



Community Connection

Licking Memorial Health Systems

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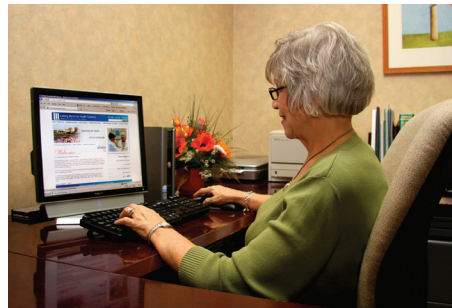
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Measurably Different ... for Your Health!

New Web Site for Licking Memorial Health Systems Is Unveiled

Imagine having access to personal medical records while sitting at home, requesting an appointment without picking up the telephone and even visiting the delivery room virtually before having a baby. All of these great interactive features are now available on the new Licking Memorial Health Systems (LMHS) Web site at www.LMHealth.org. The more user-friendly and interactive site can provide convenience and a



To use LMHS' new redesigned Web site, log on to www.LMHealth.org.

New Web Site for Licking Memorial Health Systems Is Unveiled (continued on page 2)

Look-Alike/Sound-Alike Medications



The LMH Pharmacy has set guidelines for drugs with similar names to ensure patient safety.

Today's physicians have hundreds of prescriptions drugs available to treat their patients. With such a long list of medications, some of the drugs inevitably have similar sounding names, which can cause confusion over which drug was prescribed. To reduce the risk of look-alike/sound-alike medication errors, Licking Memorial Hospital (LMH) has implemented safeguards to protect patients' well-being.

"Some of the drug names that sound alike have very different effects on the body," explained Jean Glaser, Director of Pharmacy Services at LMH. "For example, when spoken 'Zantac' and 'Zyrtec' sound much alike, but Zantac is a drug used to treat stomach ulcers, and Zyrtec is an allergy medicine. Both drugs are available over the counter at most drugstores, so

Look-Alike/Sound-Alike Medications (continued on page 3)

See Pages 10 to 13 for the Community Report Card Featuring Maternity Care.

Community Education Program - Colorectal Cancer



David E. Subler, M.D.

Colorectal cancer is the third most common type of non-skin cancer in men and women. It is the second leading cause of cancer deaths in the United States after lung cancer. The rate of new cases and deaths resulting from this disease is decreasing. Still, more than 147,000 new cases are diagnosed, and more than 57,000 people die from colorectal cancer each year.

Through screening tests, doctors are able to find polyps or cancer before symptoms develop. Finding and removing polyps may prevent colorectal cancer. Also, treatment for colorectal cancer is more likely to be effective when the disease is found early. This program will explain the risk factors and the importance of early detection.

Community Education Program - Colorectal Cancer (continued on page 8)

personal touch for each visitor.

Licking Memorial Health Professionals' (LMHP) patients can sign up for Internet access to view a portion of their medical records, as well as request an appointment with their physician and request prescription refills. The ability to view a portion of patients' medical records decreases the wait for those patients looking for an immediate answer to an everyday question regarding their health. LMHP patients can get signed up for the interactive feature at their next appointment. "These online health services allow the patient the ability to access the site at any time, giving the patient unlimited access and accommodating any schedule," said Christine McGee, Vice President of Physician Practices. It also cuts down on phone calls to the physician offices, thus freeing up staff members for more one-on-one time with patients.

Paying a medical bill is another new option available on the LMHS Web site. With a few simple steps, patients can pay a portion or an entire medical bill from a secure location. "Allowing patients to pay a bill online is another great way LMHS can provide excellent customer service to the community," stated Cindy Webster, Vice President of Revenue Cycle. "Not only is this method of payment easier for our patients, but we can promise the utmost safety and security for each online transaction." The safety and security comes, in part, from PayPal.com which is an online payment service designed to assist businesses with payment operations. A PayPal account is not required when making an online payment; however, transactions can also be made with an active PayPal account. Patients simply enter an account number, their name and a payment amount in the required fields and follow the prompts to make a payment.

Web site visitors can "tour" the facility without stepping foot outside their homes. Virtual tours are offered for many of the departments within Licking Memorial Hospital (LMH). Simply log on to the Web site and select the "Virtual Tours" feature within the "About Us" section. Whether a mother would like to see an entire birthing room in preparation for a new addition to the family or someone would simply like a glimpse at some of the state-of-the-art equipment within the facility, it is all available via the Internet. Users also have the opportunity to brighten a patient's day by sending a card or flowers to someone staying in the hospital with the simple touch of a button. Flowers can be ordered online from the LMH Gift Shop and paid for through our secure Web site. Free greeting cards are created in a few easy steps online as well. Both the cards and flowers are

delivered by a representative from the Volunteer and TWIGS office.

"As an organization that exists to improve the health of the community, LMHS believes community members have a right to know about the quality of care we provide and how it compares to state and national standards," stated Rob Montagnese, LMHS President and CEO. "A visit to the new LMHS Web site gives users the ability to view the LMHP Health Outcomes Brochure and report cards published monthly on various topics to see how LMHS is doing."

Studies have shown that the quality of health care varies significantly; however, quality can be measured and it can be improved. The LMHP Health Outcomes Brochure provides information on the quality performance and outcomes of the primary care physicians. The Community Report Card is featured on the home page of the Web site to provide direct access to the questions that matter most to the community. Each month, a new Report Card is published to show exactly how Licking Memorial health care is being provided. Some previous topics discussed in the Community Report Card include patient safety, surgical care, maternity care, stroke and heart care.

Internet users can venture into the world of health care by exploring the organization's publications like the Community Connection which is a monthly newsletter designed for the local community. The new Licking Memorial Web site also offers features to which many frequent site visitors have become accustomed. This includes a link to the many press releases published about the happenings of LMHS, access to current advertisements and a link to Licking Memorial's Annual Report. Web site visitors can also view employment opportunities and complete an application online. Simply click on the "Careers" button to find out how to be a part of such a community-minded organization. Vice President of Development and Public Relations Veronica Link said, "The easy access provided by the new Web site also gives visitors the opportunity to view photos from different events and departments throughout LMHS, as well as a brief description on anything a visitor would want to discover about Licking Memorial."

Remodeled with a fresh new look, the new site is easier to navigate and provides key information no matter what portion of the site visitors are exploring. Log on to www.LMHealth.org today to learn more about cutting-edge health care with a simple click of a mouse.

Community Hospital Receives High Praise

After a visit to Licking Memorial Hospital (LMH) last fall for corrective eye surgery, Ronald Konove of White Plains, New York, has both better vision and a clearer view of what a community hospital has to offer. Ronald, who has a law practice in White Plains, came to LMH in November to have a cataract removed by Ophthalmologist Elliot Davidoff, M.D.



Ronald Konove felt so good two days after his eye surgery at LMH that he attended an Ohio State Buckeyes football game with long-time friend, Elliot Davidoff, M.D.

“Dr. Davidoff and I grew up in Manhattan together, and our fathers were best friends,” Ronald explained. “I had been putting off the cataract surgery for years, but decided it needed to be done, and I wanted Dr. Davidoff to perform it.”

Ronald had the cataract surgery on his right eye on Thursday, November 1, 2007, in the new surgical facilities of the Licking Memorial John & Mary Alford Pavilion. “It was amazing!” Ronald remembered. “I had been using contacts for nearly 50 years, and now I could see out of that eye. I watched my parents have cataract surgery just several years ago. This was so much faster and easier, and the hospital was beautiful. Any New York hospital would be envious of your building.”

“As a physician, it is so gratifying to have been able to bring patients to the new Pavilion,” Dr. Davidoff said. “Since I know our staff and equipment are all top-notch,

I was proud to be able to perform Ron’s surgery here.”

