champion market steer owned by Jonathan Sforza and another steer owned by Daniel Ulry. LMHS then donated 840 pounds of beef to the Salvation Army of Licking County to use in their soup kitchen and food pantry.

Zonta Donation

The Zonta Club of Newark Area recently presented a \$4,400 contribution to the LMH Oncology Department. Club members raised the money through their annual Champaign Luncheon and Fashion Show, along with a silent auction. Pictured are (left to right): LMH Director of Outpatient Services Sharyn Davis, Zonta member Joan Garrett-Wine, Newark Area Zonta Club President Donna Buchanan, LMH Patient Care Manager Patricia Banks-Chester and LMH Director of Development Beth Kolb.



Grant Received from MultiPlan Network

Matt Ekey and William Radler from MultiPlan Network met with LMHS President & CEO Robert Montagnese to present a \$3,000 donation to benefit Licking Memorial Health Systems' pre-participation sports screenings and ECGs.



Licking Memorial Supports Babe Ruth World Series

Licking Memorial Health Systems (LMHS) staff rallied on Wednesday, August 13, to support players in the Babe Ruth World Series (16 to 18 year olds bracket). Both games 21 and 22, out of the 25-game series, were played that night. The lineup included Long Island, New York vs. Houma, Louisiana; and Hammond, Indiana vs. Mobile, Alabama.

Licking Memorial Hospital (LMH) Operating Room nurse, Nichole Irving, sang the National Anthem for the first game, and LMH Board of Directors Chairman Pat Jeffries welcomed everyone to Licking Memorial Night at Don Edwards Park in Newark.

Scrubs threw the ceremonial first pitch for game 22, and LMH Endoscopy Laboratory technician, Doug Predmore, sang the National Anthem just before Hammond, Indiana took on Mobile, Alabama. In that game, Hammond beat Mobile, 9-4. They advanced to play Portland, Oregon, in game 24 the next night.



LMHS President & CEO Rob Montagnese accepts an award from Babe Ruth League President Steven Tellefsen for Licking Memorial's participation in the Babe Ruth World Series.

Portland went on to play Modesto in the championship game on Friday night. Portland won the championship, beating Modesto, 6-4.

A special presentation was made just before the second game of the evening in which Babe Ruth League President Steven M. Tellefsen thanked LMHS and the entire Licking County community for their support. "We could not have the Series without the help of sponsors

like Licking Memorial and the family hosts," Steven said. "We appreciate all you do to make this such a wonderful event." He then presented Licking Memorial President & CEO Rob Montagnese with a trophy.

As a sponsor of the Babe Ruth World Series, LMHS staff assisted with the ticket booth, concession stand, souvenir sales and provided medical coverage throughout the series. LMHS employees also sold 50/50 tickets. Proceeds benefitted United Way of Licking County.

New Main Street Collection Piece Is Unveiled

The latest addition to the Main Street Collection was unveiled at the annual Licking Memorial Hospital (LMH) Donor Appreciation Reception on September 16. The new piece is a wooden likeness of Licking Memorial Health Systems' North Newark office, located at 270 Goosepond Road. The piece is presented to donors who have reached the \$5,000 benchmark of giving to LMH.

Ashley Wade, Chairman of the Licking Memorial Development Council's Annual Support Committee, said that contributions continued to grow over the past year. "The continued growth of the employees' PRIDE contributions, increased memberships in the John Alford Fellowship, the William Shaffner Society, the Caduceus Society, the Community Cornerstone Campaign and recognition gifts for our medical staff for Doctor's Day all made for an outstanding year," Ashley said. "The Development Council members' roles as ambassadors for Licking Memorial Hospital (LMH) have contributed to the overall success of meeting our mission of community relations and fundraising. This has been a very successful year, and I am proud to be a part of the Development Council."

At the Donor Appreciation Reception, contributors who have reached \$500 increments of donations were given a new Main Street Collection piece. The Main Street Collection figures represent the following contribution levels:

- \$ 500 – Wyoming Street Hospital
- \$1,000 – Buena Vista Street Hospital
- \$1,500 – West Main Street Hospital
- \$2,000 – Family Medical Center
- \$2,500 – Caduceus Fountain
- \$3,000 – Shepherd Hill
- \$3,500 – Pataskala Health Campus
- \$4,000 – Women's Health Center
- \$4,500 – John & Mary Alford Pavilion
- \$5,000 – North Newark

Vice President of Development and Public Relations Veronica Link reported that Licking Memorial Health Systems (LMHS) employees have shown strong



Ashley Wade is Chairman of Licking Memorial Hospital's Development Council Annual Support Committee.

financial support through PRIDE (Providing Resources in Dedicated Employees). "The three-year PRIDE Campaign that began in August 2007 has received 128 new and/or increased pledges. Currently, PRIDE has a total 681 members which is 40 percent of our employees. Those pledge commitments have been designated for the Café Fireplace area of the John & Mary Alford Pavilion," Veronica said. "Since the inception of PRIDE in 1987,

our employees have donated more than \$1 million to the Hospital for major projects and capital improvements. I believe it speaks volumes to the caliber of employees we have working at LMHS."

