



Community Connection Licking Memorial Health Systems

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June 2008

2008 Golf Gala is June 16



Glenn F. Abel

The Licking Memorial Development Council will sponsor the 2008 Golf Gala on Monday, June 16, at the Granville Golf Course, 555 Newark-Granville Road in Granville. Check-in and lunch are at 12:00 noon, followed by a shot-gun start at 1:00 p.m.

This year's honorary chairman is Glenn F. Abel. He is a retired architect and has devoted many years toward improving health care in Licking County. Glenn was a member of the Licking Memorial Health Systems Board of Directors from 1999 to 2008, serving as Chairman from 2003 to 2008. He has served on the Development Council since 1987. He chaired the Development Council from 1998 to 1999.

We are pleased to acknowledge and thank our Ace Sponsor, Park National Bank, and our Eagle Sponsors, MedBen, Turner Construction and The Jerry McClain Companies, for their generous



Licking Memorial Hospital mascot Scrubs waves to golfers at the 2007 Golf Gala.

2008 Golf Gala is June 16 (continued on page 2)

SmartLipo™ LaserBodySculpting™



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

Recent cosmetic surgery advancements have made some procedures quicker and safer. An exciting new technique, laser body sculpting with Smartlipo can be performed in the physician's office with only a local anesthetic. James M. Jeffries III, M.D., F.A.C.S., has received special training in this new procedure and is offering the service in his office at Licking Memorial Reconstructive & Cosmetic Services.

Smartlipo can eliminate unwanted fat in areas that are difficult to reduce through diet and exercise. These areas can include the jaw line, the abdomen, "love handles" and "saddle bags." Laser-assisted lipolysis is performed using a one millimeter cannula (tube) inserted into the skin. A laser fiber inside the tiny cannula delivers energy directly to the

SmartLipo™, LaserBodySculpting™ (continued on page 2)

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

LMHS Presents Community Education Program – Mind, Body & Spirit

Date: Tuesday, June 17
6:00 p.m.

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

Speaker: Maria Heloise
Mapa, D.O.



Maria Heloise
Mapa, D.O.

The terms "alternative" or "complementary" medicine are used to refer to non-traditional methods of diagnosing, preventing, and treating illness or disease. Many patients find that these therapies relieve symptoms or side effects, ease pain and enhance their lives during treatment and recovery. Taking care of your mind, body and spirit together also helps to promote a healthier lifestyle and gives you a balance in your life.

LMHS Presents Community Education
Program – Mind, Body & Spirit
(continued on page 2)

Measurably Different ... for Your Health!

donations. Additional sponsorships are available. Minimum donation amounts for sponsors are as follows:

- Birdie – \$1,000
- Hole – \$500
- Cart – \$250

Participation is limited to the first 128 players who register. Cost is \$125 per person or \$500 per team. A prize package will be awarded to the winning team. Other prize categories will include:

- Hole in One
- Longest Drive
- Closest to the Pin

Senior golfers, who are 65 years and older, are permitted to play from the white tees unless they are competing for the “Hole in One” prizes, in which case they must play from the blue tees. Participants are invited to a buffet dinner and awards ceremony following the event.

Proceeds from the 2008 Golf Gala will be used toward the Intensive Care Unit and Coronary Care Unit patient care room expansion. For more information about 2008 Golf Gala, please contact the Licking Memorial Development office at (740) 348-4102.



Participants of the 2007 Golf Gala enjoyed beautiful weather, good food and time with good friends while raising money to benefit Licking Memorial Hospital.

SmartLipo™, LaserBodySculptingSM (continued from front page)

fat cells so they can be liquefied and drained away. Simultaneously, tissue around the area responds to the increased temperature of the laser to stop bleeding and create skin tightening.

“It is exciting to be able to offer this minimally-invasive procedure here in Newark,” Dr. Jeffries said. “There is less swelling and bruising associated with Smartlipo. Patients are usually able to return to work in a couple of days and resume all their normal activities in about two weeks. This is a faster recovery than traditional liposuction.”

Patients who have areas that do not respond to diet and exercise are the best candidates for Smartlipo body

sculpting. The patients should also be in good general health and be of normal body weight.

Dr. Jeffries is a diplomate of The American Board of Plastic Surgery, Inc., and is board certified in plastic surgery. Licking Memorial Reconstructive & Cosmetic Services is located at 1272 West Main Street, Building 2, in Newark. Appointments can be made by calling (740) 348-7955.

LMHS Presents Community Education Program – Mind, Body & Spirit (continued from front page)

Licking Memorial Health Systems (LMHS) encourages men and women to be proactive about their health with education on mind, body and spirit. The free wellness education program is scheduled for Tuesday, June 17 at 6:00 p.m. in Conference Rooms A & B (first floor) of the Hospital.

Maria Heloise Mapa, D.O., from Licking Memorial Internal Medicine will speak. Registration is required. To register, or for more information, please call (740) 348-1434.

2008 Renovation Project Underway at Licking Memorial Hospital

Construction has begun in several areas on the first and second floors of Licking Memorial Hospital (LMH). The 2008 Renovation Project will add more private rooms, improve services provided to patients, enhance technology and locate physicians closer to their patients.



