



Measurably Different ... for Your Health!

Pharmacist in the ED



LMH Pharmacist Janine Shipley, R.Ph., (right) reviews medications with patients who visit the Emergency Department.

Part of the triage process in the Emergency Department of Licking Memorial Hospital (LMH) is to ask patients for a complete list of the medications they take. That is a question that patients often cannot answer accurately because of the stressful circumstances surrounding an emergency room visit and the complexity of many medications' names. It is extremely important for physicians to know the patient's complete medication list in order

to properly evaluate the patient's medical condition and to avoid possible drug interactions.

Medication reconciliation is the process of comparing the patient's home medications with the medications ordered in the hospital. This reconciliation is done to avoid medication errors such as omissions, duplications, dosing errors or drug interactions. The first step of this process is to identify the medications the patient takes at home. LMH has taken the innovative approach of adding a registered pharmacist to the

Pharmacist in the ED (continued on page 2)

Jane Cook McConnell Courtyard Is Rededicated

Amid fresh spring flowers and sounds of burbling water, a new water sculpture was unveiled on May 24 as the Jane Cook McConnell Courtyard was rededicated at Licking Memorial Hospital (LMH). The Courtyard area provides a peaceful, relaxing environment in an open-air area between the Hospital and its John & Mary Alford Pavilion which opened in 2007.

The Courtyard was made possible by a generous donation from William and Jane McConnell

Jane Cook McConnell Courtyard is Rededicated (continued on page 3)



(Left to right) Gerald McConnell, Anna Hillen, Duncan McConnell, Jennifer McConnell and William McConnell during a ceremony at Licking Memorial Hospital on May 24 to rededicate the Jane Cook McConnell Courtyard

See Pages 8 to 10 for the Community Report Card Featuring Stroke Care.

LMHS Presents Community Education Program – Learning to Live with Hearing Loss

Date: Tuesday, July 15 6:00 p.m.

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

Speaker: Cheryl Barker, M.S., CCA-A



Cheryl Barker, M.S., CCA-A

Gradual hearing loss is a common condition that coincides with aging. An estimated one-quarter of Americans between the ages of 65 and 75, and three-quarters of those 75 and older have some degree of hearing loss. Although there is no way to reverse hearing loss, individuals can improve the quality of their lives by learning about this problem and the different treatment options that are available.

LMHS Presents Community Education Program – Learning to Live with Hearing Loss (continued on page 2)

of Granville. It was originally dedicated in 2007 with a temporary fountain until a permanent sculpture could be installed. Sadly, Jane passed away shortly before the Courtyard's completion. Bill remembered when he and Jane first became interested in the project, "When we heard about the projects available for sponsorship at the Pavilion, Jane asked, 'The courtyard sounds so wonderful; how do we get involved?'" Jane's judgment was right; it was the right project for us."

To find a sculpture that would have special meaning to the McConnell family, Bill traveled to Sun Valley, Idaho, which had been a favorite vacation destination for Jane and him. He explored art galleries there to learn about local artists and became enthralled with the work of sculptor Will Robinson. Will sculpted a customized design from black volcanic rock and supervised its installation 2,000 miles away at LMH.

The Courtyard area is located near the Pavilion's Surgery entrance. The new sculpture and fountain are in the center of the Courtyard area, surrounded by a winding path and lush landscaping. Park benches along the path provide a peaceful retreat for patients, visitors and staff.

At a formal reception with more than 150 guests, Licking Memorial Health Systems President & CEO Rob

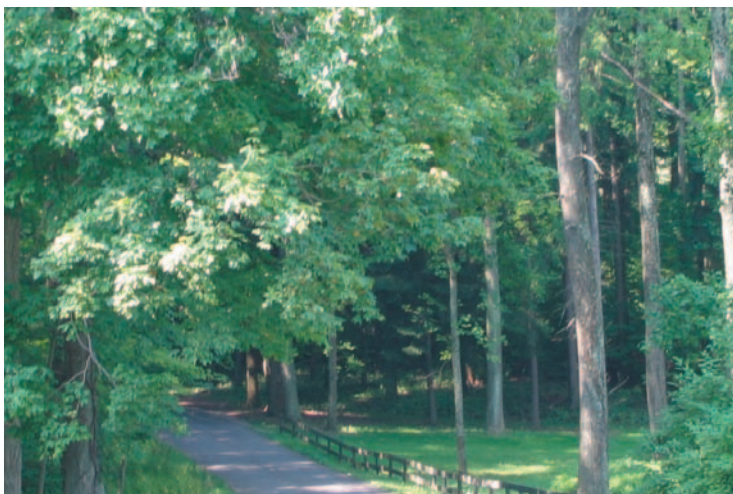
Montagnese presented a plaque to Bill to commemorate the Courtyard's rededication. "We are very pleased to receive the new sculpture," Rob said. "The water feature enhances the quiet moments of reflection that may be needed which is the intent of the Courtyard space. Your kind and compassionate gift has provided a beautiful garden Courtyard for our patients, visitors and staff to enjoy."

Bill said, "Jane wanted to help create this area to be a comforting and healing place for others." As it turned out, the Courtyard became a sanctuary for Jane through her illness as well. "There is a lot of 'Jane' in this Courtyard," Bill explained. "She researched which plants to use; she wanted to include the sound of water to create a healing effect, and she loved art, so she wanted to include a sculpture. The last year of Jane's life was enhanced by this experience. This Courtyard means so much to our family, and we are proud to know it will help to comfort others who are facing challenges."

