



Community Connection

Licking Memorial Health Systems

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August 2008

Measurably Different ... for Your Health!

Women's Health Expo Set for September 2



More than 50 exhibitors will distribute information at the Women's Health Expo at the J. Gilbert Reese Center on September 2.

Come enjoy an evening of health education, a wide variety of exhibitors and prizes! On Tuesday, September 2, the annual Women's Health Expo will be held from 5:00 to 9:00 p.m., at the J. Gilbert Reese Center, 1209 University Drive, on the Newark campus of The Ohio State University and Central Ohio Technical College.

The expo is co-sponsored by Licking Memorial Health Systems (LMHS) and KOOL 101.7 FM WNKO/Talk 790 WHTH. More than 50 exhibitor booths will be on display, promoting women's health awareness.

The event is designed to create community awareness about healthy lifestyles for women of any age. The atmosphere provides a relaxing opportunity to receive expanded medical screenings free of charge and browse a variety of health care information. Current information on

Women's Health Expo Set for September 2 (continued on page 2)

Breast-feeding Gives Babies Healthy Boost

A new program at Licking Memorial Hospital (LMH) is showing good results in improving newborn infants' nutrition. Snuggle Time is one part of LMH's endeavor to encourage new mothers to breast-feed in order to provide their babies with the best possible start in life.

Alana Milton, M.D., a hospital pediatrician at LMH said, "There have been a number of studies over the past few decades to compare breast milk with formula. The studies have always shown that babies who are fed breast milk have



The American Academy of Pediatrics recommends that breast-feeding provides the best nutrition for babies.

Breast-feeding Gives Babies Healthy Boost (continued on page 2)

See Pages 12 to 15 for the Community Report Card Featuring Emergency Care.

Healthy Weight Loss Community Education Program



Annamarie Thacker, R.D., C.D.E., an LMH registered dietitian and certified diabetes educator, will lead the free Healthy Weight Loss Community Education Program on August 19 at Licking Memorial Hospital.

- Date:** Tuesday, August 19 6:00 p.m.
- Location:** Conference Rooms A&B, First Floor, Licking Memorial Hospital
- Speaker:** Annmarie Thacker, R.D., C.D.E.

There are a lot of reasons for people who are overweight to lose weight. Losing weight allows them to lead healthier lives, to feel better about themselves, to look better and to have more energy. But no matter what the motivation, successful

Healthy Weight Loss Community Education Program (continued on page 3)

fitness, nutrition, safety, travel, hobbies and fun activities will also be included.

The keynote speaker for the evening will be Kay Frances, a professional speaker who has inspired people across the country since 1984. Kay's presentation is called "Laugh... Just for the HEALTH of It!" which presents various ways of dealing with stress management. Audience members are guaranteed humor, education and enjoyment of this presentation.

Women of all ages are encouraged to attend. "This event is a wonderful opportunity to get together with the girls

and enjoy the evening," said LMHS Director of Public Relations Carol Hutchison. "There is something at the expo for everyone!"

Schedule of Events:

5:00 to 9:00 p.m. – Exhibits Open

7:00 to 8:00 p.m. – Kay Frances, keynote speaker, presents "Laugh... Just for the HEALTH of It!"

8:15 to 9:00 p.m. – Door Prize Drawings

Admission is free. Light refreshments will be provided. For more information, please contact Public Relations at (740) 348-1572.

Breast-feeding Gives Babies Healthy Boost (continued from front page)

lower rates of infection, diarrhea, bacterial meningitis, respiratory infections and allergies. In addition, babies who receive breast milk have a lower mortality rate and higher IQs as they grow older."

Marcia Fisher, B.S.N., R.N.C., IBCLC, a certified lactation consultant in LMH's Maternal Child Department, provides lactation education and counseling to new mothers. She said, "In the early 1950s, formula was widely regarded as being nutritionally equal to breast milk. Research shows however, that breast milk is the optimal nutrition for babies and cannot be artificially reproduced. It is especially critical for newborn babies who are ill or premature to receive these nutrients."

"The goal is to have every baby receiving only breast milk – no formula, water or juice – up to the minimum age of six months," Dr. Milton said. "The American Academy of Pediatrics recommends that, ideally, breast-feeding should continue throughout the baby's first year and even beyond as long as it is mutually desired by both mother and baby. However, if the mother cannot continue to nurse for that long, any amount of breast-feeding is better than none. In the first few days, the mother is actually producing colostrum instead of milk. Colostrum is rich in special nutrients and antibodies that cannot be substituted."

Marcia also teaches the monthly breast-feeding class at LMH. She said prenatal breast-feeding education for mothers is an important step toward ensuring breast-feeding success. "Breast-feeding is an art as well as a skill. Educational preparation equips new mothers with the tools necessary to breast-feed with confidence. In the

Breast-feeding Class, we can prepare the mothers for the little setbacks and offer solutions so the problems that may arise do not seem insurmountable. Breast-feeding can be challenging the first few weeks; it is a learning process for both moms and their babies."

Sometimes it takes only a small change to make a big difference. The Snuggle Time program which began at LMH in March gives new mothers a quiet hour after delivery to bond with the baby. Research indicates babies who breast-feed within the first hour following delivery are more likely to be successful at breast-feeding and will ultimately breast-feed longer than those who do not. Dr. Milton explained, "Many times, there will be a room full of well-wishers in the mother's room to welcome the new baby. With Snuggle Time, we make sure that during that first hour after delivery, there is just the mother and baby, one support person for the mother, and one or two staff members. Then, the mother can bond with her new baby and hopefully try breast-feeding in the relaxed atmosphere."

"We have already seen positive results with Snuggle Time," Dr. Milton continued. "Prior to March, 62 percent of the mothers who said they were interested in breast-feeding actually attempted to nurse in the first hour after delivery. After Snuggle Time began in March, the number of mothers who were interested in breast-feeding and actually tried it rose to 85 percent during that first critical hour. This is important because studies have shown that breast-feeding is more successful when initiated within the first hour of life."

The attempt to increase infant breast-feeding rates is worldwide. World Breast-feeding Week is August 1

Breast-feeding Gives Babies Healthy Boost (continued on page 4)

weight loss and healthy weight management depend on setting sensible goals and expectations. The key to long-term success is to learn how to lose weight the healthy way.

Licking Memorial Health Systems (LMHS) will present a community education program, Healthy Weight Loss, to encourage men and women to be proactive about their health. The free weight loss education program

Physicians with M.D. and D.O. Degrees Work Side-By-Side

The Active Medical Staff at Licking Memorial Hospital includes more than 150 physicians who provide care around Licking County. Patients are able to select from more than two dozen areas of specialty to find a physician who has experience in diagnosing and treating their specific concerns. However, patients are sometimes confused by physicians' credentials, often represented by the abbreviations, M.D. and D.O., which stand for "medical doctor" and "doctor of osteopathic medicine," respectively.

The medical doctor (M.D.) degree dates back to the 1800s in the United States. Between 1847 and 1852, the American Medical Association (AMA) was formed and set educational standards for students who wanted to become physicians. To receive their state licensures, medical doctors today must meet the following requirements:

- A bachelor's degree from an undergraduate college
- Four years of education at an accredited medical school in the U.S.
- Three to seven years, depending on the specialty, in a residency program (The first year of the program is often referred to as an 'internship.')
- One to three years' additional fellowship training in a subspecialty (optional)
- Passage of the state and national medical licensing examinations

The doctor of osteopathic medicine degree (D.O.) was

is scheduled for Tuesday, August 19, at 6:00 p.m. in Conference Rooms A & B (first floor) of Licking Memorial Hospital (LMH).

Annmarie Thacker, R.D., C.D.E., LMH registered dietitian and certified diabetes educator, will speak. Registration is required. To register or for more information, please call (740) 348-1434.



Hospitalist Peter T. Nock, D.O., is one of a growing number of physicians with Doctor of Osteopathy degrees at Licking Memorial Hospital.

established in 1892 and is based upon the philosophy of 19th century physician Andrew Taylor Still, M.D., D.O., who was a Union Army surgeon during the Civil War. Osteopathy focuses on a "whole patient" approach in diagnosing and treating illnesses, and advocates hands-on manipulation to relieve illnesses and injuries. It also places a greater emphasis on the prevention of illnesses.

Osteopathy teaches that all organ systems in the body are affected by each other, and one organ cannot be treated without considering the affect it has on others.

The educational requirements in the United States for a doctor of osteopathic medicine degree are nearly identical to the medical doctor degree. To receive their state licensures, doctors of osteopathic medicine must meet the following criteria:

- A bachelor's degree from an undergraduate college
- Four years' education at an accredited school of osteopathic medicine in the U.S.
- Two to six years in a residency program
- Additional fellowship training in a subspecialty (optional)
- Passage of the state and national medical licensing examinations.