The 2008 Renovation Project at Licking Memorial Hospital is expected to be complete in 18 months.

Under the first phase of LMH's expansion, the John & Mary Alford Pavilion opened in 2007. The facility features new Surgery and Emergency departments with larger rooms and state-of-the-art equipment. At the same time, the Hospital's Cafeteria was completely renovated.

Now that the Pavilion project is complete, emphasis is directed toward renovating existing Hospital facilities under the 2008 Renovation Project. An especially important outcome of the 2008 Renovation Project will be a new Women's Center on the first floor. The Women's Center will offer radiology services that are specific to females. The center will feature a feminine décor and comfortable dressing rooms. The Women's Center will incorporate equipment formerly used in the Radiology Department on the first floor. Ultrasound equipment will then be moved into the vacated space in the Radiology Department. We are adding new DEXA scan equipment and digital mammography.

One of the major areas to undergo changes is the Coronary Care Unit (CCU) on the second floor. It is expected that the Pavilion's ability to provide interventional cardiology procedures will increase the number of cardiology patients at LMH. Six new patient rooms are being added to the CCU to accommodate the increased need.

Two rooms are also being added to the Intensive Care Unit (ICU) to meet the demands of caring for patients whose illnesses are increasingly more severe. In addition, Respiratory Therapy will be relocated to the second floor to be closer to the patients in the CCU and ICU. The Respiratory Therapy relocation will create much-needed office space in the Cardiopulmonary Department on the first floor.

“Molecular testing will change the way we diagnose, treat and monitor disease,” explained LMHS President & CEO Rob Montagnese. “It is the fastest growing segment in laboratory medicine. For the laboratory, it will provide a new opportunity to deliver even greater value to physicians and patients. It is especially useful for identifying causes of infections, such as MRSA (methicillin-resistant

Staphylococcus aureus). Few community hospitals can afford the investment of a Molecular Lab, but we feel it will be an important improvement to our quality of care at Licking Memorial.”

“We will do our best to minimize any inconvenience to our patients and visitors during this time of change,” Rob said. “We are very attentive to sanitation and will be careful to install barriers to eliminate any dust and reduce noise. Signs will clearly guide patients to relocated areas, and our friendly staff is always happy to help patients find their way. We are confident any inconvenience the construction might cause will be greatly outweighed by the improvements to the services we have to offer.”

Construction and equipment costs of the 2008 Renovation Project are approximately \$9 million. Turner Construction is facilitating the renovations which are expected to be completed in 18 months.

Licking Memorial Health Systems Elect Board Officers



Gordon Wilken

New officers were elected during the April meeting of the Licking Memorial Health Systems Board of Directors. Gordon Wilken, a board member since 2002, was elected to the position of chairman for 2008. Gordon works as an auto claims manager at State Farm Insurance. He was born in Lexington,

Illinois, and graduated from Lexington High School. He earned a Bachelor of Arts degree in accounting from Illinois Wesleyan University in Bloomington, Illinois.

He is a member of the American Institute of CPAs, Illinois Society of CPAs, Chartered Property and Casualty

Underwriter, Chartered Life Underwriter and Chartered Financial Consultant. He is active in the First United Methodist Church. Gordon and his wife, Ellen, reside in Granville and have two grown sons.

The Licking Memorial Health Systems Board of Directors plays a key role in the planning and delivery of care and services at Licking Memorial Health Systems. Licking Memorial Health Systems is the parent corporation of Licking Memorial Hospital, Licking Memorial Professional Corporation and Licking Memorial Health Foundation. Other board officers include Vice Chairman William Mann and Secretary/Treasurer John Hinderer.

Licking Memorial Health Systems Welcomes New Board Member



Gary Ryan

Licking Memorial Health Systems is pleased to announce that Gary Ryan has rejoined the Board of Directors. Gary is a lifelong resident of Licking County and is the Chairman of Leader Printing in Newark.

He graduated from Newark High School in 1963 and earned a bachelor's degree at The Ohio State University in 1967. He and his wife, Diane, have two grown sons, Andy and T.J., and four grandchildren.

Community involvement has always been an important part of Gary's life. He has served on the boards of directors for Big Brothers Big Sisters, Kiwanis Club of Newark, National Order of Symposiarchs, Camp

O'Bannon, Moundbuilders Country Club and Licking Memorial Hospital.

"I am excited to be once again working with the Health Systems Board of Directors," Gary said. "The Health System is an invaluable asset to our community, and I am honored to be associated with its progressive, forward-thinking administration and its highly dedicated physicians and employees."

Gary is a member of the First Presbyterian Church of Granville. Additionally, he has served on the Licking County Justice Center's Citizens Advisory Board, the Financial Advisory Committee for the League of Women Voters, and the Community Advisory Board for A Call to College.

Snow Inducted into Hall of Fame



Noble Snow

Noble Snow, a volunteer at Licking Memorial Hospital (LMH) since 1987, has been inducted into the 2008 Central Ohio Senior Citizens Hall of Fame. The Hall of Fame recognizes individuals who have made outstanding achievements and contributions to their community.

Noble works in the LMH mailroom and has served approximately 8,000 hours as a volunteer. He has also served as president of the LMH Volunteer Executive

Board, actively recruited new volunteers, and served on the LMH Safety Committee. He was named LMH Volunteer of the Year in 2006.