The original fountain that was placed temporarily in the Courtyard has been preserved. It will be placed in the outdoor patio area of the Hospital Cafeteria to be enjoyed by Hospital staff and visitors.

"For Your Health" 5K Run and Fun Walk

Join adults and kids alike for the "For Your Health" 5K Run and Fun Walk on Saturday, August 9. This community event is a collaboration of resources to encourage community participation from all age groups. Held at The Dawes Arboretum, 7770 Jacksontown Road SE in Newark, the Run and Fun Walk is being hosted by the Licking Memorial Hospital (LMH) Development Council, The Dawes Arboretum, Granville Fitness and the Licking County Family YMCA. The honorary co-chairs for the event are Christy and Kevin Plaugher.



The 5K Run and Fun Walk will be held at The Dawes Arboretum in Newark on Saturday, August 9.

Participants may choose to run or walk the 3.1 mile course, or complete the Fun Walk course which is 1 mile. The walk/run begins at 8:30 a.m.; however, registration begins at 7:30 a.m. on race day. Online registration is also available through www.premierraces.com. Simply click on the "For Your Health" 2008 icon listed on the home page. Online registration closes Friday, August 1. Cost for all entries submitted before

August 1 is \$15. For all entries turned in after August 1, including registration on race day, the cost is \$20. For more information, please contact the LMH Development Office at (740) 348-4102.

LMH Hemochromatosis Program Nationally Recognized

Hemochromatosis is a metabolic disorder in which dietary iron is absorbed in excess and affects approximately one million Americans. It is the most common single inherited gene disorder in people of Northern European descent and affects one in every 250 people in the general population. Recently, Licking Memorial Hospital (LMH) was recognized on a national level by the Iron Disorders Institute (IDI) for

the hemochromatosis community program and hemochromatosis testing for community members.

“More families in Ohio are equipped with information about hemochromatosis to lower their risk for chronic disease and live longer, better lives as a result of Licking Memorial’s commitment to public awareness,” said Executive Director of the Iron Disorders Institute Cheryl Garrison.

Licking Memorial Health Systems (LMHS) Vice President of Medical Affairs Craig Cairns, M.D., M.P.H., and LMH Director of Laboratory Services Lorei Reinhard were invited to the most recent national IDI conference held in Columbus, Ohio, where each received accolades for their work and leadership in hemochromatosis awareness. As guest speakers at the conference, Lorei and Dr. Cairns presented the activities that have taken place at LMH and described how the program has affected Licking County residents. “The free hemochromatosis testing began in 2002, and we have come a long way,” Dr. Cairns stated. “As of this year, over 1,600 patients have been tested, and a potential threat to their health has been eliminated now that we offer this free service for anyone at anytime.”

Hemochromatosis symptoms can include fatigue, weakness, weight loss, joint pain and/or abdominal pain. If hemochromatosis is left untreated, the accumulating iron may damage vital organs and joints, resulting in heart disease, liver enlargement (later cirrhosis and even cancer), disabling arthritis, diabetes and other hormonal deficiencies – such as premature menopause, decreased



Vice President of Medical Staff Affairs Craig Cairns, M.D., M.P.H., presents information from the hemochromatosis program with Director of LMH Laboratory Lorei Reinhard at a national convention for the Iron Disorders Institute.

libido and even premature death. Dr. Cairns warns that these symptoms often mimic symptoms of other diseases. “As a result, the underlying problem of iron overload is frequently, and unfortunately, overlooked,” Dr. Cairns said. He explained that testing is simple. “A blood test measures the level of iron stored in the body. If a high level is seen, a genetic test is used to confirm or rule out a diagnosis of hemochromatosis.”

IDI Board member and Licking County resident Laura Main was also on hand for the IDI conference. “We received a tremendous response from the attendees who were so grateful for the opportunity to understand and learn about hemochromatosis,” Laura said. “People were so impressed that Licking Memorial is aware of the disorder and taking an active role in the community to test for hemochromatosis.”

Laura is an active member of the IDI Board, and she has first-hand experience with hemochromatosis. “After losing my father and son to the disorder, I approached LMH to see just how many Licking County community members are affected,” Laura said. “The physicians we have worked with at LMH provided wonderful support in the education and treatment of those with the hemochromatosis disorder. By offering a free screening and education to local residents, we can treat the disease and possibly save lives.”

LMHS President & CEO Rob Montagnese is in full agreement. “We cannot encourage the screening enough,” Rob said. “Excellent health starts with prevention. The earlier we detect the disorder, the more health problems we can eliminate and the more lives we can save right here in Licking County.”

Treatment of the disorder is simple; rid the body of excess iron. “Essentially, we use a process known as therapeutic phlebotomy,” Lorei stated. “A pint of blood is taken once or twice a week for several months to a

year, sometimes longer, depending on how severe the iron overload is.” The number of phlebotomies and amount of blood drawn depends on the individual and should be monitored by a physician. Drawing a pint of blood every two to four months for life is required to maintain normal levels.

New Surgical Equipment Helps Licking County Residents

Recently, Licking Memorial Hospital (LMH) purchased the Alcon Intrepid Micro-Incisional Cataract Surgery System to improve cataract surgery for patients in Licking County.