Approximately two-thirds of the physicians on LMH's Active Medical Staff have medical doctor degrees, although the number of physicians with doctor of osteopathic medicine degrees is rapidly increasing. LMH Vice President of Medical Affairs Craig Cairns,

Physicians with M.D. and D.O. Work Side-By-Side (continued on page 4)

M.D., M.P.H., said, "Patient care is very similar whether it is delivered by an M.D. or D.O., and the differences in philosophy have become primarily historical. At Licking Memorial Hospital, M.D.s and D.O.s combine their talents to provide unified care for our patients. Licking Memorial Emergency Medicine is a good example; we have three M.D.s and four D.O.s working side-by-side to provide solidarity of care."

Physicians with either M.D. or D.O. degrees can choose to enter any specialty in the medical profession. Both medical doctors and doctors of osteopathic medicine must meet strict national standards to become board certified in their areas of specialty. Information about the credentials of Licking Memorial Medical Staff physicians is available online on the Find a Doctor link of Licking Memorial Health Systems' Web site, www.LMHealth.org.

Breast-feeding Gives Babies Healthy Boost (continued from page 2)

through 7, with the goal of improving infant nutrition around the globe. The Healthy People 2010 initiative strives to have 75 percent of all new mothers initiate breast-feeding, with 50 percent exclusively breast-feeding their babies at six months' age.

Maternal Child staff members at LMH provide assistance and support to new mothers and help to link them with various resources that are necessary for continued success after they are discharged from the Hospital. To learn more about LMH Maternal Child services call (740) 348-4300. In addition, information about LMH's Breast-feeding

Class is available by calling (740) 348-4346. Upcoming classes in 2008 will take place at 6:00 to 7:30 p.m. on the following Wednesdays: September 10, October 1, November 5 and December 3 in the Ruth Ridout Room on the Hospital's third floor. There is a \$15 fee per couple for the class which covers the expense of the book and supply samples. Although the class is especially recommended for women in their third trimester of pregnancy, all expectant mothers and support persons are welcome to register.

LMH Volunteer Inducted into Central Ohio Hall of Fame

Licking Memorial Hospital (LMH) volunteer Noble Snow was inducted into the Central Ohio Senior Citizens Hall of Fame. The event, sponsored by the Central Ohio Area Agency on Aging (COAAA), was held at the Martin Janis Senior Center in Columbus. Eight central Ohio counties were represented by seniors over the age of 60 who have committed time and effort to give back to the community. "The seniors who were recognized have made a difference in each of their communities," said Cindy Farson, Director of COAAA. "Each one has made a lifelong commitment to make Ohio a better place to live and show us all that dedication and outreach is not at all defined by age."

Noble was one of 11 inductees honored at the event hosted by WBNS-10 TV's Angela Pace. He was joined



LMH Volunteer Noble Snow gathers with family members after being inducted into the Central Ohio Senior Citizens Hall of Fame. He is the first LMH Volunteer to receive such an honor.

on stage by Licking County Commissioner Timothy Bubb. "I want to thank my family, friends and fellow volunteers at Licking Memorial," Noble said after taking the stage to be recognized. "I am honored to receive this award." The inductees were recognized by Ohio legislators and dignitaries and presented with plaques recognizing their efforts within the community.

Noble has a dual distinction with his Hall of Fame inductee status. "Not only is he a deserving and caring person, but Noble is the first LMH volunteer to receive this honor," Director of Volunteers, TWIGS and Events Carol Barnes stated. "He goes above and beyond his assigned duties and is a friend to all of us. His care for others shows through in everything he does."

LMH Volunteer Inducted into Central Ohio Hall of Fame (continued on page 5)

“This is an exciting honor for Licking Memorial and the community,” said Licking Memorial Health Systems President & CEO Rob Montagnese. “We are grateful Noble is a part of our volunteer organization and proud to have him represent our Hospital and Licking County.”

A familiar face known for his compassion and generosity, Noble has donated more than 7,900 hours of his time at Licking Memorial since he began volunteering in 1987. He works in the Mail Room and volunteers in other departments when they need help. Noble takes time to escort visitors in the Hospital and assist with training other volunteers in the Mail Room.

See You at the Fair!

Licking Memorial Health Systems (LMHS) will join the Hartford Fair in August as the “Biggest Little Fair in the World” celebrates its 150th anniversary. The fair begins Saturday, August 2, and runs through Saturday, August 9. The headline attraction this year is country music singer Tracy Lawrence on Sunday, August 3, at 8:30 p.m. in the grandstand.



Be sure to visit the LMHS booth in the Merchants' Building at the Hartford Fair to register for the door prize drawing.

LMHS will have a booth in the Merchants' Building each day of the fair. Throughout the week, staff members will provide valuable health information on a variety of topics and will conduct health screenings. Members of the public will also be able to enter a door prize drawing.

The health topics change daily. Please visit the LMHS fair booth for an up-to-date list and hours of scheduled topics, or call (740) 348-4044. The scheduled daily topics include:

Saturday, August 2

- Volunteer recruitment

In 2006, he won the LMH Volunteer of the Year award. Noble has also served on the Safety Committee, assisted with activities on the Volunteer Recruitment Committee and is a past president of the Volunteer Executive Board.

The Knox County native graduated from Mount Vernon High School. Noble served in the 112th Medical Regiment (37th Division) during World War II. After serving five years in the military, Noble worked at Sears until his retirement. He and his wife, Agnes, have been married for 66 years. The couple has four sons, 10 grandchildren and eight great-grandchildren.

Sunday, August 3

- TWIGS recruitment
- Licking Memorial Women's Health (Mary C. Testa, D.O.)

Monday, August 4

- Senior Day
- Licking Memorial Hospital Pharmacy services
- Licking Memorial Geriatrics (Jonathon D. Hollister, M.D.)

Tuesday, August 5

- Pediatric services
- Licking Memorial Pediatrics (Practice Manager Kim Dennis and John D. Applegate, D.O.)
- Licking Memorial Family Practice – Johnstown (Kenneth Szekely, M.D.)

Wednesday, August 6

- Free blood pressure screenings
- Free cholesterol checks
- Free blood glucose testing

Thursday, August 7

- Prevention Measures for Diabetes and Heart Disease
- Careers at Licking Memorial Health Systems

Friday, August 8

- Wellness
- Maternal Child services

Saturday, August 9

- Cancer information
- Free blood pressure screenings
- Free cholesterol screenings
- Free blood glucose screenings

Golfers Benefit Licking Memorial Hospital

Under a beautiful blue sky, golfers gathered at the Granville Golf Course on June 16 for the 2008 Golf Gala to benefit Licking Memorial Hospital. More than 125 golfers played the 18-hole course in a four-man shot-gun scramble.

This year's winning team was ThyssenKrupp Elevator with team members Ed Dowell, Dan Eisert, Heath Hayes and Glenn Steele. They were awarded a trophy and a Longaberger Golf Course package. The winner of the longest putt was John D. Wells, D.O. Andrea Kubik won the longest drive for the women, and Larry Hannum won the longest drive for the men. Jeff Oprandi received the closest-to-the-pin honor.

The golf tournament began with a box lunch and ended with an awards ceremony and barbecued steak and chicken dinner. Door and raffle prizes were presented following dinner. Unfortunately, no one won the hole-in-one prize of a new 2008 Honda Accord sponsored by John Hinderer Honda for the seventh hole.

"I am glad to see you here to enjoy this beautiful day on the golf course, but more importantly, I want to thank you for the money that is being raised today," said Licking Memorial Health Systems (LMHS) President & CEO



The ThyssenKrupp Elevator team finished in first place at the 2008 Golf Gala.

Rob Montagnese. "The proceeds will be used for the expansions of the Hospital's Intensive Care and Coronary Care units. We are currently in the process of adding more patient rooms to those areas to meet the growing need. Your donations will also help to pay for new equipment in those areas."

LMHS Vice President of Development and Public Relations Veronica Link added, "We have so many people to thank for making this Golf Gala

a success every year. Glenn Abel is this year's honorary chairman and was our LMHS Board of Directors chairman for five years. Even though Glenn does not play golf, he is a member of the LMH Development Council and has worked hard to promote this event. In addition, there are many sponsors who have demonstrated their dedication to supporting our mission of improving the health of the community."

The 2008 Golf Gala was sponsored by the LMH Development Council. Golf Gala Committee members are Edward Bohren, Karen Burger, Ann Howard, Patrick Jeffries, Al Kanuch, Barbara Kanuch, Bill Kuhlwein, Bonnie Manning, Thomas Mullady, Diane Paetz, Charles Walker and Omar Whisman.