All contributions to LMH are used specifically toward new medical equipment and expanded services. Currently, all unrestricted donations help to fund the Hospital's Interior Space Renovation project. For more information about giving opportunities, please call (740) 348-4102.



A likeness of Licking Memorial Health Systems' new North Newark location is the newest addition to the Main Street Collection to recognize contribution levels of \$5,000.

LMH Wellness Center Appreciates Community Members at Reception

Licking Memorial Hospital's (LMH) Wellness Center hosted a dinner reception to recognize the many guests who spend time improving their health at the facility each week. Over 200 members attended the reception for a healthy meal, recognition slide show and a chance to win door prizes.



Guests enjoy dinner at the annual Wellness Center Appreciation Reception.

Guests were greeted warmly by Wellness Coordinator Darcy Nethers. "We have 350 members and more than 200 came to celebrate," Darcy stated. "It is important they feel comfortable with us, and we happily encourage them every step of the way." Attendees were able to visit with Scrubs the Hospital Hound and watch a slide show featuring the members of the Wellness Center. Door prizes given away at the event included gift cards to Walmart, Meijer and Duke & Duchess gas stations. Every attendee also received 12 free visits to the Wellness Center.

The Wellness Center is supervised by personal trainers. A dietitian, registered nurse, licensed practical nurse and social worker also are available on request. The center promotes a healthy lifestyle for adults. Members are encouraged to use the treadmills, stationary bicycles and

arm bicycles. Exercise classes are offered to members three times per week.

To join the Wellness exercise program, members must also be medically stable and be able to function independently in a class setting. A member must also be referred by the primary care physician and meet at least one of the following guidelines:

- Be at least 60 years old
- Have a chronic health concern
- Be at least 25 pounds over ideal bodyweight

The annual event was a celebration for all in attendance including Cardiac Rehabilitation clients and diabetes patients. "It is nice to see each of our members here to help celebrate their personal wellness," said Darcy. "To be able to share the excitement for what we do at Wellness is very special to all of us."

The LMH Wellness Center has been improving the health of the community for more than 13 years. It is located at 1865 Tamarack Road in Newark. To learn more about the Wellness Program, please call (740) 348-4957.

Development Spotlight: Jim Young



Jim Young

Jim Young is a community-minded member of the Licking Memorial Hospital (LMH) Development Council, and it shows in his passion for Licking County and its residents. Growing up in the area is just one reason Jim feels strongly about playing a part in the community. "My mother, brother and sister all live in Newark," Jim said. "We are all involved in the community in a myriad of ways."

After being approached by Development Council Chairman Bob McGaughy about the opportunity to join, Jim decided to become a member of the Community Relations Committee on the LMH Development Council in 1992. His past experience with LMH was another factor in his decision to become a part of the Licking Memorial family. "Not only did my daughter receive

excellent care when she was admitted to the Emergency Department at LMH on several occasions as a child, I, too, tend get hurt now and then from my many adventures in life, so we have experienced great patient care first-hand," Jim explained. "These reasons are motivation enough for me to make sure I do my part to have a strong local health care facility. I believe when there is a locally owned and operated facility, the employees are vested in making sure each patient gets the best care possible."

A Newark High School graduate, Jim worked for John Young Excavating, a company owned by his father, for many years. He then went on to start his own company, Young Environmental Services which was a garbage pickup business and landfill. He also published 50 Plus and Our Town newspapers. Jim currently publishes a nationally-distributed food service trade publication called My Foodservice News.

Development Spotlight: Jim Young (continued on page 9)

When Jim is not busy with the Development Council, he stays on the go by traveling and taking active vacations. "I have been to all 50 states and seven continents," Jim said. "I love doing things like sleeping in a snow cave, dog sledding in minus 50 degree weather and white water rafting down the Grand Canyon." He has climbed Mount Kilimanjaro and experienced an airplane landing and catapulting off the USS Nimitz aircraft

carrier. Jim's commitment to adventure and travel is just as great as his commitment to the Licking County community. "The LMHS family is equaled by few others," he stated. "By realizing that a strong and vibrant community is the foundation for growth and prosperity, LMHS knows to set the bar high for others to follow. As a community, we are fortunate to have that commitment."

Donors

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Annual Holiday Tour of Homes



Licking Memorial Hospital (LMH)

TWIGS 14 Holiday Tour of Homes

Wednesday, November 19

12:00 noon to 3:00 p.m. or 6:00 to 9:00 p.m.

Advance tickets for the 45th annual event are \$10 and are available at all Park National Bank locations. Tickets also may be purchased for \$12 during the tour at the door of any of the participating homes.

The generosity of the participating homeowners will benefit:



Licking Memorial Hospital

For more information about the TWIGS 14
Holiday Tour of Homes, please call (740) 348-4044.



