



Community Connection

Licking Memorial Health Systems

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



Volume 4, Issue 4

April 2007

Measurably Different ... for Your Health!

LMH Named to 100 Top Hospitals List for an Eighth Year

Licking Memorial Hospital (LMH) has earned a spot on the national 100 Top Hospitals® list announced by Solucient. It is the eighth time that LMH has received the award. Solucient is part of Connecticut-based Thomson Healthcare and is the national market leader in providing tools and vital insights used by health care managers to improve the performance of their organizations.

The Solucient 100 Top Hospitals®: National Benchmarks for Success, 14th Edition recognizes hospitals that have achieved excellence in clinical outcomes, patient safety, financial performance, efficiency, and growth in patient volume. The study scores hospitals according to nine key organization-wide measures: risk-adjusted mortality, risk-adjusted complications, patient safety, core measures average, growth in patient volume, severity-adjusted average length of stay, expense per adjusted discharge, profit from operations, and cash to debt ratio.

LMH and Riverside Methodist Hospital in Columbus are the only two Central Ohio hospitals to make the list this year. No other hospital in the

LMH Named to 100 Top Hospitals List for an Eighth Year
(continued on page 14)

Couple's Donation will Fund Fountain for Pavilion

Granville residents J. Gilbert "Gib" and Lou Reese have donated \$100,000 to Licking Memorial Hospital (LMH) for an aesthetically appealing component of our new Pavilion.

The money is designated for a large fountain that will be located in front of the Pavilion's main entrance, said Licking Memorial Health Systems (LMHS) Vice President of Development and Public Relations Veronica Link. A permanent recognition plaque will bear the couple's names. "The plaque will serve as a small token of our heartfelt appreciation to the

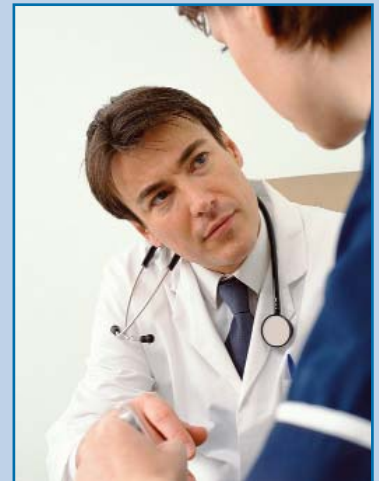


Gib and Lou Reese present a check to LMHS President Rob Montagnese for a major donation designated for a large fountain located in the front of the new Pavilion's main entrance.

Couple's Donation will Fund Fountain for Critical Care Pavilion (continued on page 15)

See Pages 6 to 8 for the Community Report Card Featuring Maternity Care.

What to Expect From Counseling:



Plan to attend this community education program to learn more about the counseling resources available in the community.

The Who, What, When, Where and Why.

- Date:** Monday, April 23, 2007
- Time:** 6:00 p.m.
- Location:** Conference Rooms A & B, first floor of Licking Memorial Hospital
- Speaker:** Betty Gebhart, L.I.S.W., Outpatient Psychiatric Services, Licking Memorial Hospital

What to Expect From Counseling (continued on page 8)

Licking Memorial Joins 5 Million Lives Campaign



Rob Montagnese,
LMHS President

Licking Memorial Hospital (LMH) has joined a nationwide effort aimed at preventing 5 million incidents of medical harm over a two-year period. The Institute for Healthcare Improvement (IHI) initiative began in December 2006. “Licking Memorial is dedicated to patient safety, and participating in this campaign strengthens our commitment,” said Rob Montagnese, President of Licking Memorial Health Systems.

“The goal of the 5 Million Lives Campaign is to greatly improve medical care in the United States by significantly reducing current levels of morbidity and mortality,” said LMHS Vice President of Medical Affairs Craig Cairns, M.D., M.P.H.

Morbidity refers to illnesses or other medical harm resulting from adverse drug reactions, surgical complications and/or other preventable incidents that occur while patients are receiving hospital care.



Craig Cairns,
M.D., M.P.H.

According to IHI estimates, 15 million incidents of medical harm occur each year in the United States. That figure is based on American Hospital Association (AHA) estimates of about 40 incidents of harm per 100 admissions and approximately 37 million hospital admissions per year. Based on these AHA figures, more than one harm event occurs for every three hospital admissions in the United States.

“If the 5 Million Lives Campaign is successful, partici-

[Licking Memorial Joins 5 Million Lives Campaign \(continued on page 13\)](#)

LMH Hospitalists Partner with Physicians to Provide Quality Care to Patients



Peter Nock, D.O.

Licking Memorial Hospital exists to improve the health of the community. With this goal in mind, to further improve the health of our community, Licking Memorial Hospitalists began to partner with physicians who make up the Licking Memorial medical staff in 1999 to provide care for patients in the Hospital.

Hospitalists are internists who specialize in caring for acutely ill hospitalized patients. Although the majority of the Hospital admissions are from the Emergency Department, if a primary care physician needs to admit a patient to the Hospital, he/she may utilize the Hospitalist service to care for the patient. “Numerous studies have demonstrated that the Hospitalist model of providing patient care is safer, and more effective, than the traditional model. Our 24 hour, seven days week coverage began in 2004,” according to Peter Nock, D.O., Lead Hospitalist at Licking Memorial. “Our availability to patients and their families is unprecedented in this community.”

Having a dedicated Hospitalist program allows the primary care physician more time to care for patients and their families in the outpatient setting. The partnership a Hospitalist has with the primary care physician is an important step Licking Memorial Health Systems has taken to improve care. This close partnership helps provide safer, more efficient health care for all of our patients.

“The benefit of the Hospitalist service is that they are able to care for the patients 24 hours a day, seven days a week,” said Megan Miller, D.O., physician with Licking Memorial Family Practice – Hebron. If a patient is seen in the physician office and admission is warranted, Hospitalists are contacted. The primary care physician will then arrange for a direct admission, and the patient is evaluated by the Hospitalist once the patient arrives at LMH. “Whenever a patient is admitted, Hospital labs and important admission information will automatically appear on the electronic health record in my office,” said Dr. Miller.

“It is reassuring to me to know that my patients are seen by the Licking Memorial Hospitalist while they are in the Hospital. The quality of care provided is top-notch,” said John Y. Roberston, D.O., a family practice physician with Robertson Family Medicine, Inc.