LMHS Sponsors Baseball Teams

One of the ways that Licking Memorial Health Systems (LMHS) supports a lifelong love of sports and fitness is by sponsoring eight local Little League baseball teams each year. At North Newark Little League, located on Sharon Valley Road, Licking Memorial Hospital (LMH) sponsors a team in both the Farm Division (9- and 10-year old players) and Varsity (11- and 12-year old players).



LMHS sponsors many youth athletic sports teams each year, including the North Newark Little League team.

with my family and friends cheering us on. Licking Memorial Health Systems is proud to promote that kind of positive experience for the community."

The LMHS varsity baseball team at North Newark is comprised of the following players: Nick Blaine, Kole Brooks, Tanner Ernest, Camden Hays, Aaron Jurden, Conor Keck, Mike Kimberlin, Max Koontz, Bobby Spring

and Alex Trujillo. The team's head coach is Kevin Blaine, and the assistant coaches are Dan Brooks and LMH Director of Contract Management Chris Keck.

"Baseball is a healthy activity for the players and their families," said Rob Montagnese, LMHS President & CEO. "I remember playing Little League baseball as a kid and how invigorating it felt to be out on the field

Sponsors for the 2008 Golf Gala

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- Ritter's
- Sanfillippo Produce
- Shred-It
- Southgate Corporation
- Standard Textile
- ThisWeek
- US Foodservice
- Wilson, Shannon and Snow

Licking Memorial Helps T-ball Players "Team-Up"

Surrounded by cheering family and friends, 19 T-ball players in Licking County recently completed their inaugural season at a community ballpark in Hanover. The two teams of the Team-Up league were formed to provide a sporting opportunity for special needs children, ages five to 12 years. Some of the players had never played team sports before.



LMHS provided equipment and trophies to the newly formed Team-Up T-ball League.

Pediatrician Richard Baltisberger, M.D., F.A.A.P., and Jay Wollenburg were instrumental in forming the league along with their wives, Jane Baltisberger and Michelle Wollenburg. They are parents of special needs children and understand the importance of a team sports experience for children. Dr. Baltisberger explained, "The benefits include learning to be patient and waiting their turn, learning to be part of a team sport and cheering for their

teammates. In our Team-Up teams, the players did not have to worry about feeling 'singled out' just because of the disability they might have."

Each player was assigned a "buddy" to provide assistance throughout the game. The type of assistance varied according to the player's cognitive or physical needs.

The team players included: Delvin Bailey, Jacob

Baltisberger, Zachary Baltisberger, Brittany Butler, Alex Cagney, Bev Conklin, Grant Cunningham, Ethan Fisher, James Gauthier, Julius Gordon, Dakota Grigsby, Marshall Lehman, Michael Lehman, Scott McDaniel, Caleb Moyer, Dakota Ringler, Cade Torbert, Kallen Wayne and Justice Wollenburg.

Licking Memorial Helps T-ball Players "Team Up" (continued on page 9)

LMHS Honors Two with Nursing Awards for Clinical Excellence

Licking Memorial Health Systems (LMHS) has named two employees as recipients of the 2008 Nursing Award for Clinical Excellence.

Lisa Hayes, R.N., B.S.N., PCCN-CMC, clinical coordinator at Licking Memorial Hospital (LMH), and Jamie Hartman, R.N., of Licking Memorial Pediatrics, were recognized during National Hospital and Healthcare Week in May. The award is presented annually and recognizes nurses who are respected by their peers as examples of expertise, professionalism and clinical excellence in the provision of direct patient care.

Lisa Hayes, R.N., B.S.N., PCCN-CMC

Lisa, who was nominated for her exceptional clinical skills, knowledge in nursing and willingness to teach others, has been at LMH since 2002. She joined the organization as a staff nurse after graduating with her nursing degree from Central Ohio Technical College (COTC). The cardiac medicine certified and progressive care certified nurse has worked in the Coronary Care Unit, Interventional Radiology and on 4-North.

“The dedication and leadership Lisa displays on a daily basis is the reason she is respected among her peers,” said LMH Vice President of Patient Care Debbie Young, R.N. “She is an excellent mentor to the nurses around her, and Lisa takes the time to teach others while going above and beyond her duties as a clinical coordinator.”

Lisa was surprised to receive the award and attributes her work ethic to her instructors and colleagues. “I am lucky to have had great teachers and am surrounded by excellent people at LMH,” Lisa said. “The people you learn from and work with can make a world of difference. They are a great group of nurses!”

An active member of the medical/surgical unit, Lisa works as a preceptor and coaches new nurses. She is also a member of the Policy and Procedure Committee and the Nurse Practice Council at LMH. Lisa participates in the Career Ladder program and is active in member



2008 Nursing Award for Clinical Excellence recipients Lisa Hayes, R.N., B.S.N., PCCN-CMC, and Jamie Hartman, R.N., display their plaques after being recognized during National Hospital and Healthcare Week.

recruitment. She has also assisted in patient care quality improvement processes for hourly rounding. She presented a poster at the Ohio Organization of Nurse Executives Conference and took second place. Lisa is a basic life support instructor, advanced cardiac life support instructor and pediatric advanced life support instructor.

Lisa lives in Licking County with her husband, Jerry. The couple has a daughter named Tabitha. Lisa is

currently working toward a master's degree in nursing. Along with working and going to school, Lisa enjoys spending free time with her family.

Jamie Hartman, R.N.

Jamie was nominated for her vast clinical knowledge, compassion for patients and willingness to teach others. She joined Licking Memorial in 1996 as a staff nurse in the Emergency Department after receiving her nursing degree at COTC. Two years later, Jamie transferred to Licking Memorial Pediatrics where she still works today as a member of the Hanaa Abdelmessih, M.D., care team.

“Coworkers hold Jamie in high regard,” said Vice President of Physician Practices Christine McGee. “She sets an example for those around her and is quick to offer encouragement to fellow colleagues. The ability she has to apply her knowledge and compassion to help every patient every time is a trait that sets Jamie apart.”

“It is an honor to receive this award,” Jamie said. “I love what I do and feel that my reward comes every day with the patient care we provide and the colleagues I work with, but this award is a very special treat.”

When not seeing patients, Jamie keeps busy by educating local parents on the importance of immunizing children to improve immunization rates in the community. She also updates immunization quality information on an internal Web site for LMHS. Jamie provides CPR education and recertification for Licking Memorial Pediatrics and takes on community projects to improve

services to the pediatric population in Licking County.

Jamie and her husband, Fred, live in Licking County. The couple has two children and two grandchildren. Jamie is

an avid sports fan and spends time doing many physical activities. She is also very active in church activities within the New-Ark Area Emmaus Community.

Employees Honored for Milestones at LMHS

Licking Memorial Health Systems (LMHS) honored employees for their years of continued service at the 39th Annual Employee Service Recognition Dinner. The dinner and reception were held at the Longaberger Golf Club in May.

Over 160 employees were recognized for their years of service and dedication. Cindy Kikeli of Surgery, Michael Miller of Laundry Services and Diane Swain of Radiology were each acknowledged for their 40 years of service at Licking Memorial Hospital. The three employees received special gifts of gratitude and a framed proclamation commemorating their years with Licking Memorial. All employees celebrating their employment milestones received a retention bonus.



LMHS Board Chairman Gordon Wilken recognized Michael Miller, Cindy Kikeli and Diane Swain for their 40 years of service along with LMH Board Chairman Patrick Jeffries and LMHS President & CEO Rob Montagnese at the annual Employee Recognition Dinner.

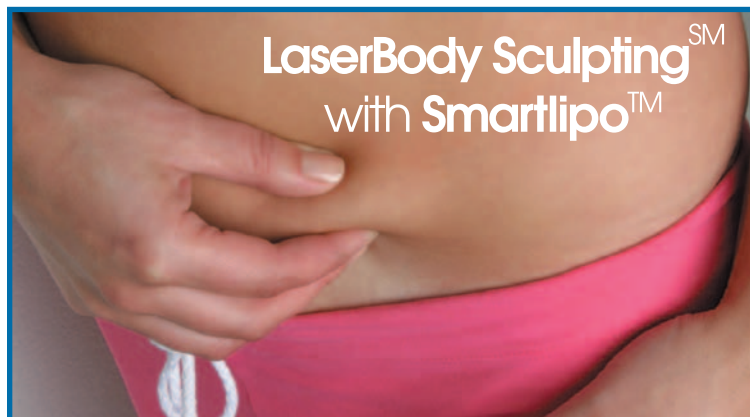
LMHS President & CEO Rob Montagnese hosted the event. "By setting the bar high, we have established a new level of patient care," Rob said. "Our compassionate employees hold themselves accountable, and it sets us apart. The Licking Memorial staff continues to provide excellent care, and it makes a difference in our community. I am honored to be a part of this organization."