A cataract is a clouding of the lens of the eye. While not all cataracts require removal, they do have the potential to get worse and cause serious reduction of vision. With the new surgical equipment available at LMH, Elliot

Davidoff, M.D., F.A.C.S., and other ophthalmologists are able to perform cataract surgery in a more efficient manner than in the past. “This equipment was developed by the leading company in cataract technology,” said Dr. Davidoff. “LMH continues to upgrade to the latest technology for its patients and, while the surgical process has not changed entirely, there have been incremental advancements every few years. With this recent technology upgrade, we can offer even more efficient surgery for our patients.”

During the procedure, the cataract is chipped away using ultrasonic energy and immediately suctioned through a small incision in the eye. The equipment at Licking Memorial features a new state-of-the-art hand piece designed to increase efficiency, use less energy and create more suction to remove the cataract material and allow a quicker surgery. “From a surgical standpoint, the removal of the cataract is easier, faster and safer,” Dr. Davidoff said. “After using this technology for only a short period of time, we can already see the difference this equipment is making in the surgeries completed at Licking Memorial.”

“We are fortunate that our community hospital has provided us this type of equipment,” Dr. Davidoff

No appointment is necessary to complete a free hemochromatosis test. For questions or more information about the screening, contact Lorei Reinhard in the LMH Laboratory at (740) 348-4156.



Ophthalmologist Elliot Davidoff, M.D., F.A.C.S., uses state-of-the-art equipment at Licking Memorial Hospital for cataract removal surgery.

stated. “This equipment enables patients to have a more precise surgery which means a smaller incision and lower risk of complication.” Advancements in cataract surgeries were made possible with the new equipment in the operating rooms in the recent addition of the John & Mary Alford Pavilion where Dr. Davidoff and other ophthalmologists perform cataract surgery.



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Local Teachers Donate Blankets to LMH Oncology Patients

Members of the St. Francis de Sales Education Association recently met to donate fleece blankets to the Oncology Department at Licking Memorial Hospital (LMH) for the patients undergoing chemotherapy treatments. Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese accepted the donation on behalf of the organization. “This donation will help our patients feel comfortable during their treatment,” Rob said. “Thank you for your kindness.”



St. Francis de Sales Education Association members gather with Kathleen Reed to meet LMHS President & CEO Rob Montagnese to donate fleece blankets for oncology patients.

Jill Merry and Michele Blasczyk, two teachers at St. Francis and members of the Education Association, made the original blanket that inspired other members to donate blankets to LMH Oncology patients. “Kathleen Reed taught at St. Francis for 30 years,” Jill said. “When she was diagnosed with breast cancer and undergoing treatment, we decided to make her a blanket to keep her warm each time she went in for chemotherapy.” Although

the pair did not work directly with Kathleen on a daily basis, they had spent time with her during many school functions and outside events. “The blanket was a nice surprise for me,” Kathleen said. “I don’t think they could have given me a better gift.”

“Every time I went in for treatment, other patients would ask where I got my pink breast cancer ribbon blanket,” Kathleen stated. She shared her feelings about the gift with the close-knit members of the Education Association. It was then that Jill and fellow Education Association member, Bobbie Braunbeck, decided to make more blankets for LMH oncology patients to help keep them warm during their treatments in honor of Kathleen. “When someone faces a battle like cancer, you can not make it all better, but we wanted to help in some way,” Jill said. “Kathleen has been a true inspiration to all of us, taking on her situation with humor, faith and grace.”

Development Spotlight: Clarissa Ann Howard



Clarissa “Ann” Howard

Clarissa “Ann” Howard has enjoyed her role as a member of the Licking Memorial Hospital (LMH) Development Council Community Relations Committee since the committee was created. “I enjoy participating in events and being a part of the committee,” she said. As a member of the Community Relations Committee, Ann takes pride

in being able to support the Development Council’s goal of maintaining a positive community image for Licking Memorial Health Systems (LMHS).

One of the many events sponsored by the Community Relations Committee is the Golf Gala. Each year, Ann assists in the preparation process and works hard behind the scenes to make the Golf Gala a memorable event. “I really do enjoy all of the activities I am able to participate in because of my involvement in the Development Council,” Ann stated. “I have been

involved with the Golf Gala since its inception. Every year, I enjoy the event more and more.”

Born and raised in Newark, Ann received her nursing diploma in 1950 and came to work as a nurse for Newark Hospital. After graduating from The Ohio State University in Columbus with her Bachelor of Nursing degree, Ann worked on different education programs to continue education among LMH nurses. She fulfilled many different roles at Licking Memorial throughout her four-decade career including Director of Nursing Services, Vice President of Nursing Services and Vice President of Administration Services. She also received her associate’s paralegal degree from the National Institute for Paralegal Arts and Sciences in Boca Raton, Florida. After she retired from Licking Memorial in 1995, Ann remained a part of the LMHS family through her participation in various projects and her role within the Development Council. “To me, Licking Memorial is like a second home,” Ann said. “I love to walk down the hall

Development Spotlight: Clarissa Ann Howard (continued on page 7)

and see a familiar face. I always run into someone I know!”

