



Community Connection

Licking Memorial Health Systems

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December 2006

Measurably Different ... for Your Health!

Holidays the Healthy Way



Enjoy the holidays – with healthy holiday treats!

We're all familiar with the busy schedule of the holiday season. We rush through shopping, decorating and holiday parties. On top of all that, there is an extra challenge – continuing healthy, safe eating habits during the holidays. "The secret to surviving the holiday season without gaining weight is to focus on balance and moderation," said Annmarie Thacker, a registered dietitian with Licking Memorial.

Is there a key to being successful in following a weight-friendly diet during this hectic time? Below are a few ideas:

Ask for help

Friends and family can be our biggest help in following dietary guidelines. Don't be shy about letting them know what types of foods you can and cannot eat. You can even offer to bring a dish or appetizer that you'll be able to eat at a party.

Try to plan ahead

If you know a shopping trip will last beyond mealtime, take a packed meal with you. If you're attending a party in the evening, eat smaller meals earlier in the day so you can eat more at the party. If possible, ask ahead of time

Holidays the Healthy Way
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LMHS Recognizes Outstanding Service at 2006 Lifetime Achievement Reception

Licking Memorial Health Systems (LMHS) hosted the 2006 Lifetime Achievement Reception on Sunday, October 22, to recognize those who have made an outstanding contribution to the Health Systems and the community at large. At the reception, the prestigious Lifetime Achievement Award was presented. Individuals and organizations who have received other major awards throughout the year were congratulated as well.

The 18th annual Lifetime Achievement Award

LMHS Recognizes Outstanding Service at 2006 Lifetime Achievement Reception
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Stu Parsons is the LMHS 2006 Lifetime Achievement Award winner.

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

Toy Safety



Choosing an age-appropriate toy for children during the holidays is one way to help ensure safety. Building blocks are great for a child age 18 months to three years.

The holiday season is a time for family fun and festivity, but it can also be a time of danger resulting in injuries for children. Rollerblades, tricycles, toy trucks and cars, wagons, dolls and balls are among children's favorite playthings. But in one year, according to U.S. Consumer Product Safety Commission (CPSC) estimates, there were 150,000 toy-related injuries serious enough to require hospital emergency room treatment. The month of December is recognized as Safe Toys and Celebration Month, which spreads the message to celebrate responsibly during the holiday season. Each year, people suffer unnecessarily from injuries caused by unsafe toys.

Toy Safety
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Holidays the Healthy Way (continued from front)

what foods will be served at the party. That way, you can plan your food intake accordingly.

Set new goals each day

It is easy to get caught up in the season and think, “Oh well, there’s no way I can stay on my diet this month.” Thinking this way can lead to a whole month of eating foods that may harm your health. Instead, take one day at a time. If you eat too much on one occasion, remember to “get back on track” the next day. Before you know it, you’ll have come through the holiday season with a pretty good and safe eating record.

Let the spirit move you

Don’t let the busy season ruin your exercise routine – stick to it! You may need this relaxing break to rejuvenate your mind and body. If you don’t have an exercise routine – take a brisk walk outside around the neighborhood to see the lights and get a breath of fresh air. Or, crank up the holiday tunes and dance – your friends and family will soon be joining in!

The following are some recipes that you can incorporate into your holiday meals that are great tasting and healthy.

Pumpkin pie

9-inch unbaked low-fat pie crust (see recipe below)

16-ounce can pumpkin puree
1-1/4 cups fat-free evaporated milk
Whites of 3 large eggs
1/2 cup firmly packed dark brown sugar
1 teaspoon ground cinnamon
1 teaspoon ground ginger
1/2 teaspoon ground nutmeg
Pinch of ground cloves
1/2 cup nonfat or low-fat frozen whipped topping, thawed (optional)

Preheat oven to 450 degrees Fahrenheit. In a large bowl, beat all filling ingredients until no lumps remain. Pour into pie crust. Bake for 10 minutes. Reduce heat to 325 degrees Fahrenheit and bake for 50 minutes, or until a knife inserted into the center comes out clean. When serving, top each slice with a dollop of whipped topping, if desired.

Pie crust

Makes pastry for two 9-inch pie shells or one double-crust pie.

2-1/4 cups all-purpose flour
1/2 teaspoon sugar
1/3 cup cold skim milk
1/2 cup plus 1 tablespoon acceptable vegetable oil
1 teaspoon sugar (optional)
In a medium bowl, combine flour and sugar. Stir to mix.

Pour milk and oil into a measuring cup. Do not stir. Add all at once to flour. Stir with fork until well mixed. Form into a smooth ball with hands.

Roll out between two 12-inch squares of waxed paper using short, brisk strokes until pastry reaches edge of paper. Peel off top paper.

Invert crust and place on pie plate. Carefully peel off paper and gently fit crust into pie plate.

Sprinkle crust with 1 teaspoon sugar, if desired, and bake according to filling directions.

For 2 single-crust pie shells, flute the edges and prick pastry with a fork. Repeat with second crust. Preheat oven to 450 degrees Fahrenheit. Bake 12 to 14 minutes, or until lightly browned.

Peanut butter chocolate cheesecake cups

Crust

36 reduced-fat chocolate wafers
1/4 cup Splenda
5 tablespoons light butter, melted

Peanut butter center

1/2 Cup Splenda
3 tablespoons reduced-fat peanut butter
3 tablespoons reduced-fat cream cheese

Chocolate filling

4 ounces unsweetened chocolate
8 ounces reduced-fat cream cheese
1-3/4 cups Splenda
1/2 cup skim milk
1/2 cup egg substitute
1 teaspoon vanilla
2 ounces sugar-free chocolate, melted

Preheat oven to 350 degrees Fahrenheit.

Crust: Crush cookies into fine crumbs. Blend all crust ingredients together in a small bowl. Stir until well blended. Set aside.

Peanut butter center: Place all center ingredients in a small bowl. Mix until well blended. Set aside.

Chocolate filling: Melt chocolate in small saucepan over low heat. Set aside. Place cream cheese and Splenda in a small mixing bowl. Beat until soft. Slowly add skim milk. Mix, using a wire whisk, until smooth. Add melted chocolate. Stir well. Add egg substitute and vanilla. Mix until well blended. Set aside.

Assemble cups: Place 24 mini-sized foil cups on a sheet pan. Evenly divide crust between the 24 baking cups. Firmly press crusts into the bottom of the cups. Place approximately 1/2 teaspoon of the peanut butter center in the center of each crust-lined baking cup. Spoon chocolate filling into each cup. Firmly tap sheet pan on countertop to remove any air bubbles.

LMHS Thanks Donors, Unveils New Collection Piece

Licking Memorial Health Systems (LMHS) is growing at a healthy pace. Some of the progression is readily visible, such as the 90,000-square-foot Critical Care Pavilion expansion and renovation, while other areas of growth, such as donor contributions, swell quietly behind the scenes. To thank local businesses and individuals who have generously contributed to LMHS, a donor appreciation reception was held at Licking Memorial Hospital on September 18.



Dr. and Mrs. Robert A. Barnes display the newest piece of their Main Street Collection, the Women's Health Center replica.

LMHS President Bill Andrews opened the reception's program by expressing gratitude. "Whether you give of your time or your money, it's a vote of confidence of what we're doing, and I appreciate that very much," he said.

Tom Cummisky, Chairman of the Development Council's Community Cornerstone Campaign, reported that the public has been very responsive to requests for financial support. "The Cornerstone Campaign kicked off in March. In April, we sent out 679 letters asking for donations," Tom reported. "To date, we have received \$7,500. We had a successful campaign – we hit all of our goals. Even more important, we've established a line of communication with people, and that's something we will build on."