LMHS is the largest employer in Licking County with more than 1,650 staff members who work together in various departments or offices to provide the best care for patients and visitors. For information about employment opportunities with the Health Systems, visit www.LMHealth.org and click on the "Careers" tab.

Licking Memorial Helps T-ball Players "Team Up" (continued from page 7)

"These games have also been very nice for the parents," Dr. Baltisberger said. "Many times when you have a child with a disability, it is hard to have them be a part of a team, because you never know how everyone else is going to respond to that situation. With Team-Up, the parents felt more at ease sitting back and watching the games, knowing that there are coaches and buddies with their children. We also had quite a few parents who enjoyed helping with the teams and 'buddying' with some of the other players."

The two Team-Up teams were sponsored by Donato's Pizza and The Energy Cooperative. The Licking Memorial Health Foundation provided funding for equipment and trophies. CVS donated bottled water each week.



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LMHS Presents President's Award and Manager of the Year Awards

Three members of the Licking Memorial Health Systems (LMHS) management team were recently honored for their exemplary contributions to the organization. LMHS President & CEO Rob Montagnese presented the awards at the 39th annual Employee Service Recognition Dinner which took place in May at the Longaberger Golf Club.



LMHS President & CEO Rob Montagnese presents the President's Award to Director of Contract Management Chris Keck at the Annual Employee Recognition Dinner held at the Longaberger Golf Course.

President's Award

Licking Memorial Hospital (LMH)
Director of Contract Management

Chris Keck was selected for the 2008 President's Award.

The President's Award is given to an individual or a group of individuals who demonstrate outstanding service to LMHS and whose efforts contribute greatly toward the Health Systems' mission of improving the health of the community. "I am thrilled to receive this award. I have the privilege to work with many talented people, both internally and externally, whose expertise and skill contribute to the success of my work. It is truly an honor to be associated with these people," Chris stated. "It brings a great sense of accomplishment to know the projects we complete at Licking Memorial can keep our community healthy and help save lives."

Chris began his career at LMH in 1986 as a staff accountant. In 2006, he was named Manager of the Year. His nomination for the President's Award came from his involvement in the construction project for the John &

Mary Alford Pavilion at LMH. The 100,000 square foot Pavilion opened in 2007 and houses the new Emergency and Surgery departments.

"The President's Award is not given every year," Rob said. "However, Chris's hard work and effort with the opening of the John & Mary Alford Pavilion went above and beyond the call of duty. I am pleased to present him with this award for his dedication and assistance in the completion of

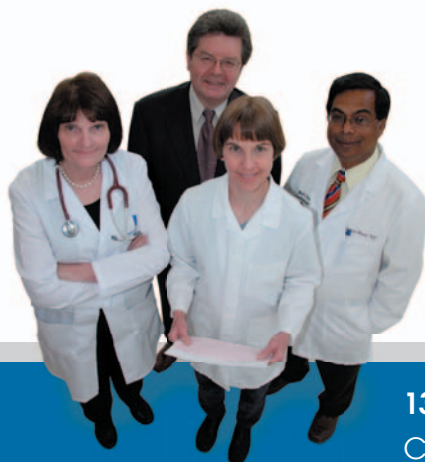
the Pavilion."

The John & Mary Alford Pavilion is just one of many construction projects Chris has been involved with at LMHS. Some of the other projects include the 1988 Hospital addition and renovation, the addition and renovation of the Licking Memorial Family Medical Center – East location and construction of medical offices in Pataskala, Heath, Hebron and North Newark on Goosepond Road.

Chris is a member of Providing Resources in Dedicated Employees (PRIDE), a group of employees who provide financial support back to the Health Systems each payday, and a member of St. Francis de Sales Church in Newark. He and his wife, Maureen, have six children.

LMHS Presents President's Award and Manager of the Year Awards (continued on page 11)

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Manager of the Year Awards

Rhonda Maddern, R.N., Director of Case Management and Home Care, and Rob Thompson, Information Systems Manager, were named the 2008 LMHS Managers of the Year. The LMHS Manager of the Year Award was established in 1987 to recognize managers and directors who have demonstrated fair and consistent leadership in their areas of responsibility. Nominees must inspire their employees beyond ordinary requirements of their jobs.

In presenting the awards, Rob Montagnese said, "Rhonda has excellent leadership skills and is an asset to our Case Management and Home Care departments. She shows dedication to her employees, the organization and the community." He continued, "Rob Thompson was instrumental in getting the technology ready for use in the new John & Mary Alford Pavilion. We are truly thankful to have had his expertise and hard work ethic available to us during such an important renovation to Licking Memorial and the community."

Rhonda has shown leadership with the positions she has held at Licking Memorial throughout the eight years she has spent with the organization. She has worked as a staff nurse, Director of Medical/Surgical Nursing and Director of Acute Care Services. Rhonda is active outside of her daily duties as well with her participation in the Providing Resources In Dedicated Employees (PRIDE) Committee. The Newark native earned a bachelor's degree in management from Bellevue University in Bellevue, Nebraska, and an associate's degree in science and nursing from Central Ohio Technical College (COTC) in Newark. She is a Newark High School graduate and a member of the American Organization of Nurse Executives and the Case Management Society of America. Rhonda is also on the Board of Directors for Mental Health America of Licking County.

"This award means so much to me," Rhonda said. "I am deeply touched to be honored in this way for a career I have such passion for. I am very proud of the work this organization does, and I am equally proud to be a part of the entire LMHS team as it takes great care of its employees and the community it serves as well."



Director of Case Management and Home Care Services Rhonda Maddern receives her award for Manager of the Year from LMHS President & CEO Rob Montagnese.

She and her husband, Edward, have two daughters and live in Newark. The family enjoys participating in and supporting area athletic programs.

Rob Thompson began his career with Licking Memorial in 1989. He held various positions in the Purchasing Department as well as Laundry Services before transferring to Information Systems in 1998. While he has been with the organization for almost two decades, Rob was

surprised by his recent accolade. "I am honored to receive this award," he explained. "Seeing how the Pavilion helps so many community members on a daily basis is a reward in itself, but I am grateful for this recognition. It is very exciting!"

A native of Licking County, Rob attended Newark High School and COTC. He is a Dell Certified Systems Expert (DCSE) and holds certifications from Licking County Joint Vocational School. Rob has three children. He and his wife, Mandy, live in Newark. In his spare time, the avid sports fan enjoys spending time with his family and riding his Harley Davidson motorcycle.



Information Systems Manager Rob Thompson was also recognized as Manager of Year during the Annual Employee Recognition Dinner by LMHS President & CEO Rob Montagnese.



A Community Report on Emergency Care

Patient Story – Joe Ann Vogelsong

Joe Ann Vogelsong of Heath was in the middle of a physical therapy session for a mending broken leg in January 2008, when another medical problem suddenly arose. “At first it looked like the room turned sideways,” she said. “Then everything went totally black. I had a brain seizure. I don’t remember anything that happened at that point, but I bit my tongue really badly. The physical therapists called the emergency squad, and I was transported to Licking Memorial Hospital. They told me later that I was struggling with my IV lines, so I must have been really scared. I wasn’t acting like myself.”



Joe Ann Vogelsong is recovering at home in Heath this summer after a benign brain tumor sent her to the Emergency Room.

As Joe Ann drifted in and out of consciousness, the Licking Memorial Hospital (LMH) emergency medical team, led by Emergency Medicine Physician John D. Wells, D.O., quickly assessed Joe Ann’s condition. “My husband, Richard, was in the room with me,” she said. “I remember everyone was just so nice. Every time I ‘came to’ the nurses or Dr. Wells would be there, and they would explain things to us in language we could understand.”

Dr. Wells told Joe Ann and Richard a CT scan had revealed the cause of her seizure; there was a mass on the left side of her brain. “I was having trouble comprehending exactly what was happening to me, but I knew there was something seriously wrong. However, everyone was so nice and reassuring,” she said.

Joe Ann was transported to The Ohio State Medical Center for the neurosurgery that she required. Physicians

there confirmed Dr. Wells’ diagnosis of a brain tumor. “Because his diagnosis was correct, and I had faith in the information that they had given me at Licking Memorial, I consented to surgery right away, and there wasn’t any delay in having it done,” she said.