Patient Story – Jackie Reed

As a light breeze gently fluttered through the late summer flowers in her yard, Jackie Reed paused to draw in a deep breath, and she smiled. After a severe case of pneumonia knocked her off her feet last winter, Jackie now has a renewed appreciation for each healthy breath and the hospital staff that nursed her back to health.

Jackie lives in Granville with her husband, Gary. They have a grown son and daughter, five grandchildren and are expecting a sixth grandchild.

In February, many of Jackie's friends and neighbors were suffering from typical Ohio winter illnesses. "There were a lot of people with the flu around Granville," she remembered. "My husband had bronchitis and flu over the weekend. I took care of him, and then I caught it, too. During that week I went down so fast."

Jackie's family physician prescribed an antibiotic for bronchitis, but her condition continued to decline. "I felt so bad," she explained. At just 59 years of age, Jackie was barely able to get out of bed by herself. "Gary called our daughter who is a nurse. She drove here to look at me and saw how sick I was. She asked me if I thought I was up to riding in an ambulance. I was in my pajamas, but I felt so bad I did not care."

At the Emergency Department of Licking Memorial Hospital (LMH), Jackie had a puzzling mixture of symptoms. Although she was obviously very ill, she had no fever and was dehydrated. "I kept asking people for water. I was so thirsty; I felt that I had to have some water." The Emergency Department physicians determined that Jackie's bronchitis had developed into pneumonia, and that she also had type-2 diabetes. After stabilizing Jackie's vital signs, Randy Jones, M.D., of Licking Memorial Emergency Medicine, admitted her to



Jackie Reed enjoys gardening at her Granville home.

the intensive care unit. She was transferred to the general patient floor as her condition improved and then was able to return home just four days after her arrival at LMH.

Dr. Jones said multiple diagnoses for patients can be challenging, but are not uncommon. "A patient may overlook the symptoms of a developing condition, such as diabetes. But additional health problems can quickly over-

whelm the body, sending the patient to the Emergency Department. As physicians, we are trained to analyze these complicating factors."

Jackie and Gary were impressed with the training and compassion of every person involved in her care. Jackie said, "Starting with the emergency squad, then in the Emergency Department, the ICU and the patient floor – everyone was as nice as they could be. I had so many people helping me, and they were all very good at what they do. There were even nurses who came by my room after they were done working to bring me information they thought might help me."

Jackie tells her friends one amusing anecdote to illustrate how caring the LMH staff was. "During my first night in the intensive care unit they brought a dinner plate, and there were mixed vegetables on it," she recalled. "I said (half-jokingly) to my nurse that I really hate peas. I was not expecting her to do anything, but she took my plate and removed each and every pea for me!"

"This experience was a real eye-opener for us," Jackie said. "We have told everyone how good my care was at Licking Memorial. We had watched the new Pavilion being built, but I had not been a patient in a hospital since my children were born. It was such a good experience."

Pneumonia Care – How do we compare?

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.

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

1 National pneumonia treatment guidelines recommend that one dose of an antibiotic be given to pneumonia patients within six hours of arrival at the hospital. This “door-to-antibiotic time” also includes diagnostic testing.

| | LMH 2005 | LMH 2006 | LMH 2007 | National ⁽¹⁾ |
|---------------------------------------------------|-------------|-------------|-------------|-------------------------|
| Patients receiving antibiotic dose within 6 hours | 96% | 97% | 96% | 93% |
| | LMH 2005 | LMH 2006 | LMH 2007 | National ⁽²⁾ |
| Median door-to-antibiotic time | 171 minutes | 170 minutes | 162 minutes | 174 minutes |

2 Best practice in pneumonia care says that a blood culture should be collected before any antibiotics are given to a pneumonia patient to more accurately determine which microorganism is causing the pneumonia.

| | LMH 2005 | LMH 2006 ⁽³⁾ | LMH 2007 | National ⁽¹⁾ |
|--------------------------------------------------------|----------|-------------------------|----------|-------------------------|
| Patients receiving blood cultures prior to antibiotics | 86% | 97% | 98% | 90% |

3 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. Licking Memorial Health Professionals (LMHP) office patients who are at high risk for these illnesses also are screened and vaccinated as appropriate.

| | LMH 2005 | LMH 2006 | LMH 2007 | National ⁽¹⁾ |
|-------------------------------------------------------------------------|-----------|-----------|-----------|-------------------------|
| High-risk pneumonia patients screened for the pneumonia vaccine | 81% | 93% | 95% | 78% |
| Pneumonia patients screened for the influenza vaccine | 76% | 86% | 92% | 75% |
| | LMHP 2005 | LMHP 2006 | LMHP 2007 | National ⁽⁴⁾ |
| Physician office patients over 65 years receiving the pneumonia vaccine | N/A | 86% | 88% | 67% |
| Physician office patients over 65 years receiving the influenza vaccine | N/A | 80% | 81% | 69% |

4 Use of standard orders – in which physicians follow the best practice protocols for treating all patients with a particular diagnosis – indicates that patients are receiving consistent care.