Not only does Ann know many of the retirees, volunteers and staff members at LMH, she is known among them as well. Ann earned the President’s Award in 1990 for her exceptional and extraordinary service. In 1997, she received the Lifetime Achievement Award which is an award created by the Development Council to honor an individual from the community whose vision, inspiration and leadership has touched and enriched many lives. Each candidate is an individual who has not only volunteered time for the betterment of the community, but also helped fulfill the LMHS mission to “improve the health of the community.” Ann is one of only four women who have ever received this award. She was also awarded The Woodlands’ annual Woman of Achievement Award in 1999, recognizing her for her hard work and achievements within Licking County.

Although she is retired, Ann keeps her schedule packed tight with activities. She has been active in the First Presbyterian Church in Newark for the past 69 years. Ann is also a current member of the Daughters of the American Revolution – Hetuck Chapter, Theta Sigma Tau Honor Society of Nursing, Granville Music Club, Monday Talks, Soroptimist and belongs to The Rotary Club of Newark-Heath where she is a Paul Harris Fellow. She is also a Service Corps of Retired Executives (SCORE) board member.

When Ann is not busy with her community activities, she spends time on the golf course during the warm summer months and enjoys traveling with friends. Ann participates in the Park National Bank Freedom Years travel program and has taken trips to Big Sur, New Orleans, New York, Mexico and Canada. She has also set sail on the Queen Mary and the Queen Elizabeth II.

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A Community Report on Stroke Care

Patient Story – William Freeman

William Freeman says he is determined that he will overcome any aftereffects of a stroke he suffered in April. Since he enthusiastically embraced his prescribed physical therapy regimen, he has achieved most of that goal already.

On the evening of Friday, April 4, William was at home when he began to notice something did not seem right. William, a 63-year-old retired

construction worker, had previously had a heart attack in 1996. “I started to take an aspirin every day after my heart attack, and that was the only medication I was on,” he explained. “But I just was not feeling right. My right leg was not working, so I had my wife, Rose, drive me to the Emergency Room.”

When William arrived at the Emergency Room at Licking Memorial Hospital (LMH) on Saturday, April 5, the triage team determined that he had very high blood pressure. An MRI and CT scan showed that he had blood clots on both sides of his brain. The diagnosis was ischemic stroke, meaning he had reduced or blocked blood flow to part of his brain – a very dangerous situation.

“I cannot stress enough how important it is to seek help without delay if you start having symptoms of a heart attack or stroke,” Emergency Physician John Wells, D.O., said. “If a patient comes in within three hours after a stroke begins, we can often reverse the damage with thrombolytic, or clot-busting, drugs. William was very fortunate to have limited damage.” William was prescribed a combination of aspirin and dipyridamole,



William and Rose Freeman have been married 10 years.

a cholesterol-lowering medication and an antihypertensive agent to reduce the likelihood of another stroke. He was also given a swallowing evaluation to make sure he could swallow food properly. On Monday, April 7, he had recovered enough to be dismissed from the Hospital and return directly to his home instead of an extended care facility.

While in the Hospital, Neurologist Jason Barfield, M.D., of Licking Memorial Neurology, examined William and arranged for follow-up care in cooperation with William’s primary care physician, David Walker, D.O. The physicians referred William to Licking Memorial Physical Therapy and Occupational Therapy to reduce any disabilities caused by the stroke.

“They are great people over there in Physical Therapy,” William said. “They make you keep trying without making you feel like giving up. They gave me exercises to do at home – things like knee bends and squeezing a ball of clay with my hands. The physical therapist can really tell if you are practicing at home or not – you can’t fool the man!” William joked.

William said the effort he put into therapy paid off quickly. “I went to therapy for five weeks. When I first started going, I was using a wheelchair, then I went to a walker, and now I’m using a cane. After another couple of months, I plan to put the cane away,” he said. “I really appreciate what they did for me. But I know you also have to do it for yourself, too. I’m keeping up with my therapy at home three days a week.”

Patient Story - William Freeman (continued on page 11)

Stroke 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 A person who has symptoms of a stroke needs to seek emergency medical care immediately. A thrombolytic, or “clot-busting,” drug must be given within three hours after the initial onset of symptoms. To determine if a patient is a candidate for a thrombolytic drug, it is vital that a CT scan be performed before the drug is given.

	LMH 2005	LMH 2006	LMH 2007	Goal ⁽¹⁾
Median time from door to doctor	15	20	11	less than 10 minutes
Median time from door to CT scan	54	51	38	less than 25 minutes
Median time from door to drug	81	55	76	less than 60 minutes

Note: Data published in previous years' reports have been updated for this report to reflect only patients who arrived at the Emergency Department soon enough after their symptoms began to be candidates for thrombolytic drug therapy.

- 2 A stroke can affect a person’s ability to swallow. Stroke patients should receive a swallowing evaluation to make sure they can swallow well enough to eat or take oral medication.

	LMH 2005	LMH 2006	LMH 2007	Benchmark ⁽²⁾
Stroke patients who received a swallowing evaluation before eating	83%	71%	74%	73%

- 3 Beginning rehabilitation as soon as it can be done safely can help improve recovery for stroke patients. Rehabilitation may include physical therapy, occupational therapy and/or speech therapy.

	LMH 2005	LMH 2006	LMH 2007	Goal
Received appropriate therapy	88%	97%	97%	100%

- 4 Evidence-based medicine supports quality by giving a blood-thinning medication (such as aspirin) by the second day of hospitalization after a stroke and ordering the medication at discharge. Blood-thinning medication prevents clots from forming and improves blood flow.