Joe Ann remained in the hospital for three days after surgeons removed the benign tumor. “I was

extremely lucky; they don’t expect me to have any more seizures since the tumor was completely removed. I still have some short-term memory loss, but I know it could have been a lot more serious,” she said. “I am lucky that Licking Memorial got me over to Ohio State right away. I am really happy with the help I’ve gotten at Licking Memorial Hospital through the years.”

During the first few months after surgery, Joe Ann said she felt anxious about leaving the house. “I’d think about what might happen if I had another seizure,” she said. But as she recovers at home with Richard and their beagle, Jessie, she is gradually regaining confidence, becoming stronger and resuming normal activities such as shopping and camping.

Emergency 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 During 2007, there were 53,557 patient visits to the Licking Memorial Hospital (LMH) Emergency Department (ED).

| | LMH 2005 | LMH 2006 | LMH 2007 | Goal |
|--|---------------|---------------|---------------|-------------------|
| Average length of stay in the ED | 2 hr. 50 min. | 3 hr. 23 min. | 3 hr. 11 min. | less than 2 hours |
| Average length of stay in the ED before being admitted as an inpatient | 4 hr. 22 min. | 4 hr. 49 min. | 4 hr. 30 min. | less than 4 hours |
| Patients in the ED for more than 6 hours | 3.9% | 7.8% | 6.2% | less than 6% |
| Average registration-to-physician time | 1 hr. 15 min. | 1 hr. 25 min. | 1 hr. 19 min. | less than 30 min. |

Note: The LMH ED is seeing an increase in severity of patients' illnesses which often requires more testing and results in a longer treatment time, increasing the time spent in the ED.

2 For patients experiencing a heart attack, stroke, or pneumonia, timing is critical for effective treatment. LMH tracks the time it takes to deliver “clot-busting,” or thrombolytic, drugs for heart attack and stroke, the time to administer a CT or MRI scan for stroke and the time to deliver antibiotics for pneumonia.

| | LMH 2005 | LMH 2006 | LMH 2007 | Goal |
|---|----------|----------|----------|--------------------------------------|
| Median door-to-drug time – heart attack | 60 min. | 45 min. | 35 min. | less than 30 minutes ⁽¹⁾ |
| Median door-to-drug time – stroke | 81 min. | 55 min. | 76 min. | less than 60 minutes ⁽²⁾ |
| Median door-to-CT or MRI time – stroke | 81 min. | 65 min. | 43 min. | less than 30 minutes |
| Median door to antibiotic – pneumonia | 171 min. | 170 min. | 162 min. | less than 240 minutes ⁽³⁾ |

Note: Medications needed to treat such illnesses are kept in the ED at all times so the medications are always available to decrease the time of delivery for the medication. In 2008, a dedicated registered pharmacist was added in the ED to help expedite medication needs of the patients.

3 Unscheduled returns to the ED may signal a problem in patient care, such as inadequate diagnosis or treatment during the initial visit, a patient’s inability to understand or follow discharge instructions, lack of access to care in the community or other factors. Identifying patients at risk of an unscheduled return can reduce costs, minimize misuse of ED services and allow for better care of those who need it.

| | LMH 2005 | LMH 2006 | LMH 2007 | Goal |
|---|----------|----------|----------|--------------|
| ED patients who return to the ED within 24 hours of discharge | 1.7% | 1.8% | 1.2% | less than 2% |

4 An unscheduled admission to the Hospital 72 hours after a visit to the ED may signal a problem in patient care, such as inadequate diagnosis or treatment during the initial visit, patient non-compliance with discharge instructions or a patient’s inability to understand or follow discharge instructions. Careful review of the data can help identify ways to improve care and to work with community agencies and resources to reduce unnecessary use of ED services.

| | LMH 2005 | LMH 2006 | LMH 2007 | Goal |
|---|----------|----------|----------|--------------|
| Patients admitted to the Hospital within 72 hours of ED visit | .65% | .68% | .76% | less than 1% |

5 A study published in the New England Journal of Medicine reported that patients are safer and less likely to experience serious complications when they are treated in hospitals with more registered nurses on staff. LMH recruits experienced nurses and clinical graduates from area nursing schools for open positions at the Hospital. A vacancy rate shows how many nursing positions need to be filled.

| | LMH 2005 | LMH 2006 | LMH 2007 | Goal |
|-----------------------------|----------|----------|----------|--------------|
| R.N. vacancy rate in the ED | 8% | 7.6% | 8% | less than 5% |

Note: New positions were created by the expansion of LMH’s Emergency Department in 2007. Most of those positions have since been filled, and the R.N. vacancy rate was down to 4 percent by May 2008.

6 Individuals sometimes leave the ED before their treatment is complete, even though their medical condition indicates they should stay.

| | LMH 2005 | LMH 2006 | LMH 2007 | Goal |
|--|----------|----------|----------|--------------|
| ED patients who left before treatment was complete | 3.5% | 7.6% | 5.6% | less than 3% |

7 Looking at a person’s level of pain is sometimes called the “fifth vital sign.” Those who visit the ED will be asked at triage to rate their level of pain. This will be completed by using the “faces” pain scale for children or the traditional range of 0 to 10 for adults. Both scales are excellent tools for communicating an individual’s level of pain.

| | | | | |
|------------------------------|-----------------|-----------------|-----------------|--------------------------|
| Assessment of pain completed | LMH 2005 88% | LMH 2006 92% | LMH 2007 94% | Goal greater than 95% |
|------------------------------|-----------------|-----------------|-----------------|--------------------------|

Note: “Faces” pain scales are placed in every patient care room in the ED for easy reference. Our electronic medical records also have easy accessibility for documenting and tracking a patient’s level of pain.

Data Footnotes:

- (1) Recommendations of the American Heart Association.
- (2) Institute for Clinical Systems Improvement. *Diagnosis and initial treatment of ischemic stroke*; 2003 Oct. 65p.
- (3) National recommendation of CMS and The Joint Commission.

Health Tips

As schools reopen at the end of the summer, parents are often faced with unexpected late night or weekend trips to the Emergency Room when their children become ill. The following Health tips can help to protect your children’s health and to prevent the inconvenience and expense of an Emergency Department visit:

Immunizations – Be sure your child is up-to-date on all vaccinations. You can check with your pediatrician for the child’s immunization record.

Hand washing – Teach children to wash hands frequently, especially after using the rest room and before meals. Proper hand washing techniques include vigorously scrubbing hands with soap and water and rinsing in water. You can help your children avoid getting sick by insisting that they wash their hands properly and frequently. Tell your children to wash their hands for as long as it takes them to sing their ABCs, “Row, Row, Row Your Boat” or the “Happy Birthday” song. This works especially well with younger children who may rush when washing their hands.

Alcohol-based hand sanitizers – which do not require water – are an excellent alternative to hand washing, particularly when soap and water are not available and can be placed in your child’s backpack or lunch box. They are actually more effective than soap and water in killing bacteria and viruses that cause disease.

MRSA prevention – Methicillin-resistant staphylococcus aureus (MRSA) is a type of bacteria that is resistant to certain antibiotics and can be spread by touching common surfaces such as doorknobs or sports equipment. Proper hand washing can help prevent the spread of MRSA germs.

Lunch box safety – Lunch boxes typically sit at room temperature for hours before students’ lunch time. Parents are advised to pack foods that do not need refrigeration, such as peanut butter and jelly sandwiches. Sandwiches that are made with refrigerated luncheon meats and cheese should be carried in an insulated lunch bag with an ice pack.

Preparation Improves Triage Process in Emergency Room

Patients are already seeing improvements created in the Emergency Department at Licking Memorial Hospital (LMH) since the opening of the new John & Mary Alford Pavilion in July 2007. New radiology equipment now allows X-ray images to be taken in the department, a pneumatic transport system allows quicker delivery of medications from the LMH Pharmacy, and patients’ privacy is better protected with individual examination rooms.

Patients in the Emergency Department are seen in order of their conditions’ severity, not necessarily on a first-come, first-served basis. However, there are steps that patients should take at home that will help to shorten their wait time and streamline the triage process if they ever need Emergency care.

Keep a list of medications

It is highly recommended that every patient have a complete and up-to-date list of medications at home. This list should include all prescriptions, over-the-counter medications, supplements and allergies. A family member or friend should be informed where to find the list of medications in case of emergency.

When patients arrive at the Emergency Department, the emergency physician will need to know their complete list of medications that includes not only the name of the medications, but also the dosage and how often they are taken. Many patients cannot recite their complete list or precise prescription names due to the stress of the emergency, so having a prewritten list will help to ensure correct information is being given. Patients in the Emergency Department may also have an

Preparation Improves Triage Process in Emergency Room (continued on page 15)

opportunity to meet with a licensed pharmacist on staff who can review the list of medications to verify the patient is taking the correct dosages and has no adversely interacting drugs.