LMHS Vice President of Development and Public Relations Veronica Link reported that the PRIDE (Providing Resources in Dedicated Employees) program is growing as well. PRIDE provides a way for LMHS employees to show support for the Health Systems with their financial contributions. "This is the final year of the PRIDE campaign that began in July 2004. The campaign was a huge success, and it secured a three-year commitment in excess of \$330,000," Veronica said. "We're continuing to add new PRIDE members each month. By giving to PRIDE, our employees are not only sharing in the financial needs of the Health Systems, but are also

making a positive statement to fellow employees and the community about their support of our local hospital." Veronica noted that the next PRIDE campaign will kick off in 2007. Veronica also reported that the 2006 Golf Gala netted nearly \$34,000 which will benefit the Critical Care Pavilion project. In addition, she recognized two Founder's Level gifts (\$100,000) received for specific areas of the pavilion.

The highlight of the donor reception was the annual unveiling of a new LMHS Main Street Collection piece. The newest addition is a figure depicting the Licking Memorial Women's Health Center, located at 15 Messimer Drive in Newark. The LMHS Main Street Collection now includes nine pieces that are awarded to donors at the following levels of giving:

- Front entrance view of LMH (new member)
- 1906-1914 Newark City Hospital (\$500)
- 1914-1966 Newark City Hospital (\$1,000)
- West Main Street view of LMH (\$1,500)
- Licking Memorial Family Practice East (\$2,000)
- Caduceus Fountain (\$2,500)
- Shepherd Hill Hospital (\$3,000)
- Pataskala Health Campus (\$3,500)
- Women's Health Center (\$4,000)

Robert McGaughy, Chairman of the LMH Development Council, reiterated the Health Systems' recognition that donors are making a strong statement of approval with their contributions. "I am acutely aware of how highly in demand your contributory dollars are. So your continued support is greatly appreciated," he said.

Donations to LMHS enable the Hospital to provide for capital needs, services and programs. To make a contribution, please contact Veronica Link at (740) 348-4101.

Dr. Robertson Named 2006 Physician of the Year

Emergency Medicine Physician May-Lee Robertson, D.O., was selected by her peers as Licking Memorial Hospital's (LMH) 2006 Physician of the Year. The announcement was made during the annual LMH Medical Staff Reception on Tuesday, October 3. All 143 members of the Hospital's active medical staff were eligible for nomination and voting.

"I feel so honored to have the support of my peers," Dr. Robertson said. "In the ER (emergency room), we're so much on the front line. We do go through quite a bit, emotionally. Receiving this award makes me feel like people are seeing what we go through."

Criteria for Physician of the Year nominations are as follows:

- Care and concern for patients;
- Clinical knowledge;
- Relationships with peers;
- Relationships with Hospital staff; and
- Must be a member of the LMH active medical staff.

Dr. Robertson came to the United States from Lebanon in 1981 to attend college at Anderson University in Indiana, where she earned a Bachelor of Arts degree in Social Work. She received her Doctor of Osteopathic Medicine

Dr. Robertson Named 2006 Physician of the Year (continued on page 4)

degree from Midwestern University in Chicago, Illinois, and served her residency at Ohio University College of Osteopathic Medicine in Athens, Ohio. She began working in the Emergency Department of Licking Memorial Hospital in 1999.

Dr. Robertson is fluent in three languages – English, Arabic and French – but she practices the language of human kindness in her daily work. “I always stay extra time on my shift because you have to give the personal touch ... hold the hand, dry the tear, give the hug,” she explained. “To give really good care, you have to listen to the needs of the patient besides just what brought them here today. That’s why I got into medicine – not to give just physical comfort, but to be here for the patients.”

As Physician of the Year, Dr. Robertson will have her name added to a commemorative board located in the Doctors’ Lounge on the first floor of the Hospital. She also will receive a personalized plaque and a \$300 gift certificate.



May-Lee Robertson, D.O., was joined by LMHS President William Andrews (left) and Joseph Fondriest, M.D. (right), after she was announced as the 2006 LMH Physician of the Year.

The two other nominees for this year’s award were Darryl Cherdron, M.D., and Lawrence (Pete) Dils, M.D. The Physician of the Year Award was established in 1988. The past recipients include:

- 1988 – Charles Sinsabaugh, M.D.
- 1989 – Craig B. Cairns, M.D.
C. Michael Thorne, M.D.
- 1990 – Mark A. Mitchell, M.D.
- 1991 – Carl L. Petersilge, M.D.
- 1992 – Edward A. Carlin, M.D.
Harold Kelch, M.D.
- 1993 – Gerald R. Ehram, M.D.
- 1994 – William K. Rawlinson, M.D.
- 1995 – Pattye Ayn Whisman, M.D.
- 1996 – J. Michael Wills, M.D.
- 1997 – Terry P. Barber, M.D.
- 1998 – Mary Beth Hall, M.D.
- 1999 – Debra A. Heldman, M.D.
- 2000 – Frederick N. Karaffa, M.D.
- 2001 – Elliot Davidoff, M.D.
Bryce I. Morrice, M.D.
Mark L. Reeder, M.D.
- 2002 – Jacqueline J. Jones, M.D.
- 2003 – Owen Lee, M.D.
- 2004 – Larry N. Pasley, M.D.
- 2005 – Joseph E. Fondriest, M.D.

New Physician Joins Caduceus Society

Obstetrician/gynecologist Janae Davis, M.D., has wasted no time in showing her support for Licking Memorial Health Systems (LMHS). Dr. Davis, who joined Licking Memorial Women’s Health in September, joined the Caduceus Society the same month.

“We’re fortunate to have a physician with Dr. Davis’ credentials to be furthering our mission to improve the health of the community,” said Licking Memorial Hospital Board of Directors Member and Development Council Chairman Robert McGaughy. “And, we’re especially proud that she is so quick to see the value of supporting the Health Systems with her financial contribution.”



Janae Davis, M.D., a gynecologist/obstetrician at Licking Memorial Health Professionals, received a crystal plaque from LMH Board Member Robert McGaughy to honor her Caduceus level contribution.

“I think that it is important to stand by the things that you support, not just in words but in action,” Dr. Davis explained. “I consider it a privilege to participate in a health system that values patient care as I do. I am honored to be able to contribute.”

The Caduceus Society is comprised of Licking Memorial Hospital medical staff members who support the Health Systems through monetary pledges of at least \$10,000 over the course of 10 years.

Development Spotlight: Larry D. Sargent



Larry Sargent

Larry Sargent joined Licking Memorial Hospital (LMH) Development Council nearly a decade ago to promote the local health care facility within the county. “I felt that Licking Memorial was an asset to the community, and if there was something I could do to help spread the word, I wanted to,” Larry said. “I still feel that way.”

In addition to his involvement with Licking Memorial, Larry is a past president of Granville Rotary and Granville Foundation and was on the board of Big Brothers Big Sisters of Licking and Perry Counties. He is a member of Granville Methodist Church.

Larry retired in March as an insurance agent and charter life underwriter with State Farm Insurance, where he worked for 30 years. He also served as a captain in the U.S. Army from 1968 to 1971. So far during retirement, Larry said his main focus has been to “try to empty the job jar of things to do around the house,” although he would prefer to spend more time working on his golf game.

The graduate of Granville High School and the University of Toledo (Ohio) resides in Granville with his wife, Penny. The couple has three grown sons – Thad, Michael and Kevin – and three grandchildren. Extended family members live in the Ohio cities of Cleveland and Dayton, as well as in Paris, France. “We always have good excuses to travel,” Larry said, noting that he and

Penny headed to Paris in October. Florida is another of their favorite destinations.

Although Larry is a native of Mansfield, Ohio, he has called Licking County home for more than 50 years. “I am proud of where I live and proud of the availability of high-quality health care Licking Memorial provides,” Larry said.

Donors

CADUCEUS

Janae Davis, M.D.