	LMH 2005	LMH 2006	LMH 2007	Benchmark ⁽²⁾
Eligible patients receiving blood-thinning medication	97%	95%	98%	96%
Patients with blood-thinning medication at discharge	99%	99%	94%	92%

- 5 Licking Memorial Health Professionals (LMHP) office-based physicians use evidence-based measures in order to provide excellent, quality care to patients. The American Stroke Association and American Heart Association recommend the use of blood-thinning medication in order to prevent clots from forming and to improve blood flow. It is also recommended to have an annual LDL cholesterol test.

	LMHP 2005 ⁽³⁾	LMHP 2006	LMHP 2007	Goal
LMHP coronary artery disease patients seen receiving blood-thinning medication	98%	93%	93%	greater than 80%
LMHP coronary artery disease patients seen who have had an annual LDL test	98%	91%	91%	greater than 80%

Data Footnotes:

(1) Institute for Clinical Systems Improvement. *Diagnosis and initial treatment of ischemic stroke*; 2003 Oct., 65p.

(2) Most recent benchmark from VHA Central Key Clinical Indicator Project.

(3) LMHP average during 2005 was reported for patients seen for an office visit. Values in 2006 and 2007 reflect an active patient population, which is defined as patients seen within the past 3 years.

Thrombolytic Drugs Can Reverse Stroke Damage



Jason Barfield,
M.D.

Every 45 seconds, someone in the United States has a stroke. There are basically two types of stroke: an ischemic stroke which occurs where a blood vessel to the brain is blocked by a blood clot; and a hemorrhagic stroke which occurs when a blood vessel to the brain ruptures. In either case, if the blood flow to the brain is stopped for more than a few seconds,

brain cells begin to die. The damage can be debilitating and even fatal.

The good news is that medical teams are now able to reverse some of the damage from a stroke if the patient comes to the Emergency Room quickly enough. “Many times, a patient will know that something is wrong, but will try to ‘wait and see’ in case the symptoms subside,” explained Jason Barfield, M.D., a neurologist with Licking Memorial Neurology. “However, every minute that a stroke is left untreated, more damage will result to the brain. It is imperative that patients who suddenly begin to have symptoms of a stroke come in for evaluation immediately. If they arrive within three hours of the onset of symptoms, we may even be able to reverse the damage with thrombolytic, or clot-busting, drugs.”

The symptoms of a stroke include having trouble walking or maintaining balance, having trouble with speech or vision, sudden numbness or weakness (especially on one side of the body) and sudden confusion. These symptoms may last for only a few minutes, but even then they should not be ignored. Oftentimes, short “mini-strokes” are indicators of future major strokes.

“I cannot stress enough how important it is for the patient to seek help immediately when these symptoms occur,” Dr. Barfield stated. “Recently, one patient recognized the symptoms and came to Licking Memorial Hospital immediately. We were able to administer the thrombolytic drugs, and that patient was well enough to go home within a couple of days – with no signs of stroke damage. That is the kind of result we hope to see.”

Some people are at a higher risk of suffering stroke. Risk factors include:

- Gender (men are at more risk)
- Age
- High blood pressure
- Smoking
- Family history of stroke
- Diabetes
- High cholesterol
- Heart disease
- Birth control pills
- Cocaine use
- Alcohol abuse
- Head injury
- Bleeding disorders
- Pregnancy

There are preventive measures that can help to ward off stroke. These include exercising for at least 30 minutes most days of the week, following a diet that is high in fiber and low in saturated fats, quitting smoking and losing excess weight.

Health Tips

“Give Me 5 for Stroke”

The national Stroke Collaborative, comprised of the American Academy of Neurology, the American College of Emergency Physicians, and the American Heart Association/American Stroke Association, has developed the “Give Me 5 for Stroke” campaign to help the public identify warning signs of stroke. If any of the following five symptoms develops in a person suddenly, call 9-1-1 and get the person to the Emergency Room.

Walk – Is the person’s balance off?

Talk – Is speech slurred, or is the face droopy?

Reach – Is one side of the body weak or numb?

See – Is the person’s vision all or partially lost?

Feel – Is the person having a severe headache?

Remember – a quick response can save lives and limit a stroke’s damage!

As William regains his physical strength and confidence, he and Rose are enjoying their retirement together. "I watch TV and do some shopping," he said. "I started going back to the Eagles again. It is time to get out and move around a little bit more. I have been running the

vacuum cleaner, but have not had to wash the dishes yet. I do a little something; sit down, then do a little more, and sit down again. We can always find something to do."

Community Shred Day Donations Benefit Licking Memorial Hospital

Hundreds of Licking County residents took advantage of the second annual Community Shred Day co-sponsored by Park National Bank and Shred-It on May 10. The public was invited to bring sensitive paper documents, newspapers, magazines, CDs, floppy disks and VHS cassettes to the downtown Park National Bank location to be destroyed and recycled. Shred-It staff members then fed the materials into mobile truck-mounted equipment for on-site shredding.



Park National Bank CEO Dan DeLawder presented LMHS President & CEO Rob Montagnese with the proceeds from the recent Community Shred Day event

Although Community Shred Day services were offered free of charge to the public, donations were accepted to benefit new equipment, programs and expanded services at Licking Memorial Hospital. Event volunteers collected \$1,093 in donations which Dan presented to Licking Memorial Health Systems President & CEO Rob Montagnese.

