



# Community Connection

## Licking Memorial Health Systems

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



Volume 5, Issue 2

February 2008

Measurably Different... for Your Health!

## Anesthesia Awareness Prevention Measures in Place at LMH



LMH surgical staff members closely observe each patient during surgery with a Bispectral monitor.

In recent years, a phenomenon known as “awareness during general anesthesia” has gained national attention. Awareness during general anesthesia is a rare occurrence where surgical patients are able to accurately recall their surroundings and intraoperative events while under general anesthesia. The patient is unable to communicate due to temporary muscle relaxing medications that are administered along with anesthesia.

*Anesthesia Awareness Prevention Measures in Place at LMH (continued on page 2)*

## LMH Reconstructive and Cosmetic Surgery Services



James M. Jeffries III, M.D., F.A.C.S.

In July 2007, Licking Memorial Health Professionals expanded its services to include a new practice, Licking Memorial Reconstructive & Cosmetic Services, staffed by Plastic Surgeon James M. Jeffries III, M.D., F.A.C.S. Dr. Jeffries received his board certification from the American Board of Plastic Surgery and is a fellow of the American College of Surgeons. Licking Memorial Reconstructive & Cosmetic Services focuses on reconstructive procedures which are performed to remedy abnormalities on the body.

In addition, the practice offers a wide range of cosmetic surgery services.

“We have the ability to perform smaller procedures in the office. This includes both reconstructive and cosmetic procedures,” Dr Jeffries said. Reconstructive and cosmetic services available at Licking Memorial Reconstructive & Cosmetic Services include:

- Reconstructive breast surgery
- Cosmetic breast surgery
- Gynecomastia (enlarged male breast) repair

*Reconstructive and Cosmetic Surgery Services (continued on page 2)*

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

### Education Program – Pain Management

Date: Tuesday, February 19  
Time: 6:00 p.m.

Location: Conference Rooms A&B, First Floor  
Licking Memorial Hospital

Speaker: Mary Torchia, M.D.,  
Licking Memorial Anesthesiology



Mary Torchia, M.D.

Pain is a silent epidemic in the United States. According to the American Pain Foundation, more than 76.5 million Americans suffer from some

type of pain. It is estimated that 50 million Americans live with chronic pain caused by disease, disorder, or accident. An additional 25 million people suffer from acute pain resulting from surgery or accident. The most common types of pain include arthritis, lower back, bone and joint pain, muscle pain, and fibromyalgia. Untreated pain

*Education Program – Pain Management (continued on page 16)*

“This occurrence sounds alarming,” stated Craig Cairns, M.D., Vice President of Medical Affairs at Licking Memorial Hospital (LMH). “We want patients to be reassured that anesthesia awareness is very, very rare. The Joint Commission estimates that it occurs in 0.1 to 0.2 percent of all patients undergoing general anesthesia each year.” He added, “In most cases, the awareness lasts for a very brief period. The other point that is reassuring is that Licking Memorial has already put steps in place to prevent anesthesia awareness from happening.”

Dr. Ann Govier, Chief of Anesthesiology at LMH said, “The Anesthesia Department at LMH is staffed by highly trained specialists in the field of anesthesiology and pain management. Our staff utilizes the most up-to-date equipment available to provide the patient with a safe anesthetic.” She stated, “The best way to deal with awareness under general anesthesia is to prevent it.”

“There are many kinds of anesthesia available to our clients,” Dr. Govier continued. “Before surgery, an anesthesia provider will meet with the patient to discuss issues like surgical and medical history. Then a plan can be designed to fit your specific needs. Options include a general anesthetic in which the patients are unaware of their surroundings (asleep), regional anesthesia where part of the body is numbed using special medications with light sedation given, or monitored anesthesia care in which the surgeon injects numbing medication in and around the surgical site and the patient is given intravenous sedation by the anesthesia staff. Each type of anesthesia has its own considerations.”

Since 2004, LMH has had state-of-the-art devices to use as a tool along with other monitoring equipment to measure depth of anesthesia. The Bispectral Index (BIS) monitor and the entropy monitor are both monitors that measure brain activity and small muscle activity. Continually monitoring brain wave and small muscle activity gives the anesthesia provider important information about depth of anesthesia. LMH medical and nursing staff members are also offered special training on anesthesia awareness.

According to a report released by The Joint Commission, the rare occurrences of awareness during general anesthesia are often attributed to a low dosage of anesthetic being administered. Mark Plaughter, CRNA, a nurse anesthetist at LMH, said, “Your anesthesia provider at LMH is committed to providing you with a safe and effective anesthetic experience. We work closely with the patient and surgeon to design a plan specifically for each patient.” He added, “The anesthesia provider monitors every aspect of your anesthesia and surgical experience. Multiple monitoring tools including BIS/entropy are used to monitor your vital signs during surgery.”

LMH is accredited by The Joint Commission, which is a nationally-recognized organization that monitors compliance with its standards of excellence. An independent, not-for-profit organization, The Joint Commission is the nation’s predominant standards-setting and accrediting body in health care.

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*Reconstructive and Cosmetic Surgery Services (continued from front page)*

- Abdominoplasty (tummy tuck)
- Liposuction
- Rhinoplasty (nose surgery)
- Blepharoplasty (eyelid surgery)
- Otoplasty (ear surgery)
- Botox injections
- Juvederm (wrinkle filler)
- Post bariatric surgery and/or massive weight loss skin removal
- Removal of skin cancers
- Complex wound management
- Laceration repair

According to the American Society of Plastic Surgeons (ASPS), more than 5 million reconstructive surgeries were performed in the United States in 2006. Of those, 37 percent were performed in a hospital and 43 percent

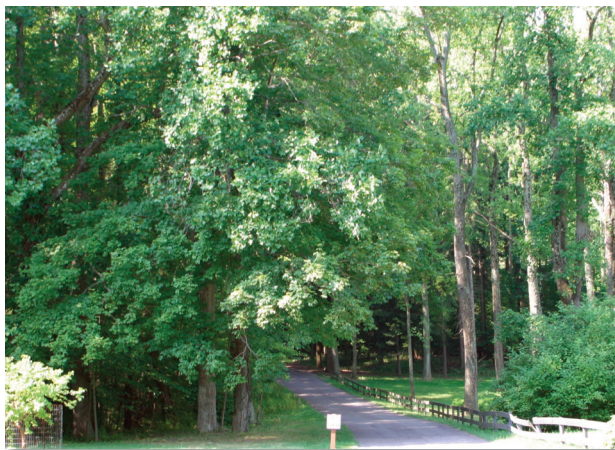
were performed in a doctor’s office. The five most common procedures were:

- Breast reductions
- Hand surgery
- Scar revisions
- Laceration repairs
- Tumor removals

Dr. Jeffries explained, “The ability to offer breast reconstruction after mastectomy impacts the community in a positive way. Patients will no longer have to go to another community for surgery. They will have all of their doctors in one hospital, and they won’t have to make long trips during this stressful time. I have talked to some women in the community who wished this service was available when they had their mastectomies.