COMMUNITY CORNERSTONE

Robert and Sandra Baldwin
Nathan and Rebecca Voris
Ms. Julie Ketner Barrett
Mrs. Violet Forsythe
Patricia and Robert
McGaughy
Mr. and Mrs. Jay Hottinger

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Jennifer Felumlee
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Sarah Stirling

PRIDE CORNERSTONE SILVER

India Cassidy
Susan Cheney
Jonathan Frost

PRIDE CORNERSTONE GOLD

Joy Coleman

Granville Thrift Shop Celebrates 55 Years

Donna Tegtmeier says her 30 years with the Granville Thrift Shop are “only a short time” compared to the tenure of another volunteer. The thrift shop, located at 454 South Main Street in Granville, celebrated its 55th anniversary on Tuesday, October 10, and one of the charter members, Vi Forsythe, was there to cut the opening ribbon.

Donna is the chairwoman of TWIGS 6, an organization that was established in 1950 to raise funds for Newark Hospital – now known as Licking Memorial Hospital (LMH). The thrift shop has been its main project through the decades. “We are celebrating 55 years of operating, and we are especially celebrating 55 years with Vi Forsythe,” Donna emphasized. “If she hadn’t helped to start this shop



Celebrating the Granville Thrift Shop’s 55th anniversary with a ceremonial ribbon cutting were (left to right): Licking Memorial Health Systems (LMHS) Executive Vice President Rob Montagnese, Katarina Lantz, Marta Contini, Vi Forsythe, LMHS Vice President of Development and Public Relations Veronica Link and Carole Sue McCluskey.

55 years ago, we wouldn’t be celebrating our many years of service to the community.”

Licking Memorial Health Systems (LMHS) Executive Vice President Rob Montagnese said in his address, “I am truly in awe that TWIGS 6 members have dedicated 55 years to helping LMH serve the community. There’s no way to repay you, other than to give you a heart-felt thank-you.”

The first TWIGS 6 thrift shop opened in a portion of the old firehouse in Granville. “When we first started, we’d sit and do our embroidery work because there weren’t too many customers,” Vi remembered. As the customer base grew, so did the need for more room, so the thrift shop moved to council

Granville Thrift Shop Celebrates 55 Years (continued from page 5)

chambers above the village offices. For a while, TWIGS 6 operated the thrift shop out of a house they purchased on Broadway Street. When they sold the house, they donated the money to LMH. The next move was to the Granville Shopping Center, and in 2003, the store moved to its current, larger location.

Vi, who is 87 years old, volunteers one day twice each month and fulfills shop committee work at the Granville Thrift Shop. “I put in the same amount of time as any other member. I have trouble lifting, so they give me the jobs that are a little easier. I’ve had to give up a few things, but this (TWIGS 6) is one thing that I won’t give up!” she vowed. Vi said Licking Memorial Hospital has played an important role in her life. “I had a baby there, and an operation. I was even there the day they moved the old Hospital into the new (1966) Hospital.

That was a wonderful day!”

The Granville Thrift Shop operates on consignment, with 60 percent of the sales price going back to the consigner, and 40 percent going to the shop. Items that are not sold are donated to other organizations. Information about consigning items may be obtained by calling (740) 587-3047.

There are a total of six TWIGS groups that raise funds for LMHS. TWIGS stands for Togetherness, Willingness, Imagination, Giving and Sharing. Some of the capital improvement purchases their funding has made possible include: waiting room furniture, medical equipment, a new wing to the Hospital library, the Hospital paging system, and renovation and a new wing to the Obstetrics Department.

Retiree Spotlight: Laura J. Oliver



Laura J. Oliver

Columbus resident Laura J. Oliver misses the camaraderie she and her Licking Memorial Hospital (LMH) coworkers shared over the years. Laura retired from the Hospital in 2000 after approximately 30 years of service.

“We were very close, like a close-knit family,” she said. “We used to do a lot together like having parties at each other’s houses. I miss a lot of the people I worked with.”

When Laura first joined the Hospital staff, it was as a nurses’ aide. Later, she worked in Central Supply, sterilizing equipment. For most of her LMH career, Laura was a unit clerk. “I worked everywhere,” she said, noting that her favorite assignments were to the medical units.

Although her employment with Licking Memorial spans more than three decades, Laura notes that she took time off when her children were young. “Family is very important to me,” she said. Laura has two daughters –

Darlene and Carla; two sons – Grant II and Julius; five grandchildren – Carlotta, Nelsa, Nevin, Michael II and Cyrus; and three great-grandchildren – Rahja, Kiara and Kevin. Most of the family reside in central Ohio.

Since retiring, Laura has enjoyed taking multiple cruises – mainly to the Caribbean and Mexico. “That’s what I love – cruises,” she said. Her family is planning a beach vacation together for next summer. “We have a lot of fun together,” Laura said. “I’ve had both of my knees replaced, and now I’m ready to travel!”

Although she doesn’t see them as often as she’d like, Laura also still considers former LMH coworkers as family. “I get back to Newark for the Licking Memorial Retiree Dinner every July and the Holiday Party each December. It’s good to see old friends,” she said. However, since she moved out of Licking County in 2003, Laura no longer gets together with her LMH friends for lunch like she once did. “I want everyone I worked with to know that I miss them and think of them often,” she said.

Volunteer Spotlight: Molly Lee



Molly Lee

Molly Lee has been a volunteer at Licking Memorial Hospital (LMH) since 1994. She received her Ten Years of Service pin in 2004 and has volunteered more than 2,098 hours of service. Molly volunteers in Messenger Service. She delivers the mail, as well as flowers and cards to patients, and runs various errands. “Molly always has a sweet smile on her face and is just one of those

people who make an impression on everyone she meets,” said Carol Barnes, Director of Volunteers, TWIGS and Events at Licking Memorial.

Born and raised in Burma, Molly was the second daughter of seven children. At a young age, her father encouraged Molly to be tutored in English, which is a skill that has aided Molly. With World War II taking place, Molly got married and retreated with her husband to southern Burma.

After the war, her husband became ill and could not work, so Molly worked to support her family. Because of her English skills, she worked for 19 years for the United States government at the USIS Library. When it was closed, she worked at the budget office of the United States embassy.

Volunteer Spotlight: Molly Lee (continued on page 7)

Volunteer Spotlight: Molly Lee (continued from page 6)

As conditions in her native country worsened, Molly wanted to move to the United States for the sake of her four children. After working through the long and tedious paperwork process for immigration, Molly was able to come to the United States with two of her children who were under 21 (her older son was in the United States attending school in Oregon, and her older daughter was a practicing physician in Burma).

Upon settling in Bethesda, Maryland, Molly and her family were able to work through the process of getting her elder daughter, who was still in Burma working, to immigrate as well. Molly quickly got a job at General Electric but left after several years to take care of her grandchildren.

After the untimely death of her older son, Molly visited her other son, Dr. Owen Lee, and he encouraged her to move to Ohio. She fell in love with the area and decided to move. A short time later, Molly began volunteering with LMH. She has many ties to Licking Memorial – her son, radiologist Dr. Lee, works here, as well as her daughter-in-law, Beth Lee, who is a physical therapist with the Home Care department, and two of her grandchildren were born here. “The Hospital is such a wonderful part of my life and community,” said Molly.

“I am a lucky person. It seems everywhere I go I have people who tell me ‘I love your mother. She is so nice.’ People at my work, church and in my community speak of her with affection. It seems like my mother is adopted by a lot of people. I am glad to share Mom with all these people who think highly of her,” said Dr. Lee.

Molly is very appreciative of her good fortune and believes that it is important to give back to the community. “I have been through a lot, and it helps me see the importance of helping others. It is very rewarding to be around good people and to help people at the Hospital,” said Molly.

Molly is the proud mother of four children and nine grandchildren. Her volunteer work at the Hospital and activities in church fill her busy schedule. However, Molly still finds the time to exercise and has even attended college classes at The Ohio State University – Newark campus. She enjoys educating the next generation by talking to school children on what life was like during the Japanese occupation period during World War II. She has been Dr. Lee’s travel companion to many conferences around the country and sometimes even around the world. “Traveling is something that I love to do, but I am just as content to stay home, too!” Molly explained.