| | LMH 2005 | LMH 2006 | LMH 2007 | LMH Goal |
|--------------------------------------------------------|----------|----------|----------|------------------|
| Pneumonia patients with pneumonia standard orders used | 85% | 88% | 92% | greater than 90% |

5 LMHS is committed to providing and encouraging free, easily accessible flu vaccines to all employees. In order to provide safest care to our community, LMHS recognizes the importance of keeping the staff healthy.

| | LMHS 2005 | LMHS 2006 | LMHS 2007 | National ⁽⁵⁾ | LMHS Goal |
|------------------------------------------------|-----------|-----------|-----------|-------------------------|------------------|
| LMHS employees receiving the influenza vaccine | 46% | 67% | 56% | 36% | greater than 75% |

Data Footnotes: (1) Hospitalcompare.hhs.gov national benchmarks. (2) MIDAS comparative database from fourth quarter 2007 data comparing over 440 organizations. (3) National data collection changed in January 2006 to focus only on patients arriving through the Emergency Department. (4) National average from the Centers for Disease Control and Prevention Behavioral Risk Factor Surveillance. (5) American Journal of Infection Control 2004. Centers for Disease Control estimate.



Patient Story – Margaret Kirby

A nagging pain in her right breast was a reminder for Margaret Kirby last spring that she was scheduled for a mammogram. Margaret, who is turning 41 years old on November 12, has had annual mammograms for many years because of fibrocystic breast disease and a family history of breast cancer. Her family physician, Talya Greathouse, M.D., of Licking Memorial Family Practice, had previously checked Margaret’s medical records during a routine exam and reminded Margaret that it was time for her annual mammogram.



Margaret Kirby greets customers with a radiant smile at her desk at Time Warner in Newark.

Dr. Greathouse commended Margaret for paying attention to her body’s warning signs. “Breast pain is not commonly one of the symptoms associated with breast cancer,” she said. “However, it is certainly not a symptom that we disregard. Early-stage breast cancer often has no noticeable symptoms at all. Margaret’s case reinforces the reason we encourage women at high risk for breast cancer to be diligent about regular mammograms. This was a real lifesaver for her.”

After the mammogram showed abnormal results, Dr. Greathouse ordered a stereotactic core needle biopsy. When that test indicated that Margaret had cancer, she was referred to Larry Pasley, M.D., of Licking Memorial Surgical Services, and Jacqueline Jones, M.D., of Licking Memorial Hematology/Oncology, for an aggressive treatment plan.

“Since Margaret was diligent about having an annual mammogram, we were confident that the malignancy had not been growing for an extended length of time,” Dr. Pasley explained. “That knowledge allowed us more options in her treatment plan, and the decision was made to start with the least invasive surgery possible for her which was a lumpectomy.”

Margaret had a lumpectomy on June 30. Unfortunately, tissue samples taken during surgery indicated that the cancer cells had begun to spread, so she returned to surgery to have her right breast removed on July 30.

Even before Margaret awoke in the recovery room at LMH, her reconstruction process was underway. James Jeffries III, M.D., of Licking Memorial Reconstructive and Cosmetic

Services, worked in conjunction with Dr. Pasley to surgically expand the skin around the surgical site to prepare for an implant.

Although the cancer diagnosis was very distressing, Margaret found that the LMH staff and the new surgery facilities in the John & Mary Alford Pavilion helped to make a difficult situation a little easier. “I had surgery years ago, and this experience was completely different,” she said. “Everybody was really upfront with me, answering my questions and explaining everything they were doing. The anesthesiologist wanted to know what kind of music I like. I can remember hearing some of the music when I was first taken in the operating room. I was not scared or nervous because everybody was really nice and talking to me the whole time.”

Margaret also found great comfort in being surrounded by family and friends. “My husband, Michael, and our children, Sade, Meyonka and Tremell, were all able to be in the room with me before surgery.” They were also able to visit in the private room when Margaret returned from surgery.

Other family members – her mother and father, Margaret and Frank; sister, Marie; and brother, Frankie – were quick to show their loving support. At home, Margaret’s close friend, Tina Persinger, became an important component of her recuperation. “It made a big difference

Patient Story – Margaret Kirby (continued on page 14)

Surgical Care – How do we compare?

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.