Ronald was feeling so good just two days after the surgery that he and Dr. Davidoff attended the Ohio State-Wisconsin football game together at Ohio Stadium in Columbus. That is when something happened to seal Ronald’s high regard for Licking Memorial. While at the game, his cell phone rang. It was a Licking Memorial nurse calling to make sure that he was doing well. “No one back

in New York believes that call was made,” Ronald said in amazement.

Ronald plans to return to Licking Memorial Hospital soon to have a cataract removed from his left eye. “I put off having the first one done for so long; now I can’t wait for the second one – bring it on!” he quipped. Ronald was so impressed that he wrote a letter to Licking Memorial Health Systems President and CEO Rob Montagnese to relate his experience. “You should be very proud of both the staff and the facility,” he wrote. “If surgery could ever be a pleasure, this was it.”

The new surgery facilities of the Licking Memorial John & Mary Alford Pavilion opened August 23, 2007. They include two special procedure rooms that are dedicated to state-of-the-art eye surgeries.

Look-Alike/Sound-Alike Medications (continued from front page)

consumers need to be really careful to avoid confusion. Taking the wrong drug could be harmful. Naturally, we are extremely careful at the Hospital Pharmacy to make sure patients receive the proper medications.”

As part of our ongoing vigilance to promote patient safety, LMH has set policies for staff when handling medications with look-alike/sound-alike names. The Pharmacy keeps a current list of drugs that have similar sounding names. These medications are given special labels that alert the pharmacy staff that there is another medication with a similar name, prompting an automatic double check.

Other precautions implemented at the LMH Pharmacy include:

- Medications on the look-alike/sound-alike list are stored and differentiated in special yellow bins.
- The look-alike/sound-alike medications are stored in separate areas whenever possible.
- The Pharmacy computers issue yet another alert when the medication is dispensed.
- Whenever possible, an alternative to the look-alike/sound-alike medication is purchased.

The LMH Pharmacy dispensed more than 4 million doses

Art from the Heart

Many Licking County families enjoyed a mid-winter break at an event to promote children's art and heart health. The event, Art from the Heart, co-sponsored by Licking Memorial Health Systems and The Works, encouraged families to bring their children to The Works in downtown Newark on February 16 to explore various art media and to learn about their hearts.



Lilly and Charlie Barton used watercolors to create their paintings at Art from the Heart, co-sponsored by LMHS and The Works.

LMH Cardiology helped the children draw a heart and other vital organs on their life-sized body outlines. The children also had an opportunity to wear electrodes on their wrists and ankles so that a cardiac monitor could print out rhythm strips to show them their heartbeats. The Hospital provided refreshments, including heart-healthy snack choices.

The children were able to experiment with different art materials, such as watercolors, acrylic paints and spackling paints to compare their effects. Whether they were toddlers or teenagers, the children received one-on-one attention from experienced artists who offered encouragement and a few tricks of the trade.

Licking Memorial Vice President of Development and Public Relations Veronica Link said, "It's amazing to see how the children express themselves with art. Even the very young children are able to show you how they view the world with shapes and splashes of color."

"I heard many comments from the adults who attended that they really enjoyed interacting with the children," said Marcia Downes, Managing Director of The Works. "But the kids probably had the best time of all because they did not have to worry about making a mess!"

LMH set up learning stations for children's hands-on activities about the human heart. Registered nurses from

Approximately 300 guests attended the Art from the Heart event. The young artists' works of art were selected for framing and will be displayed in the Hospital Cafeteria later this spring.



Alex Meclace lay very still while LMH Cardiology nurse Connie Donaker, R.N., drew an outline of his body at the Art from the Heart event at The Works.

Look-Alike/Sound-Alike Medications (continued from page 3)

of medication in 2007. The Pharmacy remains open 24 hours a day, seven days a week to provide the best service possible to patients.

The Licking Memorial Hospital Pharmacy has compiled a list of the most commonly prescribed medications at the Hospital that have look-alike/sound-alike names. These medications receive special scrutiny whenever prescribed to ensure patient safety. Some examples include:

- Reminyl, Amaryl, and Remeron
- Seroquel and Serzone
- Celebrex and Celexa
- Prozac and Prilosec
- Zantac, Zyrtec and Zyprexa
- Zyprexa and Celexa
- Glipizide and Glyburide
- Flomax and Fosamax

LMH Donates Training Equipment to C-TEC

Career and Technology Education Centers (C-TEC) in Newark recently received equipment to enhance their educational programs. Licking Memorial Hospital (LMH) donated seven light commercial grade treadmills and three EKG machines to supplement equipment already in use at the school.

“This is phenomenal,” said C-TEC Medical Academy instructor Keri Vradenburg.

“The treadmills will be used in physical therapy, the medical lab and the physical fitness portions of firefighter training and the criminal justice program. Physical therapy is a new program, and we were going to have to purchase all new equipment for those students. Having the treadmills donated to us will free up funds for other exercise equipment.”



C-TEC Medical Academy Instructor Keri Vradenburg met with Licking Memorial Hospital Vice President of Patient Services Debbie Young and Wellness Center Coordinator Darcy Nethers to accept the Hospital's donation of EKG monitors and treadmills.

“We are glad to be able to help,” responded LMH Vice President of Patient Care Services Debbie Young. “Our hope is that when they have the right tools, students will be in a better position to make career decisions and to become better prepared. This correlates very closely with Licking Memorial Health Systems' mission to improve the health of the community.”

LMH is a strong supporter of programs at C-TEC. In April 2007, LMH donated eight adjustable patient beds to train nurse aide students in the adult vocational education program.

Licking County Medical Society



Douglas N. Schram, D.O.

The Licking County Medical Society was created in 1903 to organize the physicians of Licking County in order to advance the science and art of medicine for the betterment of public health; to promote the efficient use of medical services within the community; and to provide an arena for speakers and programs of interest to its members.

“The Society meetings provide physicians with an opportunity to socialize and get to know one another outside of the realm of their medical practices and allow us the opportunity to meet physicians of all ages and specialties,” said President-elect Douglas N. Schram, D.O. “The dinner meetings strengthen the social and professional bond within our medical community and provide a venue to meet physicians who are new to the Licking County health care community.”

Another important function of the Licking County Medical Society is to provide scholarships for outstanding students who are pursuing or plan to

pursue a career in the health care industry. Throughout the years, the Society has donated thousands of dollars in scholarships to Licking County students who have demonstrated an outstanding commitment to their education and educational goals. The financial support of these students is an investment into the future health of our community.

“The ultimate goal is to provide the very best care for patients served in our local community,” said Dr. Schram. “The funds for the scholarships come from the Licking County Medical Society membership dues and provide an avenue for physicians to directly impact the health of the community.” While the Licking County Medical Society is not affiliated with Licking Memorial Health Systems (LMHS), many physicians employed by Licking Memorial are a part of the Society, including Dr. Schram, who said, “We are all very excited about the coming year.”

Development Spotlight: Tom Mullady



Thomas A. Mullady

Joining the Licking Memorial Hospital (LMH) Development Council was an easy decision for Thomas (Tom) Mullady. “I wanted to learn more about our Hospital, what it is capable of doing for the community, and where it is heading,” he said. “Obtaining high quality, affordable health care is a major concern to most people including myself.”

Tom joined the Development Council in 2004 after receiving an invitation from Development Council Chairman, Robert McGaughy. After joining, Tom was able to get an in-depth look at how Licking Memorial Hospital (LMH) affects the community. “I am very proud of the Hospital and the quality of care it provides,” he said. “I have seen the organization move ahead in areas of expansion, technical innovation, quality of care and providing needed services to the community.” In fact, it is the relationship shared between the Hospital and the Licking County community that Tom truly takes pride in. “I am extremely happy to be part of an organization that, along with many of its employees, takes an active role in the community promoting wellness education, providing community outreach programs, participating in health fairs and screenings and providing health care to those who cannot afford it.”