"This is outstanding," Rob said. "Park National Bank has provided a great public service in protecting the community's security. In addition, the event is also supporting Licking Memorial's health care service to the community. We truly appreciate your generous work."

"We estimate that 300 people brought in documents for shredding, which is triple the amount over last year. We were really busy for about four hours," Park National Bank CEO Dan DeLawder said. "People are becoming more aware of identity theft and security. We are proud to offer this event since it is such a great community service."

Shred-It is a security company based in Canada with 140 branches around the world. Park National Bank, based in Newark, is the leading community bank in Ohio. It is a subsidiary of Park National Corporation.

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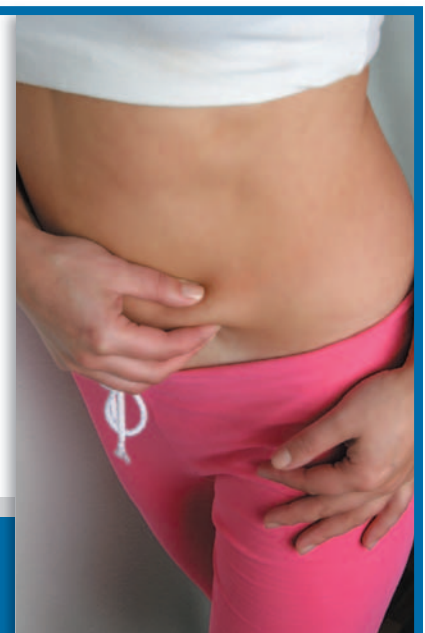
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Licking Memorial Volunteers Recognized at Dinner Reception

Over 130 Licking Memorial Hospital (LMH) volunteers recently gathered for the annual Volunteer Recognition Dinner. The event is held to thank all of the volunteers for their time, acknowledge those who have volunteered for many years and recognize the Volunteers of the Year.

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese thanked the group and reminded them exactly why the event is held each year. “I want to thank all of our volunteers for their hard work and commitment,” Rob said. “You are all so vitally important to this organization. Your efforts truly help our community stay healthy and we appreciate all you do. Without your help, your smiles and your compassion, Licking Memorial would not be as successful as we are today.”

Eighteen volunteers were nominated by various staff members for the Volunteer of the Year award. These individuals were nominated for their work and time spent helping others in various departments.

Two LMH volunteers were chosen for the honor of the 2008 Volunteer of the Year. Janet Anderson and Elizabeth “Ann” Wood were both chosen for their hard work and



Ann Wood and Janet Anderson are congratulated by LMHS President & CEO Rob Montagnese after each woman was presented the Volunteer of the Year Award.

commitment to Licking Memorial. “Janet is such a delightful woman,” said Director of TWIGS, Volunteers and Events. “She loves the staff and the patients in the Oncology Department, and it shows. Ann is just as dedicated and gives so much of herself to the people around her. She is so committed to the Volunteer program, and we appreciate the time she spends in the Volunteer Office.” The two winners were surprised to see a few unexpected visitors at the reception. Both Janet

and Ann’s family members were invited to attend the event to support each of the women.

Other volunteers were recognized for their milestone years of service with LMH, and each LMH volunteer received a gift in honor of their donated time and dedication. The proof of their hard work was described in detail by LMH Chairman of the Board of Directors Patrick Jeffries. “In 2007 alone, more than 1,000 miles were walked by the volunteers from the Mail Room, over 36,000 newspapers were delivered, and more than 44,160 hours were completed by all of our volunteers combined,” he said. “Thank you for your time and dedication.”

LMH Volunteer of the Year Nominees

The following Licking Memorial Hospital (LMH) volunteers were nominated for the prestigious 2008 LMH Volunteer of the Year Award to recognize: their helpfulness to customers, staff and other volunteers; consistent positive and pleasant attitude; dedication to fulfilling Licking Memorial Health Systems’ mission to improve the health of the community; and compliance to Licking Memorial regulations.

Janet Anderson

Harry Harper

Joseph Stenson

Patricia Brannon

Maxine Keith

Richard Stewart

Susie Clarke

Myrtle Kovach

Shirley Stradley

Eddie Cline

Steve Launder

Nora Thiel

Janet Cook

Anita Lafferty

Thomas Thiel

Bob Dutcher

Joan Omlor

Elizabeth Ann Wood

Physician Spotlight – May-Lee Melki Robertson, D.O.



May-Lee Melki Robertson, D.O.

May-Lee Melki Robertson, D.O., joined the Emergency Department of Licking Memorial Hospital (LMH) in 1999. She now serves as the Medical Director of the Emergency Department. In 2000, Dr. Robertson was named Emergency Medicine Resident of the Year at Doctors Hospital in Columbus. In 2006, she was selected by her peers as the Physician of the Year at LMH. In 2007, she was named Mental Health Physician of the Year by Mental Health America of Licking County.

She earned her Doctor of Osteopathic Medicine Degree from Northwestern University's Chicago College of

Osteopathic Medicine in Downers Grove, Illinois, and graduated from Anderson College in Anderson, Indiana, with a degree in social work. Dr. Robertson completed an emergency medicine internship at Northwestern University Chicago College of Osteopathic Medicine, and a residency in emergency medicine at Ohio University College of Osteopathic Medicine Doctors Hospital in Columbus. She is board certified in Emergency Medicine.