Have an established “medical home”

The “medical home” is a model of health care based on a patient’s relationship with a primary care physician (PCP). The PCP will be familiar with the patient’s medical history, home environment and cultural and religious beliefs. In addition, many PCPs offer telephone

consultations or extended and weekend office hours.

Licking Memorial Physician Practices includes 20 family practice physicians and six pediatricians across Licking County who are accepting new patients. For more information about locating a new physician, please call the Physician Referral Line at (740) 348-4014. Information about physicians on the LMH Medical Staff can also be found online at www.LMHealth.org by clicking on the “Find a Physician” link.

Licking Memorial Cheers on Licking County Settlers

Licking Memorial Health Systems (LMHS) recently sponsored the Licking County Settlers as they played a Great Lakes Summer Collegiate Baseball League game against the Delaware Cows at Don Edwards Park in Newark. The Settlers are made up of college athletes from several states.

Approximately 200 LMHS employees and family members joined in the fun with a cookout at the park before the game. Several employees, Corinne Carrington, Chris Montis, Claudia Scheetz and Theresa Wollenberg, won door prizes of Cincinnati Reds or Cleveland Indians baseball tickets and gas cards. Doug Predmore, an



LMH Endoscopy Diagnostic Lab Scrub Technician Doug Predmore sang the National Anthem to open the Licking County Settlers’ game against the Delaware Cows.

Endoscopy Diagnostic Lab technician at Licking Memorial Hospital (LMH), sang the National Anthem to open the baseball game, and LMH Volunteers President Dick Stewart threw the ceremonial first pitch. In addition, four children, Blake Earick, Hanson Pfeifer, Hunter Spears and Takia Barrett, competed in hula hoop and water balloon toss contests between innings of the Settlers’ game for prizes.

The Settlers won the game, 4-1, after John McCambridge hit a two-RBI single in the eighth inning. Proceeds from LMHS’ one-day s sponsorship will benefit United Way of Licking County.

Healthcare Week Honors Physicians, Employees and Volunteers at LMHS

Licking Memorial Health Systems (LMHS) thanked employees, physicians and volunteers with an entire week of events and awards during National Hospital and Healthcare Week held May 11 through May 17. The theme this year was “Teaming Up For Care You Can Count On.”

“We have an outstanding group of employees who make a significant impact on our community,” said LMHS President & CEO Rob Montagnese. “It is important to recognize their efforts and thank



LMHS employees gather to eat under a large tent at the cookout held during National Hospital and Healthcare Week to recognize staff members for their hard work.

them for their hard work and dedication that has made the Health Systems what it is today.”

Fun games and special events were held throughout the week including a reception honoring an outstanding group of employees for their service. Twenty-eight LMHS employees were recognized, and each received a plaque and a gift for their consistent demonstration of the Health Systems’ values.

Development Spotlight: Dick Stewart



Dick Stewart

As the president of the Volunteer Executive Board at Licking Memorial Hospital (LMH), Dick Stewart is also a member of the Annual Support Committee on the LMH Development Council. This is the first year the Columbus native has served on the Annual Support Committee. “I was very excited to join the Development Council

as one of my duties on the Volunteer Executive Board,” Dick explained. “Licking Memorial is a community-minded organization, and being a part of the Development Council is one more way I can give back to Licking County.”

Dick began spending his time with Licking Memorial Health Systems (LMHS) when he signed up as a Hospital volunteer in 2004. He came to Licking Memorial to make a difference. “It is an opportunity to give back,” Dick stated. “There is an entirely different atmosphere and attitude in this organization; everyone from the staff to the administration is kind and courteous. There is

nothing impersonal about it.” He views his membership on the Development Council the same way and is excited to spend the year getting to know the inner workings of the Hospital.

Born and raised in Ohio, Dick has also lived in California, Virginia and Florida. He and his wife, Nancy, returned to Ohio in 2002. Nancy also volunteers at LMH. The couple lives in Newark and have been married over 45 years. They have four children; their two sons live in the Columbus area, one daughter lives in Marion, and one daughter lives in Cincinnati. “We came to Licking County because we like the small town atmosphere,” Dick said. “Newark is a great place to live. Nancy and I really enjoy it.”

When Dick is not busy on the Annual Support Committee, delivering mail or working as a messenger at the Hospital, he enjoys fishing, playing golf and exercising at the Licking Memorial Wellness Center. Dick and Nancy also like to travel; their most recent trip taken was an Alaskan cruise.

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Volunteer Spotlight: Silver Club

“Our close-knit group meets every Thursday to make anything from holiday cards to lap robes and hats for oncology patients,” said Marie Liller, President of the Silver Club. More than 30 women and men over the age of 60 belong to the club that was started in 1995 to distribute gifts and trinkets to members of local nursing homes.



Members of the Silver Club gather every Thursday to design cards for Hospital patients and nursing home residents.

Licking Memorial Hospital (LMH) volunteer Betty Meyer was instrumental in getting the club involved with Hospital patients. “After volunteering in the Emergency Department at LMH and with Hospice, I thought it would be nice to put our joy of knitting and crocheting to much wider use within the community,” Betty said. “Some of our favorite projects these days are making holiday cards and tray favors for patients at the Hospital.” The group gathers weekly to complete various projects created from materials donated to the club or purchased by members. “It’s different every week,” said Silver Club Vice-President Betty Garee. “The projects and the people change throughout the month, depending on who is available for our meeting time.”

Marie begins each meeting addressing tasks, projects

and upcoming events. Once each month, the group takes a donation specifically for The Food Pantry of Licking County. Members also donate brand new clothing and personal items to keep on hand in preparation for any local school children in need. “The amount of care put into each of these projects is obvious,” said Director of Volunteers, TWIGS and Events Carol Barnes. “It is such

a delight to see the happy faces of the patients at Licking Memorial when they receive a card or surprise treat donated by the Silver Club.”

The group makes holiday cards for LMH patients by using donated cards. Craft tools are used by members to create unique cards that are distributed to patients for holidays, including Father’s Day, Valentine’s Day and Christmas. “This is just a terrific group of people,” Betty Meyer said. “It is so nice to see the time and effort each member puts into our projects.”

The Silver Club projects are created from donated yarn, cloth, and new and used holiday cards. Many of the other materials are purchased by club members and brought in for various projects.

LMH Volunteer Celebrates 95th Birthday

A celebration was recently held to honor long-time Licking Memorial Hospital (LMH) volunteer, Jeanne Jones. Friends and fellow volunteers gathered in the LMH Cafeteria to celebrate the occasion and hear a brief presentation from Licking Memorial Health Systems President & CEO Rob Montagnese. “We are so glad to be celebrating this special day with Jeanne,” Rob said. “She is always smiling and cheerful. Jeanne is a terrific person to represent the volunteers in our organization.”



LMH Volunteer Jeanne Jones celebrates her 95th birthday with LMHS President & CEO Rob Montagnese during a party held in her honor in the LMH Cafeteria.

Jeanne said. “I enjoy my volunteer days so much.”

A happy and active woman, Jeanne takes on her daily activities during her shift with gusto. “She is such a great help to our department,” said Director of Volunteers, TWIGS and Events Carol Barnes. “Jeanne has been with the Hospital for such a long time, and we appreciate her dedication.”

Jeanne began volunteering with LMH in 1962 and currently works once a week as a messenger. She has accrued over 8,500 hours during her time at Licking Memorial. “I just love spending time at the Hospital,”

Jeanne enjoyed the many warm greetings at LMH as friends, staff members and volunteers shared her birthday cake with visitors. Jeanne is one of the nearly 130 volunteers who dedicate their time to the Hospital.

Dr. Cherdron Retires from Licking Memorial Pathology



Darryl R. Cherdron, M.D.

After serving Licking Memorial patients for more than 21 years, Pathologist Darryl R. Cherdron, M.D., has retired from Licking Memorial Health Professionals. Dr. Cherdron first joined the Licking Memorial Hospital (LMH) Consulting Medical Staff in 1987 and later joined Licking Memorial Pathology in 1990.

Dr. Cherdron earned his Medical Degree from The Ohio State University School of Medicine in Columbus after graduating magna cum laude with a Bachelor of Science degree in engineering from the University of Michigan School of Engineering in Ann Arbor, Michigan. He completed his residency training in both anatomic and clinical pathology through St. Luke Hospital Department of Pathology in Denver, Colorado.

While at Licking Memorial, Dr. Cherdron played many vital roles that improved patient care and ensured a high level of physician professionalism. He served as both Chief and Vice Chief of Pathology, Chief and Vice Chief of Medical Staff, a member of the Medical Staff Executive Committee, a member of the Credentials Committee, Chairman of the Infection Control Committee and a member of the Education Committee.