After graduating from Manhattan College in New York City with a Bachelor of Science degree in chemical engineering, Tom worked nearly 40 years in the chemical, plastic and glass industry. He retired from Owens Corning in 2002 after 27 years of service in various positions of engineering and management.

Tom spends quite a bit of time in the local community. “I enjoy giving back to the community that has provided a comfortable home to me and my family,” he said. In addition to serving on the LMH Development Council, Tom is a member of the LMH Board of Directors. Tom is also a current member of the Newark Rotary Club and is involved in many of the club’s fundraising programs. He sits on the Funds Distribution Committee for the United Way of Licking County and is the current Chairman for the Newark Township Zoning Commission. Tom also enjoys tutoring local elementary school children in math and reading.

The New York native lives in Licking County with his wife, Ann. The couple has three grown children: Sean, who lives in Leonard, Michigan; Megan Roy, who lives in Castleton, New York; and Erika Schippel, who lives in Newark. In his spare time, Tom enjoys playing golf and taking bike rides. He and Ann also enjoy traveling with friends.

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Donors Recognized at Board Meeting

Three people received recognition for their contributions to the Caduceus Society and The William Schaffner 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 two newest members of the Caduceus Society were recognized during the meeting; Mary C. Testa, D.O., and James M. Jeffries III, M.D., F.A.C.S. The Caduceus Society is a group of physicians who pledge a minimum gift of \$10,000 over the course of 10 years.



LMHS Board of Directors Member P. David Shull presented Mary C. Testa, D.O. with a crystal piece to acknowledge her Caduceus Society donation.

Dr. Testa is the obstetrician/gynecologist at Licking Memorial Women's Health in Pataskala. A member of the American Osteopathic Association, the American College of Osteopathic Obstetricians and Gynecologists and the Ohio Osteopathic Association, Dr. Testa has been with Licking Memorial since 2003.

Dr. Testa earned her Doctor of Osteopathic Degree from West Virginia School of Osteopathic Medicine in Lewisburg, West Virginia, after receiving a bachelor's degree in biology at West Virginia State College in Institute, West Virginia. She completed an internship with Logan General Hospital in Logan, West Virginia, and an obstetrics and gynecology residency with Cuyahoga Falls General Hospital in Cuyahoga Falls, Ohio.

Joining the Caduceus Society was an important decision for Dr. Testa. "I take great pride in my work as a physician and being able to help women with their health care needs," she said. "Becoming a Caduceus Society member is one more way I can help our local community and support an organization that shares my goals and values about excellent patient care."



LMHS Board of Directors Member P. David Shull thanked James M. Jeffries III, M.D., F.A.C.S., for his contribution to the Caduceus Society.

Dr. Jeffries also received recognition for his Caduceus Society commitment. "Joining the Caduceus Society was a decision my wife and I made to further our commitment to the health of the local community," Dr. Jeffries said. "We feel this is a very personal way to promote the

importance of good health and well-being right here in Licking County." A plastic surgeon at Licking Memorial Reconstructive & Cosmetic Services, he joined the Licking Memorial Health Professionals in July 2007 to provide a full array of reconstructive and cosmetic surgical services.

Dr. Jeffries received his Medical Degree at the University of Medicine and Dentistry of New Jersey in Newark, New Jersey, where he also completed an internship in General Surgery and residencies in General Surgery and Plastic and Reconstructive Surgery. Dr. Jeffries received his board certification from the American Board of Plastic Surgery, and he is a fellow of the American College of Surgeons.

Dr. Jeffries has been listed in the Castle and Connolly Limited as one of the Top Doctors in Plastic Surgery in the New York Metro area for the years 2004 through 2006. He maintains a strong ethic of giving back through volunteerism, and has volunteered with Healing the Children to help children in Kenya, and with the Philippine American Group of Educators and Surgeons.

Another attendee recognized at the recent board meeting was Lewis "Lew" Huston Jr. Lew is the first Licking Memorial Hospital (LMH) retiree to join The William Schaffner Society. The William Schaffner Society is a group comprised of community leaders and Licking Memorial employees who have chosen to give back to the organization by donating a minimum gift of \$10,000 over the course of 10 years. "After spending so much time at Licking Memorial, it was only natural to give back to an organization that has given so much to



Licking Memorial Hospital retiree Lewis "Lew" Huston has generously joined The William Schaffner Society.

me and my family," Lew stated. "Contributing to the Schaffner Society not only gives us the opportunity to thank Licking Memorial, but also to continue supporting the Health Systems' mission of improving the health of the community."

Lew attended Ohio Northern University College of Pharmacy where he received his Bachelor of Science degree in pharmacy. The New York native has spent the last 54 years living in

Licking County. He spent 28 years at Licking Memorial Hospital (LMH) and retired in 1991.

Lew and his wife, Elizabeth Rose, live in Newark. The couple has six adult children. When not spending time with his family, Lew keeps busy with activities at the Heath Church of Christ. He is a past member of the church board and is active in the senior ministry called Xtra Years of Zest.

Each Caduceus and Schaffner Society 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.

Community Education Program – Dining with Diabetes

Licking Memorial Hospital (LMH) wants to help those with diabetes take control of their blood glucose levels with a three-part cooking school program. The 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., who is an LMH registered dietician and certified diabetes educator, and Shari L. Gallup, M.S., C.F.L.E., who is an extension educator with The Ohio State University Newark Extension Office.



Dining with Diabetes will take place on April 15, 17 and 21.

The program is designed for those with diabetes and also their family members. The classes will take place on April 15, 17 and 21 from 5:30 to 7:30 p.m. each evening in Conference Rooms A & B on LMH's first floor. Advance registration is required and includes all three dates.

For more details call (740) 670-5315. Cost is \$10 for seniors (age 60 and over) and \$20 for all other registrants. The fee is due with registration. The deadline to register is Monday, April 7. Space is limited, so early enrollment is encouraged.

Community Education Program – Colorectal Cancer (continued from front page)

Licking Memorial Health Systems encourages men and women to be proactive about their health with education on colorectal cancer. A free Colorectal Cancer Awareness program is scheduled for Thursday, April 24 at 6:00 p.m. in Conference Rooms A & B (first floor) of Licking Memorial Hospital.

David E. Subler, M.D., from Licking Memorial Gastroenterology will speak. Although the program is free, advance registration is required. To register, or for more information, please call (740) 348-1434.

Physician Spotlight – Catherine A. Chiodo, D.P.M.



Catherine A.
Chiodo, D.P.M.

Catherine A. Chiodo, D.P.M., is a podiatrist with Foot & Ankle Associates of Newark, and has been a member of the Licking Memorial Hospital (LMH) active medical staff since 1990. She is board certified in podiatry and podiatry surgery.

Dr. Chiodo received a Doctor of Podiatric Medicine degree at the Ohio College of Podiatric Medicine in Cleveland, Ohio. She completed a podiatric surgical residency at The Medical Center of Beaver in Beaver, Pennsylvania. She earned a

Bachelor of Science degree at Baldwin-Wallace College in Berea, Ohio.

Dr. Chiodo is a fellow of the American College of Foot Surgeons, a board member of the National Board of Podiatric Medical Examiners and a past president of the Franklin County Chapter of the American Diabetes Association. In her spare time, she enjoys outdoor activities such as skiing, running and biking.

As a podiatrist, Dr. Chiodo specializes in the treatment of foot ailments. Appointments can be made by calling her office at (740) 345-8800.

Ask A Doc

Question: My father has been having a great deal of heel pain that prevents him from normal activities, even walking. Is he likely to require surgery?