# LMHS at The Dawes Arboretum

Licking Memorial Health Systems (LMHS) and Dawes Arboretum are partnering to promote family fitness. LMHS at The Dawes Arboretum is a new program designed to provide fun and educational activities that spotlight Licking County's outdoors, while encouraging healthy lifestyle choices through nutrition and exercise.



Walkers of all ages are invited to join in Licking Memorial Hospital's new education program at The Dawes Arboretum that focuses on family fitness.

"The free education programs will feature guest speakers who will focus on a range of health and fitness topics each month," stated Veronica Link, Vice President of Development and Public Relations. "Following the education portion of the program, participants will be encouraged to take a walk through the grounds with one of The Dawes Arboretum's staff."

"Each month, the walking route will change. Distances of the walks range from one to one and a half miles, taking approximately 30 minutes to complete," said Laura Appleman, The Dawes Arboretum Public Relations Director. "Some months, we will choose paved routes, but other months will take us over dirt or gravel paths. Of course, participants are welcome to walk just part of the route if they prefer, or they may choose to walk even longer distances. They are really able to walk at their own pace."

LMHS Pediatrician Diane Lemay, M.D., praised the program for its whole-family approach. "Walking is good exercise, and making it a family activity is a great motivator," she said. Nationally, more than 15 percent of children aged 6 to 18 years are considered obese. I have seen an increase in obesity in children in my 17

years of practice in Licking County. Lack of exercise, increase in fast food consumption, lack of health education and gym classes year round in schools, and an increase in video games all contribute to this epidemic in our country. If a child is at risk for obesity (due to sedentary lifestyle and genetic predisposition), by age 4 years that child's risk is increased to 20 percent, and by the teen years, his/her risk is markedly increased by 80 percent of developing obesity."

"A child is considered obese when his/her body mass index (BMI) is over the 95th percentile for that age. The BMI is a measurement of weight-to-height ratio, and should be measured at each pediatric office visit," Dr. Lemay explained. "Overweight children, not just obese children, are at high risk for problems that we more commonly associate with adults. These include diabetes (type 2), high cholesterol and high blood pressure which can subsequently lead to heart problems and strokes. Obesity also weakens the immune system, can cause sleep apnea, asthma and orthopedic complications, such as knee, hip and back problems."

LMHS at The Dawes Arboretum takes place from 10:00 to 11:00 a.m. on the last Saturday of each month through June. Classes are scheduled for: January 26, February 23, March 29, April 26, May 31 and June 28. The programs are free and open to participants of all ages and all levels of physical ability. Light refreshments will be served. No pre-registration is required. For more information, please call (740) 348-1572.

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*Reconstructive and Cosmetic Surgery Services (continued from page 2)*

Breast reconstruction at Licking Memorial Hospital will give the breast cancer patient the option to have the mastectomy and breast reconstruction on the same day or mastectomy with reconstruction as a delayed procedure."

Federal law mandates medical insurance to cover breast reconstruction after mastectomy. This includes revisionary surgery and surgery on the uninvolved breast for symmetry. Generally, reconstructive surgeries like breast reduction, removal of skin cancers, and laceration repair

are covered by medical insurance. Dr. Jeffries' staff will help precertify patients with their insurance carriers to verify the level of their coverage.

Licking Memorial Reconstructive & Cosmetic Services is located at 1272 West Main St., Building 2, in Newark. To make an appointment, please call (740) 348-7955.

# Brownie Troop Visits Licking Memorial to Decorate Cards for Patients

Members of the Girl Scout Brownie Troop 553 in Utica gathered at Licking Memorial Hospital (LMH) on Saturday, December 8, 2007, to share the joys of the holiday season with patients in the Hospital. The group of seven- and eight-year-olds brought in a bundle of holiday cards, decorated specifically for patients staying at Licking Memorial.

Eleven young girls gathered together one evening in November to create the cards with help from their troop leader, Nicole Murnane. "Projects like these help bring awareness for each of the girls, showing the opportunities we have to help others," Nicole said. "By creating holiday cards for patients at Licking Memorial, the girls gain an understanding of the benefits of community service." Brownie Troop 553 earned a Caring and Sharing badge for their efforts, which is just one of the 30 badges available for each Brownie member to earn.



Members of the Girl Scout Brownie Troop 553 from Utica gather around Kristi Blust, Director of Acute Care Services, after presenting their holiday cards designed to be distributed to patients of Licking Memorial Hospital on Christmas Day.

The handmade holiday cards were given to patients staying at the Hospital over the holiday season. The Development Department hosted the reception to thank the Girl Scout troop.

"Many of these patients are unable to go home during the holidays," said Kristi Blust, Director of Acute Care Services. "The attention and time put into these cards by the girls is not only a kind gesture but a heartfelt one. During a time of the year when many people are comfortable at home, our patients are here with us at the Hospital, and at times it can be difficult. Brownie Troop 553 has given us another reminder that the people in this community genuinely care about one another."

# LMH Diabetes Program Merits ADA Recognition

The Diabetes Self-Management education program at Licking Memorial Hospital (LMH) has been awarded continued recognition from the American Diabetes Association (ADA). On a continuing basis, the Diabetes Self-Management program offers a series of four classes each month to provide a wealth of information to participants on all aspects of diabetes.

Self-management education is an essential component of diabetes treatment. Participants in an ADA-recognized program, such as the one at LMH, will be taught self-care skills that will promote better management of the disease.



LMH Diabetes Educator Sandy Gienger, R.N., uses visual aids to make healthy eating guidelines more understandable in the LMH Diabetes Self-Management classes.

All ADA-approved education programs cover the following topics as needed: the diabetes disease process; nutritional management; physical activity; medications; monitoring, preventing, detecting and treating acute complications; preventing, detecting and treating chronic complications through risk reduction; goal setting; problem solving and psychological adjustment. It has been

shown that self-management education can prevent unnecessary hospital admissions and decrease some of the complications of diabetes.

*LMH Diabetes Program Merits ADA Recognition (continued on page 5)*

“This is the second time we received ADA certification. The first time was in 2004, and it is renewable every three years,” explained LMH Diabetes Class Coordinator Teresa Knicely, R.N., C.D.E., C.C.M. “Our program has helped many patients in improving their health, whether they were newly diagnosed with diabetes or have lived with it for many years. As a follow-up to classes, we call participants at six weeks, six months and one year to see how they are doing. They often tell us that because of the information they received in class, they continue to have better blood glucose control and their quality of life is improved.”