Before retirement, Noble worked as a hardware manager at Sears in Heath. He and his wife, Agnes, are the parents of four sons, 10 grandchildren and eight great-grandchildren. He is active in his church and has served as deacon and board member. He formerly coached Little League baseball teams and has assisted with fundraising activities for the American Cancer Society and March

Snow Inducted into Hall of Fame (continued on page 5)

of Dimes. Noble was in the U.S. Armed Forces for five years with the 112th Medical Regiment during World War II and served in the invasions of Africa and Italy.

Licking Memorial Health Systems nominated Noble for the Hall of Fame award. Director of Volunteers, TWIGS and Events Carol Barnes said, “Noble has accomplished so much in his life, and he continues to do so much for our staff and patients. As he makes the rounds to deliver mail, he takes a moment to chat with people and make them feel comfortable. That friendly touch is comforting and inviting to patients, and it is part of what makes the

experience at Licking Memorial Hospital so special. We are proud that the Central Ohio Area Agency on Aging chose Noble to represent Licking County in the Hall of Fame.”

The Central Ohio Area Agency on Aging (COAAA) hosted a ceremony on May 21 at the Ohio State Fairgrounds in Columbus to honor new inductees. The Hall of Fame includes individuals over the age of 60 who have set an example by leading lives not defined by age and enriching the quality of life for others.

LMH Nurses Tested in Clinical Skills Laboratory

Licking Memorial Hospital (LMH) nurses were given a chance to brush up on their clinical skills for three straight days during the month of March. Stations were set up throughout the Auditorium, each with a different topic to review and educational tools to help the staff re-examine their skills. “This three-day event is a great opportunity to bring every nurse’s skill set to a higher level,” said Kristi Blust, Director of Acute Care Nursing Services. “Each LMH inpatient nurse has a chance to review some of the key tools and procedures that may not be completed on a frequent basis, but are considered high-risk interventions within the department.”

Each skill station was set up for hands-on training. Mannequins, IV bags and equipment that nurses use on the job every day were used for return demonstrations to test skills. Some skills were tested with an oral quiz, and nurses were given the chance to discuss various questions and concerns with help from the experts. The educational stations were designed to teach nurses about everything from the proper procedure for removing a sheath catheter to the correct way to manage a patient on a ventilator among many other topics. “Every one of the employees in charge of a teaching station is an expert in the field,” Kristi stated. “Not only do they provide an excellent level of education, but the fact that our nurses are taught by coworkers brings camaraderie to the team which is irreplaceable.”



“Critical Care nurse Shelby Wintermute reminds participants of the resource called ADAM found on the LMHS Web site.”

The skills stations were set up for three days to allow nurses to attend at their convenience. “This teaching and testing method is convenient and effective for the inpatient nursing staff to learn and confirm their skills,” Kristi stated. “Continuing education and skills testing of the nursing staff ensures excellent health care at LMH.” Other competency skill testing is held

throughout the year on a smaller scale. In addition, all new nurses starting at Licking Memorial must attend a two-week nursing orientation program.



“Michelle Pease teaches Teresa Hoover about caring for infants kept safely in a nursery incubator.”

Art from the Heart Reception

Over 50 children and their families filled the Licking Memorial Hospital (LMH) Cafeteria one special evening in April to celebrate the colorful artwork currently displayed at LMH. The artwork, designed by younger members of the Licking County community, was created at the Art from the Heart event held in February at The Works. Art from the Heart was cosponsored by Licking Memorial Health Systems (LMHS) and provided a creative outlet for health education.



Little artists gather around LMHS President & CEO Rob Montagnese at the Art from the Heart Reception where each child was awarded for artwork currently displayed in the LMH Cafeteria.

Parents and children were invited to the Art from the Heart Reception to celebrate their works of art on display in the LMH Cafeteria and various locations throughout the Hospital. The artists and their families arrived at the reception eager to locate their displayed artwork. Each child was presented with a certificate and gift of appreciation by LMHS President & CEO Rob Montagnese who thanked the participants from the second annual event. “We are very grateful to have the opportunity to enjoy each piece of artwork year round,” said Rob. “Many thanks go out to the artists who have created these wonderful pieces, as well as the parents who support them.”

With one look at the various framed pictures, it is obvious how much thought and care went into creating each piece. “There is so much creativity in this room, and we thank you all for sharing it with the entire community,” Rob said. “Our mission is to improve the health of the community, and we can certainly do that by lifting the hearts of those who have a chance to view all of this wonderful artwork.” A constant

reminder of Rob’s words hangs on the wall alongside the children’s paintings. A sign quotes the painter Pablo Picasso, saying, “It took me years to paint like Raphael, but a lifetime to paint like a child.”

One hundred thirty paintings are displayed at LMH, most of which line the walls of the LMH Cafeteria. The remaining pieces of art are displayed throughout the Hospital on the walls of the Oncology Department, Labor and Delivery, and 4-North. The paintings will remain on display throughout the year. Children have the option of keeping their art when the display is changed next year. The main collection located in the LMH Cafeteria on the ground floor is open to the public.