While in the Hospital, the Hospitalist will exchange information about the care with a primary care physician and any needed specialists. Communication is ongoing and direct and encompasses sharing information through the use of the electronic medical record (EMR) at the time of discharge or when there is a change in the patient’s condition. “I immediately know the patient was admitted as the information is transferred electronically to me in real time. When discharged, the patient is given an appointment to follow up with me. The Hospitalist physician notifies me and gives me a dictated summary of the admission and any issues I need to address once the patient is out of the Hospital,” said Dr. Miller.

[LMH Hospitalists Partner with Physicians to Provide Quality Care to Patients \(continued on page 15\)](#)

Community Education: Dining with Diabetes

Dates: April 19, 24 and 26

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

Location: Licking Memorial Hospital
Conference Rooms A&B

Take charge of your diabetes with a three-part cooking school program designed for people with diabetes and their families. The three-part program – Dining with Diabetes – includes diabetic food preparation, demonstrations and tasting of healthy foods.

A three-course meal will be provided at every session. Instructors are AnnMarie Thacker, R.D., C.D.E., an LMH registered dietitian and certified diabetes educator, and Shari L. Gallup, M.S., C.F.L.E., extension educator with the OSU Newark Extension Office. Advance registration is required and includes all three dates; call (740) 670-5315. Cost of \$10 for seniors (60 and older) and \$20 for all other registrants – is due with registration. Deadline to register is April 10. Spaces are limited, so enroll soon!



Dining with Diabetes helps people with diabetes learn how to choose and prepare healthy food.

Massage Therapy Now Available for LMH Patients

Licking Memorial Hospital (LMH) now offers massage therapy services at no charge to patients of the Hospital. The massage therapy services are ordered by a physician as part of the continued care aimed at improving the health of the patient. “Right now, we are focusing on the patients in the Oncology Department and First Impressions/Maternal Child Department, but this service is available Hospital-wide per a physician’s order,” said Mark Sedor, Director of Physical Medicine and Rehabilitation.



LMH massage therapist Mandy Thompson helps to soothe maternity patient Brande Halms.

Mandy Thompson, a licensed massage therapist, provides the massage therapy services at LMH. She received her license from the Knox County Career Center and specializes in Swedish and neuromuscular massage. When she receives an order, Mandy meets with the patient to assess the discomfort or need for massage. “I evaluate the patient’s needs to alleviate stress and discomfort,” said Mandy. The massage can last anywhere from 15 to 30 minutes, depending on patient needs. “The effects of massage for mothers-to-be in labor or new mothers are helpful in alleviating the discomfort during pregnancy and/or delivery,” said Marcia Fisher, R.N., Director of First Impressions/Maternal Child.

Massage is rubbing the soft tissues of the body, such as the muscles. Massage may be helpful in reducing tension and pain, improving blood flow, and encouraging relaxation. Massage therapists usually apply pressure

with their hands, but they can also use their forearms, elbows, or feet. Some massages are gentle, and some are very active and intense.

An increasing number of research studies show massage reduces heart rate, lowers blood pressure, increases blood circulation and lymph flow, relaxes muscles, improves range of motion, and increases endorphins (enhancing medical treatment). Although therapeutic massage does not increase muscle strength, it can stimulate weak, inactive muscles and, thus, partially compensate

for the lack of exercise and inactivity resulting from illness or injury.

According to the American Massage Therapy Association, there are many physical and mental benefits to massage therapy.

Physical Benefits of Therapeutic Massage

- Helps relieve stress and aids relaxation
- Helps relieve muscle tension and stiffness
- Alleviates discomfort during pregnancy
- Fosters faster healing of strained muscles and sprained ligaments
- Reduces pain and swelling
- Reduces formation of excessive scar tissue
- Reduces muscle spasms
- Provides greater joint flexibility and range of motion
- Promotes deeper and easier breathing

Massage Therapy Now Available for LMH Patients (continued from page 4)

- Improves circulation of blood and movement of lymph fluids
- Helps relieve tension-related headaches and effects of eye-strain
- Enhances the health and nourishment of skin
- Strengthens the immune system
- Treats musculoskeletal problems
- Provides rehabilitation postoperative and after injury

Mental Benefits of Massage Therapy

- Fosters peace of mind
- Promotes a relaxed state of mental alertness
- Helps relieve mental stress
- Improves ability to monitor stress signals and respond appropriately
- Enhances capacity for calm thinking and creativity

Emotional Benefits

- Satisfies needs for caring nurturing touch
- Fosters a feeling of well-being
- Reduces level of anxiety
- Creates body awareness
- Increases awareness of mind-body connection

For more information about the benefits of massage, talk to your primary care physician.

LMH and Hospice Offer Pregnancy and Infant Loss Support



Licking Memorial Hospital (LMH) and Hospice of Central Ohio are offering a Pregnancy and Infant Loss Support Group in an effort to assist those who have experienced a pregnancy loss or whose child died at birth or within the months following birth.

The group meets on the fourth Wednesday of each month from 7:00 to 8:30 p.m. at Hospice of Central Ohio, located at 2269 Cherry Valley Road, in Newark. Childcare is provided.

“Grief is the normal expression of feelings, reactions and emotions following the loss of pregnancy or death of an infant,” said LMH Director of Maternity Services Marcia Fisher. “These support group meetings enable parents to share their personal experiences of loss, as well as gain an understanding of the grief process.”

Participants in the Pregnancy and Infant Loss Support Group explore three main topics: What is Grief?, The Grief Journey, and Grieving and Healing. “Although grieving is normal, getting through the process is not something any of us do easily,” said Hospice of Central Ohio Bereavement Coordinator Donna Persohn. “Sharing the loss experience with others who also are grieving, as well as meeting with a trained bereavement professional, can aid in the healing process.”

Please direct questions to Hospice of Central Ohio at (740) 344-0311 or LMH Maternity Services at (740) 348-4309.

A Pregnancy and Infant Loss Support Group meets on the fourth Wednesday of each month from 7:00 to 8:30 p.m. at Hospice of Central Ohio, located at 2269 Cherry Valley Road, in Newark.

LMH Home Care Services Earns Honor



Eileen McNemar

Licking Memorial Hospital (LMH) Home Care Services has been named to the 2006 HomeCare Elite – an inaugural group identifying the Medicare-certified agencies whose performance measures in quality, improvement and financial performance are among the top 25 percent of providers nationwide.