The LMH Self-Management Education program instructors are certified dietetic educators who include registered

nurses, a pharmacist and dietitians. The classes take place at the LMH Diabetes Learning Center which is located at 1865 Tamarack Road in Newark on Tuesdays, from 9:00 to 11:00 a.m., and on Wednesdays from 1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.

There is a course fee for the four-part series, however most insurance policies will cover the cost. Financial assistance is available for those who qualify. Registration and a physician referral are required to participate in the classes. To register, call (740) 348-4722, or to receive further information regarding the classes, please call (740) 348-4910.

## ICU Nurse Receives Loving Gift from Coworkers

Since Vickie Ford, R.N., first became a nurse in 1975, she has provided compassionate care for patients at Licking Memorial Hospital (LMH). For the first year, she rotated among various departments, but then landed in the Intensive Care Unit (ICU) and has worked there for the past 32 years. Vickie and her husband, Bruce, live in Newark where she was born and raised. They have a daughter, Jennifer, who attends Kent State University.



Vickie Ford, R.N. (right front) received an appliquéd quilt from coworkers at LMH as a show of support for her recovery from cancer surgery.

For a short time in 2006, Vickie reversed her role as a care provider and became a patient herself as she entered a battle with uterine cancer. Now that Vickie’s surgery and radiation treatments are behind her, many of Vickie’s coworkers pieced their creative talents into an appliquéd quilt as a tangible symbol of their support and encouragement for continued recovery. They surprised her with the quilt and a luncheon in her honor in early December.

Kristi Blust, R.N., M.S.N., Director of Acute Care Services at LMH, said the quilt was a work of love that allowed the staff to show Vickie how they feel about her. “Vickie is a leader among her peers,” Kristi said. “She takes great pride in the care that she provides to her patients. She is also committed to the growth and development of new nurses. Vickie recently volunteered to go

to nightshift in order to mentor the new graduate nurses in the ICU thus being sure that those new nurses have the skills and critical thinking that is required of them while working in an intensive care unit. Vickie has the exemplary caring and compassion that every patient enjoys and is truly a role model for all nurses.”

“I love these people,” Vickie said, looking over the small crowd that had gathered in her honor. “They are the reason I’ve been at Licking Memorial and in the ICU all these years. It is because of my coworkers. They are my second family.”

The quilt features 30 appliquéd reindeer blocks with a reindeer print border. The blocks were individualized and embroidered with the names of the quilters who made them. “This quilt is so beautiful,” Vickie admired. “I’m going to put it in my living room to show it off.”

Licking Memorial Health Systems has 150 staff physicians and approximately 1,350 additional clinical and support staff members. Many employees forge strong friendships through their work. Several other quilts have been pieced together in the past to support coworkers who received a cancer diagnosis.

# New Member Welcomed Into Caduceus Society

David Subler, M.D., was recognized in November 2007, for his membership into the Caduceus Society. The Caduceus Society members are all members of the Licking Memorial Hospital (LMH) medical staff who pledge a minimum gift of \$10,000 over the course of 10 years.

Dr. Subler, who has been with Licking Memorial Gastroenterology since 2004, feels that his contributions to the organization can only further his commitment to the health of community. "The Licking Memorial mission is to improve the health of our community," he said. "Joining the Caduceus Society is just another way to solidify my involvement and confidence in the health care we provide at Licking Memorial."



David Subler, M.D.

Dr. Subler received his Medical Degree from The Ohio State University College of Medicine. He completed his internship and residency in internal medicine at the University of Michigan Medical Center. Dr. Subler completed his fellowship in gastroenterology at University Hospitals/CWRU in Cleveland. He is board certified as a diplomat with the National Board of Medical Examiners and the American Board of Internal Medicine with a subspecialty of gastroenterology.

Licking Memorial Health Foundation, a not-for profit organization, receives no federal, state or local tax funds. All donations from medical staff, employees and the community are used specifically toward new medical equipment and expanded services. They do not assist with general operating expenses.

# William Schaffner Society Welcomes New Member

John Bowyer currently works as a Senior Systems Analyst for the Licking Memorial Health Systems (LMHS) Information Systems Department. He has been with Licking Memorial since 2001, working daily to maintain the Systems' computer network and resolve issues, among many other tasks.

Recently, John was recognized for his contribution to the William Schaffner Society. Members of the Schaffner Society choose to donate to LMHS through a minimum contribution of \$10,000 over the course of 10 years. The funds generated from the William Schaffner Society do not assist



John Bowyer

with general operating expenses but are used to enhance medical care and fund expanded services at LMHS. "My donation to the organization is one way I can help contribute to a healthy future for Licking County," John said. "Keeping our community healthy is what Licking Memorial is all about, and I am happy to be a part of it."

John retired from the military, having served eight years in the Army Reserve. The Licking County native lives in Newark with his wife, Amy. The couple has three children: Noah, Quin and Grace.



**Licking Memorial  
Health Systems**

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# New Schaffner Society Member Recognized

Jan Campbell has achieved many accomplishments and completed many tasks throughout her 35-year career as a registered nurse at Licking Memorial Hospital (LMH). During a recent LMH Board meeting, she was recognized for her contribution to the William Schaffner Society.

The Schaffner Society is a group comprised of community leaders and Licking Memorial Health Systems (LMHS) employees who have chosen to give back to the organization by donating a minimum gift of \$10,000 over the course of 10 years. The funds are used to enhance medical care and fund expanded services at LMHS and do not assist with general operating expenses.



Jan Campbell, R.N.

The Licking County native hopes that her contribution to the William Schaffner Society can help continue the mission of Licking Memorial. “As employees, we pledge to help improve the health of our community,” Jan said. “There is so much more we can do that goes above and beyond coming to work each day. I am happy to help out by giving back to the organization.”

Jan works in the Hospital’s Pre-Operative and Post-Operative Unit. She received her diploma from the Riverside – White Cross School of Nursing in 1971 and joined Licking Memorial the following year.

## Development Spotlight: Jack Crockford



Jack Crockford

Jack Crockford has been a member of the Licking Memorial Hospital (LMH) Development Council for over 20 years. He joined the Development Council after being asked by a friend and is a current member of the Education and Membership Committee. “I got involved because I felt Licking Memorial was a good hospital,” Jack said. “The organization’s participation and service in the community is outstanding.” After two decades, Jack continues to enjoy his time on the Development Council and finds it very fulfilling. “I am very proud to be involved with LMH,” he said. “I feel the administration and the employees are very committed to ensuring that LMH will remain one of the Top 100 Hospitals for many years to come. The community involvement within this organization is wonderful and becomes more important as it improves each year.”