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

1 Conscious sedation allows patients to tolerate unpleasant procedures while maintaining adequate breathing and the ability to respond to stimulation. Most of the drugs used in conscious sedation can be reversed fully or partially if necessary. However, careful patient assessment and monitoring reduce the need for reversal agents and improve patient outcomes. Therefore, minimal use of reversal agents is a good indicator of quality in conscious sedation.

| | LMH 2005 | LMH 2006 | LMH 2007 | LMH Goal |
|---------------------------------------|----------|----------|----------|-----------------|
| Use of reversal agent – GI procedures | 0.55% | 0.70% | 0.12% | less than 0.90% |

2 The health care team at Licking Memorial Hospital follows a multiple-step process to prevent wrong-patient, wrong-procedure or wrong-site surgery (e.g., surgery performed on the left foot instead of the right foot). This process includes left or right designation at the time the surgery is scheduled, verification of the site on the day of surgery with the patient and the patient’s current medical record, marking the site, and final verification in the operating room.

| | LMH 2005 | LMH 2006 | LMH 2007 | LMH Goal |
|------------------------------------------------|----------|----------|----------|----------|
| Number of surgeries | 5,444 | 5,272 | 6,065 | n/a |
| Wrong-site surgeries | 0 | 0 | 0 | 0 |
| Surgical site verification checklist completed | 100% | 99% | 99% | 100% |

3 Receiving the appropriate antibiotic within an hour before surgery reduces a patient’s risk for developing infection. Additionally, discontinuing use of antibiotics within 24 hours after surgery lessens the patient’s risk of developing antibiotic-resistant bacterial infections. Medical studies have shown that the use of certain antibiotics, specific to each surgery type, can be most effective at preventing infections after surgery.

| | LMH 2005 | LMH 2006 | LMH 2007 | National ⁽¹⁾ |
|------------------------------------------------------------|----------|----------|----------|-------------------------|
| Antibiotic received within 1 hour | 89% | 94% | 95% | 84% |
| Antibiotic selection accurate per national recommendations | 92% | 92% | 93% | 91% |
| Antibiotic discontinued within 24 hours | 78% | 87% | 94% | 82% |

4 The removal of hair from the site of surgery is an important way to prevent infection. Using a razor to remove hair can cause tiny breaks in the skin which increase the risk of infection after surgery. This measure tracks the percentage of times that patients had hair removal performed by clippers or other means which are less likely to cause infection than razors. In certain instances, clippers may not be the ideal form of hair removal, and razors may be used.

| | LMH 2006 ⁽³⁾ | LMH 2007 | National ⁽²⁾ |
|------------------------------------|-------------------------|----------|-------------------------|
| Appropriate hair removal performed | 99.7% | 98.7%* | 99.5% |

*Out of 463 surgery case reviews, six cases were found not to have used clippers for hair removal. A review of these cases found that they were clinically appropriate.

5 Medical studies have shown that if patients experience hypothermia (low body temperature) during and after surgery, they have a greater risk of developing complications. Effectively warming patients during surgery can ensure their body temperatures remain in normal range. This measure tracks the percentage of patients at LMH who had a normal body temperature immediately after surgery.

| | LMH 2007 | LMH 2006 | LMH 2007 | LMH Goal |
|----------------------------------------------------------|----------|----------|----------|------------------|
| Immediate post-operative temperature within normal range | 92% | 94% | 100% | greater than 90% |

6 VTE, or venous thromboembolism, is the medical term for a blood clot that forms in a vein. Surgery increases the risk of VTE, and while most clots can be treated, some can be life-threatening. It is recommended that hospitals use medications and mechanical devices to prevent the formation of blood clots. LMH tracks the percentage of patients who correctly had these interventions used, and whether the interventions were activated within 24 hours of surgery, as recommended.

| | LMH 2006 ⁽³⁾ | LMH 2007 | National ⁽¹⁾ |
|----------------------------------------------------|-------------------------|----------|-------------------------|
| VTE prophylaxis ordered | 83% | 93% | 80% |
| VTE prophylaxis started within 24 hours of surgery | 74% | 81% | 77% |

7 Licking Memorial Hospital patients who have had total joint surgeries, including hip and knee operations, tend to be able to return home to recover more quickly than patients undergoing the same procedures elsewhere. Offering physical therapy on weekends and new medications are two factors that have lessened hospital stays for these patients.

| | LMH 2005 | LMH 2006 | LMH 2007 | National ⁽¹⁾ |
|-------------------------------------------------------------------|----------|----------|----------|-------------------------|
| Primary total joint patients with length of stay six days or less | 97.7% | 96.6% | 98.7% | 94.2% |

Data Footnotes: (1) Hospitalcompare.hhs.gov national benchmarks. (2) Midas+ Comparative Database with over 440 participating hospitals. (3) National data collection for surgical indicators expanded in 2006 to include these measures.

Patient Story – Margaret Kirby (continued from page 12)

to have the support of my family,” she said. “Tina is a cancer survivor, herself, so she knew what I was going through. She was always there for me, helping me bathe and changing my tubes. The staff at Time Warner where I work also helped a lot. They brought meals and helped in any way they could. It means so much to have that kind of support from friends.”

In early 2009, Margaret will receive a saline implant to complete her breast reconstruction. “I am looking forward to getting everything over with and getting back on track – getting back to normal,” Margaret said. She will take Tamoxifen for five years, but does not need to undergo radiation or chemotherapy treatments. She intends to treat herself soon to a couple of simple indulgences, new clothes and a new hairdo, to celebrate the new year and a new stage of her life.