The 2006 HomeCare Elite also indicates those providers ranked in the Top 100 and Top 500 of providers in the

United States. The 2006 HomeCare Elite is the first performance recognition of its kind in the home health industry. The 2006 HomeCare Elite is brought to the industry by OCS, Inc., the leading provider of health care informatics; and by Decision Health, publisher of home care’s respected independent newsletter – Home Health Line.

“We are delighted with this honor,” said LMH Home Care Services Patient Care Manager Eileen McNemar. “We are proud of the services we provide to our patients

and honored to be recognized among the top home care providers in the nation.”

The data used for this analysis were compiled from publicly available information. The entire list of the 2006 HomeCare Elite agencies can be viewed by visiting the OCS, Inc. Web site (www.ocsys.com).

LMH Home Care has been providing comprehensive home care services to the community since 1991. Services are available 24 hours a day, seven days a week. LMH Home Care Services is Medicare/Medicaid certified and accredited by the Joint Commission on the Accreditation of Healthcare Organizations.

The LMH Home Care staff includes registered nurses, licensed practical nurses, home health aides, physical therapists, occupational therapists, a speech language pathologist, a medical social worker and support staff. Services provided include: IV therapy and nutrition; wound management; medication instruction; pain management; therapeutic home exercise programs; home management to improve activities of daily living; assistance with social, emotional and economic needs; assistance with speech and swallowing problems; and personal care.

For more information about LMH Home Care Services, please call (740) 348-1860. You also may visit us online at www.LMHealth.org; click on the “Explore Licking Memorial Hospital Services” and then the “Home Care Services” tabs.

TWIGS 2007 Executive Board Officers and Chapter Chairmen

The TWIGS organization of Licking Memorial Hospital (LMH) has installed new executive board officers and chapter chairmen for 2007. The acronym TWIGS stands for Togetherness, Willingness, Imagination, Giving and Sharing. There are currently seven active TWIGS groups that contribute money for equipment needs and capital purchases at LMH.

The 2007 TWIGS Board Officers are:

- Chairman – Doris Spriggs, a member of TWIGS 8
- Chairman-Elect – Joy Weaver, a member of TWIGS 8
- Recording Secretary – Linda Green, a member of TWIGS 8
- Corresponding Secretary – Shirley James, a member of TWIGS 24
- Treasurer – Delores Dovjak, a member of TWIGS 4
- Assistant Treasurer – Jean Heitmann, a member of TWIGS 4.

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

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



The 2007 TWIGS Executive Board members are (left to right): front row – Treasurer Delores Dovjak and Assistant Treasurer Jean Heitmann. Back row – Corresponding Secretary Shirley James, Chairman Doris Spriggs and Chairman-elect Joy Weaver. Not shown is Recording Secretary Linda Green.

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

TWIGS 11 was formed in 1952 by former WWII Red Cross nurse aides. Today, their Chairman is Blanche Hagan, and they raise funds through an annual bake sale and sales of handmade Barbie Doll and American Doll clothing.

TWIGS 13, founded in 1955, was formerly known as the “Candle TWIGS” since candle sales were their main fundraising project. Today, their Chairman is

Darlene Baker, and their main project is the Christmas Greenery Sale.

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

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

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



Community Report Card

Licking Memorial Health Systems

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



A Community Report on Maternity Care

Health Tips

It's one of those classic scenarios that run through your mind when you're pregnant: you're racing across town at 3:00 a.m., convinced that you're about to deliver your baby, when in fact you're not really in labor at all. Here are some tips that may help you figure out whether the moment of truth has arrived – or whether you're dealing with a most unwelcome false alarm.

- Your contractions are strong and regular – five minutes apart for most women.
- You experience bleeding.
- The pain begins in your lower back and possibly spreads to your lower abdomen, it may also radiate to the legs.
- Your water breaks.

Patient Feature – The Chamberlain Family

On Mark Chamberlain's 29th birthday, he received some very exciting news – he was going to be a father! "I found out I was pregnant the day before, so I surprised him on his birthday," said Mark's wife, Marcie.

On the advice of some friends from church, Marcie began to see Loretta Long, C.N.M, a certified nurse midwife at Licking Memorial Women's Health, for her prenatal care. "My pregnancy was wonderful – no morning sickness or any other symptoms," said Marcie. At 21 weeks, Marcie and Mark found out that they were having a girl. Marcie had already picked out the name for her baby girl, Cara Lyn. "She was named after my mother, Carolyn, who passed away in 1997," said Marcie.

Early in the morning on December 1, 2006, Marcie, who had reached full-term gestation, woke up with contractions. She wasn't sure whether to call the Hospital because the contractions were three to four minutes apart and not very strong, but she eventually ended up calling. Marcie packed Mark's bag and woke him up to take a shower. Just as Loretta called the house, Marcie's water broke.

The Chamberlains arrived at Licking Memorial Hospital at 6:30 a.m., and at 8:08 a.m., Cara Lyn Chamberlain was born. Cara weighed seven pounds, 13 ounces, and measured 19.5 inches in length.

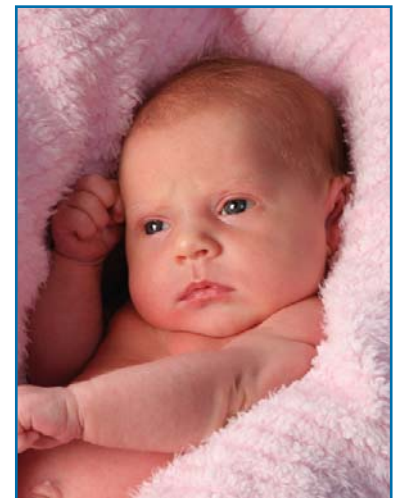


Mark, Marcie and Cara Chamberlain

"The staff and the care at Licking Memorial were great," said Marcie.

"We have been to other hospitals, visiting friends who have had babies, and the care we received at Licking Memorial Hospital was great and more convenient because it is so close to home," said Mark.

"We will definitely be back to Licking Memorial when we have more kids," the Chamberlains agreed.



Cara Chamberlain

Maternity Care – How Do We Compare?