CPR/AED Awareness Week

The first week of June has been designated National Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) Week to help educate Americans on the importance of knowing how to perform CPR and operate an AED to help save lives. An AED is a device designed to diagnose and treat cardiac arrest when immediate medical assistance is not readily available. Along with CPR, the AED can determine if cardiac arrest is occurring and a shock is required. The AED will “tell” the user through a



LMH Police Director Jym Farmer and Coordinator of Emergency Services Jim Glover display one of the AEDs that will be placed in police cruisers throughout Licking County.

synthesized voice what steps to take to deliver the shock. After two minutes of CPR, the AED re-examines the patient’s heart rhythm to determine if another shock is indicated before emergency medical personnel arrive. The education and awareness designation originated from a bill sponsored by two U.S. representatives who believe that educating the public on CPR techniques and the correct use of an AED

creates more opportunities to save lives and encourages community involvement.

CPR/AED Awareness Week (continued on page 7)

According to the American Heart Association (AHA), 95 percent of the 325,000 Americans who suffer sudden cardiac arrest, or heart attack, each year die before reaching the hospital. Without CPR or AED treatment in a matter of 10 minutes most cardiac arrest patients do not survive. The AHA does cite, however, that with the assistance of an AED within five to seven minutes of the onset of a heart attack, the chance of survival increases to as much as 49 percent. The use of CPR can also increase survival rate if applied immediately.

Licking Memorial Health Systems (LMHS) recently ordered individual AEDs for police cruisers and two local schools in Licking County. These AEDs will ensure communities in Licking County are equipped to handle emergencies requiring AEDs. The LMHS staff is finalizing distribution and training details with police departments and the involved schools.

In 2005, LMHS donated funds to the City of Newark to provide a second AED for placement in Newark City Hall. "Licking Memorial has taken steps to help educate community members throughout Licking County and provide the equipment necessary to save lives," said Rob Montagnese, LMHS President & CEO. "The organization wants to maintain a high level of commitment and

education to help improve the health of the community." Another way LMHS strives to improve the health of the community is through the Licking Memorial Hospital (LMH) Community Training Center. Established in 1988, the LMH Community Training Center is accredited by the AHA, and the instructors travel throughout Licking County teaching lifesaving techniques that include CPR. LMH Community Training Center Coordinator Ronda Stegman is encouraged with the designation of National CPR and AED Week. "Education awareness is the key to saving lives," she said. "By encouraging Americans to learn basic lifesaving techniques, we increase the opportunity to help others and save lives within our own community."

Infant and Child CPR classes that are geared toward expectant parents and grandparents are conducted frequently at the Hospital. A schedule of classes can be acquired through the Web site, www.LMHealth.org, or by calling (740) 348-4346. Adult CPR education is also available through LMH. For more information about scheduling an instructor from the LMH Training Center, contact Ronda at (740) 348-1424 or Janelle Osborn at (740) 348-1420.

Development Council Spotlight: Al and Barb Kanuch

Al and Barb Kanuch have been involved with the Licking Memorial Hospital (LMH) Development Council since 2004. The couple happily accepted the invitation to become council members and had a few good reasons. "Both Barb and I believe that LMH provides the best possible care for the residents of Licking County," Al said. "I spent an amazing 23 years in the organization, myself. Barb and I wanted to continue spending our time helping others, and that is exactly what Licking Memorial does."

Joining the Development Council was an easy decision for the Kanuchs, but not only because Al retired from the organization. "I had a heart attack in 1994," Al said. "With the help of LMH Cardiologist Dr. Debra Heldman, Director of Cardiac Services Patty



Barb and Al Kanuch

Merrick and registered nurse Bruce Campbell, I continue a life of good health, especially after I received such excellent care, Barb and I feel LMH is an exceptional facility to have in Licking County!"

Al, a third class stationary engineer and licensed plumber, began his career with LMH working on campus grounds and finished his two decades of work completing maintenance for many of the off-campus buildings. Barb, a native of Lakewood, Ohio, moved to Newark in 1960 and began working for BancOhio National Bank. She held several positions there, including manager of the Granville branch until 1991. Barb then worked as an administrative secretary at the Second Presbyterian Church for 10 years. After joining the Development Council, the couple got

Development Council Spotlight: Al & Barb Kanuch (continued on page 8)

right to work. “As soon as we joined, we were asked to chair the annual Golf Gala,” Barb said. “We were thrilled to chair the Gala, and help the community recognize the importance of growth within LMH.” Both Al and Barb continue to participate in the many duties of Development Council members and truly enjoy their time spent with fellow council members and LMH staff.

Though Barb and Al are retired, the couple keeps very busy throughout the year. Al is a past exalted ruler of the New Elks, Ohio, Lodge 391, and has been heavily involved with raising donations for the Elk’s National Foundation which provides scholarships to needy students. He has spent much of his time working to start the Special Wish Foundation of Licking and Knox counties, participating in the Corporate Challenge and was even a founding committee member for the Needy Children’s Christmas Party. The Special Wish Foundation of Licking and Knox counties is a non-profit organization created to grant wishes of terminally ill children under the age of 21. Al currently serves on the Multi-County Juvenile Detention Center Board in Lancaster, Ohio.