Answer: Heel pain is a common complaint among our patients. The good news is that surgery is not required in the vast majority of cases.

As your father has learned, heel pain can be debilitating, greatly affecting a person's quality of life. We see cases of heel pain in adults of all ages, and even children and teenagers. The solution will depend on the source of the pain.

The foot is made up of an intricate network of 26 bones, 33 joints and more than 100 tendons. The heel bone is the largest bone in the foot, and is the first to take on the impact of every step during walking or running.

There are many different problems that can bring on the severe heel pain your father describes. Here is a list of common causes:

- Athletes, including walkers and joggers, may have an injury that is exacerbated with continued activity.
- The foot may have developed a heel spur which is a bony growth up to one-half inch long on the bottom of the heel.
- Plantar fasciitis is a condition where a band of connective tissue extending the length of the bottom of the foot becomes inflamed.
- Painful diabetic neuropathy often develops in diabetic patients who experience nerve damage.
- Rheumatoid arthritis can be manifested in the heel as well as any other part of the skeletal system.
- Heel pain can also develop from a matter as simple as poorly-fitting shoes.
- Obesity is another common cause of any type of foot pain.

The physician will need to know the pattern of your father's heel pain. He should be prepared to answer questions such as:

- When did the pain begin?
- Has the foot ever been injured?
- Is the pain in one foot or both feet?
- Is the pain worse in the morning?
- Is there a history of back problems?

The doctor may order an X-ray to rule out the possibility of a bone spur. Otherwise, the treatment for heel pain often combines use of wrapping/taping the foot, rest and an oral analgesic such as Tylenol, Advil or Motrin. Certainly, if your father has redness or swelling, or has suffered from the heel pain for a month or longer, it is time to make an appointment with his family physician or a podiatrist who specializes in the treatment of foot ailments. Any chronic foot pain is not normal, and should not be permitted to interfere with the enjoyment of daily life activities.

Preventing Heel Pain

These steps may help to prevent heel pain:

- Wear properly-fitting shoes.
- Select shoes with good arch support.
- Discard shoes with excessive wear.
- Wear shoes that are appropriate to each activity.
- Stretch your foot muscles before and after exercising.
- Lose excessive weight.
- Do not walk barefoot on hard surfaces.
- Wear shoes at home if there is a previous history of heel pain.
- If something hurts – stop doing it. The pain is a warning sign.



A Community Report on Maternity Care

New Baby Receives Tender Loving Care from Very Beginning

After 18 years of marriage, Yvette and Mason VanDyke were expecting their third child in January 2008. The couple had moved to Heath with their two sons in 2006 after Mason accepted a new position in Zanesville.

When Yvette learned that she was expecting another baby, she sought the services of Obstetrician/Gynecologist Todd Lemmon, M.D., of Licking Memorial Women's Health in Newark. Her

pregnancy went smoothly, but as Yvette approached her due date, Dr. Lemmon decided to induce labor 10 days early to prevent the baby from growing too large.

Yvette and Mason arrived at Licking Memorial Hospital on January 22 for labor induction. Once Yvette was settled in the Labor and Delivery room, induction began at 7:00 a.m. "My older son was born in Rapid City, South Dakota, while Mason was in the Air Force, and my younger son was born in Dayton. Out of the three hospitals where I've had my children, I'd have to say Licking Memorial is the best," Yvette said. "They really put the patient first."

Several hours into the labor induction, Dr. Lemmon was concerned by something he noticed during a pelvic examination. Although the fetal heart monitor showed no signs of distress, Dr. Lemmon felt the baby's umbilical cord in the wrong position. "The umbilical cord was prolapsed which means that it was dropping down into the birth canal ahead of the baby," Dr. Lemmon explained. "With a prolapsed umbilical cord, there is a



At Licking Memorial Hospital, a gourmet candlelight dinner for two is provided in the mother's room.

danger that the baby can put pressure on the cord which could affect the oxygen supply to the baby. The fetal heart monitor readings were good, but we did not want to take a chance. We needed to act quickly."

As the staff prepared for an emergency C-section, they thoroughly explained the situation to Yvette and Mason and took time to answer their questions. "The

nurses explained that the umbilical cord was wrapped around the baby's neck and tied in a loose knot," Yvette recalled. "But they were so supportive and confident that Mason and I did not feel afraid. They had the demeanor of 'This is what is happening. We're going to take care of it. Everything is going to be okay.'"

Maci Elisabeth Rose VanDyke was born at 6:33 p.m. on January 22, and was declared to be in excellent health. "I was impressed by how much the nurses care about their patients," Yvette said. "When we found out that I was going to have the emergency C-section, it was time for a shift change. One nurse could have left, but she stayed to see it through. It was so reassuring to have her there. Another nurse came over to the Post Partum area the next day to check on the baby and me. The whole staff stayed on top of things and really listened to me to control my pain and make sure everything was okay."

Even though they already had two children, Yvette and Mason found that they had forgotten many details of newborn care. "It's been a long time," she said with

Maternity 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.

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 2007, there were 1,062 babies delivered at LMH.

	LMH 2005	LMH 2006	LMH 2007	National ⁽¹⁾
Low birth weight infants	5.9%	6.6%	5.7%	8.2%
Average birth weight for all infants born at LMH	3,305 grams	3,309 grams	3,352 grams	3,307 grams

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

	LMH 2005	LMH 2006	LMH 2007	National ⁽¹⁾⁽²⁾
Patients who reported smoking during pregnancy	27%	26%	24%	12 %

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 2005	LMH 2006	LMH 2007	Goal ⁽³⁾
Mothers with GBS receiving antibiotic	95%	98%	98%	100%
Number of newborns testing positive with GBS	2	0	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 2005	LMH 2006	LMH 2007	National ⁽⁴⁾
Maternity patients who had a C-section	24%	22%	20%	31%
First-time C-sections	11%	11%	10%	18%

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

	LMH 2005	LMH 2006	LMH 2007	Goal
Mothers choosing to breastfeed	54%	55%	56%	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 factor sensitization, prolonged rupture of membranes or intrauterine growth restriction. Induction, however, does not occur without risks to mother and baby.

	LMH 2005	LMH 2006	LMH 2007	National ⁽¹⁾⁽⁵⁾
Induction of labor	31%	31%	32%	22%

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 and advise 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.

	LMHP 2005	LMHP 2006	LMHP 2007	Goal
LMHP patients counseled by 20 weeks on whether to undergo a second Cesarean or a VBAC	97%	81%	100%	greater than 90%

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.

	LMHP 2005	LMHP 2006	LMHP 2007	Goal
LMHP pregnant patients screened for GDM by 29 weeks ⁽⁶⁾	95%	93%	96%	greater than 90%

Data Footnotes:

- (1) Births: final data for 2005. National Vital Statistics Reports; Vol. 56, No. 6: National Center for Health Statistics. December 5, 2007.
- (2) A CDC survey from 2006 showed that women with less than a high school education are twice as likely to smoke as college graduates. Demographics are part of the cause and indicate the need for more educational efforts directed toward the most at-risk populations. Public health education efforts at national and state levels to increase awareness on the health hazards of smoking during pregnancy may help reduce pregnancy smoking rates.
- (3) Centers for Disease Control, American College of Obstetricians and Gynecologists and the American Academy of Pediatrics, 1999.
- (4) Comparative data from the Midas Comparative Database.

(5) Licking County has a higher risk population with social behaviors that lead to conditions which increase the induction rate. Among these are:

- Lack of prenatal care
- Higher smoking rate which may lead to fetal distress or maternal hypertension
- Higher drug use
- History of fast labors
- Gestational diabetes with history of large baby
- Low amniotic fluid

(6) Data reflects year-end averages rather than fourth quarter of each year as previously reported.