Dr. Wood Retires from Licking Memorial Emergency Medicine



Dr. Thom Wood

After serving patients in the Licking Memorial Hospital (LMH) Emergency Department for more than 32 years, Emergency Medicine Physician Thom Wood, M.D., has retired from the Licking Memorial Medical Staff. To recognize Dr. Wood’s contributions to LMH and the community, he has been named to the LMH Honorary Medical Staff.

Dr. Wood earned his Medical Degree from The Ohio State University School of Medicine in Columbus. He completed his internship in emergency medicine at Mount Carmel Hospital in Columbus. Dr. Wood is board certified in emergency medicine.

New Members Welcomed Into Alford Fellowship

Peter Nock, D.O., accepted a recognition glass piece on behalf of himself and his wife, Jeannine Nock, R.N., B.S.N., for their membership into the John Alford Fellowship. The Alford Fellowship was created in 1996 to memorialize the extraordinary commitment of John W. Alford, longtime friend and supporter of Licking Memorial Hospital (LMH).

Dr. Nock, who joined Licking Memorial Hospitalists in 2001, felt that such a contribution shows one's pride and commitment to an organization. "I have always felt the importance of giving back," he said, "whether for my community or for an organization such as Licking Memorial." Members of the John Alford Fellowship pledge a minimum gift of \$25,000 or more over the course of 10 years. Funds generated from the John Alford Fellowship are used to enhance medical care and fund expanded services at LMH.

Dr. Nock earned his Doctorate of Osteopathic Medicine



Licking Memorial Hospital Development Council Chairman and Board Member Robert McGaughy congratulated Peter Nock, D.O., and his wife, Jeannine Nock, R.N., B.S.N. (not pictured), for their Alford Fellowship contribution.

degree from Michigan State University College of Osteopathic Medicine in East Lansing, Michigan. He completed an osteopathic internship with E.W. Sparrow Hospital in Lansing, Michigan, completed his internal medicine residency at Michigan State University and served as chief resident of the Michigan State University Internal Medicine Residency Program. He is board certified in internal medicine.

Jeannine Nock received a Bachelor of Science degree in Nursing at Alfred University in Alfred, New York. She joined LMH in 2001. After spending 15 years working in pediatrics, she joined the Surgical Services Department and focused her work in the Endoscopy Laboratory. Jeannine is a member of the Michigan Nurses Association and participates on the Nurse Practice Council at LMH.

Dr. and Mrs. Nock have lived in Licking County for six years. They have three children: Katie, Sam and Will.

Dr. Bennett Joins the Caduceus Society

A Licking Memorial Hospital (LMH) physician was welcomed into the Caduceus Society during a recent Board meeting. Licking Memorial Health Systems (LMHS) is proud to acknowledge those who make remarkable contributions to support the Health Systems' mission to improve the health of the community. The Caduceus Society is a group of physicians who pledge a minimum gift of \$10,000 over the course of 10 years, and the newest member is Audrey Bennett, M.D.

Dr. Bennett joined Licking Memorial Pathology in June 2008. She received her Medical Degree at Northeastern Ohio Universities College of Medicine in Rootstown, Ohio, and subsequently completed a residency in anatomic pathology/clinical pathology at the University of Virginia in Charlottesville, Virginia. Prior to medical school, Dr. Bennett earned a Bachelor of Science degree in Combined Sciences at Youngstown State University in Youngstown, Ohio, and a Bachelor of Science degree



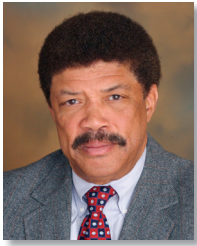
Dr. Audrey Bennett is recognized for her contribution to the Caduceus Society.

in physical therapy at Cleveland State University in Cleveland. Dr. Bennett is board certified in anatomic pathology and clinical pathology. She is a member of the United States and Canadian Academy of Pathology, American Society for Clinical Pathology and College of American Pathologists. In her spare time, Dr. Bennett enjoys going to the movies, playing golf, bicycling and playing the piano.

Joining the Caduceus Society was an important decision for Dr. Bennett. "As a physician, I believe in supporting an organization that strives to keep its community healthy," she explained.

Each Caduceus member receives an engraved glass recognition piece as a token of appreciation. All donations from the medical staff, employees and the community are used specifically toward new medical equipment and expanded services. They do not assist with general operating expenses.

Physician Spotlight – William Stallworth, M.D.



William A. Stallworth, M.D.

Urologist William A. Stallworth, M.D., joined Licking Memorial Health Professionals in 2007. Dr. Stallworth received his Bachelor of Science degree in biology from Aurora College in Aurora, Illinois. He received his Medical Degree at the University of Illinois College of Medicine in Chicago, Illinois, and completed a surgery internship at

Cook County Hospital in Chicago. He also completed a residency in urology at the University of Chicago.

Dr. Stallworth is board certified in urology. He sees patients at Licking Memorial Urology, located at 1272 W. Main Street, Building 6, in Newark. Appointments can be made by calling (740) 348-1750.