Dr. Cherdron has seen many important developments in the field of Pathology while at LMH. “The technology has improved testing accuracy and speed,” he explained. “Some of the major advancements have included large

scale automation of laboratory testing, virtual breast receptor studies over the Internet, virtual immunohistochemistry and molecular testing for leukemias and lymphomas. The processes are complex, and it has been both challenging and rewarding to keep abreast of the technology.”

“Every patient at LMH today benefits from Dr. Cherdron’s work,” Licking Memorial Health Systems President & CEO Rob Montagnese said. “In addition to his tireless diagnostic work in the Pathology Lab, he has been devoted to improving processes in the Pathology Department. He also has helped to protect every Hospital patient and visitor through our aggressive Infection Control program.”

“I will miss all my good friends and colleagues at Licking Memorial,” Dr. Cherdron expressed, but he added that he is looking forward to a different pace in retirement. “I plan to work part-time and travel more with my wife, especially to Seattle, Washington, where my son lives,” he said.

Dr. Cherdron also demonstrated his devotion to Licking Memorial patients through his loyalty to the Caduceus Society, an organization of physicians who maintain a high level of financial support to LMH in order to provide equipment and expanded services. On June 25, Dr. Cherdron was named to the LMH Honorary Medical Staff.

Dr. Bennett Joins Licking Memorial Pathology



Audrey K. Bennett, M.D.

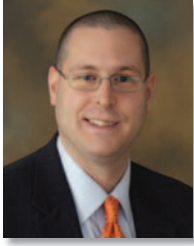
Licking Memorial Health Professionals is pleased to announce the addition of Pathologist Audrey K. Bennett, M.D., to Licking Memorial Pathology. Pathologists at Licking Memorial Pathology provide anatomical and surgical pathology, review of cytology screening, and are available for consultation to the Clinical Laboratory and medical staff.

Dr. Bennett received her Medical Degree at Northeastern Ohio Universities College of Medicine in Rootstown,

Ohio. She completed a residency in anatomic pathology/clinical pathology at the University of Virginia in Charlottesville, Virginia. She is board certified in anatomic pathology and clinical pathology.

Dr. Bennett is a member of the United States and Canadian Academy of Pathology, the American Society for Clinical Pathology and the College of American Pathologists. Her interests include golf, bicycling and piano.

Roth Joins Licking Memorial Anesthesiology



Andrew R. Roth,
C.R.N.A.

Licking Memorial Health Professionals is pleased to announce the addition of nurse anesthetist Andrew R. Roth, C.R.N.A., to Licking Memorial Anesthesiology. Andrew received a certificate in nurse anesthesia at Wake Forest University Baptist Medical Center in Winston-Salem, North Carolina.

He earned a Master of Science degree in nursing at University of North Carolina. He also earned a Bachelor of Science degree in nursing at The Ohio State University in Columbus. He is certified by the Council on Recertification of Nurse Anesthetists.

Retiree Spotlight: Janet McCleery



Janet McCleery

Janet McCleery spent many years working within different departments of Licking Memorial Hospital (LMH) and enjoyed every minute of it. “Licking Memorial has an entirely different atmosphere than other places I have worked in the past,” Janet said. “The staff, administration and the standard of patient care in the organization is one of a kind.”

The LMH retiree spent many years working in Columbus, and after her husband retired, the couple returned to Licking County. “I have worked in the old Newark Hospital, the current Hospital on Main Street and at Shepherd Hill,” Janet explained. “After spending time working elsewhere, it was easy to come home to Licking Memorial once again.” During her time with LMH, Janet worked as Director of Quality Improvement, nurse practitioner in Pediatrics and was instrumental in establishing Kids Place, a center for abused children. “There is not another organization that I believe

compares to Licking Memorial,” Janet stated. “The administration takes time to know your name. Employees are valued, and it shows. Things are run very efficiently. These aspects are exactly why I am proud to be a part of the Licking Memorial family.”

While Janet enjoys spending time with former colleagues and visiting the Hospital, she also treasures time with her own family. She and her husband, John, have four children, 11 grandchildren and will soon have three great-grandchildren. Janet also participates in many community activities. She is a member of the Kids Team Advisory Board, Soroptimist International, Newborns in Need and is on the Board of Trustees for LEADS Community Action Agency. Janet also trains employees for the LEADS Head Start program, the National Youth Advocate Program and educates local foster parents and daycare workers. In her down time, Janet likes to knit and crochet.

Retired Physician Recognized for Caduceus Society Membership

A retired Licking Memorial Hospital (LMH) oral and maxillofacial surgeon was welcomed into the Caduceus Society during a recent Board meeting. Licking Memorial Health Systems (LMHS) is proud to acknowledge those who make remarkable contributions to support the Health Systems’ mission to improve the health of the community.

The Caduceus Society is a group of physicians who pledge a minimum gift of \$10,000 over the course of 10 years,



Dr. and Mrs. George Andrews were thanked for their membership in the Caduceus Society at a recent LMHS Board Meeting.

and the newest member is George Andrews, D.D.S. Dr. Andrews received his Doctor of Dental Surgery Degree at Case Western Reserve University in Cleveland, Ohio. He completed his post-graduate education at the Graduate School of Medicine at the University of Pennsylvania in Philadelphia. Dr. Andrews completed an oral surgery internship at Episcopal E.E.N.T. Hospital in Washington, D.C., and an oral surgery residency at Wheeling

Retired Physician Recognized for Caduceus Society Membership (continued on page 21)

Physician Spotlight - Janae Davis, M.D.



Janae Davis, M.D.

Janae Davis, M.D., joined Licking Memorial Women's Health in 2006. She received her Medical Degree from Northeastern Ohio Universities College of Medicine in Rootstown, Ohio. Dr. Davis completed an obstetrics/gynecology residency at Aultman Hospital in Canton, Ohio. She is a

member of the American College of Obstetrics and Gynecology, the American Medical Association and the National Medical Association.

She is also a member of the Caduceus Society at Licking Memorial Hospital, pledging a high level of financial support for equipment and expanded services.

The Ohio native lives in Pataskala with her sister, nephew and 4-year-old daughter. In her spare time, Dr. Davis enjoys teaching different aspects of women's health, playing volleyball, cooking and playing the piano.

Ask a Doc - Immunizations

Question: I have two children at home, ages 11 and 14, and am now expecting my third. My doctor wants us all to have various vaccinations, but would that present a risk to my unborn baby?

Answer: The Centers for Disease Control (CDC) reports there is no evidence that vaccines from inactivated viruses or bacteria pose a risk to pregnant women. In general, the following inactivated vaccines are considered safe for pregnant women when necessary:

- Hepatitis B
- Flu
- Tetanus/diphtheria
- Meningitis
- Rabies

The flu vaccine is not only considered safe to use during pregnancy, it is highly recommended for women who will be pregnant during flu season which generally lasts from November through May. Other immunizations may be prescribed on a case-by-case basis. For example, the doctor may order a preventive rabies vaccine for a pregnant woman who works in an animal shelter and is at an elevated risk of contracting the disease through an animal bite.

We usually try to avoid giving pregnant women live vaccines because there could theoretically be a risk to the fetus. However, that risk is small and in some cases where there is a high likelihood the mother will be exposed to a disease, her doctor may decide the benefits of vaccination outweigh the risk. For example, if a preg-

nant woman discovers she has been directly exposed to smallpox, the doctor may decide that administering the live smallpox vaccine is warranted since smallpox is a serious illness that could harm the fetus.

You are also wise to consider your other children's vaccinations, not only to protect them from disease, but also your unborn child and yourself. The Centers for Disease Control (CDC) recommends the following immunizations for preteens and adolescents, ages seven through 18 years:

- Tdap (tetanus, diphtheria and pertussis – for children, ages 10 years and older)
- Human papillomavirus (for girls, ages nine years and older)
- Meningococcal (for children, ages 11 years and older)
- Hepatitis B
- Polio
- MMR (measles, mumps and rubella)
- Chicken pox

In addition, the CDC recommends that preteens and adolescents in certain high-risk groups receive vaccines for pneumonia, flu and Hepatitis A. Your pediatrician will be able to advise the best ages for each vaccine.

LMH Director of Pastoral Care Receives OHA Nomination



Jeff Smith

Each year, the Ohio Hospital Association (OHA) invites hospitals around the state to nominate individuals who have made outstanding contributions to health care in their communities for the annual Albert E. Dyckes Health Care Worker of the Year Award. Director of Pastoral Care Jeff Smith was selected to represent

Licking Memorial Hospital (LMH) for 2008.