Health Tips - Maternity Care

If you are pregnant, follow these helpful tips to help protect you and your unborn baby.

- Avoid drinking alcoholic beverages. Drinking alcohol in any amount while pregnant is proven to be harmful to your baby.
- Do not smoke, and avoid secondhand smoke. Smoking during pregnancy increases the risk of low birth weight babies, and has also been shown to increase the risk of sudden infant death syndrome (SIDS).
- See your health care provider as soon as you suspect you are pregnant.
- Continue to wear your seat belt when driving or riding in a vehicle. Wear both the shoulder and lap belts if possible, placing the lap belt under your abdomen.
- Avoid exposure to household chemicals, such as cleaners and pesticides. If you must use strong household cleansing aids, be sure to wear gloves and work in well-ventilated areas. If you must paint inside the house, be sure to use latex paint and keep a window open.
- Discontinue using aerosol sprays. Switch to manual pump spray products.
- Avoid hair dyes and permanents. The safety of these products to an unborn baby has not been established.
- Exercise, but avoid impact exercise such as jumping or “jarring” activities. Other sports to avoid include: soccer, ice hockey, downhill snow skiing, scuba diving, horseback riding and water skiing.

Special Care Nursery Available at LMH

Every expectant parent hopes for a healthy, active newborn baby, but occasionally a baby is born needing some extra attention in the first few days in an unfamiliar world. For these babies, Licking Memorial Hospital (LMH) is proud to offer a special care nursery on the third floor in the Maternal Child Department.

LMH's special care nursery is a level II facility that is able to care for newborns who are moderately ill and require immediate stabilization. Moderately ill conditions include breathing problems, premature birth at no less than 32 weeks' gestation, sepsis, low blood sugar, elevated bilirubin levels, feeding intolerance and certain birth defects. With the level II certification, LMH is able to care for these babies locally rather than transferring them to a different city.

One thousand sixty-two babies were born at LMH in 2007. Of those, 79 were admitted to the special care nursery.

Robert T. Seese, M.D., is an inpatient pediatrician who joined LMH in 2007. He marvels at the special care nursery facilities available at the Hospital. "The special care nursery is of great benefit to the people of the county. It allows us to stabilize and treat ill infants quickly. It also allows us to keep critical infants here in Licking County and close to their families," Dr. Seese said. "Our special care nursery has a close cooperation with Nationwide Children's Hospital, and infants requiring specialized surgery, cardiology care, or immediate visits with other specialists are transferred there as soon as they are stable enough to be moved.



Point of care technician Cami Packham feeds a baby in LMH's Special Care Nursery.

However, the majority of infants born here who require a stay in the special care nursery are kept here at LMH, allowing moms and dads time to visit and bond with the newest member of the family. Our physicians and nursing staff have special training in caring for ill infants and provide compassionate, high-level care for area families."

In the special care nursery, babies receive a heightened level of attention. The babies are placed in

isolette radiant warmers where registered nurses closely monitor vital signs. The babies' medications and nutrition are carefully coordinated by the Hospital's inpatient pediatricians who provide round-the-clock coverage. "It differs from the regular nursery in that all special care nursery infants are placed on heart and lung monitors, have one-on-one nursing care, and have immediate access to medical interventions by physicians," Dr. Seese explained. An additional feature is a nearby parenting room where parents who need extra assistance in care instruction may stay all night and receive focused teaching by the registered nurse.

Babies who are born with more serious medical conditions must be transferred to a hospital with level III facilities. However, LMH's special care nursery may be able to help with those babies' care as well. Once the babies' health improves enough to be cared for at a level II nursery, they can receive a "reverse transfer" back to LMH. This can be very helpful to the parents whose lives may have been disrupted by traveling to Columbus and from being separated from other children at home.

New Baby Receives Tender Loving Care from Very Beginning (continued from page 10)

amusement. "But the nurses were very attentive and patient with our questions. It's all coming back to me now as I'm becoming familiar with being a new mom again."

At home, the VanDykes have quickly adjusted to having a newborn in the house. Fifteen-year-old Alec and 9-year-old Connor adore their little sister and have taken on guardian roles making sure any visitors have sufficiently washed their hands before holding the baby. The family quickly adapted their schedules to

accommodate the demands of a newborn, including frequent feedings. "You can set your clock to it," Yvette VanDyke laughed as baby Maci awoke, wanting to be fed. "Somehow she knows when three hours are up." However, Yvette is not complaining; she is far too thrilled and grateful that Maci is a healthy newborn with a healthy appetite.

Volunteer Spotlight: Carole Link



Carole Link

Every Friday morning, Carole Link is found at the Licking Memorial Hospital (LMH) front desk assisting others in finding their destination within the Hospital. “It is my first position as a volunteer anywhere,” Carole said.

“As a ‘people person,’ I get a lot of joy out of helping people with their needs,

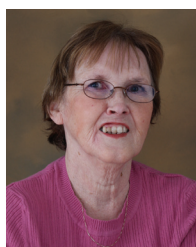
whatever they might be.” After meeting Carole, it is not hard to understand why she was selected to work at the front desk. “Carole is great and very caring to all of our visitors,” said Carol Barnes, Director of Volunteers, TWIGS and Events. “She is calm in every situation that arrives at the front desk and even has a calming effect on visitors who may be dealing with stressful circumstances.”

Carole began volunteering her time at the front desk in 2005 and has accrued more than 500 hours thus far. When asked why she chose LMH to donate her spare time, Carole’s response was simple. “Not only did my husband retire from the Hospital, but I have had a few procedures here as well,” Carole said. “I was treated so well. They took great care of me at LMH so I wanted to come back.”

When Carole is not spending time at LMH, she keeps busy working as a full-time real estate agent for Pinkerton Real Estate Services, Inc. She has been showing and selling homes to Licking County residents for the past 18 years. Carole is an active member of the Community Wesleyan Church in Newark.

Married to Charles for 51 years, Carole and her husband had three children. In her spare time, Carole visits with family, including her children who all live in Newark. She spends time with her six grandchildren and two great-grandchildren, which includes attending their individual sporting events. Carole also enjoys traveling with friends and has taken trips to Florida, Washington and even Italy in the last few years.

Retiree Spotlight: Lois Grimm



Lois Grimm

After spending almost four decades as an employee at Licking Memorial Hospital (LMH), Lois Grimm takes joy in seeing what the Hospital has grown into today. “It is amazing how so much has changed, yet the goal behind it has stayed the same,” Lois said. “Licking Memorial is such a benefit to the

community and more great things come out of the organization each year.”

Lois began working at LMH in 1966 as a point of care technician. “They were called nurse’s aides or nursing technicians back then,” said Lois. “No matter what the title, though, the duties remain the same. We simply wanted to take care of our patients, and it brought so much joy from helping others in their time of need.” She worked in Zanesville, Ohio, for a short time before settling on LMH. After four weeks of training and jumping right in to her job as a nurse’s aide, Lois felt her job was something she could look forward to every day.

“Every one I worked with was so nice,” she said. “There was also a real sense of appreciation, not only from my coworkers but also from the patients.” Before retiring in 2003, Lois spent time working in the LMH Pharmacy. “I really liked the pharmacy,” she said. “I was still caring for patients, but in a different way. It was something new and exciting.”

A native of Somerset, Ohio, Lois currently lives in Newark. She often goes home to Perry County on the weekends to visit with her brother and sister and their children. In her spare time, Lois visits with former coworkers from LMH. The group of ladies enjoys shopping and going to the movies. Lois is also an avid fiction reader.

Licking Memorial Honors 2007 MVPs

Thirty outstanding Licking Memorial Hospital (LMH) and Licking Memorial Health Professionals (LMHP) employees, featured on pages 15 through 22, received MVP awards at a ceremony during Hospital and Healthcare Week in May 2007. The following employees were chosen as MVPs for their consistent demonstration of the Licking Memorial Health Systems' (LMHS) values of communication, attitude, respect and excellence.