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

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

Outpatient Clinic Spotlight: Gastroenterology Lab

The Gastroenterology (GI) Lab incorporates diagnostic and therapeutic procedures provided to inpatients, outpatients and Emergency Department patients. Licking Memorial Health Professionals’ gastroenterologists, with the assistance of specially trained nurses and technicians, perform colonoscopies, gastroscopies, flexible sigmoidoscopies and other special GI procedures on patients with various acute and chronic disorders.



David Subler, M.D., and Annita Ryan, R.N., treat a patient in the Gastroenterology Lab.

Gastrointestinal problems include diseases of the esophagus, stomach, small intestine, colon and rectum, pancreas, gallbladder, bile ducts and liver, and involves the normal action of the gastrointestinal organs including the movement of material through the stomach and intestine, the digestion and absorption of nutrients into the body, removal of waste from the system and the

function of the liver as a digestive organ. A gastroenterologist also treats common and important conditions such as colon polyps and cancer, hepatitis, gastroesophageal reflux (heartburn), peptic ulcer disease, colitis, gallbladder and biliary tract disease, nutritional problems, irritable bowel syndrome (IBS), and pancreatitis.

The Licking Memorial GI Endoscopy Lab offers the most-up-to-date equipment for optimal performance of GI procedures and a staff that is specially trained and frequently updated on educational offerings to enhance their knowledge in the field. The staff ensures patients are made comfortable and receive education regarding the procedures so they can have the best experience possible during the time they are there. Nursing staff is on call evenings, weekends and holidays with the

Outpatient Clinic Spotlight: Gastroenterology Lab (continued on page 16)

Physician Spotlight: Terrill Burnworth, D.O.



Terrill Burnworth,
D.O.

Terrill Burnworth, D.O., joined Licking Memorial Health Professionals as a physician in the Emergency Department in July 2002.

Dr. Burnworth earned his Medical Degree from the West Virginia School of Osteopathic Medicine in Lewisburg, West Virginia, and graduated from West Virginia University in Morgantown,

West Virginia, with a Bachelor of Science degree in Pharmacy. Dr. Burnworth completed an emergency

medicine internship and residency at Doctor's Hospital/Ohio Health in Columbus, Ohio.

Dr. Burnworth is a member of various professional organizations including the American College of Emergency Medicine, American College of Osteopathic Emergency Medicine, the Ohio Osteopathic Association and is a registered pharmacist. He was recently honored as one of 21 outstanding Licking Memorial employees as an MVP of the organization. The MVPs were chosen for their consistent demonstration of organization values such as communication, attitude, respect and excellence.

Ask a Doc

Question: What is hypothermia?

Answer: Hypothermia occurs when the body gets cold and loses heat faster than the body can make it. A normal rectal body temperature ranges from 97.6 degrees Fahrenheit (36.4 degrees Celsius) to 99.6 degrees Fahrenheit (37.6 degrees Celsius) and for most people is 98.6 degrees Fahrenheit (37 degrees Celsius).

Sometimes a normal, healthy adult has a low body temperature, such as 96 degrees Fahrenheit (35.6 degrees Celsius). If the person with the low body temperature is not ill, does not have any other problems, and is not an infant or an older adult, then evaluation usually is not needed.

What can cause hypothermia?

Hypothermia can occur when you are exposed to cold air, water, wind, or rain.

Your body temperature can drop to a low level at temperatures of 50 degrees Fahrenheit (10 degrees Celsius) or higher in wet and windy weather, or if you are in 60 degrees Fahrenheit (16 degrees Celsius) to 70 degrees Fahrenheit (21 degrees Celsius) water. If you have mild hypothermia, home treatment may be enough to bring your body temperature back up to normal.

Early symptoms include:

- Shivering
- Cold, pale, or blue-gray skin
- Lack of interest or concern (apathy)
- Poor judgment
- Mild unsteadiness in balance or walking
- Slurred speech
- Numb hands and fingers and difficulty performing tasks

New Emergency Medicine Physician at LMH



Sean D. Dakshaw,
D.O.

Licking Memorial Hospital (LMH) is pleased to announce the addition of Sean D. Dakshaw, D.O., to the Emergency Medicine staff.

Dr. Dakshaw received his Doctor of Osteopathic Medicine Degree from the Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania, where he also completed his internship.

He served his residency in Emergency Medicine at the University of Medicine and Dentistry of New Jersey in Stratford, New Jersey.

Dr. Dakshaw's professional memberships include: American College of Emergency Physicians; American College of Osteopathic Emergency Physicians; Emergency Medicine Residents Association; and American Osteopathic Association.

New Internal Medicine Physician Joins LMHS



Padmaja Tanneru,
M.D.

Licking Memorial Health Systems is proud to announce that internal medicine physician, Padmaja Tanneru, M.D., has joined the medical staff. She is providing care to patients in her office, located at Premier Health, Inc., 42 Messimer Drive in Newark.

Dr. Tanneru received her Medical Degree from BLDE's Shri BM Medical College in Bijapur, India. She completed an internal medicine residency at St. Barnabas Hospital in Bronx, New York.

Dr. Tanneru is a member of the American College of Physicians and the American Medical Association.

Plaughter, C.R.N.A., Joins LMH



Mark Plaughter,
C.R.N.A

Licking Memorial Hospital (LMH) is pleased to announce the addition of Mark Plaughter, C.R.N.A, to the anesthesia staff.

Mark received his Bachelor of Nursing degree in 1988 from West Virginia University in Morgantown, West Virginia. In 1991, he earned his certificate of nurse anesthesia from

the Charleston Area Medical Center School of Anesthesia in Charleston, West Virginia.

Previous to joining LMH, Mark developed an epidural and intrathecal obstetrical pain management program at Wetzel County Hospital in rural West Virginia. In addition to his anesthesia practice, he has taught emergency medical personnel and paramedics for several years.

Employee Spotlight: Jeri Baker



Jeri Baker

Jeri Baker has been employed by Licking Memorial Hospital (LMH) since July 1995. She started out as an aide in the Home Care department. Jeri then became a delivery assistant in the Maternal Child department before going back to the Home Care department as a Health Information Specialist for the department. “In 2002, the Hospital started the patient care coordinator

program for the Nursing Administration department. I was one of the first to start in this position, and I have loved it ever since,” said Jeri. Part of the reason that Jeri joined the Hospital staff is because she wanted to touch the lives of the community. “I get a lot of satisfaction knowing that I have helped people, and that is a wonderful feeling,” said Jeri.

As a Patient Care Coordinator, Jeri works different hours – nights and weekends. Some of her responsibilities include ensuring that staffing plans established by unit managers are carried out properly, ensuring the correct number of caregivers are present based on the number of patients on a unit, serving as a coordinator of responses to disasters and the communication with management and administration team about the disaster, addressing patient safety issues and any complaints from patients and/or families. “It is very rewarding when I am out in the community and someone stops and thanks me for making their stay at the Hospital better. I try to do everything I can to help. Even if it is just holding someone’s hand, it can make a difference. It is very gratifying,” stated Jeri.

Jeri is involved in various organizations and committees such as Friends of the Ohio Hospital Association, PRAC committee and the Licking Memorial Safety Committee. She has also been active in the Girl Scouts as an assistant troop leader and as an organizer of the troop cookie sale. Jeri is currently seeking her Bachelor of Arts degree in Business and Health Administration from the University of Phoenix online. “I have plans to pursue my Master’s degree in Health Administration upon completion of my bachelor’s degree,” said Jeri.

Licking Memorial recently honored 21 outstanding employees as MVPs of the organization. Jeri was one of

the MVP award winners. “The MVPs were chosen for their consistent demonstration of organization values such as communication, attitude, respect and excellence,” said Debbie Young, Vice President of Patient Care and nominator of Jeri. “She is truly dedicated to the mission of the Hospital and strives to provide patients with the highest quality of care,” said Debbie.