The Virginia native keeps busy with his duties on the Development Council and stays active throughout the Licking County community. Jack serves as Finance Chairman and Treasurer on the Licking Memorial Hospital Board, is a current board member of Friends of Citizens with Disabilities Incorporated and is a Service Corps of Retired Executives (SCORE) member. He is also a member of the Newark Rotary Club and Trinity Episcopal Church.

Jack attended William and Mary College in Norfolk, Virginia, as well as the University of Missouri in Kansas City. Retired from the military, Jack served in the Army during World War II. After his time in the military, Jack went on to work for Mohenis Services, which is the parent company for Buckeye Linen Service. He retired as the Regional Vice-President of Mohenis Services and is a current board member on the Mohenis Corporation Board.

Jack and his wife, Beverly, have been married 59 years. The couple, who has lived in Newark since 1981, decided to retire in Licking County. “We have met so many wonderful people here and really like this community,” Jack said. The couple has two adult sons; Jon and Michael. Both Jack and Beverly are very involved with Licking Memorial Health Systems (LMHS). Beverly has been a volunteer at LMH for the last 25 years and was recently honored with the Volunteer of the Year Award for 2007. During their spare time, the couple loves traveling across the country and to Europe and enjoys visiting with friends and family.

# Donors

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Medical Staff in memory of  
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## Physician Spotlight: Kenneth Parker, M.D.



Kenneth Parker,  
M.D.

Kenneth Parker, M.D., appreciates a sense of community when it comes to doing his job and has found it at Licking Memorial Hospital (LMH). “Licking Memorial is a community-based hospital that cares for the entire community regardless of the patient's ability to pay,” Dr. Parker said. “The organization appealed to me because it provides me with an opportunity to focus on our patients.”

Dr. Parker joined Licking Memorial Otolaryngology in July 2006. An otolaryngologist is a physician who treats patients dealing with ear, nose and throat (ENT) problems. He chose to become a physician after finding a fascination for the science behind medicine, but it was his passion for helping others that led Dr. Parker to choose otolaryngology. “Otolaryngology allows me to treat a variety of patients and problems, so I am able to help the community in many ways,” he said. “While I do see a large number of the children in our community, I also spend a large amount of time with the older population dealing with things like hearing loss and vertigo, which is a condition that can cause dizziness. My specialty gives me an opportunity to affect the everyday lives of a large portion of the community.”

Focusing on patients' needs is a key component of Dr. Parker's work. “I think there are times when people

feel the medical profession has lost sight of patients as people,” he said. “I want people to know a vast majority of physicians really do see their patients as people. We care a great deal about how they feel and being successful in their treatment.”

Dr. Parker earned his Medical Degree from the University of Cincinnati College of Medicine and completed his residency in otolaryngology, head and neck surgery at the University of Louisville College of Medicine in Louisville, Kentucky. He received a Master of Science degree with an emphasis on molecular genetics from Bowling Green (Ohio) State University and a Bachelor of Science degree in zoology from Miami University in Oxford, Ohio.

Dr. Parker is a member of the American Medical Association and the Academy of Otolaryngology – Head and Neck Surgery. He lives in Granville with his wife, Patti, and two children, Rachel and Jack.

# Ask A Doc

**Question:** My 5-year-old son needs to have a tonsillectomy, but he is scared about having his tonsils removed. Not only is he nervous, but my husband and I have never experienced surgery for any of our children and are not sure what to expect from an anxiety standpoint. Is there any way we can make this process a bit easier on all of us?

**Answers:** Many parents have a difficult time seeing their children going into a surgical situation, but there are several things that can make the experience easier. First, visit the hospital and surgery area prior to your surgery date. Many children are less anxious if they become more familiar with their surroundings, and the trip can open up a chance to discuss any concerns they may have. The pre-operative visit also benefits parents by providing them the knowledge of the little details such as knowing where to park or finding out where the surgery area is located. Another suggestion to provide more peace of mind for a little one is to bring a favorite small toy or stuffed animal which the patient can hold on the way to the operating room. Preparation can be the key to easing the concern about a child undergoing any surgery, and that includes preparing for the child's arrival home. One idea is to have a child's favorite drink or Popsicles waiting for them when they arrive home from their surgery.

Any family member is welcome to come to the hospital to support the family and or the child having a tonsillectomy; however, LMH does limit the number of family members who can accompany the child into the pre-operative area. Many doctors say children can become more anxious when there are large groups of people around or if they sense anxiousness around them.

Normally, family members and non-operating room staff are not allowed to go into the operating room. LMH does make exceptions for the parents of small children undergoing ear, nose and throat procedures, but there are a few guidelines that must be followed. At LMH, one parent or family member is allowed to request to go back to the operating room with a younger child. They must wear a special suit over their clothes. Once the child is brought into the operating room the parent, or preferred family member, is excused and taken to wait for their child in the surgery waiting area before anesthesia is administered.

Kenneth Parker, M.D., is an Otolaryngologist, or an ear, nose and throat (ENT) physician at LMH. "ENT procedures for children are often short," he said. "However, the option to go back to surgery with your child provides a reassurance for parents. They can see the professionalism with which their child is treated and be reminded that the surgery is not traumatic for their child."

Many ENT procedures last only 15 to 30 minutes which creates a minimal wait and worry for parents. A tonsillectomy usually takes 20 to 30 minutes. After the tonsillectomy is complete and the patient has been taken to a recovery area, most children do not even remember what happened before their surgery. "We provide children with pre-operative medications called anxiolytics, which help reduce their anxiety and cause a safe form of amnesia," Dr. Parker said. "I find parents are often surprised their child does not even remember that Mom or Dad came back to the operating room with them."

There are several different types of tonsillectomies performed at LMH. A traditional tonsillectomy is performed with a Bovie cautery, which cuts the tissue with heat, cold or electric current. One of the newest technologies used at LMH is saline coblation which uses radiofrequency to remove and shrink the soft tissue in a tonsillectomy. According to Dr. Parker, saline coblation provides a faster recovery and less pain in younger patients. Another procedure performed at Licking Memorial is called a harmonic scalpel tonsillectomy. In a harmonic scalpel tonsillectomy, ultrasonic vibrations are used to cut and clot the tissue while reducing the amount of tissue damage of a traditional tonsillectomy. Please remember, the type of surgery performed depends on a patient's age and medical history. Consult a doctor to find what procedure is best for your child.