Barb spends her spare time working with the local Republican Party by acting as secretary and treasurer during the campaigns of many local elected officials. She has also spent time as a member of the Licking

County Board of Elections. Barb is a past president of the Licking County Symphony Board, past president of the Jaycee-ettes and past president of Monday Talks.

The couple tends to stay in the warmer climate, heading to Texas for the winter season; however, they always come back to the life they have made for themselves in Ohio. The Kanuchs keep busy with their extracurricular activities and spend time on their favorite activity – golf. “Even though we are both retired, we work part-time for the Longaberger Golf Club,” Barb said. “When the course opens up in April, Al heads to work on the driving range, and I work in the pro shop. Working at Longaberger allows us the chance to do what we like best, which is play golf together!” Barb and Al also spend time with their children, grandchildren and friends as often as possible.

Barb and Al continue to support their decision to become members of the LMH Development Council. “We are proud to be a part of the Development Council and have even recruited others to become members as well,” Barb said. “We take great pride in being a part of such a helpful organization within our community and support the goal of Licking Memorial to provide the best medical care for the residents of Licking County.”

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Susan G.
Sweda, M.D.

Licking Memorial Health Professionals is pleased to announce the addition of an anesthesiologist to its practice. Susan G. Sweda, M.D., has joined Licking Memorial Anesthesiology.

Dr. Sweda received her Medical Degree at the Medical College of Ohio in Toledo, Ohio. She completed her

internship at Oakwood Hospital in Dearborn, Michigan. She completed a residency in anesthesiology at

MetroHealth Medical Center in Cleveland. Dr. Sweda also has a bachelor's degree in psychology from Wayne State University in Detroit, Michigan. She is board certified in anesthesiology.



A Community Report on Behavioral Health Care

Patient Story – Vikki Huntwork

With two young daughters depending upon her to be a role model, 35-year-old Vikki Huntwork wants to take good care of every part of her body, including her heart, her lungs and even her brain. Vikki has been diagnosed with bipolar disorder-I and works diligently to improve her brain's health. Vikki believes in open discussion about psychiatric disorders, and is happy to have her name and experience with bipolar disorder-I used to help educate the public. "It is just like diabetes; it is a disease that needs treatment, and the more it is brought to the forefront and talked about, the better," she said.

Vikki's friends say she has a sunny disposition, but many of her memories dating back to early childhood are stained with an aura of sadness. "Even when I was very little, I felt something was wrong," Vikki explained. "My mother said that when I was 3 or 4 years old, my actions were very aggressive, and my moods were always rolling up and down."

Her symptoms started to become even more pronounced in her teenage years. "I had two surgeries, and my parents divorced. All these things were 'triggers' for my condition. Between the ages of 14 and 16 years, I began suffering severe depression." She said her lowest point developed at the age of 26 when she came dangerously close to committing suicide. "One day while I was slicing pizza, I cut my finger deeply down to the nerve," Vikki recalled. "I ended up having to leave my job as a dental hygienist because that was an important finger for my



Vikki Huntwork has the support of her loving family as she works to increase awareness of bipolar disorder.

work. I was in such mental pain; I just wanted that pain to stop."

Not all of Vikki's symptoms involve depression. "I have mixed episodes which are what people used to call 'manic depression.' They can last from one to six months. In addition to the periods of depression, I also have 'highs' where I go on spending sprees. It was not unusual for me to spend thousands of dollars during one of those periods," Vikki explained.

She began a succession of unproductive psychiatric visits. "A lot of friends tried to tell me to just 'pull myself up by the bootstraps,'" she said. "What they don't realize is that I didn't have any bootstraps." Some of the professional help she received prior to seeing Psychiatrist Connie Jenkins, M.D., of Licking Memorial Psychiatry in Pataskala was not any better. The first psychiatrist misdiagnosed her with clinical depression, told her to "grow up" and prescribed antidepressants which worsened her condition by making her delusional. Another psychiatrist barred Vikki's family from treatment sessions and advised her to divorce her new husband.

The road to recovery began when a friend handed Vikki a book about bipolar disorders. "I realized I do not have to feel this way," she said. At that time, Vikki began seeing Dr. Connie Jenkins. "I just love Dr. Jenkins," Vikki said. "I'll be in her office sometimes for an hour. The other doctors would have me in and out in about 10 or 15 minutes. Dr. Jenkins includes everyone in the family to get their perspective, and she takes a good long time to

Patient Story - Vikki Huntwork (continued on page 13)

Behavioral Health 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 Behavioral health is a broad term that refers to psychiatric and/or chemical dependency illnesses. Inpatient hospitalization for either condition is often necessary for effective intervention. Licking Memorial Hospital provides a wide range of services for people with behavioral health illnesses at its Shepherd Hill facility. One goal is to transition patients into outpatient settings where they can continue treatment, decreasing the need for readmission.

	LMH 2005	LMH 2006	LMH 2007	Goal
Psychiatric readmissions	3.3%	0.3%	1.7%	less than 5.6%

2 Chemical dependency, also called addiction, is treated as a chronic, progressive and potentially fatal disease. Although Shepherd Hill staff members work with patients to develop individual treatment goals that will meet the patients' needs, the Shepherd Hill program is built around four consistent treatment goals: education, self-diagnosis, self-responsibility and self-treatment. Recovery is dependent upon completion of all goals; therefore, Shepherd Hill monitors when treatment is incomplete and why. When patients leave Shepherd Hill, staff members encourage continuity of care by referring them to other health care professionals as needed.