Jeri and her husband, Kenneth, have one daughter, Ashlynn, and two grandchildren, Justice and Angela. In her free time, Jeri enjoys spending time with her family and friends, going out to dinner, and seeing movies. She also enjoys the outdoors – camping, gardening and vacationing in Myrtle Beach, South Carolina.

Are you interested in joining the Licking Memorial team? Our employees are among the best in the industry and provide the highest level of care for our patients. LMH offers all the tools to help you reach your highest potential and the opportunity to work with some of the latest cutting-edge technologies and techniques.

We have immediate openings in various positions. For more information or to apply, visit our Web site at www.LMHealth.org. LMH is proud to be an equal opportunity employer.



Community Report Card

Licking Memorial Health Systems

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



Surgical Care ... A Community Report on Surgical Services

Health Tips

To aid in your recovery following surgery, contact your surgeon immediately if you experience any of the following and/or if you have other problems or questions:

- Severe pain
- Persistent vomiting
- Fainting spells
- Redness, bruising or swelling of operative site
- Fever of 101 degrees or higher
- Severe/continuous bleeding
- Trouble urinating

Patient Feature: Kelsi Pettit



Kelsi Pettit

Kelsi Pettit had recently completed her freshman season on the Heath High School varsity softball team and was playing on the local traveling team, Heath Crush, when her season ended unexpectedly. She was pitching in a game at Newark Catholic when she fell down and twisted her knee and tearing her anterior cruciate ligament (ACL).

“It hurt so bad, I knew I had really hurt my knee when I fell,” said Kelsi.

“The purpose of a ligament is to hold two bones together. The ACL is a ligament in the center of your knee that prevents the shin bone (tibia) from moving forward on the thigh bone (femur). A tear of this ligament can cause your knee to give way during physical activity,” said Edward Westerheide, M.D., the orthopedic surgeon who performed Kelsi’s surgery. Dr. Westerheide is on the Licking Memorial Active Medical Staff and a member of Orthopedic Specialty and Sports Medicine, Inc., with Brad Bernacki, M.D., David Jackson, M.D., Robert Nowinski, D.O., and John Quinjiam, M.D.

Dr. Westerheide recently began performing an allograft to reconstruct the ACL versus the traditional graft that uses tissue from within the patient. “In an allograft, we use tissue that has been prepped and sterilized from a tissue donor and then use it to reconstruct the torn ligament. This benefits the patient because there is a smaller incision, generally less pain and we are able to mobilize the leg quicker,” said Dr. Westerheide.

“We talked to Kelsi a lot before the surgery to let her know what to expect,” said Gary, her father. “Her mom and I wanted her to know what to expect after the surgery as well.” Following the surgery, Kelsi completed physical therapy at LMH. Feeling strong and ready to

go back to her extra curricular activities, Kelsi started playing sports again, but then re-injured her knee. “Going back in for a second surgery is not typical, but both surgeries went very well,” said Dr. Westerheide. After the second surgery, Kelsi went through physical therapy again. “It really helped me to get the movement and strength back in my knee,” said Kelsi.

The care that Kelsi received both before and after her surgeries at Licking Memorial was great. “The doctors and nurses were really good to me and took the time to explain everything that was going on and let me know what to expect next,” said Kelsi.

“It is important that we keep the patient informed about his/her surgery because it helps ease stress or anxious feelings about having surgery,” said Brenda Kendall, Director of Surgical Services at LMH.

Although Kelsi had to take a year and seven months off from sports, she is back at school and doing great. Kelsi participates in various school activities, such as quiz team, student council, the school musical and is even thinking about joining the swim team to help strengthen her knee. Most of all, Kelsi is looking forward to starting back to softball in the spring.



Edward Westerheide, M.D.

Surgical 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** Unscheduled returns to the operating room (OR) may result from problems involving surgical technique, anesthesia, or infection control.

| | LMH 2004 | LMH 2005 | LMH 1/06-8/06 | National ⁽¹⁾ |
|---------------------------------|----------|----------|---------------|-------------------------|
| % Unscheduled returns to the OR | 1.0% | 0.3% | 0.6% | 1.2% |

- 2** Treating patients in the most appropriate setting is an important issue in today’s health care environment. It is important to monitor if outpatient operative procedures require inpatient admissions, as these unplanned admissions may indicate inappropriate use of outpatient services.

| | LMH 2004 | LMH 2005 | LMH 1/06-8/06 | National ⁽¹⁾ |
|--------------------------|----------|----------|---------------|-------------------------|
| % Unscheduled admissions | 0.1% | 0.1% | 0.04% | 1.9% |

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

| | LMH 2004 | LMH 2005 | LMH 1/06-8/06 | National ⁽¹⁾ |
|----------------------------------|----------|----------|---------------|-------------------------|
| % Use of reversal agent – GI Lab | 0.28% | 0.55% | 0.86% | 0.92% |

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

| | LMH 2004 | LMH 2005 | LMH 1/06-8/06 | LMH Goal |
|--|----------|----------|---------------|----------|
| Number of surgeries | 5,670 | 5,444 | 3,541 | n/a |
| Wrong-site surgeries | 0 | 0 | 0 | 0 |
| Surgical site verification checklist completed | 99% | 100% | 99.5% | 100% |

- 5** Receiving the appropriate antibiotic within an hour before surgery reduces a patient’s risk for developing infection. Additionally, discontinuing use of antibiotics within 24 hours after surgery lessens the patient’s risk of developing antibiotic-resistant bacteria.

| | LMH 2004 | LMH 2005 | LMH 1/06-7/06 | National ⁽²⁾ |
|---|----------|----------|---------------|-------------------------|
| Antibiotic received within 1 hour | 91% | 89% | 93% | 83% |
| Antibiotic discontinued within 24 hours | 74% | 78% | 83% | 73% |

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

| | LMH 2004 | LMH 2005 | LMH 1/06-8/06 | National ⁽²⁾ |
|--|----------|----------|---------------|-------------------------|
| % primary total joint with length of stay six days or less | 94.8% | 97.7% | 94.1% | 94.2% |

Data Footnotes: (1) National benchmark from The Association of Maryland Hospitals & Health Systems QI Project. These data do not represent a rating by either the QI Project or MHA. Data are supplied by individual facilities and aggregated by the QI Project. Aggregate QI Project data represent the averages of all rates and are not meant to be considered as standards or thresholds. The data are intended for internal use by QI Project participants. (2) Midas+ Comparative Database with over 300 participating hospitals.

Preparing a Child for Surgery

Surgery can be scary, especially for young children who don't understand what the doctor is going to do. Teenagers have many questions about their surgery, and parents often don't know how to respond. That's why Licking Memorial Hospital provides the following information to help prepare parents and their children before surgery. Proper preparation for a surgery or procedure reduces your child's anxiety about the situation, encourages cooperation, and helps the child develop coping skills. Preparation can effectively reduce distress in children

undergoing medical surgeries and can minimize crying and resistance to the procedure. Research finds that lowering anxiety can actually decrease the sensation of pain felt by people during uncomfortable procedures.

Before the surgery, understand that your child probably will cry and that preparation may not change the fact that your child will feel some discomfort or pain. You can try demonstrating what will happen during the surgery in advance to learn about your child's particular fears and concerns. Using a doll or other object to act out the surgery may help reveal worries that the child may not be willing to discuss directly.

Most people are more frightened of the unknown. It helps if the child knows what to expect. If a child's fears are unrealistic, you may want to explain what will actually happen. If the child is worried about an unavoidable part of the surgery, do not minimize this concern but reassure the child that you will be there to help as much as you can. Make sure your child understands that the procedure is not a punishment. The most important way you can help your child is with proper preparation and with your support around the time of the procedure.

Limit your explanations about the procedure to 10 or 15 minutes because children have a limited attention span. Preparation should take place directly before the surgery or procedure so that the child doesn't worry about it for days or weeks in advance.