Recovery time is much faster in children than it is in adults. Dr. Parker recommends most parents to expect a recovery period of seven to 10 days after a tonsillectomy for children under age 12. "For children under the age of six, the recovery period can be as little as five to seven days," Dr. Parker stated. "However, older children and adults may require up to 14 days to recover fully."



## A Community Report on Heart Care

# A Second Chance for Change

Working in her office at State Farm Insurance in Newark, 55-year-old Kellie Tanner is in her element. “What I enjoy most in life besides my family is my work,” she said. Kellie is the mother of two grown sons – Brandon lives in Columbus, and Chad lives in Washington, D.C., with his wife, Leslie. As a liability claims team manager, Kellie’s days are fast-paced, but last fall, she was forced to slow things down for a couple of weeks after suffering a setback – her second heart attack.

Many women her age would consider themselves too young to be concerned with heart disease, but Kellie knows the facts prove otherwise. “I have a strong family history of heart problems. My mother had open-heart surgery when she was 49. Her father suffered a debilitating heart attack at 41, and died of a heart attack at 61. His father died from heart failure when he was 36. My genetics play a big role,” she explained. However, none of Kellie’s three younger brothers has had any heart problems.

From the day she was born at Licking Memorial Hospital, Kellie has lived in Newark. She began working at State Farm when she was 17 years old. In July 1996, at the age of 43, she showed up to work one day feeling a little run down. “When I got to work, I told a coworker that I needed to rest just a minute. He took one look at me and said, ‘You need to go home.’ I did go home, and after just 15 minutes, decided I needed to go to the hospital. The results of a catheterization completed at



Kellie Tanner (seated) consults with coworker Jennifer Erben at State Farm Insurance. Kellie recently had a cardiac stent implanted.

Licking Memorial confirmed a blocked artery and I was rushed to Riverside Hospital where they performed angioplasty,” Kellie remembered. “I may have also had a silent heart attack earlier in the week. The doctors told me to expect more heart attacks in the future.”

Kellie made some lifestyle changes to improve her health. She reduced the amount of cholesterol in her meals and began a walking

regimen. “I was a faithful walker for about three years. At the highest point, I was walking five miles each day,” she recalled. “My favorite places to walk were the bike path and Dawes Arboretum. I had a couple of walking partners, which really helped to keep me motivated.”

Unfortunately, there were many distractions that interfered with Kellie’s resolve. “I believed I was too busy to keep up my exercise,” she confessed. “I would miss walking for a day or two, and then first thing you know, two years went by. I just kept telling myself that these other things I had to do were more important.”

Licking Memorial Hospital (LMH) Director of Cardiology Services Patty Merrick, C.N.P., said many patients fall into the same trap of letting their exercise programs fall by the wayside. “If the patients come to our Cardiac Rehab, we can help to keep them motivated. The support factor is very important. Our nurses and staff offer constant feedback and monitoring. We find the patients are much more successful with their exercise program when they come to the rehab center than if they try to go it alone at home.”

*A Second Chance for Change (continued on page 12)*

# Heart 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** ACE inhibitors reduce the risk for mortality in patients with LVSD after heart attack. LVSD refers to the reduced squeezing ability of the left ventricle that can occur after heart attack. Additionally, the likelihood of the patients having another heart attack can be reduced if an ACE inhibitor is administered.

	LMH 2004	LMH 2005	LMH 2006	National <sup>(1)</sup>
ACE/ARB at discharge for LVSD	93%	100%	100%	94%

- 2** The first step in heart attack treatment is to confirm that the patient is truly experiencing the symptoms of an attack. An electrocardiogram, or EKG, measures the electrical activity of the heart and can determine if a heart attack is occurring.

	LMH 2004	LMH 2005	LMH 2006	Goal <sup>(2)</sup>
Median time to EKG	9 minutes	7 minutes	9 minutes	less than 10 minutes

- 3** Thrombolytic, or “clot-busting,” medications can stop a heart attack in progress, which helps prevent heart damage and saves lives. Therefore, the sooner a patient arrives at the hospital and receives the drug, the more effective the treatment will be.

	LMH 2004	LMH 2005	LMH 2006	National <sup>(1)</sup>	Goal <sup>(2)</sup>
Median time to drug	26 minutes	30 minutes	45 minutes	44 minutes	less than 30 minutes

- 4** LMH’s cardiac catheterization lab performs low-risk diagnostic testing on patients suspected of having blockage in their arteries. A measure of quality during the procedure is the rate of unexpected events.

Unexpected Event	LMH 2004	LMH 2005	LMH 2006	State <sup>(4)</sup>
Mortality	0%	0.97% <sup>(3)</sup>	0%	0.10%
Heart attack	0%	0%	0%	0.03%
Cardiac arrest	0%	0%	0%	0.10%
Stroke	0%	0%	0%	0.01%
Vascular complications	0%	0%	0%	0.23%

- 5** Cardiac rehabilitation programs aid people who have experienced heart attacks. LMH’s program provides medical oversight and heart monitoring for individuals as they exercise and strengthen their hearts. LMH also measures participants’ progress in improving certain indicators of heart health.

Health Indicator	LMH 2004	LMH 2005	LMH 2006	Goal
% stopped smoking	77%	71%	70%	greater than 75%
% improved weight	74%	60%	62%	greater than 75%
% increased exercise time	100%	98%	100%	100%

- 6** During a heart attack, the heart tries to compensate for its weakened pumping action by beating faster, which puts more strain on it. Beta blockers reduce the heart’s tendency to beat faster. Additionally, aspirin has been shown to prevent further blood clotting in heart attack patients.

	LMH 2004	LMH 2005	LMH 2006	National <sup>(1)</sup>
Aspirin within 24 hours of patient arrival	95%	91%	89%	98%
Aspirin at hospital discharge	95%	97%	91%	98%
Beta blocker within 24 hours of patient arrival	93%	92%	88%	96%
Beta blocker at hospital discharge	98%	100%	100%	98%

**7** Licking Memorial Health Professionals (LMHP) physicians monitor the cholesterol levels, specifically the LDL (bad cholesterol) levels of their patients with diagnoses of coronary artery disease (CAD). Elevated LDL cholesterol level is a risk factor for myocardial infarction (MI), but is reversible through medication, diet and exercise. LMHP physicians also monitor the usage of antiplatelet drugs such as aspirin or Plavix in patients with CAD. The usage of these medications lowers the risk of MI or death in patients with CAD.