Dr. Robertson is a Fellow of the American Academy of Emergency Medicine and a member of the American Osteopathic Association. She is fluent in Arabic and French.

Ask a Doc –

Question: I have heard there are changes in the way we are supposed to perform first aid and CPR. What new ways should we be using to keep ourselves and our families safe?

Answer: Recently, the American Heart Association issued information stating that hands-only CPR (not requiring mouth-to-mouth resuscitation) can save lives. The Bystander CPR guidelines were changed by the American Heart Association after several studies showed that quick implementation of good chest compressions on the witnessed collapse of a person improves the victim's chances of survival. These chest compressions allow the circulation of oxygenated blood present in the collapsed person until help arrives. Even though the preferred method remains chest compressions coordinated with rescue breathing, if the bystander is untrained or unwilling to provide mouth-to-mouth resuscitation, he or she should still provide chest compressions until help arrives.

Other changes in first aid practice are not as prevalent; however, there are some myths which should be dispelled in order to help save lives. Over the years, parents have been told to use ipecac to induce vomiting if a child around you swallows something poisonous. The American Academy of Pediatrics does not recommend using this solution as they have not found any evidence to support that vomiting will help the situation. If your child swallows something poisonous, call the poison control center at 1-800-222-1222, or contact your physician.

Another myth about first aid is how to treat a burn. Many people use ice or butter to cool or soothe a fresh

burn. Experts disagree and suggest treating a burn by placing it under cold running water for a few minutes and covering the area with loose, sterile gauze. Pain is decreased by covering the burn and decreasing its exposure to air. This treatment is more effective since direct application of ice on a burn can cause frostbite, and the application of butter and ointment can interfere with healing. Physicians recommend calling a doctor for any burned area that cannot be treated in this manner, especially any large area of the hand, feet, face, groin and buttocks.

Tip your head back. That was the usual advice for the occasional nosebleed. It is a common reaction for most people who have been told for years that tipping their head back will stop the bleeding. Experts say the best remedy is to simply sit up, and pinch the nose right below the nasal bone for up to 10 minutes. If the nosebleed continues for over 20 minutes, consult a physician. Once the bleeding is stopped, it is important not to blow your nose or bend over for at least a few hours.

Finally, they say that milk does a body good. It seems it does a tooth good as well. When adults get teeth knocked out, most people assume there is no chance to have them re-implanted. The American Dental Association says that as long as the tooth is not handled by its roots or cleaned, it can be re-implanted in a person's mouth – as long as it has been immediately submerged in milk. The tooth can be re-implanted only if the root is intact. Dentists recommend getting to the emergency room as quickly as possible to increase the chances of successful re-implantation.

Volunteer Spotlight: Hannah Tabor



Hannah Tabor

Hannah Tabor has been an official volunteer for Licking Memorial Hospital (LMH) since 1985, but began donating her services to the organization long before that time. “I got into knitting when my son was born,” Hannah stated. “One of the many projects I began working on later in life was knitting hats for newborn babies born at Licking

Memorial. It brought me so much joy.”

Another project Hannah worked on was making quilts for patients at LMH. When she was asked to make puppets for patients, Hannah took the project a step further. “I realized that with the amount of time that went into making them, I could design only one per week,” Hannah said. “So, I came up with the idea of making bears for them instead.” Cut from cloth with a ribbon tied neatly around their necks, each bear is created with care. “It has evolved over time,” Hannah stated. “I have a precise system for how each bear is made.” The system has many intricate details that Hannah has perfected throughout the years. Using a cutout design created by Hannah herself, each bear is sewn and stuffed in her workshop at home. Once stuffed, she hand paints facial features on each bear. After tying the ribbon around their neck, they are ready to be taken to the Hospital for many special deliveries.

Since she began volunteering over two decades ago, Hannah has accrued many hours from the time she has spent making items to give to patients. “Hannah has logged in over 12,650 hours during her recorded time with the LMH Volunteers,” said Director of Volunteers, TWIGS and Events Carol Barnes. “She puts so much time and effort into making the bears for us to distribute. We appreciate her generosity, and our patients appreciate her kindness as well.”

Hannah also enjoys crafting other projects in her spare time in addition to volunteering at LMH. Her latest project is cross-stitch. In the past, Hannah has made dolls, children’s clothes and completed various oil paintings. “I have always been a busy lady,” she said. “I can’t just sit around and do nothing, so I choose to keep my hands very busy!”

Hannah was born and raised near Northallerton, England. She came to the United States with her husband, Sydney, in 1962. The couple lived in Utah for a few years and moved to Ohio after Sydney became stationed in the area. Traveling is a favorite pastime for Hannah, who has enjoyed many different vacations throughout the world. She visited her son, Kenneth, on many occasions when he was stationed in Hawaii. Hannah and Kenneth have also taken trips throughout Europe.

Dr. Hunter Joins Licking Memorial Gastroenterology



Roberta J. Hunter,
M.D.

Licking Memorial Health Professionals is pleased to announce the addition of a gastroenterologist to its practice. Roberta J. Hunter, M.D., has joined Licking Memorial Gastroenterology.