Preparation can help your child understand what to expect and to feel less nervous. Many parents are unsure of what to tell their child about having an operation. Others believe that the information will scare the child. However, most children cope best if they have opportunities to learn about what is going to happen and to ask questions. The following guidelines give suggestions so you can best prepare your child for an operation in a way



Preparing a child for surgery may help ease some of the anxiety and stress felt about having surgery.

that is easily understood.

Preparing yourself

Make certain that you discuss all your questions, fears and concerns with your child's doctor. It is normal to feel nervous about your child's operation. But remember, your child (even infants) can sense your concerns. This may make your child more anxious. The more information you have about the operation, the more in control and positive you will feel.

What to bring to the hospital

Here is a list of what to bring for you and your child if he/she will be admitted to the hospital after surgery.

For your child:

- Favorite stuffed toy or comfort item
- Pajamas, robe and slippers
- Movies (there are VCR/DVD players in the room)
- Schoolwork (if appropriate)
- Photos of favorite people
- Medicines that your child is currently taking
- Favorite sippy cup and/or pacifier (if appropriate)

For parents/caregivers:

- Pajamas, robe and slippers, comfortable clothing
- Your medicines
- Personal hygiene items such as toothbrush and toothpaste
- Books and magazines
- Calling card (to make long distance calls)
- List of important phone numbers
- Money for meals and snacks
- Your child's insurance information

Often children (and their families, too) are worried and frightened about having an operation. Many things can be done to make this experience a good one for your entire family. The more you know about the hospital and the surgical experience, the better you can help your child feel safe and comfortable being at Licking Memorial Hospital. For more information about the surgical services available at Licking Memorial, visit www.LMHealth.org and choose the "Explore Licking Memorial Hospital Services" tab.

What is anesthesia?

Anesthesia is the medicine your child will receive that lets him or her go into a deep sleep for the operation. She or he will not feel pain and will not remember the operation. Children receive anesthesia throughout their operation.

Preparing a Child for Surgery (continued on page 13)

Can I be with my child during anesthesia administration?

It may be possible for you to be with your child during anesthesia induction, which is the two to three minute process at the beginning of administering anesthesia. Let the hospital staff know if you want to be present when your child goes to sleep. Your child's anesthesia provider can help determine if you should be in the room. Things that will be considered in the decision are the age of the child, previous health history and the length of the procedure.

Who is the anesthesia provider?

Your child's anesthesia provider is a medical professional who specializes in anesthesia. A child reacts to anesthesia differently than an adult does. At Licking Memorial Hospital, all of our anesthesia providers are trained in children's anesthesia to ensure your child receives the best care. You will meet with your child's anesthesia provider on the day of surgery.

How do I know my child will be safe?

Your anesthesia provider will monitor your child the entire time he/she is under anesthesia. Monitors

constantly check on your child's blood pressure, heartbeat and oxygen levels.

What are the side effects of anesthesia?

Side effects can include sleepiness, irritability, nausea, vomiting, sore throat and a hoarse voice. Most of these side effects are not serious and will go away within a few days. Your child may also seem uncoordinated for up to 24 hours after his or her operation.

What are the risks of anesthesia?

Giving anesthesia involves risks. The most severe risks can be life threatening. Reactions are very rare, but the possibility exists. Because Licking Memorial Hospital anesthesia providers are trained in giving anesthesia to children, their training helps minimize the risks.

Why should kids not eat or drink before anesthesia?

Problems can occur if food or drink is inhaled during induction. Carefully follow your doctor's directions for when your child should stop eating and drinking before the operation to prevent problems. If your child eats or drinks too close to the time of the operation, surgery may have to be rescheduled.

Lifeline of Ohio Thanks Licking Memorial for Support

Every 10 minutes, another name is added to the national waiting list for organ donation. Currently, more than 93,000 people in the United States – including approximately 600 in central Ohio and 2,500 throughout the state – are waiting for life-saving organs. Daily, an average of 18 Americans – including adults and children – die waiting.

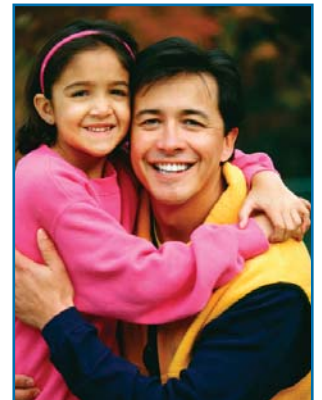
“Although the list is long and growing, there is hope,” said Heather Blausey of Lifeline of Ohio. “Through organ donation, one person can save eight lives. An additional 50 people's lives can be enhanced from tissue from this same individual donor.” A Donate Life organization, Lifeline of Ohio promotes organ and tissue donation in a 40-county area that includes Licking and other central Ohio counties.

Heather notes that in 2005, Lifeline of Ohio recovered organs from 79 donors and tissue from 285 donors. “A single tissue donor can improve the quality of life for more than 50 people,” she said. “Annually, more than 1 million people nationwide benefit from tissue transplants.” Nationally, more than 28,000 people's lives were saved in 2005 because of organ transplant operations.

Getting the word out about the critical need for organ donation is the focus of Lifeline of Ohio. “We are thankful to Licking Memorial Hospital (LMH) for letting their patients and patients' families know about how organ and tissue donation can save lives,” Heather said.

Linda Godenschwager, R.N., LMH Nursing Project Coordinator, said the Hospital is proud to promote Lifeline of Ohio's efforts. “We ask our patients if they are organ donors and refer them to Lifeline of Ohio for detailed information about how they can help save lives.”

Although the majority of transplants result from recovering organs and tissues from donors after they have died, some transplants – including more than a third of all kidney transplants – can be done through the generosity of living donors. Partial liver, lung and pancreas donations from living donors also can save lives.



Organ donors save lives and enhance the quality of life others enjoy. To learn more, visit Lifeline of Ohio online at www.lifelineofohio.org.

Lifeline of Ohio Thanks Licking Memorial for Support (continued from page 13)

To become a donor, register your decision in the Ohio Donor Registry by saying “yes” when receiving your driver’s license or state identification card or by completing and returning an enrollment form. Individuals also can register in the Ohio Donor Registry online through www.lifelineofohio.org. “Also, make sure to talk to your family about your wishes,” Heather said. “They can help honor your decision and won’t be left wondering what you would have wanted.” Individuals younger than 18

must have consent from their parents or legal guardians to be listed as donors.

For more information about organ donation, please contact Lifeline of Ohio at (800) 525-5667, or visit the organization online at www.lifelineofohio.org.

Blust is New LMH Director of Acute Care Services



Kristine M. Blust,
R.N., M.S.N.

Dayton, Ohio, and serving as an officer in the Air

Licking Memorial Hospital is pleased to announce that Kristine M. Blust, R.N., M.S.N., has been appointed Director of Acute Care Services.

Kristine graduated from Ridgewood High School in West Lafayette, Ohio. She served in the U.S. Air Force before earning a Bachelor of Science in nursing degree at Wright State University in

National Guard. Kristine achieved her Master of Science in nursing degree from University of Phoenix in Phoenix, Arizona.

Kristine is a member of the American Association of Critical Care Nurses, Sigma Theta Tau International, and Sacred Heart Catholic Church.

She resides in Coshocton with her 2-year-old daughter, Olivia Grace.

Reid Receives Promotion at LMH



Mary B. Reid,
B.S.Ed, R.N.

She then earned an Associate degree of applied science in nursing from Central Ohio Technical College in Newark.

Mary B. Reid, B.S.Ed, R.N., has been promoted to Patient Care Manager of 5-South at Licking Memorial Hospital (LMH).

Mary, a life-long Licking County resident, graduated from Newark Catholic High School. She attended The Ohio State University to earn a Bachelor of Science in education degree.

She is an American Heart Association CPR and First Aid instructor. She serves in the Medical Reserve Corp of Licking County, and the Licking County Pandemic Flu Preparedness/Planning Committee. Her professional memberships include the Association of Perioperative Nurses, Ohio Organization for Nurse Executives and the American Nursing Informatics Association.