Jeff, who is a registered pharmacist, has been employed at LMH for more than 20 years. He first joined the Hospital as a staff pharmacist after graduating from Ohio Northern University. He served as the Director of Pharmacy for 15 years, and during that time, he led the Hospital through a series of technological upgrades to ensure patients receive the safest medication therapies available. Jeff coordinated ambitious improvements to LMH's medication procedures, including:

- Pyxis dispensing system
- Bedside Medication Verification system – one of the first in the U.S. to be implemented “house-wide”
- Five-step chemotherapy check – recipient of the prestigious President’s Award at Licking Memorial Health Systems
- Two-hour door-to-drug policy for antibiotic administration
- Thirty-minute turnaround time for chemotherapy preparations
- USP 797 Certified Chemotherapy Room for IV preparations.

In addition, he oversaw the seamless move of the Pharmacy to larger, more efficient quarters in 2006.

After 27 years of tending to patients’ physical needs as a pharmacist, Jeff, who is also an ordained minister, wanted to ensure patients’ emotional and spiritual needs were addressed as well. In 2007, he turned his focus to developing pastoral services at LMH. Recognizing that a patient’s well-being is comprised of mental, emotional and spiritual needs in addition to physical needs, Jeff helped to develop the Hospital’s Pastoral Care services. He serves as a liaison between patients and their own clergy, and upon request, provides religious counsel to those without clergy.

“We are truly honored that Jeff has devoted more than 20 years of service to Licking Memorial Hospital,” said Licking Memorial Health Systems President & CEO Rob Montagnese who made the nomination. “Our Pharmacy dispenses approximately 4 million doses of medication each year. The policies that Jeff put into place during his 15 years as Director of Pharmacy ensure that the medications are delivered properly and safely. And now, we are pleased with his success in his new role. He is working closely with the nursing staff to provide that spiritual component of the care that is so important to the recovery of patients. I believe Jeff is the ideal person to represent Licking Memorial with the nomination,” Rob said.

A total of 75 health care employees were nominated this year for OHA’s Albert E. Dyckes Health Care Worker of the Year Award. The award recognizes a health care employee at any level who has provided outstanding care. Loretta McCollum, RN, CDE, a retired registered nurse and certified diabetes educator at Licking Memorial Hospital received the award in 2005. In 2000, Janet McCleery, a retired certified pediatric nurse practitioner received the award for her work at Licking Memorial Pediatrics.

Retired Physician Recognized for Caduceus Society Membership (continued from page 19)

Hospital in Wheeling, West Virginia.

He joined the LMH Active Medical Staff as an oral maxillofacial surgeon in 1962. Dr. Andrews was appointed to the Honorary Medical Staff when he retired from Licking Memorial in 1993. He was board certified in oral and maxillofacial surgery. “Joining the Caduceus Society was an easy decision,” Dr. Andrews said. “Licking Memorial has always been good to me, and I am happy to support an organization that works hard to maintain the health of the local community.”

Dr. Andrews served two years in the United States Army. He is a native of Johnstown, Pennsylvania, and currently lives in Newark with his wife, Sandy.

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

TWIGS Members Recognized at Annual Dinner

During the annual recognition dinner in May, the six TWIGS organizations of Licking Memorial Hospital (LMH) were honored for their contributions. The acronym TWIGS stands for Togetherness, Willingness, Imagination, Giving and Sharing.

Over the past 20 years, more than \$3.8 million has been contributed to Licking Memorial by TWIGS to assist with equipment and capital purchases. "All of the hard work and dedication you provide help make the Hospital what it is today," said President & CEO of Licking Memorial Health Systems (LMHS) Rob Montagnese. "Thanks to your support, we now have a new Emergency Department, Surgery center and new equipment. We appreciate everything you do to contribute to the projects throughout LMH."

During the event, a special moment of silence was held for a former Chairman of TWIGS 8 who passed away this year. Friends and fellow TWIGS members remembered Jodie Harter, who spent time working in the LMH Gift Shop.

An All TWIGS project was revealed at the end of the event when the TWIGS Convenience Cart was displayed. The cart which is stocked with games, toys and fun activities is taken to different departments throughout the Hospital to brighten the day for patients and visitors. The cart was a previous project from a former TWIGS group, and it was brought back after the TWIGS Executive Board voted for its return. "The Board suggested the idea to LMH Administrators who thought it would provide a needed service to patients, employees and visitors," said Carol Barnes, Director of Volunteers, TWIGS and Events. "We unveiled the cart in May and it has been well received throughout the Hospital."

The 2008 LMH TWIGS Executive Board officers are: Chairman Doris Spriggs, Chairman-elect Joy Weaver, Recording Secretary Linda Green, Corresponding Secretary Shirley James, Treasurer Delores Dovjak and Assistant Treasurer Jean Heitmann. Chapter chairmen are: Jean Heitmann of TWIGS 4, Donna Tegtmeier



TWIGS members gather at the annual Recognition Dinner held recently in the LMH Cafeteria.

of TWIGS 6, Peggy Harden of TWIGS 8, Darlene Baker of TWIGS 13, Rose Ann Stevenson of TWIGS 14 and Susan Snyder of TWIGS 24.

TWIGS originated with a ladies' auxiliary group of Rochester General Hospital in Rochester, New York, in the late 1800s. The TWIGS organization of LMH was established in 1950 when Mrs. John Spencer suggested that

members of her bridge club form TWIGS 1. That original group has since disbanded.

In 1950, TWIGS 4 was formed. Two of the charter members were Mary Alford and Mary Williams. Their first project was the snack bar in the old Hospital located on Buena Vista and Everett avenues. Other projects included the Vacation Auction, the Merchandise Auction and Super Duper Days. Today, they sell Entertainment Books and Rada Cutlery.

TWIGS 6 began in 1950 by opening the Thrift Shop in Granville. The first shop was in a portion of the old firehouse. When it became clear the shop needed more space, it was moved to the council chamber above the village offices and after that, to the Granville Shopping Center. The Thrift Shop is currently located at 454 South Main Street in Granville.

In 1950, TWIGS 8 was started at the old Hospital with two card tables that held homemade baby items, candy and jewelry for sale. Items also were sold from a cart around the Hospital. Today, each TWIGS 8 member works two three-hour shifts each month in the LMH Gift Shop which is open eight hours a day, seven days a week with the exception of holidays.

TWIGS 13 began in 1955 with 19 members. They were once known as the "Candle TWIGS" because they sold Christmas candles and ornaments. The group delivered toys to children in the Hospital through the Ruth Lyons Christmas Fund from 1971 until 1984. Today, they sell Christmas greenery.

TWIGS 14 began in 1958. In 1963, the members began

TWIGS Members Recognized at Annual Dinner (continued on page 23)

hosting an annual spring Tour of Homes in May. In 1982, the spring event was moved to late in the year and renamed the Holiday Tour of Homes. Five to six homes are decorated each year in holiday splendor for the public to enjoy.

A group of Hospital employees started TWIGS 24 in 1994. They sell hand-crafted items and pumpkins at Halloween. Other projects include book sales, jewelry

sales and vending machine profits. The group also organizes sales of fudge, purses and bath and beauty products. In 2007, they welcomed members of the recently disbanded TWIGS 22 into their ranks.

Membership to LMH TWIGS groups is open to the public. For more information, call (740) 348-4044, or log on to www.LMHealth.org and click on "TWIGS" under the "About Us" tab.



Women's Health Expo 2008

Women of all ages are invited to discover the keys to keeping the women of Licking County healthy!

More than 50 exhibitors will be on hand offering door prizes, free health screenings and a motivational speaker.



**Tuesday, September 2
5:00 to 9:00 p.m.
J. Gilbert Reese Center
on The Ohio State University - Newark/
Central Ohio Technical College Campus
1209 University Drive
Newark, Ohio**



Admission is FREE! Registration is not required. Call (740) 348-1572 for more information.

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**Licking Memorial
Health Systems**

Upcoming Dates

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

“For Your Health” 5K Run and Fun Walk 2008

Saturday, August 9.

Registration begins at 7:30 a.m.

Run begins at 8:30 a.m. Fun Walk begins at 8:40 a.m.

The Dawes Arboretum

7770 Jacksontown Road SE in Newark

Cosponsored by Licking Memorial Hospital (LMH) Development Council, The Dawes Arboretum, Granville Fitness, and Licking County Family YMCA.

Online early registration available until Friday, August 1 at www.premierraces.com. Click on the “For Your Health 2008” icon. Cost for all entries submitted before August 1 is \$15. For all entries turned in after August 1, including registration on race day, cost is \$20. For more information, please contact the LMH Development Office at (740) 348-4102.

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

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.

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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