Thirty employees were honored for their contributions to Licking Memorial as they were named MVPs during Hospital and Healthcare Week celebration at LMH in May 2007.

Cindy Barbour, R.N., B.S.N., C.A.R.N.



Position Title: Admissions nurse and employee assistance professional

Employment Area: Shepherd Hill, a department of Licking Memorial Hospital

Experience and Education: Employed since 1989;

nursing school at Saint Elizabeth Hospital Medical Center; Bachelor of Science in Nursing at Franklin University in Columbus; Certified Addictions Registered Nurse

Family and Interests: Married to husband, John; three children: Jonathan, Eric, and Michael (wife, Casey)

Recognition: “Cindy is a valuable member of our team,” said Anna Rehl, Director of Behavioral Health. “She is a highly skilled and competent nurse who is not only professional, but dedicated and pleasant to be around. Cindy is always willing to accommodate different requests and her experience is widely utilized at Licking Memorial.”

Darlene Carr



Position Title: Environmental services assistant

Employment Area: Environmental Services Department

Experience and Education: Employed since 2004; Heath High School graduate

Family and Interests: Enjoys time with family; actively involved in church activities

Recognition: “Darlene is an outstanding employee who also takes on the task of welcoming and training new people to the department,” said Anne Peterson, Vice President of Human Resources and Support Services. “She is as patient and kind with her coworkers as she is with our patients.”

Ruth Cashdollar



Position Title: Cashier

Employment Area: Food Services Department

Experience and Education: Employed for 17 years; Newark High School graduate

Family and Interests: Two brothers; likes to play cards with friends

Recognition: “Over the past 17 years, Ruth has proven to be a very dependable, hardworking and dedicated asset to the Food Services Department and to Licking Memorial,” said Chef Jay Campbell, Director of Food Services.

Lindsay Freytag



Position Title: Continuing medical education coordinator and medical librarian

Employment Area: Medical Staff Services

Experience and Education: Employed with 16 years of service; Bachelor of Arts degree in English from Wittenberg University in Springfield, Ohio; Newark High School graduate

Family and Interests: Married to husband, Fred Freytag, D.D.S.; two daughters, Sarah and Rachel

Recognition: “In 2007, Lindsay was instrumental in the Hospital obtaining another four-year accreditation from the Ohio State Medical Association Focused Task Force to be a provider of continuing medical education for physicians,” said Kathy Bradley, Director of Medical Staff Services. “She consistently demonstrates the organization’s values of communication, attitude, respect and excellence.”

Rachel Gosset, R.N.



Position Title: Registered nurse

Employment Area: Emergency Department

Experience and Education: Employed since 2000; Central Ohio Technical College graduate; Newark Catholic High School graduate

Family and Interests: Resides in Heath with her family

Recognition: “Rachel was chosen for this award due to her dedication to optimal patient care and Licking Memorial,” said Penny Tylka-McCort, Director of Emergency Services. “Rachel continually places the best interests of the patient in the forefront and is willing to do whatever is needed to ensure the highest quality of care is delivered. Rachel always has a smile on her face and is compassionate in her care.”

Wanda Grover, R.N.C.



Position Title: Registered nurse

Employment Area: LMHP – Licking Memorial Women’s Health

Experience and Education: Employed for 41 years, currently as a certified registered nurse; past experience includes work in the

Hospital’s Maternal Child area; graduate of Central Ohio Technical College; received LMHS CARES Award

Family and Interests: Married to husband, Clark; one son; three grandchildren; one great-grandchild

Recognition: “Wanda is truly an example of an exemplary employee,” said Christine McGee, Vice President of Physician Practices. “The physicians rely on Wanda’s expertise and efficiency as a quality member of their care teams. While she has a multitude of responsibilities and constant interruptions, she manages to spend quality time with each patient to make sure their needs are met.”

Jennifer “Jenny” Grower



Position Title: Accountant

Employment Area: Fiscal Services

Experience and Education: Employed for 16 years; Bachelor of Arts degree in accounting at Mount Union College in Alliance, Ohio; Heath High School graduate

Family and Interests: Inducted into the Mount Union College Athletic Hall of Fame in 2006 for her college softball career; coaches Heath High School varsity softball

Recognition: “Jenny’s experience, knowledge and ability to work with others make her a great asset to LMH,” stated Tom Poulson, Vice President of Financial Services.

Mechelle Gutridge, R.N.



Position Title: Registered nurse

Employment Area: Emergency Department

Experience and Education: Employed since 2000; certified in Advanced Cardiac Life Support (ACLS) and Pediatric Advanced Life Support (PALS); attended Central Ohio Technical College; past experience includes point of care technician in Surgical Services

Family and Interests: Enjoys scrapbooking and reading

Recognition: “Mechelle delivers optimal patient care and has a great ability to teach others,” explained Penny Tylka-McCort, Director of Emergency Services. “Her keen sense of detail in delivering optimal patient care is intensified when she is able to mentor new employees.”

Jamie Hartman, R.N.



Position Title: Registered nurse

Employment Area: LMHP – Licking Memorial Pediatrics with Hanaa Abdelmessih, M.D.

Experience and Education: Employed 12 years; received an associate’s degree in nursing from

Central Ohio Technical College; past experience includes work in the LMH Emergency Department

Family and Interests: Married to husband, Fred; one son, Yancey; one daughter, Jessie; two grandchildren, Morgan and Justin

Recognition: “Not only is Jamie a very qualified registered nurse dedicated to serving the pediatric population, she is also an excellent motivator and mentor for her peers,” stated Christine McGee, Vice President of Physician Practices. “Jamie demonstrates great leadership skills in her role of charge nurse, and she is always willing to go the extra mile for the pediatric patients, her peers and the organization.”

Terri Hazlett, R.N., C.W.S., F.C.C.W.S.



Position Title: Registered nurse

Employment Area: Wound Clinic

Experience and Education: Employed since 1991; certified as a wound specialist; serves as a back-up ostomy nurse; past experience includes work in the outpatient area of

Surgical Services, and being a case manager with LMH Home Care; graduated from Central Ohio Technical College nursing program

Family and Interests: Married to husband, Mike; a son, David; two daughters, Amanda and Kim

Recognition: “I am proud to say that Terri displays the highest level of professionalism and demonstrates care and concern for her patients each and every day,” said Sharyn Davis, Director of Outpatient Services. “After 11 years working as a staff nurse with Licking Memorial Home Health, she was a likely candidate to help establish the Wound Clinic in 2004. Since then, Terri has received advanced certification in wound care and is a fellow of the College of Certified Wound Specialists. She shares her considerable knowledge of wound care to all LMH nurses so that consistency and continuity of care are achieved.”

Valerie Hughett



Position Title: Physician center clerk

Employment Area: LMHP – Licking Memorial Family Practice – East

Experience and Education: Employed for 12 years; nurse's aide training at Licking County Joint Vocational School; Johnstown High School graduate; past experience includes LMH point of care technician (POCT) on 5-North, Maternal Child and Critical Care Unit

Family and Interests: Married to Cliff; has two children, David and Heather

Recognition: "Valerie is very dedicated and conscientious," Licking Memorial Physician Practices Vice President Christine McGee said. "She is always striving for the achievement of excellence. Her spirit of determination and reliability make her a very valuable member of the team."

Robert "Bob" Johnson



Position Title: Lead electronic technician

Employment Area: Engineering Services Department

Experience and Education: Employed 16 years

Family and Interests: Married to wife, Phyllis

Recognition: "Bob's dedication and skills keep the equipment and facilities running at optimal performance," said Tom Poulson, Vice President of Financial Services. "These are important tools to help LMHS fulfill our mission to improve the health of the community."