Mary, who has been employed at LMH since 1992, received a Licking Memorial Health Systems CARE Award in 2002.

Holidays the Healthy Way (continued from page 2)

Bake for 10 to 15 minutes or until slightly firm to touch. Chill for approximately 2 hours before serving. Drizzle optional melted chocolate over top to garnish.

Stuffing with cranberries

4 cups of whole wheat bread cubes
1 cup chicken broth
1/2 cup onion
1 cup chopped celery
1/4 cup chopped parsley
1 teaspoon dried tarragon
1/2 teaspoon paprika
1/8 teaspoon nutmeg
1/2 cup chopped cranberries
1 cup whole water chestnuts
1 cup chopped apples

Preheat oven to 350 degrees Fahrenheit. In a large skillet, sauté the chopped celery and onion in the chicken broth until tender. Remove from heat.

In a large bowl, combine the bread cubes, chopped parsley, tarragon, paprika, nutmeg, chopped cranberries, water chestnuts and chopped apples. Stir in the sautéed onion, celery and remaining broth.

Spray a two-quart baking dish with non-stick spray. Spoon mixture into dish. Cover and bake for 20 minutes. Uncover and bake 10 more minutes. Serve hot.

Mashed potatoes

8 medium-sized potatoes
1/4 cup fat-free milk

Holidays the Healthy Way (continued on page 15)

Holidays the Healthy Way (continued from page 14)

1/2 cup fat-free sour cream
1/8 cup chopped parsley
1 teaspoon onion powder
1/2 teaspoon garlic powder
salt and pepper to taste

Boil potatoes until soft, drain water, cube and mash in a large bowl. Add all ingredients and mash together until well mixed.

Toy safety (continued from front page)

Falls are the most frequent kind of accident, but many serious injuries result from children swallowing small parts or placing tiny toys in noses or ears, exploding gas-powered toys, flammable products, and sharp edges.

Each year, more than 5,000 new toys enter the market-place. The holiday season finds over 150,000 different kinds of toys for sale in approximately 1 million stores. Despite the efforts of manufacturers, retailers, safety inspectors and others, it is impossible to ensure the safety of every toy. It is important for parents and other relatives to check every toy they own, both new and old for possible hazards.

All toys are not for all children

Keep toys designed for older children out of the hands of little ones. Follow labels that give age recommendations. Some toys are recommended for older children because they may be hazardous in the hands of a younger child. Teach older children to help keep their toys away from younger brothers and sisters. Even balloons, when uninflated or broken, can choke or suffocate if young children put them in their mouths. More children have suffocated on uninflated balloons and pieces of broken balloons than on any other type of toy.

Buying toys

Be a label reader. Look for and heed age recommendations such as “Not recommended for children under 3.” Look for other safety labels including “Flame retardant/Flame resistant” on fabric products and “Washable/hygienic materials” on stuffed toys and dolls.

Maintaining toys

Check all toys periodically for breakage and potential hazards. A damaged or dangerous toy should be thrown away or repaired immediately. Examine all outdoor toys regularly for rusted or weak parts that could become hazardous.

Storing toys

Teach children to put their toys safely away on shelves or in a toy chest after playing to prevent trips and falls. Use a toy chest with a lid that will stay open in any position to which it is raised and will not fall unexpectedly on a child. Watch for sharp edges that could cut and hinges that could pinch or squeeze. See that toys used outdoors are stored after play. Rain or dew can rust or damage a variety of toys and toy parts creating hazards.

Sharp edges

New toys intended for children under 8 years of age should, by regulation, be free of sharp glass and metal edges. With use, however, older toys may break, exposing cutting edges.

Sharp points

Toys which have been broken may have dangerous points or prongs. Stuffed toys may have wires inside the toy which could cut or stab if exposed. A CPSC regulation prohibits sharp points in new toys and other articles intended for use by children under 8 years of age.

Small parts

Older toys can break to reveal parts small enough to be swallowed or to become lodged in a child's windpipe, ears or nose. The law bans small parts in new toys intended for children under 3. This includes removable small eyes and noses on stuffed toys and dolls, and small, removable squeakers on squeeze toys.

Cords and strings

Toys with long strings or cords may be dangerous for infants and very young children. The cords may become wrapped around an infant's neck, causing strangulation. Never hang toys with long strings, cords, loops or ribbons in cribs or playpens where children can become entangled. Remove crib gyms for the crib when the child can pull up on hands and knees; some children have strangled when they fell across crib gyms stretched across the crib.

Propelled objects

Projectiles – guided missiles and similar flying toys – can be turned into weapons and can injure eyes in particular. Children should never be permitted to play with adult lawn darts or other hobby or sporting equipment that has sharp points. Arrows or darts used by children should have soft cork tips, rubber suction cups or other protective tips intended to prevent injury. Check to be sure the tips are secure. Avoid those dart guns or other toys which might be capable of firing articles not intended for use in the toy, such as pencils or nails.

Electric toys

Electric toys with heating elements are recommended only for children over 8 years old. Children should be taught to use electric toys properly, cautiously and under adult supervision.

For more information about safe toys and tips to choosing age-appropriate toys, visit www.preventblindness.org.

See Guide to Selecting Age-Appropriate Toys on page 16

Guide to Selecting Age-Appropriate Toys

Age: 0 to 18 Months

rattles
 pounding and stacking toys
 squeak toys
 floating tub toys
 picture blocks
 strings of big beads that can be connected together
 crib gym exercisers
 push-pull toys
 small take-apart toys
 nested boxes or cups
 stacking rings
 books with rhymes, pictures, jingles
 musical and chime toys

Age: 18 months to 3 years

tricycle
 ride-on toys to straddle
 wagon
 hobby horse
 push-pull toys
 sandbox toys
 balls

blocks of different sizes and shapes
 wading pool and sandbox
 child-sized play furniture
 play appliances, utensils
 homemade materials
 doll furniture
 simple dress-up clothes
 stuffed animals
 dolls
 simple puzzles
 games
 take-apart toys with large parts
 clay and modeling dough
 large crayons
 blackboard and chalk
 simple musical instruments
 finger paints
 non-electric trains
 blocks
 tea sets

Age: 3 to 6 years

additional dress-up outfits
 bathing and feeding dolls
 puppets and theaters
 storekeeping toys

toy phone and toy clock
 playhouses
 housekeeping toys
 toy soldiers
 farm, village, and other play sets
 small trucks, cars, planes, boats
 simple construction sets
 domestic toys
 trains
 race-car layouts
 larger tricycles
 other wheeled toys
 sleds
 wagons
 backyard gymsets, jungle gyms
 records
 phonographs
 radios
 printing sets
 coloring books
 sketch pads
 story books

Outpatient Clinic Spotlight: Gastroenterology Lab (continued from page 7)

gastroenterology physician for emergency procedures that may require immediate treatment.

For more information about GI procedures, visit the “Health Information” tab of the Licking Memorial Web site at www.LMHealth.org.

LMHS Recognizes Outstanding Service at 2006 Lifetime Achievement Reception (continued from front)

was presented to Stu Parsons. The Lifetime Achievement Award is presented each year to a citizen in the community who has given volunteer service for the overall betterment of the community and who has helped to fulfill the mission of LMHS by helping to improve the health of the community. This special recognition was created to honor those whose vision, inspiration and leadership have touched and enriched many lives.

Stu is actively involved in the Licking County community as a member of Newark Rotary, Mary E. Babcock Foundation, John and Mary Alford Foundation, Herbert and Patricia Murphy Foundation and Licking Memorial Development Council. He served on the LMHS Board of Directors, and served as the Chairman of the Licking Memorial Hospital (LMH) Board of Directors. He is a past member of the Licking County Board of Mental Retardation and Developmental Disabilities. Stu and his wife, Marcia, are the parents of two adult children, Greg, and Jay, who along with his wife, Angela, has two children, Aidan and Beckham.