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

1 According to the American Academy of Pediatrics, low birth weight infants are those who are born weighing less than 2,500 grams (5 pounds, 8 ounces) at term. There are many factors contributing to low birth weight, including multiple births, preterm births, a lack of prenatal care, mother's poor nutritional status before and during pregnancy, and drug, tobacco and alcohol use during pregnancy. Low birth weight infants are often at increased risk for health problems. Adequate prenatal care and health practices can significantly reduce the incidence of low birth weight deliveries. In 2006, there were 1,130 babies delivered at LMH.

	LMH 2004	LMH 2005	LMH 2006	National
% Low birth weight infants	6.4%	5.9%	6.6%	5.95% ⁽¹⁾
Average birth weight for all infants born at LMH	3,328 Grams (7 lbs., 3 oz.)	3,305 Grams (7 lbs., 2 oz.)	3,309 Grams (7 lbs., 2 oz.)	3,316 Grams ⁽²⁾ (7 lbs., 3 oz.)

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

	LMH 2004	LMH 2005	LMH 2006	National ⁽²⁾
% Smoking during pregnancy	29%	27%	26%	10 %

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

	LMH 2004	LMH 2005	LMH 2006	Goal ⁽³⁾
% Mothers with GBS receiving antibiotic	96%	95%	98%	100%
# Newborns testing positive with GBS	0	2	0	0

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

	LMH 2004	LMH 2005	LMH 2006	National ⁽¹⁾
Total % of maternity patients who had a C-section	24%	24%	22%	31%
% First-time C-sections	12%	11%	11%	18%

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

	LMH 2004	LMH 2005	LMH 2006	Goal
% Mothers choosing to breastfeed	51%	54%	55%	greater than 55%

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

	LMH 2004	LMH 2005	LMH 2006	National ⁽²⁾
% Induction of labor	29%	31%	31%	21%

7 A trial of labor after previous Cesarean delivery may be an appropriate option in certain situations. The current risks and benefits of a vaginal birth after a prior Cesarean (VBAC) section should be discussed with the obstetrician. The doctor can provide the current practice management guidelines, as well as advice when a repeat Cesarean section is necessary. Licking Memorial Health Professionals (LMHP) obstetricians counsel women by 20 weeks' gestation as to whether they should undergo another Cesarean section or attempt a vaginal delivery.

	4th Quarter 2004	4th Quarter 2005	4th Quarter 2006	Goal
% LMHP maternity patients counseled by 20 weeks on a second Cesarean/ VBAC option	94%	97%	100%	greater than 90%

What is Prematurity?

When a baby is born at less than 37 weeks' gestation (gestation refers to the period of time a woman is pregnant), he/she is considered a premature infant. A full-term pregnancy is 37 to 42 weeks' gestation. Prematurity is the number one killer of newborns, according to the March of Dimes. Medical advances can help keep young, tiny babies alive. However, the earlier a baby is born, the more likely he/she is to face problems.



Not only are premature babies small in size, but they may also face other health issues.

of serious complications or infant deaths are due to consequences of premature birth.

Premature babies are at higher risk for long-term complications, which may include vision impairment or blindness, hearing impairment, cerebral palsy, and chronic lung problems. The earlier the baby is born, the more likely it is that he/she will have these problems.

A premature infant's health at birth is influenced by

numerous factors, including:

- Gestational age at birth
- Weight at birth
- Maternal illness and medical treatment during pregnancy, which can have an effect on the fetus
- Congenital birth defects

More and more babies are being born early in America. The numbers have notched upward for more than 20 years. The reasons aren't totally clear. Increases in older mothers and multiple births (such as twins) could have something to do with it. About half a million premature babies were born in 2003, the most recent year for which figure are available, according to the Journal of Pediatrics. That's 12.3 percent of all babies, a slight increase from 2002.

Any pregnancy can result in a premature birth. However, risk factors include:

- Lack of prenatal care
- Smoking or using drugs during pregnancy
- Cervical infection
- Previous preterm labor or premature birth
- Pregnancy with more than one baby (such as twins or triplets)
- Age (younger than 18 or older than 40 years)
- Race (premature births are less common in white women)
- Certain structural abnormalities of the cervix or uterus
- Becoming pregnant while using an IUD and leaving it in place during the pregnancy
- Being seriously underweight when becoming pregnant
- Previous second-trimester miscarriages or three or more elective abortions
- Extremely physical, strenuous work

The danger of preterm labor is that it will lead to the birth of a baby who has not fully developed, and therefore who has a high-risk of problems. About 10 percent of all pregnancies result in premature birth. The majority

of infants born at 36 and 37 weeks' gestation are mature enough to be discharged from the hospital with the mother. Many premature infants, however, are too immature to survive without medical care in the neonatal intensive care unit (NICU).

Symptoms of prematurity that require hospital care include:

- Underdeveloped lungs
- Inability to breathe continuously (apnea of prematurity)
- Inability to maintain body heat
- Inability to feed orally

No one can completely eliminate the chance of early delivery. However, getting prenatal care and following general guidelines for a healthy pregnancy help reduce the risk.

For more information about prematurity, talk to a pediatrician or your physician. General information about prematurity can also be found on the Licking Memorial Web site at www.LMHealth.org; just click on the "Health Information" tab.

What to Expect From Counseling (continued from front page)

Learn more about counseling resources in your community and when it may be helpful to you or someone you care about. Every day, more than 100,000 professional counselors are busy making a difference in communities throughout the world. Counseling may be used to assist in the treatment of various illnesses – such as depression.

Plan to attend this community education program to learn more about the different types of therapy, depression and anxiety disorders, signs and symptoms of mood problems and anxiety, and effectiveness of psychotherapy.

For more information about counseling, plan to attend this free community education program. Registration is required. To register, call (740) 348-1434.

Development Spotlight: Leigh Ann Miller



Leigh Ann Miller

Granville resident Leigh Ann Miller is proud of our community Hospital and welcomed the opportunity to serve on its Development Council. “I accepted the invitation to serve on the Licking Memorial Hospital (LMH) Development Council to convey the importance of having a health care system that can deliver consistent quality medical care to its patients,” Leigh Ann said. “I also support the growth of our local Hospital and applaud the process in which it has expanded while maintaining its fundamental practices and beliefs.”

Leigh Ann joined the LMH Development Council in fall 2006 and serves on its Annual Support Committee. “My primary goal as a member of the Council is to help increase awareness of the dedicated staff, physicians and countless volunteers who drive the quality of health care at LMH,” she said.