LMHP coronary artery disease patients with LDL less than or equal to 130 mg/dl	LMHP 2006 80%	Goal greater than 63%
LMHP coronary artery disease patients with aspirin and/or Plavix prescribed	93%	greater than 80%

Data Footnotes:

- (1) Comparative data from second quarter 2007 from the Midas Comparative Database.
- (2) ACC/AHA Guidelines for the Management of Patients with Acute Myocardial Infarction, 1999.
- (3) Percent reflects one patient of 103 tests.
- (4) Ohio Department of Health, Adult Cardiac Catheterization Reports using 2002 Ohio data for low risk laboratories.

A Second Chance for Change (continued from page 10)

On September 30, 2007, Kellie awoke at 3:00 a.m. with a familiar pain. “I knew I was having a heart attack because I remembered what it felt like. This time, the pain was in my front. The first time it was in my back, but I still knew what it was.” A friend went with Kellie to the LMH Emergency Department. “I told them at the desk that I knew I was having a heart attack,” Kellie said. They took me right back to the room, and there were four or five people working on me and running tests right away. I had the most wonderful care I could hope for. I never had less than three people in my room the whole time I was there.”

After it was determined that Kellie had an arterial blockage, she was transported by MedFlight to Riverside Hospital in Columbus where she received a medicated heart stent. “I had my heart attack just one month before LMH began offering the procedure. I think it’s great that MidOhio Cardiology is working with LMH now to be able to do it here in Newark. It took just about 15 minutes to have the stent implanted. They numbed the area of my thigh where it was to be inserted, and I was having a conversation with the staff the whole time. I tell my friends that it is easier to have a stent put in than to have a root canal,” she said.

Kellie’s physicians were pleased to report that her heart suffered no apparent scarring from her second heart attack. “I believe it was because I recognized the symptoms and sought help quickly. And then I received instant attention once I arrived at Licking Memorial,” Kellie said. “I feel good. I don’t feel any different than I

did before my heart attack in September, and I’m grateful to be getting a second chance to make a change. I cannot stress enough how important it is to have a professional look at you immediately if you think you may be having a heart attack.”

Kellie is once again exercising. After she graduates from the 12-week cardiac rehabilitation program, she plans to begin the Stage 2 Maintenance program at the LMH Wellness Center. “Maintaining the change is the goal,” Patty stated. “Unfortunately, there is no magic answer; it varies from person to person how long it will take to achieve a permanent change in exercise and diet. It takes time. I ask our patients, ‘Where do you want to be 10 years from now?’ We also try to help them understand that if their first attempts at change fail, they should forgive themselves and just try again.”

In late 2007, LMH expanded heart care services to include primary and elective balloon angioplasty and stent insertions. By partnering with OhioHealth’s Riverside Methodist Hospital and MidOhio Cardiology and Vascular Consultants, a professional team of highly skilled and experienced cardiologists, cardiac nurses, registered radiology technologists and allied health professionals is able to offer interventional cardiac services locally rather than requiring patients to travel to Columbus.

# Interventional Cardiology



Imtiaz Ahmed,  
M.D., F.A.C.C.

Treatment for patients with cardiovascular disease has changed dramatically in the past 10 years. Although some patients still need to be treated with open heart surgery, in many cases, the preferred treatment is a much safer, less invasive method called percutaneous intervention (PCI). When the John & Mary Alford Pavilion at Licking

Memorial Hospital (LMH) opened in July 2007, it included state-of-the-art equipment that makes interventional cardiology procedures available locally. LMH has contracted with OhioHealth's Riverside Methodist Hospital in Columbus to provide program development and staff training.

PCI uses long flexible tubes, called catheters, to get inside blood vessels to diagnose and repair damaged vessels and heart tissue. The catheters are inserted through an artery in the arm or leg under a local anesthetic. The catheter can be used to perform procedures such as angioplasty (inflating a balloon inside the artery to stretch the arterial walls and increase blood flow) or to insert a stent, which is a small mesh cylinder made of metal or another material and is inserted to hold the arterial walls open. A recent technological development allows the interventional cardiologist to use a stent infused with a medication that prevents scarring inside the artery, one of the major causes of restenosis (repeat blockage).

“It’s fantastic that our new cardiac catheterization equipment has brought interventional cardiology to our patients at LMH,” explained Cardiologist Bryce Morrice, M.D. “Many of our patients were more anxious about having to drive out of town than they were about having a cardiac procedure. Now more patients are accompanied by family members who couldn’t afford to take an entire day off work to travel to Columbus. We also feel that we can provide better care by following through with the patient’s evaluation, procedure and rehabilitation – all at one facility.”

Physicians from MidOhio Cardiology are providing interventional support and are available 24 hours a day, seven days a week. “We are pleased to have the opportunity to be part of this program,” said Imtiaz Ahmed, M.D., F.A.C.C., a Cardiologist at Licking Memorial Heart Center. “We are achieving our goal to bring these specialized services to LMH and the Licking County community.”

LMH’s Cardiology Department has received state and national recognition. LMH was the 11th hospital in Ohio, and 83rd in the U.S. to receive accreditation as a chest pain center by the Society of Chest Pain. LMH is one of only 22 out of 1,400 VHA member hospitals to receive a 2005 VHA Leadership Award for Clinical Excellence for treatment of congestive heart failure patients. Additionally, LMH is one of only 56 out of the 1,400 members to earn the prestigious award for its treatment of acute myocardial infarction (AMI), or heart attack, patients.

## Health tips – Heart Attack

Dial 9-1-1 fast – Heart attacks are life-and-death emergencies – every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast!

### Know the warning signs of a heart attack

- Most heart attacks start slowly, with mild pain or discomfort. Often people who are affected are not sure what is wrong and wait too long before getting help.
- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. It may occur with or without chest discomfort.
- Other signs. These may include breaking out in a cold sweat, nausea or lightheadedness.

### Do not wait

If you or someone you are with has chest discomfort, especially with one or more of the other signs, do not wait longer than a few minutes (no more than five minutes) before calling for help. Call 9-1-1 and get to a hospital right away. If you do not have access to emergency medical services (EMS), have someone drive you to the hospital right away. If you are the one having symptoms, do not drive yourself unless you have absolutely no other option.

# Nurse Midwife Joins Licking Memorial Women's Health



Erica L. Brown,  
C.N.M.

Licking Memorial Health Professionals is proud to announce that Certified Nurse Midwife Erica L. Brown has joined Licking Memorial Women's Health. As a Certified Nurse Midwife, Erica is able to provide a full spectrum of prenatal care to expectant mothers, including delivery of their babies.

Erica, who lives in Baltimore, Ohio, with her husband and three children, received a Bachelor of Science degree

in Nursing and Master of Science degree in Nursing with concentration on Nurse Midwifery, both at The Ohio State University in Columbus. In addition to her Nurse Midwife certification, she is also certified as a childbirth educator.