Ask a Doc – Female Urinary Incontinence

Question: Ever since I had a baby a few years ago, I have been having trouble with urinary incontinence. Can anything be done to treat it without surgery?

Answer: Although your friends may not be discussing urinary incontinence when you meet, there is a good chance that many of them have experienced the same problem. According to the American Urology Association, an estimated 50 percent of men and women will have bladder control problems at some point during their lives.

Just as you indicated, one of the most common causes of urinary incontinence in women is vaginal childbirth which weakens the pelvic muscles. There are other common causes that are risk factors for the various forms of urinary incontinence. Here is a brief summary:

- **Stress incontinence** – This is most commonly caused by damage to the pelvic muscles during pregnancy and childbirth. Stress incontinence is characterized by a sudden loss of urinary control when there is abdominal pressure, such as sneezing, coughing, laughing, lifting or bending.
- **Urge incontinence** – You may have also heard this referred to as “overactive bladder.” It is characterized by sudden, strong urges to urinate and, possibly, urinary accidents on the way to the toilet. Urge incontinence may be caused by not emptying the bladder regularly, an obstruction of the urinary tract, or consumption of coffee, tea, colas, chocolate and acidic fruit juices. Although aging is also a risk factor for urge incontinence, the condition should not be confused with a “normal” part of the aging process.
- **Mixed urinary incontinence** – In some cases, both stress incontinence and urge incontinence may occur at the same time.

- **Overflow incontinence** – Normally the bladder can hold approximately 10 to 15 ounces of urine. Frequent urination or “dribbling” may indicate the bladder is not emptying properly. In this case, the physician may want to check for a possible obstruction.

There are several options to treat urinary incontinence that are minimally invasive and do not require surgery. Patients may be asked to keep a diary to identify patterns of incontinence. Relief may come from simple steps such as restricting caffeine consumption or bladder retraining (gradually increasing the time between urinations). Kegel exercises have helped many women regain urinary control by strengthening their pelvic muscles. (Kegel exercises consist of tightening the pelvic muscles, much like stopping the flow of urine, by holding the muscles in for 10 seconds and repeating several times.) Medications such as pseudoephedrine, imipramine, oxybutynin, tolterodine tartrate and hormones often produce excellent results.

In some cases, surgery is the only treatment that adequately relieves urinary incontinence. Although some forms of treatment for incontinence have an immediate effect, others require a longer time, as much as six months. Untreated, urinary incontinence may worsen over time. The good news is that nearly all cases of incontinence can be helped by one of the forms of treatment.

New Appointments



Christine L. Forde,
C.R.N.A.



Tiffany E.D. Inglis, M.D.



Shakil A. Karim,
D.O.



Brian T. Klima,
M.D.



Kristen L. Payne,
C.R.N.A.



Melissa D.S. Winterhalter, M.D.

Christine L. Forde, C.R.N.A.,
joined Licking Memorial Anesthesiology

Tiffany E.D. Inglis, M.D.,
joined Licking Memorial Women's Health

Shakil A. Karim, D.O.,
joined Licking Memorial Gastroenterology

Brian T. Klima, M.D.,
joined Licking Memorial Inpatient Pediatrics

Kristen L. Payne, C.R.N.A.,
joined Licking Memorial Anesthesiology

Melissa D.S. Winterhalter, M.D.,
joined Licking Memorial Inpatient Pediatrics

LMH Pays Tribute to Honorary Medical Staff

Licking Memorial Hospital (LMH) recently hosted the second annual Honorary Medical Staff luncheon to pay tribute to physicians who dedicated much of their lives to providing care for Licking County residents. Physicians are eligible to be named to the LMH Honorary Medical Staff upon their retirement from the LMH Active Medical staff.

“There is not a day that goes by that I do not think about who was here before us,” stated LMH Chief of Staff Jacqueline Jones, M.D. “We hear comments from people in the community all the time regarding how great the now-retired physicians were. Every day, those of us on the Active Medical Staff know that we have a long-standing reputation of excellence to uphold.”

“We recognize your contribution to our continued success, and we are very grateful for what you have done for the community,” Licking Memorial Health Systems President & CEO Robert Montagnese told the group. “The new Molecular Lab is an example of today's technology that produces test results from MRSA (methicillin-resistant staphylococcus aureus) cultures in a matter of approximately three hours instead of the two



Honorary Medical Staff members gathered at Licking Memorial Hospital for the annual luncheon.

or three days that it used to take. But we have been able to reach the level of technology we have today only by building on the ground-work you laid through your service in the past.”

The physicians who attended the luncheon provided health care to the LMH community for many years, individually ranging from 31 to 47 years. The luncheon provided the retired physicians with a chance to share experiences

and to catch up on each others' lives.

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Volunteer Spotlight: Emily McCall

Nicknamed “Proton” for her positive attitude, Emily McCall is a bright and happy young woman who enjoys spending time in the different departments at Licking Memorial Hospital (LMH). “I really enjoy learning things from all of the people I have met at Licking Memorial,” Emily said. “Since I am not sure what I want to study in college, volunteering gives me the chance to find out what career path I would like to take.” The high school sophomore was encouraged to become a Volunteer by her mother who has worked in health care for many years and by her grandmother who is an employee at LMH.