Diane LeMay, M.D.



Position Title: Pediatrician

Employment Area: LMHP – Licking Memorial Pediatrics

Experience and Education: Private pediatric practice until 2000; joined LMHP in 2001; Medical Degree from Wright State University School of Medicine in Dayton, Ohio; received a Bachelor of Arts in chemistry degree from The Ohio State University in Columbus; completed a residency and internship at Children's Hospital in Columbus; board-certified in pediatrics.

Family and Interests: Three Bishon Frises; enjoys outdoor activities, sports and friends

Recognition: "Dr. LeMay provides quality care to all children in the community," said Christine McGee, Vice President of Physician Practices. "In addition, she has embraced the concept of providing meaningful information to the pediatricians in order to improve the care provided to the children of Licking County. Dr. LeMay has been instrumental in further developing the Intranet Portal, where information is displayed 24/7 regarding immunization status of the pediatric patients which has aided in the improved immunization rates for the pediatric patients."

Tom McNemar, H.T., A.S.C.P.



Position Title: Histology coordinator

Employment Area: Laboratory

Experience and Education: Employed 26 years; past experience as a phlebotomist and labotomist; military-trained (U.S. Navy) in Laboratory and Histology

Family and Interests: Married to wife, Eileen (manager of LMH Home Care); two stepchildren; six grandchildren

Recognition: "Tom helps this department not only with keeping Histology updated, but he also organizes information and the visuals for the Tumor Board," said Lorei Reinhard, Director of the Laboratory. "He assists with the presentation of case histories and treatment options attended by a multidisciplinary team of physicians and practitioners. He is well respected in the department and throughout the Hospital. He is a long-term employee and supports the Hospital inside and outside the organization."

Jane Melin, R. Ph.



Position Title: Pharmacist

Employment Area: Community Case Management

Experience and Education: Employed 33 years; manages the outpatient prescription program

Family and Interests: Married to husband, Joel Melin, D.V.M.; two sons; one daughter

Recognition: “Jane is an exuberant employee who goes the extra mile to assist patients, employees and physicians when they are in need of special medications or prescription assistance,” said Jean Glaser, Director of LMH Pharmacy. “Jane is very caring, cheerful, enthusiastic and passionate about her responsibilities. Her personality and attitude sets the tone for the day when you are around her.”

Desiree Miller



Position Title: Food Service supervisor

Employment Area: Food Services Department

Experience and Education: Employed for five years; past experience as food service assistant and cook; certified in ServSafe Food Safety;

Family and Interests: Two sons, Darren and Jason Vasilev; member of the 2007-2010 PRIDE (Providing Resources in Dedicated Employees) Committee

Recognition: “Desiree is a loyal employee who continues not only to assume new responsibilities as we grow in our department, but accomplishes those goals with ease and a sense of personal ownership toward Licking Memorial,” said Chef Jay Campbell, Director of Food Services.

Brenda Oiler, R.N., C.C.M.



Position Title: Registered nurse

Employment Area: LMH Case Management

Experience and Education: Employed five years; received her registered nursing degree at Central Ohio Technical College; certified

case manager; received her licensed practical nursing degree from the Muskingum Area Joint Vocational School of Practical Nursing

Family and Interests: Married to husband, Harley; three children; five grandchildren; two great-grandchildren

Recognition: “Brenda has worked very hard to develop a strong sense of team with the nursing and physician staff in her area,” said Rhonda Maddern, Director of Case Management and Home Health. “She jumps in to assist staff when needed and has voluntarily attended critical care inservices to increase her knowledge base in cardiac and respiratory disease management. Brenda is proactive and detail oriented. She is the first person her coworkers think of to call when patient care issues arise and is quite an asset to the department.”

Krista Price-Brooks



Position Title: Administrative assistant for Anne Peterson, Vice President of Human Resources and Support Services

Employment Area: Support Services

Experience and Education:

Employed 11 years; past experience as an administrative assistant, clerk, switchboard operator and point of care technician

Family and Interests: Lives in Heath with her family; current co-chairman of the 2007-2010 PRIDE (Providing Resources in Dedicated Employees) Campaign

Recognition: “Krista has an outstanding work ethic and a ‘can-do’ attitude,” Anne said. “She takes on assignments with enthusiasm and creativity, and she willingly pitches in to take care of whatever needs to be done. Her loyalty to LMHS is to be commended.”

Sally Randall, R.N., CPC-H



Position Title: Compliance auditor

Employment Area: Corporate Compliance

Experience and Education: Employed for three years; registered nurse; certified professional coder – hospital

Family and Interests: Married to husband, Dennis; three adult children; nine grandchildren

Recognition: “As a compliance auditor for Licking Memorial, Sally shares her expertise in knowing, finding and solving the many complex challenges of determining the correct methods to bill a patient’s visit,” said Ann Hubbuch, Vice President of Corporate Compliance. “Sally’s contribution supports the LMHS Code of Ethics which commits everyone associated with the organization to integrity, professionalism and the highest ethical standards.”

James “Jim” Redman



Position Title: Environmental service assistant

Employment Area: Environmental Services Department

Experience and Education: Employed 20 years; graduated from Newark High School

Family and Interests: Lives in Newark with girlfriend, Sheree; likes to walk his “old hound dog,” Ruby

Recognition: “Jim has been a loyal LMH employee for 20 years,” stated Kevin Herring, Director of Environmental Services. “His ability to see what needs to be done and do it is an asset to the Environmental Services Department. Jim is a warm and sincere individual who is a joy to work with.”

Steve Snow



Position Title: Point of care technician

Employment Area: Surgery Department

Experience and Education: Employed since 1969; past experience in Purchasing

Department; graduated from Newark High School

Family and Interests: Married to wife, Diane; one son, Jeffrey; interests include traveling and photography

Recognition: “Steve is a dedicated, loyal employee who does not know the word ‘no,’” said Mary Reid, Director of Surgical Services at LMH. “He goes out of his way to help even without being asked. Steve is the type of employee who takes people straight to their destination as opposed to just directing them there.”

Victoria Spring, L.S.W.



Position Title: Licensed social worker

Employment Area: LMH Case Management

Experience and Education: Employed since 2004; master’s degree in social work from The Ohio

State University; bachelor’s degree in social work from Capital University; graduated from Newark High School

Family and Interests: Two children – a son and a daughter; one granddaughter

Recognition: “Victoria has been instrumental in assisting our Emergency Department patients with follow-up care from a variety of community resources,” said Rhonda Maddern, R.N., Director of Case Management and Home Care at LMH. “Educating patients on the use of community resources and assisting them in making or keeping appointments has decreased non-emergent visits to our Emergency Department, which benefits our entire county. She has been known to come in after her shift has ended to assist patients in receiving after-care. She is very dedicated.”

David E. Subler, M.D.



Position Title: Gastroenterologist

Employment Area: LMHP – Licking Memorial Gastroenterology

Experience and Education: Employed since 2004; Medical Degree from The Ohio State University College of Medicine; completed his internship and residency in

Internal Medicine at the University of Michigan Medical Center in Ann Arbor, Michigan; completed his fellowship training in Gastroenterology at University Hospitals of Cleveland and Case Western Reserve University in Cleveland; board certified as a diplomate with the National Board of Medical Examiners and the American Board of Internal Medicine with a subspecialty of Gastroenterology

Family and Interests: Married to wife, Pam; four school-aged children: Ashley, Anna Marie, Andrew, and Abigail

Recognition: “Dr. Subler is a very caring, compassionate, skilled gastroenterologist. Whether he’s at the bedside of the inpatient, discussing diagnostic options with a patient in the physician practice or calming the fears of a patient about to undergo a procedure, Dr. Subler’s care and compassion is evident. He is highly regarded by all who know him,” said Christine McGee, Vice President of Physician Practices.