She is a member of the American College of Nurse Midwives, the Ohio Association of Advanced Practice Nurses, the Ohio Nurses Association and the American Nurses Association. She is accepting new patients. Appointments can be made by calling (740) 348-4672.

# Cardiologist Joins LMH Medical Staff



U. Krishnan  
Marar, M.D.

Licking Memorial Hospital is proud to announce that Cardiologist U. Krishnan Marar, M.D., has joined the active medical staff. Dr. Marar practices at Sunrays Cardiology, located at 71 S. Terrace Avenue in Newark.

Dr. Marar earned a Medical Degree in Internal Medicine and another Medical Degree in Cardiology, both at the University of Bombay in Maharashtra, India. He completed a residency in Internal Medicine and a fellowship in Cardiology at The Ohio State University Medical Center in Columbus. Dr. Marar is board certified in Internal Medicine.

# Dawn Powell Named New Physician Center Manager



Dawn Powell

Dawn Powell joined Licking Memorial Health Professionals (LMHP) as a physician center manager in December 2007. As a physician center manager, Dawn assists both clinical and business operations within the Reconstructive & Cosmetic Services and Otolaryngology practices at LMHP. With her previous experience as a certified operating room nurse, Dawn brings versatility to her position within the LMHP. "I began my career as a nurse after graduating from a local nursing program," Dawn said. "And I think my background in surgical nursing will help translate into great business practices as well. The goal for each position is the same – to provide the best possible health care for our community."

A native of Indiana, Dawn has lived in Licking County for 40 years. She completed the nursing program at Central Ohio Technical College (COTC) after graduating from Newark High School. Dawn is a certified nurse in the operating room through the Association of Operating Room Nurses.

Dawn and her husband, Bill, have a son and a daughter; Logan and Bonnie. The family lives in Newark. When she is not busy spending time with her family, Dawn likes to garden, scrapbook and take photographs.

# Employee Highlight: Katie Hoover



Katie Hoover,  
R.N.

Katie Hoover, R.N., began her career with Licking Memorial Health Systems (LMHS) during her senior year in high school. After college, she came back to LMHS and worked as a phlebotomist in the Licking Memorial Hospital (LMH) Laboratory. Katie has also worked as a surgical scrub technician and transferred to Maternal Child Services in 2000. She became a registered nurse in 2002.

Assisting in the delivery of children is just one part of Katie's position in Labor and Delivery, which is a department within Maternal Child Services. She keeps busy and enjoys coming to work every day. "I love working in Labor and Delivery," Katie said. "I feel so lucky to be part of such a special moment in these families' lives." She has also found great camaraderie and togetherness amongst her coworkers. "We are a very close-knit group in Labor and Delivery," said Katie. "We have been in each other's weddings, helped deliver one another's babies and vacationed together. It is wonderful knowing you work with people you can really count on."

In 2006, Katie was a winner of the MVP Award, a title she felt extremely honored to win. "I still do not know who nominated me for the award," she said. "But it was a great feeling knowing someone thought I was doing well at my job and thought of me for the award." Director of Maternal Child Services Karen Thompson-Snipes believes Katie adds an extra element of compassion and warmth to the department. "She is a great asset to our team and a valued staff member whom I know I can count on," Karen said. "Katie has a warmth and compassion about her that is hard to duplicate. She genuinely loves her job, and it shows in her performance."

Katie and her husband, Craig, have been married for four years. The couple has two children, Maddie and Drew. When she is not busy spending time with her family, Katie loves to scrapbook with friends from work and enjoys shopping.

# Retiree Spotlight: Nasie Gallagher



Nasie Gallagher

Taking care of people has always been important to Nasie Gallagher, but it is one small reason she chose to work at Licking Memorial Hospital (LMH). She and her family moved to Newark in 1971, and she followed her desire to help people by taking a job at LMH as a part-time staff nurse in the Pediatric

Department. She was looking for a career but ended up with much more. "I see LMH as a family," she said. It was a family she was happy to join. "Licking Memorial is innovative, and I think the community has a hospital they can be proud of."

Nasie started with LMH as a part-time employee, yet it was her drive to help others and her love for being a nurse that launched a 32-year career with the organization. "It was the experience of a lifetime," she said. "I got paid for doing what I loved." Not only did Nasie fill the role of staff nurse and nurse manager, she also worked in the Education Department before retiring in 2003. Nasie also kept busy working in the Community Health Department she helped establish with coworker, Bruce Campbell, R.N., in 1994.

Although Nasie retired from LMH, she currently works full-time at The Chapel Grove Inn, an assisted living residence in Heath. A dynamic woman who likes to spend time with family and friends, Nasie says she likes keeping busy and enjoys the friendships she's created working at Chapel Grove. "Working here is not like going to work every day," she said. "These people and their families become your family, too." While Nasie enjoys her active retirement, she also continues to see the people she knows well at LMH by devoting her time to the LMH Development Council. "I was honored to be asked to be a part of the Development Council," she said. Currently holding a position on the Education and Membership Committee of the Development Council, Nasie works with other members to plan education programs, as well as many other events.

The Pennsylvania native raised two daughters in Licking County. Kristin lives in Newark, and Kara lives in North Carolina. Nasie spends as much time as possible with her daughters and four grandchildren. She remains active in the community and belongs to numerous organizations. Much of her free time is spent going out with friends and watching sports.

has a significant impact on the pain sufferers and their families.

Pain management is the process of providing medical care to eliminate or reduce pain for the patient. Pain management is a very important part of health care because patients who remain in severe pain often become agitated and/or depressed and may have poorer treatment outcomes. It is important to become informed about the different ways to manage pain.

Licking Memorial Health Systems (LMHS) encourages men and women to be proactive about their health with education on pain management. The free Pain Management Education program is scheduled for Tuesday, February 19, at 6:00 p.m. in Conference Rooms A & B located on the first floor of Licking Memorial Hospital.

Mary Torchia, M.D., from Licking Memorial Anesthesiology will speak. Registration is required. To register for this free program, or for more information, please call (740) 348-1434.

## Art From the Heart

Licking Memorial Health Systems invites you and your family to join us for activities promoting creativity and healthy heart choices at The Works, 55 South First Street, Newark, on Saturday, February 16, from 11:00 a.m. to 3:00 p.m.

Children will be given the opportunity to create artwork that will be displayed at Licking Memorial Hospital. Licking Memorial Hospital's Cardiology nurses will be available for discussions concerning heart health.

For more information, contact Rori Preston at (740) 349-9277. Cost for The Works is \$2.00 for children, \$4.00 for seniors and \$6.00 for adults. This event is free to The Works members and LMHS employees, volunteers and medical staff.