In presenting the award, LMHS President William Andrews described Stu as a valuable community asset. “His strong character, benevolence and outstanding skill

in his professional career ensured his leadership role within the business community for over 30 years. His dedication and commitment to our community is matched by very few individuals,” Mr. Andrews said. “Stuart Parsons exemplifies the meaning of the Lifetime Achievement Award, which was created to honor those whose vision, inspiration and leadership have touched and enriched many lives.”

“My service orientation started a long time ago at Park National Bank,” Stu recounted. “Their feeling was, ‘if you’re going to live and work in a community, you need to put something back into it.’ One thing I learned about volunteer work is that you get to meet and work with a lot of people.”

Stu stressed that many of his accomplishments in the community were collaborative efforts with other dedicated volunteers. “Serving in your community is sort of like ‘holding’ in football,” he said. “Everyone does it, but you almost never get called for it. Thank you very much – I don’t deserve it, but I’m going to take it anyway. I’ll accept your ‘holding call.’”

Past recipients of LMH’s Lifetime Achievement Award

LMHS Recognizes Outstanding Service at 2006 Lifetime Achievement Reception (continued on page 17)

LMHS Recognizes Outstanding Service at 2006 Lifetime Achievement Reception (continued from page 16)

have included: John W. Alford; Howard E. LeFevre; Ernestine W. Spencer; J. Gilbert Reese; John H. Weaver; Norman R. Sleight; Robert H. Pricer; Carl L. Petersilge; M.D.; Clarissa Ann Howard; Rev. Dr. Charles W. Noble Sr.; Calvin E. Roebuck; John J. Kutil; Mary Jane McDonald; William T. and Jane C. McConnell; Raymond Guy Plummer, M.D.; Robert N. Kent and Dr. Robert Barnes.

Newark Rotary Club President Cindy Steen and past presidents, Mike Massaro and Tom Marcelain, were applauded at the reception for the club's construction of the 14,500 square foot Centennial Newark Rotary Accessible Playground. The playground, located off Sharon Valley Road, was designed to accommodate children of various levels of physical abilities.

Twenty-one LMHS employees who earned the first annual MVP titles in May were recognized for their achievements. The MVPs included Jeri Baker, Rick Baltisberger, M.D., Amy Berry, Mary Bonham, Chuck Buerkle, Terrill Burnworth, D.O., Patty Camp, Janet Curtis, Cindy Davis, Nancy Davis, R.N., Jesh Folden, Kim Frick, Brenda Holman, Katie Hoover, R.N., Mark Mitchell, M.D., Darcy Nethers, Jeannine Nock, R.N., Peter Nock, D.O., Stacy Swartz, Bonnie Tomsu and Craig Wollenberg.

service to the community. For their dedication, the group earned the distinctive President's Award. In addition, the LMH TWIGS 6 chapter recently marked its 55th anniversary of operating the Granville Thrift Shop, with one charter member still remaining active in the group. LMHS Executive Vice President Rob Montagnese commended Vi Forsythe for her five and one-half decades of dedication to helping raise money for LMH projects.



LMHS President Bill Andrews presents the Building a Healthier Community Award plaque to Newark Rotary President Cindy Steen, and past presidents Mike Massaro and Tom Marcelain.

In 2006, LMHS has been celebrating the seventh 100 Top Hospitals Award designation by Solucient, the nation's leading source of health care business intelligence. LMH Board Chairman Judith Pierce explained, "The Solucient 100 Top Hospitals: National Benchmarks for Success, 13th Edition recognizes hospitals that have achieved excellence in outcome of care, patient safety, efficiency, financial performance and growing community service. Being selected for this award is a reflection of the commitment

and dedication of the employees and volunteers whose efforts helped us earn this national recognition."

LMHS Board Chairman Glenn Abel pointed out, "Licking Memorial Hospital is one of only three hospitals in Central Ohio to make the list this year and one of 16 in the state to earn the distinction. No other hospital in Central Ohio has been named a 100 Top Hospital more than LMH. I, too, am very proud of our Hospital's accomplishment."



LMHS MVP Award recipients were honored during the 2006 Lifetime Achievement Reception.

Other award winners from throughout the year who were honored were Teresa Knicely, R.N., and Loretta Long, C.N.P. – Nursing Award for Clinical Excellence; Lorei Reinhard and Chris Keck – Managers of the Year; May-Lee Robertson, D.O. – Physician of the Year; and Noble Snow – Volunteer of the Year.

Two anniversaries were observed at the ceremony. The LMH Volunteers are celebrating their 50th year of



LMH Board of Directors Chairman Judith Pierce gives a framed resolution to LMH Volunteer Executive Board members Ann Wood, Betty Meyer and Dick Stewart to commemorate the organization's 50th anniversary.

Many LMHS employees have served in the U.S. military or have loved ones with military experience. Jeff Barnes, a former captain and commander of the U.S. Army presented a flag to Bill Andrews to thank LMHS for its support. Jeff, who worked at LMH during his student years, said the outpouring of support from LMHS made a world of difference to his troop in Iraq. "When I came to Mr. Andrews and told him I was going to Iraq, he said, 'Anything you need – just let us know, and we've got your back.' All the support we received – hospital supplies, prayers, well-wishes – made an extreme difference and has forever touched us. Because of your support, we were able to provide 2,500 children with medical assessments and care that ranged from normal pediatric needs to children who received injuries."

"We were proud to be able to help you



U.S. Army Cpt. Jeff Barnes presented LMHS President William Andrews with a flag that was flown over his squadron headquarters in Iraq to thank the Health Systems for its support.

and your troops in our small way," Mr. Andrews replied. "We are so grateful that you and all of your 550 soldiers came home alive."

The flag, which was flown over Saber Squadron Headquarters in Baghdad during Operation Iraqi Freedom III, is preserved in a wooden case. It will be put on display at the Hospital.



Check us out at www.LMHealth.org

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Annual Year End Appeal To Benefit the Critical Care Pavilion

Licking Memorial Hospital is currently constructing a 90,000 square foot Critical Care Pavilion. This two-story addition, providing both a new Emergency Department and Surgery Department, will cost approximately \$39 million including construction, equipment and professional fees. The addition will incorporate cutting-edge technology and will offer more privacy for patients and their families. It is estimated the Critical Care Pavilion will be completed by late-2007.

Are you interested in supporting your local Hospital and the development of the Critical Care Pavilion? Contributing to the Annual Year End Appeal will benefit the Critical Care Pavilion. Your gift will be used toward the purchase of a CT Scanner for the new Emergency Department. If you are interested in making a contribution, please fill out the form below and return it to the Licking Memorial Health Foundation in the envelope provided.

I would like to contribute to the Annual Year End Appeal to benefit the Critical Care Pavilion, specifically for the CT Scanner in the new Emergency Department, as directed below:

\$25 _____ \$50 _____ \$75 _____ \$100* _____ Other _____

(*Community Cornerstone member.)

I would like to make a contribution via:

Check Visa Master Card Discover Card

Account Number: _____ Expiration Date: _____

Signature: _____

Please print or type below how you wish your name or business to appear in all Hospital publications:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

All donations are deductible under Federal and State tax regulations. Checks should be made payable to Licking Memorial Health Foundation. Thank you for your generosity.



Licking Memorial Hospital



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**Licking Memorial
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Upcoming Dates

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

First Impressions – Maternal Child Classes

- Childbirth Education Classes
- Stork Tours
- Infant and Child CPR
- Parenting Class
- Maternity Tour
- Breast-feeding Class
- Sibling Preparation Class

For registration or more information; call (740) 348-4346.

Diabetes Self-Management Classes

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

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

Diabetes Self-Management Training is a series of four classes providing information on all aspects of diabetes. Instructors include registered nurses, dietitians and a pharmacist who have received extensive training in diabetes management.

Registration and physician referral required. To register for the class, call (740) 348-4722. For information regarding course fees, call (740) 348-4910. Fees vary depending upon insurance coverage.



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

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

Visit us at www.LMHealth.org

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

Please contact the Public Relations Department to receive future mailings.



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