Sue Swinehart



Position Title: Employee benefits coordinator

Employment Area: Human Resources

Experience and Education: Employed 30 years; past experience in the Registration Department

Family and Interests: Married to husband, Vince; three grown children; enjoys sewing, hiking and reading

Recognition: “Sue is a wealth of knowledge and her contribution to the Human Resources team is without peer,” said Phil Annarino, Director of Human Resources. “Sue is one of the few employees at Licking Memorial who has touched the life of every employee over the past 30 years, and I am confident she has made their experience at Licking Memorial a positive one.”

James “Jim” Tabler



Position Title: Print Shop supervisor

Employment Area: Print Shop

Experience and Education: Employed 12 years; graduated from Utica High School

Family and Interests: Lives in St. Louisville with his wife, Lori; one son; one daughter; one stepson; one stepdaughter; and grandchildren

Recognition: “Jim is a great employee and quite an asset to Public Relations,” said Veronica Link, Vice President of Development and Public Relations. “Jim’s printing skills are valuable with both the press and copier. His critical thinking is valuable to a fast-paced department dealing in a multitude of responsibilities, and we’re fortunate to have him on our team.”

Brian Thatcher



Position Title: Director of Quality Management

Employment Area: Process Improvement

Experience and Education: Employed since 2005; involved in health care for over 18 years; completed nursing school; licensed

practical nurse; spent two years as a caregiver; experience in long term care, infection control, pharmacy operations, employee health, risk management and quality improvement; joined U.S. Army in 1987

Family and Interests: Married to wife, Stacy; two daughters, Emily and Grace; member of PRIDE; participates in the United Way Day of Caring; enjoys spending time with his family, shopping, sports and auto racing

Recognition: “Brian leads the program for monitoring and measuring the quality of care delivered at LMHS,” said Ann Hubbuch, Vice President of Corporate Compliance. “His expertise is not only in monitoring and measuring, but in using that information to implement programs designed to assure our patients receive the highest quality of care. Brian was recognized for his accomplishments with a recent promotion from Quality Manager to Director of Quality Management.”

John (Jack) W. Walther Jr., M.D.



Position Title: Retired family medicine physician

Employment Area: LMHP – Licking Memorial Family Practice – East

Experience and Education:

Worked as family medicine physician for more than 22 years; retired in 2007; Medical Degree from Temple University; served in Vietnam War

Family and Interests: Married to wife, Audrey; two sons, John Walther III and Gavin Paul Walther; a daughter, Laura Ann Moxley; nine grandchildren; divides time between Ohio and Florida

Recognition: “Dr. Walther cared about his patients and their families,” said Christine McGee, Licking Memorial Vice President of Physician Practices. “He cared for their physical ailments, helped them regain their health, recommended preventive measures to maintain their health and encouraged them during their personal struggles. Dr. Walther’s focus was always on others, living the mission of the Health Systems every day.”

Pam Wheeler



Position Title: Retired senior systems analyst

Employment Area: Information Systems

Experience and Education:

Employed since 1978; project coordinator for LMH’s new Meditech computerized medical information system which was completed in 1986; past experience as a medical laboratory technologist; associate’s degree in laboratory science from Columbus State Technical Institute; Bachelor of Arts degree in business from Otterbein University and a Master of Business Administration degree from The Ohio State University; graduated from Newark High School; retired 2007

Family and Interests: Married to husband, Jerry; one son, Gerald; a daughter, Sara; two grandchildren, Tommy and Carrie; likes to travel

Recognition: “After so many years, we had come to rely on Pam’s knowledge,” said Sallie Arnett, Vice President of Information Systems. “It has been a blessing to have her continue after retirement on a contract basis. In addition to valuing her experience, we miss her presence when she is not here. Our department is a very close-knit family.”

Nancy Williams



Position Title: Console operator

Employment Area: Communications

Experience and Education:

Employed since 2000, graduated from Wheelersburg High School in Wheelersburg, Ohio

Family and Interests: Married to husband, Eric; one daughter, Erica; one son, Garrett

Recognition: “A console operator at Licking Memorial has to be a ‘jack-of-many-trades,’” explained Sallie Arnett, Vice President of Information Systems. “Our telephone console is very busy, and when the phone rings Nancy does not know if the caller will be simply asking to be transferred to a patient’s room phone, or may be in the middle of an emergency. Console operators also serve as an answering service for many Licking Memorial physician practice offices. Nancy does an excellent job of handling the calls efficiently and greeting each caller with a friendly voice. We are so glad to have her as part of our team.”

Steve Woolard



Position Title: Accountant

Employment Area: Fiscal Services

Experience and Education:

Employed since 1988

Family and Interests: Married to wife, Kristi; two sons, Bret and Brad.

Recognition: “Steve’s attention to detail makes him an asset to LMH,” said Tom Poulson, Vice President of Financial Services. “He uses his abilities to keep our accounting records organized and accurate.”

LMHS at The Dawes Arboretum

An Educational Series

Licking Memorial Health Systems (LMHS) and The Dawes Arboretum encourage you and your family to lead a healthy lifestyle by attending educational programs held on the last Saturday of each month from January through June of 2008. These programs focus on exercise and nutrition.

April's educational program will be held at The Dawes Arboretum, 7770 Jacksontown Road, S.E., Newark, on April 26, from 10:00 to 11:00 a.m., and will feature "Preventive Diabetes and Lowering Blood Sugar with Exercise," presented by Teresa Knicely, R.N., from Licking Memorial Hospital.

These programs are free to the public. Participants are encouraged to walk at The Dawes Arboretum following each educational event. Please contact the LMHS Public Relations Department at (740) 348-1572 or The Dawes Arboretum at (740) 323-2355 for general information.



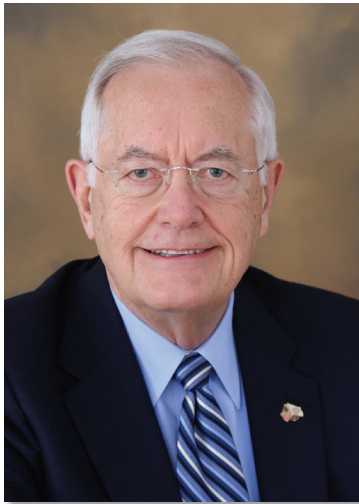
Licking Memorial
Health Systems



The Dawes Arboretum
Trees ∞ History ∞ Nature



1320 West Main Street • Newark, OH 43055
(740) 348-4000 • www.LMHealth.org



CONGRATULATIONS!

Robert H. McGaughy

Licking Memorial Hospital Board Member and
Chairman of the LMH Development Council

Licking Memorial Health Systems congratulates Robert H. McGaughy for receiving the John W. Alford Memorial Award. We are proud of Bob and all of his accomplishments. Thank you for helping Licking Memorial Health Systems meet its mission to improve the health of the community.



Licking Memorial
Health Systems

Measurably Different ... For Your Health!



**Licking Memorial
Health Systems**

Upcoming Dates

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

Community Education Program – Colorectal Cancer

Thursday, April 24
6:00 p.m.
Conference Rooms A&B
First Floor
Licking Memorial Hospital

David Subler, M.D., of Licking Memorial Gastroenterology will speak. The program is free. Advance registration is required and can be made by calling (740) 348-1434.

LMHS at The Dawes Arboretum

Saturday, April 25
10:00 to 11:00 a.m.
The Dawes Arboretum
7770 Jacksontown Road S.E., Newark, Ohio 43055

No reservations required.

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.

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 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 on insurance coverage.



**Licking Memorial
Health Systems**

1320 West Main Street
Newark, OH 43055

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

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