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# Volunteer Spotlight: Patricia Brannon

With her upbeat spirit and great sense of humor, it comes as no surprise that Patricia Brannon makes a great addition to the team of volunteers at Licking Memorial Hospital (LMH). Patricia applied to become an LMH Volunteer after she was approached by close friend and former coworker, Noble Snow. “He asked me if it was something I might be interested in,” she said. “I thought I should get in there and help out.” Patricia began volunteering her time at the Licking Memorial Health Systems mailroom in 2000 and has since clocked over 1,760 hours with the Hospital.



Patricia Brannon enjoys meeting LMH staff members and patients as she delivers the mail as a volunteer.

Patricia lives in Newark with her husband, Tom, who is a retired optometrist. The couple has enjoyed many different adventures and loves to take cruises. Her three daughters, Karen, Christine and Lisa, and six grandchildren live all over the country, providing Patricia and Tom many places to visit throughout the year. Patricia also has four great-grandchildren. During her rare moments of downtime, Patricia enjoys reading and working in her flower garden.

“Pat is a very, very dedicated volunteer,” said Carol Barnes, Director of Volunteers, TWIGS and Events. “She is always so helpful and brings a cheerful attitude everywhere she goes. We look forward to the days she comes in to volunteer.” Patricia has found that her duties in the mailroom provide her with a sense of family and friendship as she weaves in and out of the many different departments of Licking Memorial. “What is great about my position is that the scenery always changes,” Patricia said, describing her many visits within departments. “The part of my job that does not change is the sense of family and the friendliness of each employee I encounter.”

Patricia also spends time serving on the Volunteer Board and has found a niche at LMH. “My time spent at Licking Memorial is a huge part of my life,” she said. “It used to be that a hospital was a place a person visits only when they are sick or having a baby. Times have changed, and Licking Memorial is a great example of the contributions an organization can make for a community and its employees.”

The England native graduated from Skerry’s College in Liverpool and moved to the United States in 1955. She spent most of her time at home with her family, but worked part-time at Sears during the holidays throughout the years. While she treasured her time at home, she loves the time she continues to spend at Licking Memorial. “It’s almost a social thing,” Patricia said. “It is like you are part of a family here, and they let you know they appreciate you just as much as you appreciate them.”



## Licking Memorial Hospital Now Offers a Courtesy Shuttle to and from the Parking Lot.

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# LMH Honors First Baby of 2008

After three years of caring for other families' babies, Mollie Arn has one of her own to love. Kylaiah Moore made a dramatic entrance on January 1 by becoming the first baby born at Licking Memorial Hospital (LMH) in 2008.

Twenty hours later, Kylaiah slept peacefully in her mother's arms as her father, Gibby Moore, and friends marveled at the precious bundle. "She looks just like she did in the 3-D ultrasound image," Mollie said. "except I did not know how much hair she would have."

Mollie is a toddler teacher at My Place Child Care and School Age Center in Newark. Gibby works as a machine operator. The two met while they were students in the Class of 2003 at Newark High School.

Mollie's estimated due date was December 27, and she was scheduled to have labor induced on January 3, if necessary. While ringing in New Year's Eve at a local bowling alley, friends joked with Mollie and Gibby about the possibility of their having the first baby of the year. Although the couple laughed off the possibility, it was evidently affecting the soon-to-be father's game. "(My score) was pretty bad," Gibby said. "I'm not even going to tell what it was!" Mollie, who was four days past her due date, enjoyed the evening from the observer's seat, and did not bowl.

"We watched the (Times Square) ball drop at the bowling alley, then when she got home, she went into labor," Gibby explained. Mollie arrived at LMH around 9:30 a.m. Gibby and Mollie's sister, Kassie, were by Mollie's side as Kylaiah was born shortly before 7:00 p.m., weighing in at 7 pounds, 13 ounces.

Certified nurse midwife Loretta Long of Licking Memorial Women's Health delivered Kylaiah. "I was the one who was nervous," Gibby said. "I was the one fanning myself off." His new paternal instincts were revealed as he added, "I need to study. If Mollie isn't around, I won't know what to do."



Gibby Moore and Mollie Arn are the proud parents of Baby Kylaiah who was the first baby born at LMH in 2008.

As a new mother, Mollie began to feel a little anxious after Kylaiah's arrival. "I've worked at the child care center for three years, and was with babies there for a long time," she commented. "But the youngest babies we have there are six weeks old, so this is something new to me."

Mollie and Gibby had pressing matters to attend to in the first day after the birth of their daughter. They had not yet settled on a middle name for Kylaiah. "It will probably be either Alexandra or Sue. I actually want to use both, but Gibby doesn't," Mollie said. In addition, the couple were still sorting out family resemblances. "She has my nose and his mouth," Mollie claimed. "I was born with the same full head of hair," Gibby mentioned.

More than 1,000 babies were born at LMH in 2007. As part of the Maternal Child services, parents of newborns are treated to a gourmet room-service dinner by candlelight. In addition LMH presented Mollie and Gibby with a gift basket and gift certificates to commemorate Kylaiah's distinction of being the first baby born in 2008.

# National Doctors' Day

## March 30



In recognition of Doctors' Day, express your appreciation for your favorite physician by making a donation to the Licking Memorial Health Foundation in his or her honor. Contributions will benefit new technology in the John & Mary Alford Pavilion. For more information, or to make a donation in a physician's name, please call (740) 348-4102.



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# Upcoming Dates

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

## LMHS at The Dawes Arboretum

Saturday, February 23

10:00 to 11:00 a.m.

Dawes Arboretum

7770 Jacksontown Road S.E.

Newark, Ohio 43055

Families are encouraged to attend a free education program with speaker Josh Pintar, Director of the American Heart Association's "Team Start!" Participants are encouraged to walk through the arboretum following the program. Refreshments will be served. No reservations are required.

## Community Education Program: Pain Management

Tuesday, February 19

6:00 p.m.

Conference Rooms A&B

First Floor

Licking Memorial Hospital

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

## First Impressions – Maternal Child Classes

Childbirth Education Classes

Stork Tour

Infant and Child CPR

Parenting Class

Maternity Tour

Breast-feeding Class

Sibling Preparation Class

For more information or to register for First Impressions/Maternal Child classes, call (740) 348-4346 or e-mail [firstimpressions@LMHealth.org](mailto:firstimpressions@LMHealth.org).

## Ask the Doc

A physician knowledgeable in the field of chemical dependency will answer questions. Open to the public.

Every Saturday, from 9:00 to 10:00 a.m. No charge.

Shepherd Hill, 200 Messimer Drive

Phone (740) 348-4878



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