In addition to her service to Licking Memorial, Leigh Ann is president of the Newark-Granville Welcome Wagon and secretary and three-year member of LMH TWIGS 6, which runs the Granville Thrift Shop.

Leigh Ann holds a Bachelor of Arts degree in Journalism with a major in Public Relations and Advertising from Temple University in Philadelphia, Pennsylvania. She also earned a certificate in Healthcare Management from Capital University in Columbus, Ohio.

The stay-at-home mom recently served as Development Director for the Licking County Aging Program. She and her husband, Eric, are the parents of two boys – 6-year-old Kevin and 4-year-old Ryan. Eric works for Defense Finance and Account Services in Columbus.

In addition to her community service-related commitments, Leigh Ann said she enjoys cooking and spending time with her family and friends.

Donors

ANNUAL APPEAL

Mrs. Leota Warrick

CAPITAL IMPROVEMENT

TWIGS 4

TWIGS11

TWIGS 13

COMMUNITY CORNERSTONE

Frank and Susan Bentz

Doug and Beverly Donaldson

Houston Plumbing and Heating, Inc.

Mr. James J. Isenberg

Matesich Distributing Company

Mr. and Mrs. Roger McClain

Mr. John Row

Mr. and Mrs. David Wenger

CORPORATE

Capital Wholesale Drug Company

HONORARY

In honor of Bruce Miller, M.D.

By: Mrs. Anna B. Griffin

MEMORIAL

In memory of Ann Munro Kennedy

By: The John and Mary Alford Foundation

PRIDE CORNERSTONE BRONZE

Michelle Jernigan

Jessica MacDonald

Desiree Miller

PRIDE CORNERSTONE SILVER

Jay Campbell

Krista Price-Brooks

Brandy Wartenbee

WILLIAM SCHAFFNER SOCIETY

Thomas and Sara Poulson

Mrs. Barbara A. Ransopher

Maternity Care - How Do We Compare? (continued from page 7)

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

	4th Quarter 2004	4th Quarter 2005	4th Quarter 2006	Goal
LMHP pregnant patients screened for GDM by 28 weeks	97%	95%	95%	greater than 90%

Data Footnotes:

(1)Comparative data from the Midas Comparative Database.

(2)Births: Final data for 2004. National Vital Statistics Reports; Vol. 55 No. 1: National Center for Health Statistics. 2006.

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

(4) Joint Committee on Infant Hearing: Year 2000 Position Statement. Pediatrics. Vol. 106 No. 4, October 2000.

Caduceus Society Welcomes Three New Members

Licking Memorial Health Systems (LMHS) is proud to announce that three members of the Licking Memorial Hospital (LMH) Medical Staff have joined the Caduceus Society by pledging their financial support. The newest members include Elizabeth N. Koffler, M.D., Charles J. Marty, M.D., and Evelina M. Worwag, M.D.

The Caduceus Society is a growing organization comprised of LMHS physicians who maintain a high level of charitable giving to Licking Memorial Hospital. Caduceus monies – as well as all other monetary donations from Medical Staff, employees and the community – are used toward the purchase of new medical equipment and to fund expanded services. They do not assist with general operating expenses.



Elizabeth N. Koffler, M.D.

Elizabeth N. Koffler, M.D.

Elizabeth N. Koffler, M.D., is an obstetrician/gynecologist at Licking Memorial Women's Health. Dr. Koffler received her Medical Degree from Medical College of Ohio in Toledo, Ohio. She completed an Obstetric and Gynecology residency at Riverside Methodist Hospital in Columbus, Ohio. Dr. Koffler joined Licking Memorial Health Professionals in 2005.

"I recently returned from maternity leave after delivering my son in September 2006, so I've had the opportunity to be a patient as well as a physician at LMH," Dr. Koffler explained. "I am so proud of the excellent care that I received. It's obvious that the entire staff enjoys what they do on a daily basis. Joining the Caduceus Society is my way of helping to provide the highest quality of resources to let the staff be the best they can be."

Dr. Koffler lives in Granville with her husband, daughter and son.



Charles J. Marty, M.D.

Charles J. Marty, M.D.

Charles J. Marty, M.D., is the Medical Director of Licking Memorial Company Care. Dr. Marty received his Medical Degree from The Ohio State University College of Medicine in Columbus, Ohio. He completed a mini residency in Occupational Medicine at University of Cincinnati, College of Medicine in Cincinnati, Ohio, and a Family Practice Residency at Ventura County Medical Center in Ventura, California.

Dr. Marty said he joined the Caduceus Society because he has seen how involved LMHS is in the community. "Here at Company Care, we see patients from every corner of Licking County. Many of them share stories of care they've received at Licking Memorial – either for

themselves or their loved ones. I wanted to support that dedication to the community."

Dr. Marty joined Licking Memorial's Medical Staff in 1978. He is board certified in Family Practice.



Evelina M. Worwag, M.D.

Evelina M. Worwag, M.D.

Evelina M. Worwag, M.D., is an anesthesiologist with Licking Memorial Anesthesiology at LMH and also staffs the LMH Pain Clinic. Dr. Worwag received her Medical Degree from the Medical Academy in Warsaw, Poland. She completed a Clinical Pharmacology fellowship at Northwestern University in Chicago, Illinois. She served an internship in Internal Medicine at Edgewater Hospital in Chicago, and a residency in Anesthesiology at the University of Chicago in Chicago. She is board certified in Anesthesiology and Pain Medicine.

"I am impressed with how much charity care LMH delivers to the indigent patients in the community," Dr. Worwag said. "I decided to help defray the cost with my Caduceus contribution."

Dr. Worwag and her husband have a son and a daughter. She has been a member of the LMH Medical Staff since 2002.

Physician Spotlight: Karen Smith-Silone, D.O.



Karen Smith-Silone, D.O.

Karen Smith-Silone, D.O., is an obstetrician/gynecologist and a member of the Licking Memorial Hospital (LMH) Active Medical Staff. Dr. Smith-Silone is also in private practice with David Harper, M.D., and Maureen Yablonski, M.D., at Moundview Obstetrics and Gynecology, Inc. Dr. Smith-Silone is the Division Chief of Obstetrics and Gynecology for

the Surgery Department at LMH and also serves as the Secretary-Treasurer of the Medical Staff.