	LMH 2005	LMH 2006	LMH 2007	Goal
People with complete treatment	59%	61%	70%	greater than 75%

3 Outcome studies are conducted to monitor and measure the success of chemical dependence treatment. Our data shows how patients are doing up to two years after completing the program. Information regarding abstinence one year after completing the program is self-reported by patients.

	LMH 2005	LMH 2006	LMH 2007	Goal
Patients remaining abstinent	81%	84%	83%	greater than 85%
Improvement in quality of relationships	96%	95%	99%	greater than 85%
Improvement in overall physical and mental health	96%	93%	98%	greater than 85%
Improvement in overall quality of life	94%	91%	97%	greater than 85%

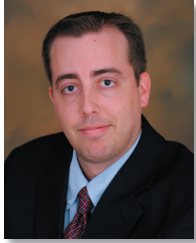
4 Detoxification – the safe, medically supervised elimination of addictive substances from the body – is the most intensive care offered for chemical dependency patients. Acute withdrawal symptoms are managed by medications such as Librium®, Catapres® and phenobarbital. The length of stay for detoxification depends upon the drug of choice and the severity of the withdrawal.

	LMH 2005	LMH 2006	LMH 2007	Goal
Average length of stay – alcohol treatment	2.1	2.6	2.6	less than 3 days
Average length of stay – opiate treatment	2.5	2.7	2.8	less than 4 days
Average length of stay – tranquilizer treatment	2.6	2.2	3.2	less than 5 days

5 Family participation is an important component in patients' recovery. For continuity of care, Shepherd Hill patients are encouraged to invite their family members to meet with them and a social worker during treatment.

	LMH 2005	LMH 2006	LMH 2007	Goal
Attempted to contact family within 24 hours for initial social work meeting	97%	90%	94%	greater than 95%
Social work/family meeting during patient stay	87%	52%	74%	greater than 95%

Behavioral Health Case Management Services Assist Psychiatry Patients



Eric M. Layne,
M.D.

Licking Memorial Behavioral Health Case Management offers assistance to Licking Memorial Psychiatry patients who need short-term assistance with organizing their follow-up care. Case management is a collaborative process that helps to link patients with services they need in the community.

Case Management meets with patients and their families to develop a plan of care. Assistance can be provided to coordinate services such as referrals to physicians, locating community agencies and support groups, and managing medication. For more information about Behavioral Health Services, please call (740) 348-4870.

“The Behavioral Health Case Management program has been a tremendous help to our patients,” said Psychiatrist Eric M. Layne, M.D., of Licking Memorial Behavioral Health. “Patients who are being discharged after treatment for psychiatric disorders and psychiatric outpatients often find follow-up care arrangements to be overwhelming. The case manager knows what resources are available and can take the patient by the hand and make the process much simpler.”

Health Tips

According to a federal government report, one of the main suppliers for illegal drugs in the U.S. is the home medicine cabinet. Both prescription and over-the-counter drugs present health risks when used improperly. Non-medical use of prescription drugs is the second largest form of drug abuse in the U.S., and drug overdoses are now the second leading cause of accidental deaths. Here are some tips to help protect your family:

- Discard old medications – look through all over-the-counter and prescription drugs. Dispose drugs that are out of date, look or smell “funny,” or are intended for a family member who no longer lives in the home.
- Take stock of medications – make a list of the medications in the cabinet and note how full each container is.
- Be aware of the season – ask questions if any of your family members seem to use medications often at unseasonable times, such as cough syrup in the summer.
- Educate your children – make certain they know that over-the-counter drugs can cause illness and even death if taken improperly.
- Do not share prescriptions – make sure that the only person taking a prescription is the person whose name is on the label. Prescriptions are written with a specific patient in mind; a drug that helps one person could harm another person with different health needs.
- Take medications exactly as prescribed.
- Let your doctor know of any over-the-counter medications or supplements you take.
- Try to purchase all your prescriptions from the same pharmacy so the pharmacist can screen for any possible adverse drug interactions.

talk and listen. I can call her whenever I want; she always has time for me. Mixed episodes are difficult to treat, so that extra attention is really important for me.”

In addition to counseling sessions, Vikki now takes Lithium and Lamictal which are mood stabilizers. She feels better, but is still working with Dr. Jenkins to find the ideal combination of medications for her. Vikki says she is helped immensely by Matthew, her supportive husband of eight years, and their two daughters, 7-year-old Hannah and 3-1/2-year-old Elaina. “I have a husband who is very understanding. I know that sometimes it is very difficult for Matt. He feels that bipolar disorder is a monster, and when I have an episode he’s waiting for me to come back out.”

Vikki speaks openly about her illness to friends and family. “Sometimes, I can tell members of my extended family are uncomfortable around me, so I think the more this is talked about, the better. My daughter Hannah tells her friends at school, ‘Mommy has a brain disease. Sometimes Mommy feels good or Mommy feels bad.’ I think it’s important my children know that this has nothing to do with them.”