Dr. Hunter received her Medical Degree at the University of Michigan Medical School in Ann Arbor, Michigan. She completed a residency in internal medicine at University Hospital in Ann Arbor, Michigan. She completed a

fellowship in gastroenterology at the Hospital of the University of Pennsylvania in Philadelphia, Pennsylvania. Dr. Hunter is board certified in gastroenterology.

As a gastroenterologist, Dr. Hunter specializes in the diagnosis and treatment of digestive tract and liver diseases. She is a member of the American Gastroenterological Association, the American College of Gastroenterology, and the American College of Physicians.

Tomas Joins Licking Memorial Anesthesiology



Garalynn V.
Tomas, C.R.N.A.

Licking Memorial Health Professionals is pleased to announce the addition of Nurse Anesthetist Garalynn V. Tomas, C.R.N.A., to Licking Memorial Anesthesiology. Garalynn received a Master of Education degree in health and physical education at Cleveland State University in Cleveland. She earned a

Bachelor of Science degree in science at California University of Pennsylvania. She also earned a certificate in nurse anesthesia at McKeesport Hospital School of Nurse Anesthesia in McKeesport, Pennsylvania.

Garalynn is president of the Ohio State Association of Nurse Anesthetists. She is certified by the American Association of Nurse Anesthetists.

Dr. Kassur Joins Licking Memorial Outpatient Psychiatric Services



Michael M.
Kassur, M.D.

Licking Memorial Health Professionals is pleased to announce the addition of Psychiatrist Michael M. Kassur, M.D., to Licking Memorial Outpatient Psychiatric Services. Dr. Kassur received his Medical Degree at the Warsaw Medical Academy in Warsaw, Poland. He completed an internship and a residency

at the Maimonides Medical Center in Brooklyn, New York. He is board certified in psychiatry.

Dr. Kassur is accepting new patients. Appointments can be made by referral, or by calling (740) 348-4870.

Retiree Spotlight: Frederick N. Karaffa, M.D.



Frederick N.
Karaffa, M.D.

An accomplished violinist, Frederick N. Karaffa, M.D., has a way with the notes on a music sheet, just as he has a way with his patients. “It has always been important to me to spend time with my patients,” Dr. Karaffa said. “Physicians care for more than just the symptoms and diagnosis; they care for the entire person.” It was this philosophy that led

him to pursue a career in medicine.

Dr. Karaffa was not always aware he wanted to spend his life caring for others. The Steubenville, Ohio, native graduated from Ohio Wesleyan University with a degree in music. After college, he completed three years as a navigator in the Strategic Air Command for the United States Air Force. “I was flying in Alaska, and I just had this thought that I should go to medical school,” stated Dr. Karaffa. “Even when I landed, I still thought it was a great idea, and that was the beginning of my study in medicine.”

Over the next seven years, Dr. Karaffa took pre-med courses and attended medical school at The Ohio State University. He completed a family practice internship at Grant Hospital in Columbus. During this time, he and his wife, Jane, had three children. In 1964, the family moved to Granville where Dr. Karaffa began working as a family practice physician at Licking Memorial Hospital (LMH). “I have seen so much growth and change throughout my time with Licking Memorial because I had the privilege to work at the old Licking County Memorial Hospital on Everett Avenue and make the move to the current location on Main Street,” said Dr. Karaffa.

Dr. Karaffa spent over two decades caring for patients as a family practice physician, yet he still wanted more from his study of medicine. “I took a year’s fellowship and specialized in addiction medicine,” he said. “Even as a young man, I was fascinated with people’s behavior

and their reaction to certain substances.” Once his fellowship was complete, he accepted a position as the medical director for Shepherd Hill, a department of LMH that specializes in the treatment of chemically-dependent individuals. Dr. Karaffa retired from his position at Shepherd Hill in 2001.

A true Renaissance man, Dr. Karaffa keeps quite busy in his retirement years. He continues working at Shepherd Hill part-time and also teaches part-time at The Ohio State University College of Medicine. Dr. Karaffa and Jane, who have been married for 52 years, love to travel together. The couple has taken trips throughout the world including Italy, Greece, Turkey, France, and the Caribbean, as well as multiple trips to Great Britain and many popular destinations across the United States. Dr. Karaffa also enjoys spending time with his family which includes daughters, Suzie and Emily, son, Robert, and daughter-in-law, Tracy, who is a physician in Granville.

Dr. Karaffa also spends time traveling to Haiti to assist at the medical clinic opened by Robert and Tracy. There, staff members and volunteers treat local patients with serious illnesses ranging from heart problems to cleft palates and even AIDS. Patients also receive assistance with visual problems from Dr. Janine Flood, an optometrist who provides them with donated eyeglasses. Each visit from the volunteers can provide nutrition and medical attention for families whose incomes average \$400 per year. “I have gone to Haiti to help with this effort on four separate occasions,” Dr. Karaffa said. “Each time it just breaks my heart to see their living conditions. Something as simple as a cut can lead to losing a limb because there are no sterile dressings available, nor is there any pure water. It has been a truly educating and amazing experience, and I am happy we are able to help.”



**Licking Memorial
Health Systems**

Upcoming Dates

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

Community Education: Hearing Loss

Tuesday, July 15
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.

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.

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



**Licking Memorial
Health Systems**

1320 West Main Street
Newark, OH 43055

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

You'll once again see why Licking Memorial Health Systems is measurably different ... for your health!
Visit us at www.LMHealth.org

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