“Licking Memorial has the up-to-date technology and capacity of a large health care organization while still being a community hospital. That is what sets Licking Memorial apart from the rest,” said Dr. Smith-Silone.

Dr. Smith-Silone received her Doctor of Osteopathic Medicine degree from the Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania. She also completed her residency in Obstetrics and

Gynecology and traditional medical internship at the Philadelphia College of Osteopathic Medicine. Dr. Smith-Silone received her Bachelor of Science degree in Biology from Allentown College of Saint Francis de Sales in Allentown, Pennsylvania.

Dr. Smith-Silone is a member of several professional organizations, including: American College of Osteopathic Obstetricians and Gynecologists, and American Osteopathic Association.

Born and raised in Phoenixville, Pennsylvania, Dr. Smith-Silone moved to Ohio in 1998. She and her husband, James Silone, Jr., D.O., an ophthalmologist, have one daughter, Gabby. “When looking for physician practices, we really wanted to be near family. Jim was originally from Ohio and my parents were in North Carolina, so when we stumbled across two practices in Newark, which was near Jim’s family – it was a perfect match,” said Dr. Smith-Silone. In her free time, she enjoys running and is training to run a half-marathon.

Ask a Doc

Question: Recently, I have been experiencing a painful burning and itching sensation that I thought was a yeast infection because the symptoms would go away after treatment with an over-the-counter vaginal cream. However, they symptoms are recurring. Could there be something else wrong that just seems like a yeast infection?

Answer: It is wise when a health problem recurs that the individual seek the attention of a health professional. The symptoms you mention – burning and itching sound like a yeast infection. However, these symptoms may also present when a person has genital herpes. Genital herpes is a sexually-transmitted viral infection that is characterized by repeated eruptions of small, painful blisters on or around the genitals or covering adjacent areas of skin.

Genital herpes is a sexually-transmitted disease (STD) caused by the herpes simplex viruses type 1 (HSV-1) and type 2 (HSV-2). Most genital herpes is caused by HSV-2. Some individuals have no or only minimal signs or symptoms from HSV-1 or HSV-2 infections. When signs do occur, they typically appear as one or more blisters on or around the genitals or rectum. The blisters break, leaving tender ulcers (sores) that may take two to four weeks to heal the first time they occur. Typically, another outbreak can appear weeks or months after the first, but it almost always is less severe and shorter than the first outbreak. Although the infection can stay in the body indefinitely, the number of outbreaks tends to decrease over a period of years.

According to the Centers for Disease Control and Prevention, genital herpes infection is one of the most common sexually-transmitted diseases in the United States. Nationwide, at least 45 million people ages 12 and older, or one out of five adolescents and adults, have genital HSV infection. Between the late 1970s and the early 1990s, the number of Americans with genital herpes infection increased 30 percent.

Herpes viruses can be found in and released from the sores that the viruses cause, but they also are released from skin that does not appear to be broken or to have a sore. HSV-1 can cause genital herpes, but it more commonly causes infections of the mouth and lips, so-called fever blisters. Some people infected with HSV-2 are not aware of their infection. However, if signs and symptoms occur during the first outbreak, they can be quite pronounced. The first outbreak usually occurs within two weeks after the virus is transmitted, and the sores typically heal within two to four weeks. Other signs and symptoms during the primary episode may include a second crop of sores, and flu-like symptoms, including fever and swollen glands. However, most individuals with HSV-2 infection may never have sores or they may have very mild signs that they do not even notice or that they mistake for insect bites or another skin condition.

Many people diagnosed with a first episode of genital herpes can expect to have several (typically four or five) outbreaks (symptomatic recurrences) within a year. Over time these recurrences usually decrease in frequency.

Genital herpes can cause recurrent painful genital sores in many adults, and herpes infection symptoms can be severe in people with suppressed immune systems. Regardless of the severity of symptoms, genital herpes frequently causes psychological distress in people who know they are infected.

There is no treatment that can cure herpes, but antiviral medications can shorten the duration and intensity of symptoms. Daily suppressive therapy can reduce the number of outbreaks and the chance of transmission to partners.

Persons with herpes should abstain from sexual activity with uninfected partners when lesions or other symptoms of herpes are present. It is important to know that even if a person does not have any symptoms, he or she can still

infect sex partners. Sex partners of infected persons should be advised that they may become infected. Sex partners can seek testing to determine if they are infected with HSV-2. A positive HSV-2 blood test most likely indicates a genital herpes infection.

For more information about herpes and other sexually-transmitted diseases, visit the Licking Memorial Hospital Web site at www.LMHealth.org; and click on the “Health Information” tab. April is nationally recognized as Sexually Transmitted Disease Awareness month by the medical community. Be sure to talk to your physician about any questions or concerns you have about your health and sexually-transmitted diseases.

Cindy Simons Provides Palliative Care at LMH



Cindy Simons,
A.P.R.N.,
B.C.-P.C.

Cindy Simons, A.P.R.N., B.C.-P.C., a Palliative Care Clinical Nurse Specialist with Hospice of Central Ohio, is providing palliative care services to patients at Licking Memorial Hospital (LMH) and the Selma Markowitz Care Center in collaboration with Dr. Carl Waggoner.

Palliative care provides pain and symptom management to patients with serious and life-threatening illnesses.

Patients are also offered assistance with goal setting and advanced directives to meet their physical, emotional and spiritual needs.

Cindy graduated from Newark High School in 1976. She earned a Bachelor of Science degree in Nursing at Capital University in Columbus, Ohio. She then received

her Master of Science degree in Nursing from Otterbein College in Columbus, and a post-master’s degree in Palliative Care from Ursuline College in Pepper Pike, Ohio. She is Board Certified as a palliative care clinical nurse specialist. Cindy previously worked as a registered nurse in LMH’s Intensive Care Unit for 15 years.

Cindy and her husband, Ken, live in Newark. They have three grown children, Holly, Trevor and Heather.

Locally, she is a member of Trinity Episcopal Church and an instructor for the American Red Cross. Cindy is also a member of Sigma Theta Tau, Central Ohio Hospice and Palliative Care Nurses Association, Hospice and Palliative Care Nurses Association, Ohio Association of Advanced Practice Nurses and Ohio Pain Initiative.