Bipolar disorder affects both men and women equally and often develops between the ages of 15 and 25 years. It is characterized by manic and depressed (high and low) mood swings. There is a high risk of suicide among patients with bipolar disorder. Anyone with symptoms of severe mood swings or prolonged depression is urged to contact a physician immediately for timely evaluation and possible treatment.



Congratulations! 2008 Woman of Achievement

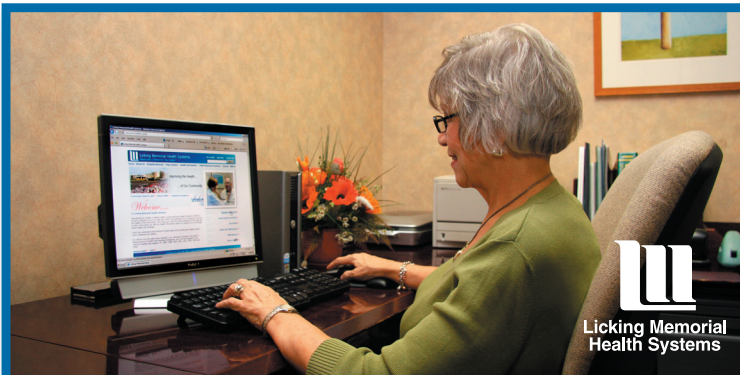
**Diane Paetz, Licking Memorial Hospital
Development Council Member**

Licking Memorial Health Systems (LMHS) congratulates Diane Paetz, 2008 Woman of Achievement. We are so proud of Diane and all of the women at LMHS who work hard every day taking care of our patients and improving the health of the community.



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Physician Spotlight – Jason L. Barfield, M.D.



Jason L. Barfield,
M.D.

Neurologist Jason L. Barfield, M.D., joined Licking Memorial Health Professionals in 2007. Dr. Barfield received his Medical Degree at Indiana University School of Medicine in Indianapolis, Indiana. He completed a medical internship at the University of Pittsburgh Medical Center and then completed a residency and a fellowship

in neurophysiology at the University of California in Los Angeles, California. He earned a Bachelor of Science degree in psychology with distinction from Indiana University.

Dr. Barfield is board certified in neurology and is a member of the American Academy of Neurology. In addition to treating a wide range of neurological disorders, he has a special interest in the diagnosis and treatment of neuromuscular disease.

Dr. Barfield is married to Maria Heloise C. Mapa, D.O., a physician at Licking Memorial Internal Medicine. His hobbies include motor sports, travel and golf.

Ask a Doc – Migraine

Question: I seem to have inherited the migraine gene. Is there anything that can be done to alleviate the misery?

Answer: At some point in their lives, approximately 10 percent of Americans suffer from migraine headaches which are usually more severe than a typical headache and can include nausea, sensitivity to light or sound and throbbing pain. You are correct that the condition seems to run in families.

Unfortunately, there is no cure for migraines, so the best course to take is to prevent them from starting. Many “triggers” have been identified as causes for some patients’ migraines. If you can identify something that triggers your migraines, you should, of course, avoid it.

Possible triggers include:

- Allergies
- Bright lights
- Loud noises
- Strong odors or perfumes
- Stress (both physical and emotional)
- Changes in sleep patterns
- Exposure to cigarette smoke
- Skipping meals
- Alcohol
- Caffeine
- Birth control pills
- Tyramine – an ingredient found in red wine, aged cheese, chicken liver, monosodium glutamate, and nitrates (an ingredient in bacon, hot dogs and many lunch meats)
- Chocolate
- Nuts
- Dairy products

More women than men suffer from migraines. Some people have warning signals, such as flashes of bright lights, indicating a migraine is about to begin. These headaches can last from six to 48 hours.

Home remedies for migraines include resting in a dark quiet room, drinking fluids to avoid dehydration and applying a cool cloth to your forehead. Over-the-counter pain medications such as acetaminophen or ibuprofen may be effective for mild pain. Some claim that the herbal remedy feverfew is effective for migraine relief.

If more relief is needed, there are several types of prescription medications that physicians can use. The most commonly prescribed drugs are triptans which are used to stop the headache in its tracks. Under the brand names of Imitrex, Maxalt, Axert, Froval and Zomig, these drugs are available as tablets, nasal sprays and self-administered injections. If the migraines start to increase in frequency, the physician may prescribe a preventative agent.

Although migraines may be painful enough to disrupt your life for one or two days, they are not usually dangerous to your health. You should, however, call your doctor immediately if your headache is worse than before, exhibits a different pattern or gets worse when you recline. You should call 9-1-1 and get to the hospital immediately if you begin to have vision or speech problems, loss of balance, difficulty moving an arm or leg, or have the “worst headache of your life,” since these could be symptoms of a stroke.

Volunteer Spotlight: Janet Anderson

Janet Anderson may volunteer her time at Licking Memorial Hospital (LMH) one shift per week, but she also brings a wealth of generosity and compassion with her every time she walks onto the fifth floor to start her shift. “I have been volunteering at LMH for a very long time,” Janet said. “The bond we share with our patients is like that of a family.”