Emily is a young woman who goes out of her way for others, and it is apparent in her actions. “If you spend any



Emily McCall is a Volunteer at Licking Memorial Hospital.

time with Emily at all, you can see what a compassionate young woman she is,” said Director of Volunteers, TWIGS and Events Carol Barnes. “She is eager to help in any department and is a joy to be around.”

An active 15-year-old, Emily is enrolled in honors courses at Heath High School and participates in cross-country, track and swimming. “I loved watching the Summer Olympic Games on television this year,” she said. Emily also takes piano lessons, plays guitar, reads and enjoys relaxing with her family and friends. Every summer, she and her family take a trip to Myrtle Beach, South Carolina. Emily and her sister, Erin, live with their mother, Brenda, in Heath.

Retiree Spotlight: Judy Deaver



Judy Deaver

She is quick to smile when talking about the time spent with Licking Memorial Health Systems (LMHS), and it is apparent that Judy Deaver holds the organization close to her heart. “Coming to Licking Memorial is like coming home to family,” she said. “I think an organization is only as good as its employees, and LMHS has the best!”

She has positive feedback about her experience as an LMHS employee and is proud to be a retiree from such a community-minded organization. “When you think about the difference LMHS has made in the community, it can be overwhelming,” Judy stated. “I am proud to have been part of an organization that gives so much.”

Judy began working as a surgical nurse at Licking Memorial Hospital (LMH) in 1969. She worked for Licking Memorial off and on for the next 35 years, retiring in 2004. In the time she spent with the organization, Judy worked as a nurse for Dr. Lawrence Dils at Licking Memorial Family Practice in Granville, as a nurse on 6-South and also as an employee health nurse. “I love nursing and think it is so wonderful because of the opportunities it can provide,” Judy said. “You can move around to different departments and still remain in the same career.”

The Marion, Ohio, native earned a diploma at the Riverside White Cross School of Nursing in Columbus. Judy also earned a bachelor’s degree in community health education at The Ohio State University in Columbus. After completing her bachelor’s degree, Judy worked with a former coworker, Nasie Gallagher, to create a program called Partners in Wellness. “Partners in Wellness was a wellness-based health curriculum that we took to schools around Licking County to educate the children of our community,” Judy explained. “We traveled to different schools to teach about safety, nutrition, tobacco and drug effects and many other aspects of health and wellness. The program was a great education tool, and we had so much fun working with the kids.” Community education remains a top priority at Licking Memorial. “Working as a community educator was one of the best jobs I have ever had,” Judy said. “I am so proud of the community-based programs provided by LMHS to the residents in the area.”

Judy and her husband, Bob, have been married 39 years and currently live in Johnstown. The couple has one daughter, Robin. Robin and her husband, Chad, have two sons, Dylan and Tate. Retirement keeps Bob and Judy very busy traveling to places like Florida and South Carolina. “We just don’t know how to slow down,” Judy said with a laugh. “Bob enjoys his job at Bionetics, and

Retiree Spotlight: Judy Deaver (continued on page 19)

Retiree Spotlight: Judy Deaver (continued from page 18)

I am happy working for Hospice of Central Ohio. We like to divide our time among many different activities.” The couple also plays golf, volunteers at The Dawes Arboretum and Davis Shai House, sings in the choir at Christ Lutheran Church in Heath and spends time with their family.

Patient Story – Jackie Reed (continued from page 10)

Jackie is feeling much better after recovering from her pneumonia. By taking oral medications and following a healthy eating plan, she is also keeping her blood sugar levels under control. She realizes another hospital visit is in her near future, but she is eagerly looking forward to this one. It is to welcome that sixth grandchild to the family.

Licking Memorial Health Professionals physician office holiday hours will be as follows:

- Wednesday, November 26 – Closed at 12:00 noon
- Thursday, November 27 – Closed for Thanksgiving
- Wednesday, December 24 – Closed at 1:00 p.m.
- Thursday, December 25 – Closed for Christmas
- Wednesday, December 31 – Closed at 1:00 p.m.
- Thursday, January 1 – Closed for New Year’s Day



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Upcoming Dates

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

Palliative Care and End-of-Life Decisions

Tuesday, November 18
6:00 p.m.
Conference Rooms A & B, First Floor
Licking Memorial Hospital

Learn which health care options are available to those with serious diseases or who are at the end of their lives. Palliative Care Physician Maria Heloise Mapa, D.O. is the speaker. The program is free; registration is required and can be made by calling (740) 348-4134.

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
Phone (740) 348-4878

Diabetes Self-Management Classes

Tuesday Class
9:00 to 11:00 a.m.
Licking Memorial Health Systems, 1865 Tamarack Road,
Newark

Wednesday Classes

1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.
Licking Memorial Health Systems, 1865 Tamarack Road,
Newark

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.



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