Retiree Spotlight: Del Hickman



Del Hickman

Since he retired from Licking Memorial in 1996, Del Hickman has traveled a little, but mainly is focused on tasks at home and taking on the occasional woodworking project. “We travel some and have been to Las Vegas, but mostly I work around the house,” he said recently. “There is always something to do.”

At Licking Memorial Hospital (LMH), Del was a courtesy van driver for seven years and then a courier for two years. “That’s the most fun job I ever had,” he said, referring to the courtesy van driver position. Del said he met a number of interesting people and had a lot of

regular pickups over the years. He laughed as he recalled an April Fool’s Day incident from 1988.

“I had just delivered a group of people to the Hospital’s front door when I noticed some children running around the parking lot. I drove down to check it out, and to my surprise, they were chasing a red chicken,” Del said. He called the switchboard operator on his van radio and explained the situation. “I asked her to send someone out to catch the chicken. There was a long pause. I told her it was no April Fool’s joke and to send someone to catch it,” he said.

Del watched as a couple caught the chicken and put it in their truck. “I asked the lady if it was theirs, and it was,”

Retiree Spotlight: Del Hickman (continued from page 12)

he said. "It rode to the Hospital under the fender of the truck. The head of security came out and looked at me like I was nuts until I took him down to the truck and the couple explained what had happened. That is one April Fool's Day I will always remember!"

In addition to working nearly a decade at Licking Memorial, Del worked at Rockwell (now ArvinMeritor)

in Heath as a machinist for 32 years.

He and his wife, Teresa, are the parents of two daughters, Carol Hickman, an LMH Environmental Services assistant; and Linda Dorsey-Sessor, an LMH Patient Accounts representative; and one son, Steve Hickman, a resources manager with FedEx. They also have four adult grandchildren.

Volunteer Spotlight: Chelsea Bigler

The summer before the freshman year of college traditionally is for spending time with family and friends before leaving for school. This was a time that Chelsea Bigler started a new adventure; she started volunteering at Licking Memorial Hospital. Since summer 2006, Chelsea has volunteered more than 100 hours of services and has come back to the Hospital during her winter break to volunteer. "I volunteer anywhere they need me –

Anticoagulation Clinic, the Emergency Department, the Gastroenterology Lab and in Messenger Services," said Chelsea. She noted that she really enjoyed being a messenger, running errands or delivering cards and flowers to patients. Chelsea said, "I enjoyed taking the time to talk with the patients and see them smile."

Chelsea started volunteering at Licking Memorial for two reasons. First, her mom, Kathleen Bigler, R.N., a nurse for the Outpatient Surgery Department, encouraged her to volunteer. Second, Chelsea had always told Carol Barnes, Director of Volunteer, TWIGS and Events, that she would come to volunteer. "While I was making good on my promise to Carol, I discovered I enjoyed getting to meet the other volunteers and listening to their stories as well as the patients and other Hospital employees," said Chelsea. "When I went to college, I really missed the people."



Chelsea Bigler

Chelsea is currently a freshman at Ashland University, located in Ashland, Ohio. She is studying social work and psychology. Chelsea is executive vice president of Alpha Delta Pi sorority, a member of the social work club, homecoming committee, an orientation team member for her university and vice president of the (dormitory) hall council. In her free time, she enjoys scrapbooking with her mother.

Chelsea also works part time as a waitress at Victoria's Parlor in Granville, and she also has an on-campus job at Ashland.

"We just love Chelsea. She is willing to do whatever we need, and she always has a smile on her face while doing it," said Carol.

Licking Memorial Hospital's commitment to quality care is well known in the community and across the state. This recognition would be more difficult to achieve without the unwavering support and dedication of the outstanding volunteers.

If you are interested in volunteering your time and talents at Licking Memorial, call Carol Barnes, Director of Volunteers, TWIGS and Events at (740) 348-4079.

Licking Memorial Joins 5 Million Lives Campaign (continued from page 2)

pating hospitals will have reduced U.S. incidents of medical harm in hospitalized patients by approximately one-third," Dr. Cairns said.

The 5 Million Lives Campaign follows IHI's 100,000 Lives Campaign of avoiding unnecessary deaths. LMH also participated in that nationwide initiative which ran from December 2004 through June 2006 and focused on significantly reducing mortality in hospitalized patients. IHI and numerous partners are guided by the six aims for American health care as articulated in the landmark Institute of Medicine report, "Crossing the Quality Chasm: Safety, Effectiveness, Equity, Timeliness, Patient-centeredness, and Efficiency."

In addition, IHI has added its "no needless list" to these aims:

- No needless deaths
- No needless pain or suffering
- No helplessness in those served or serving
- No unwanted waiting
- No waste

"The so-called 'no needless' list serves as the ultimate goal for health care in the United States," Dr. Cairns said. "Licking Memorial health care providers are intimately familiar with this list, as it has become a major focus with our in-house education."

region has been named a 100 Top Hospital more than LMH. Riverside has earned the distinction six times.

A total of 14 hospitals in Ohio earned the 100 Top Hospitals® distinction for 2006. Winning hospitals are announced in five categories: major teaching hospitals, teaching hospitals, large community hospitals, medium community hospitals and small community hospitals.

LMH is one of five Ohio hospitals winning in the medium community hospitals category, which includes a total of 20 awardees. Only eight hospitals nationwide have won the award more often.

“Earning the 100 Top Hospital award takes hard work and dedication throughout an organization,” said Licking Memorial Health Systems (LMHS) President Rob Montagnese. “Licking Memorial Hospital has proudly served the Licking County community for 109 years. Receiving the 100 Top Hospitals award reflects the strong commitment our employees display on a daily basis.”

LMH Board Chair Judy Pierce said, “Although this is a hospital award, all Licking Memorial Health Systems employees, physicians, volunteers and board members are to be commended for their efforts to improve the health of the community. Without a focused, team approach on behalf of the entire Licking Memorial organization, such a prestigious honor could not be earned.”