Janet Anderson has volunteered more than 3,600 hours at Licking Memorial Hospital.

course of their chemotherapy treatments,” Janet explained. “It is very important to me to provide support for our patients from the time they begin treatment until they are completely finished.”

Janet takes great pride in her friendships among both patients and LMH staff. “I think we have the best nurses and the best doctors,” Janet said. “All of the employees make everyone feel very at home and so welcome!”

A self-described “people person,” Janet began volunteering in health care more than 40 years ago. She joined the LMH Volunteers in 1976 and has since clocked over 3,600 hours. “Janet is such a delightful woman,” said Carol Barnes, Director of TWIGS, Volunteers and Events. “She loves the staff and the patients in the Oncology Department where she currently volunteers.” Janet has also volunteered in the second floor lounge, Physical Therapy and the Emergency Department as well.

“I love having the opportunity to help patients when they come to the Oncology Department,” Janet stated. “I am just one of the faces they see when they come in for chemotherapy treatment.” With her cheerful personality and warm heart, Janet is an instant friend. Working one day each week in a location where many patients are facing an uphill battle, she provides a familiar and comforting presence. “I see many people through the

The Newark native has been married to her husband, Bob, for 39 years. The couple has two daughters; Deanna lives in Virginia, and Sarah lives in Florida. Janet and Bob are very close with their daughters, as well as their five grandchildren. A spiritual woman, Janet enjoys attending services at Christian Life Center, a church in Newark that the couple has been attending for the past seven years. Not only is Janet in the church choir, she has participated in church performances like “The Messiah.” She takes pride in teaching Sunday school classes each week. When Janet has spare time, she tends to the many chickens the couple owns and gardens during the summer months on the five acres she shares with Bob. The couple also enjoys traveling to see their family.

Retiree Spotlight: Patricia Jerles



Patricia Jerles

“Licking Memorial has been great to me over the years,” said Patricia (Pat) Jerles. “I enjoyed working for the organization very much. I still feel like an employee every time I walk through the door.” Although Pat retired in 1998, the almost two decades she spent as an employee are still very dear to her heart.

Pat moved throughout Licking Memorial Hospital (LMH) fulfilling different roles where she was needed. “I began my career at LMH as a nurse’s aide,” Pat stated. “With my previous experience in health care and the great people working at Licking Memorial, I felt right at home.” She worked as a nurse’s aide on 4-South and

5-North, and then transitioned to an evening shift in the Purchasing Department. When Pat retired, she was working in the Medical Records Office which is now called Health Information. “I had such a pleasant experience working with all of the physicians and meeting the different employees in each department,” Pat mentioned. “Not only did I have fun while on the job, I was extremely lucky to have more than a few amazing supervisors to work for.”

The Coshocton, Ohio, native loved her career because of the pride she took in caring for others. “I really like people in general,” Pat said. “Taking care of others gives me such joy.” That joy extends to her family as well. Pat and her husband, Edward, are very close to their five

Retiree Spotlight: Patricia Jerles (continued on page 16)

children who live throughout Licking and Knox counties. The couple also has 16 grandchildren with whom they try to visit as often as possible. "I take great joy in being a wife, a mother and a grandmother," said Pat. "We have a very large and very close-knit family. I wouldn't have it any other way." The bond Pat shares with her family carries over to her siblings, whom she spends quite a bit of time with as well.

Pat's family members seem to agree that Licking Memorial is an excellent place of employment. Not only did Pat spend almost two decades working at the Hospital, but one of her daughters also worked in Health Information for a while. One of Pat's granddaughters is also a current employee.

While Pat and Edward keep very busy with their family, they also enjoy taking the occasional vacation.

Cape Cod is a favorite destination for the Jerles, especially during the fall. "The fall is the best time to go," Pat said. "The leaves are changing colors, and the temperature is just perfect." The couple has also traveled to Gettysburg, Pennsylvania, more than once to see the Battle of Gettysburg re-enactment.

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LMHS at The Dawes Arboretum

An Educational Series

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

June's educational program will be held at The Dawes Arboretum, 7770 Jacksontown Road, S.E., Newark on June 28, from 10:00 to 11:00 a.m. It will feature "Skin Care Through the Summer Months" presented by Bethany Wyles, D.O., from Licking Memorial Dermatology.

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



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The Dawes Arboretum
Trees ~ History ~ Nature

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Upcoming Dates

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

Community Education: Mind, Body & Spirit

Tuesday, June 17

6:00 p.m.

Conference Rooms A&B

First Floor

Licking Memorial Hospital

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

LMHS at The Dawes Arboretum

Saturday, June 28

10:00 to 11:00 a.m.

The Dawes Arboretum

7770 Jacksontown Road S.E.

Newark, Ohio 43055

Families are invited to attend a free education program with Dermatologist Bethany Wyles, D.O., from Licking Memorial Dermatology. The topic of the program will be "Skin Care through the Summer Months." Participants are encouraged to walk through the arboretum following the program. Refreshments will be served. No reservations are required.

Ask the Doc

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

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

Shepherd Hill, 200 Messimer Drive

Phone (740) 348-4878

First Impressions – Maternal Child Classes

Childbirth Education Classes

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.



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You'll once again see why

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