Ohio hospitals currently named as national 100 Top Hospitals are listed alphabetically below:

- Bethesda North Hospital, Cincinnati (teaching hospital)
- Bryan Hospital, Bryan (small community hospital)
- Charles F. Kettering Memorial Hospital, Kettering (teaching hospital)
- EMH Regional Medical Center, Elyria (large community hospital)
- Fairview Hospital, Cleveland (teaching hospital)
- Hillcrest Hospital, Mayfield Heights (teaching hospital)
- Kettering Medical Center – Sycamore, Miamisburg (medium community hospital)
- **Licking Memorial Hospital, Newark (medium community hospital)**
- Lima Memorial Hospital, Lima (large community hospital)
- Mercy Hospital Anderson, Cincinnati (medium community hospital)
- Mercy Hospital Clermont, Batavia (medium community hospital)
- Riverside Methodist Hospital, Columbus (teaching hospital)
- Southwest General Health Center, Middleburg Heights (medium community hospital)
- University Hospitals Case Medical Center, Cleveland (major teaching hospital)

What 100 Top Hospital Status Means to Communities

The 100 Top Hospitals in the nation have higher survival rates, keep more patients complication-free, attract more patients and maintain higher profits than their peer hospitals, Solucient reports.

Solucient estimates that if all Medicare inpatients received the same level of care as those in the 100 Top Hospitals winners, the following would be true:

- More than 100,000 additional patients would survive each year.
- More than 114,000 patient complications would be avoided annually.
- Expenses would decline by an aggregate \$10.9 billion a year.
- The average patient stay would decrease by more than half a day.

Additional key findings of the Solucient study include:

- With 25 percent higher admissions per bed, benchmark hospitals treated more patients than non-winning hospitals and also treated patients who were sicker and required more complex treatment.
- The 100 Top Hospitals facilities spent an average of 12 percent less, per discharge, than peer hospitals.
- Median total profit margin at the 100 Top Hospitals was significantly higher than the median of peer hospitals. This is important because these resources are reinvested into our community.
- Salaries and benefits were \$3,200 more a year per full-time staff member at benchmark hospitals.

For more information about Solucient’s 100 Top Hospitals study, please visit www.100tophospitals.com or call (800) 568-3282.

Couple's Donation will Fund Fountain for Critical Care Pavilion (continued from front page)

Reeses,” LMHS President Rob Montagnese said.

Scheduled for completion late this year, the 100,000-square-foot, two-story Pavilion will be the largest single expansion since LMH moved to Newark's west side in 1966. The project will nearly double the capacity of the Emergency Department and create operating rooms that can better accommodate the newest technology and equipment. The new LMH Emergency Department will have the capacity to serve an estimated 90,000 patients annually.

“We're just trying to be helpful to the Hospital because it's such a fine facility,” Gib said. “The Critical Care Pavilion is beautifully designed and will include the last word in surgical technology. This facility is going to be on the level of the very finest in the entire country.”

Lou will add her artistic input as the fountain is designed. “It's such a contemporary building, and there can be a lot of symbolism in the fountain,” she said, noting that she designed the gear-shaped fountain at The Works: Ohio Center for History, Art & Technology in downtown Newark.

In addition to their generous contribution to the LMH Pavilion project, the couple has donated funding for the operation of the Lou and Gib Reese Ice Arena in Newark, as well as creation of the Reese Center and the Martha Grace Reese Amphitheater on the Newark campus of The Ohio State University.

In 1992, the LMH Development Council presented Gib – who is a former Chairman of the Health Systems Board of Directors – the Lifetime Achievement Award. The Award is given to a citizen in our community who has given volunteer service for the overall betterment of the community and who has helped fulfill the mission of LMHS by helping to improve the health of the community. “This special recognition honors those whose vision, inspiration and leadership have touched and enriched many lives,” Rob said. “Gib overwhelmingly met the criteria in 1992, and his generosity to the Licking County community has only continued to grow over the years.”

The Newark native is the senior partner with Reese, Pyle, Drake & Meyer, P.L.L. He currently serves as chairman of the Thomas J. Evans Foundation, which oversees more than 40 miles of bicycle trails linking Licking County communities. He has an endowed chair in contract law at The Ohio State University's (OSU) Mortiz College of Law in Columbus, Ohio, and funded a residence hall at DePauw University in Greencastle, Indiana. Gib was named the 2000 recipient of the OSU Community Service Award. Gib and Lou have been married for 55 years.

LMH Hospitalists Partner with Physicians to Provide Quality Care to Patients (continued from page 2)

Primary care physicians also receive a faxed copy of the discharge instructions for the patient. So, when the patient follows up at the recommended time, the primary care physician is fully aware of the current plan and is able to continue care at that point.

The foremost benefit is improved patient care. Studies have shown that patients cared for by Hospitalists have better medical outcomes – including improved survival rates and shorter lengths of stay in the Hospital. This close partnership – both with the Hospitalists and primary care physicians – helps to provide more efficient, safe health care for all patients.

“With the staff of LMH, the EMR, and our 24-hour availability, we have an outstanding framework in place to provide safe and effective care to the people of Licking County, which I believe really sets us apart. Relatively few hospitals, especially of this size, are able to provide this high level of service. LMH is constantly measuring its methods and outcomes, which provides ongoing opportunities for improvement in patient care. This is really what we're ultimately aiming for,” said Dr. Nock.

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

What to Expect From Counseling? The Who, What, When, Where and Why on Counseling

Date: Monday, April 23, 2007

Time: 6:00 p.m.

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

Registration is required; call (740) 348-1434.

Community Education: Dining with Diabetes

Dates: 5:30 to 7:30 p.m.

Time: April 19, 24 and 26

Location: Licking Memorial Hospital Conference Rooms A&B

Registration is required; call (740) 670-5315. Cost of \$10 for seniors (60 and over) and \$20 for all other registrants – is due with registration. Deadline to register is April 10.

First Impressions – Maternal Child Classes

Childbirth Education Classes

Stork Tours

Infant and Child CPR

Parenting Class

Maternity Tour

Breast-feeding Class
Sibling Preparation Class

For more information or to register for First Impressions/Maternal Child classes, call (730) 348-4346.

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 Training 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 upon insurance coverage.



Non-Profit Org.

U.S. Postage

PAID

Columbus, Ohio

Permit No. 8757

Please take a few minutes to read
this month's **Community Connection**.

You'll once again see why
Licking Memorial Health Systems is
measurably different ... for your health!

Visit us at www.LMHealth.org

A publication of the LMHS Public
Relations Department at (740) 348-1572.

Please contact the Public Relations
Department to receive future mailings.



1998, 1999, 2000, 2001,
2002, 2003, 2005, 2006