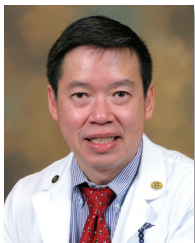




Kyphoplasty Can Provide Dramatic Results



Owen Lee, M.D.

Licking Memorial Hospital (LMH) is one of the first hospitals in central Ohio to offer a balloon kyphoplasty procedure that can mean immediate relief for certain back pain sufferers. The procedure is high-tech, yet minimally invasive and at low risk for complications.

Dr. Owen Lee, M.D., an interventional radiologist and a member of the LMH active medical staff, is a leader in kyphoplasty surgery in central Ohio after performing many procedures. “We began performing kyphoplasties in 2004,” Dr. Lee said. “We used to do them very successfully in a procedure room in the Radiology area of the Hospital. Now in the interventional surgery room in the new (John & Mary Alford) Pavilion, we have better technology at hand that makes the procedure even more precise and safe. The biplane

Kyphoplasty Can Provide Dramatic Results (continued on page 2)

Patient Navigator Smooths Way for Cancer Patients at LMH

Katherine Schorr, an American Cancer Society patient navigator, helps cancer patients and their families at Licking Memorial Hospital (LMH) work their way through the maze of paperwork and information. Katherine is able to help the patients with needs such as filling out insurance forms, applying for disability insurance, receiving possible reimbursement for transportation to medical appointments, or various other tasks that may seem overwhelming to those fighting the cancer battle. She has provided the only service of its kind in Licking County since 2002.



As a Patient Navigator for the American Cancer Society, Kathryn Schorr helps cancer patients at LMH find resources.

“Having cancer is hard. Finding help shouldn’t be,” Katherine said. “I listen to each patient and help find solutions to many problems to make his or her journey a little easier.”

Patient Navigator Smooths Way for Cancer Patients at LMH (continued on page 3)

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

Education Program – ADHD & Medication Management

Date: Tuesday, March 11 6:00 p.m.

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

Speaker: Emily Cramer, C.N.P.



Emily Cramer, C.N.P.

Attention deficit hyperactivity disorder (ADHD) is a behavior disorder that is characterized by a pattern of attention

problems, hyperactive behaviors, and/or impulsive behaviors that are more frequent and severe than what is typical for people of the same age. It is one of the most common mental disorders that develop in children, and symptoms can continue into adolescence and adulthood. If left untreated, ADHD can lead to poor school or work performance,

Education Program – ADHD & Medication Management (continued on page 13)

fluoroscopy in the interventional suite is one of the best quality in the business and allows for precise navigation of instruments and visualization of spinal anatomy,” Dr. Lee explained.

Patients who are candidates for kyphoplasty surgery have one or more fractured vertebrae in their spines. The fracture, called a vertebral compression fracture (VCF), compresses the porous bone tissue. “Most commonly the fractures are caused by osteoporosis, a condition that weakens the bone. It takes only a minor fall or lifting a 10-pound bag of sugar to break the spine if you have significant osteoporosis.” Dr. Lee explained. “The osteoporosis can be predisposed in patients with diabetes, steroid use, smoking, heavy drinking or chronic obstructive pulmonary disease (COPD) where steroids are commonly used. An aging population is one of the main causes of osteoporosis,” said Dr. Lee.

Kyphoplasty repairs a VCF through several steps. While the patient is under either general anesthesia or conscious sedation, a small entry hollow needle is directed into the affected vertebra through the skin. The needle entrance site is about the size of the lead in a pencil. An orthopedic balloon is inserted through the hollow needle into the middle of the vertebra and inflated with high pressure creating a cavity and reshaping the individual vertebra to expand its total circumference back to normal size. The balloon is then removed, and the cavity is filled with quick-setting bone cement, stabilizing the fracture and strengthening the surrounding bone tissue. In most cases, the procedure is performed on each side of the vertebra.

“This is one of the most satisfying procedures I can perform as a physician,” Dr. Lee said. “Sometimes the patients are in so much pain before they come in that they have been bedridden or they are using wheelchairs. When I see them the next day after the kyphoplasty, they are sitting there reading a newspaper, and the pain is gone. It is that dramatic. They may have just a little muscle soreness around the incision site for a few days. The procedure also prevents the forward-bending or ‘hunch-back’ kyphotic deformity that occurs in osteoporosis-related vertebral compression fractures.”

John Walther Jr., M.D., became one of Dr. Lee’s patients in late 2007 when he had a kyphoplasty procedure to alleviate years of back pain. “I had an old diving injury,” Dr. Walther explained. “Many years ago, I was diving from a 40-foot tower, and I hyperextended my back. Although it

healed at the time, I think it contributed to the back pain I was having.” Dr. Walther, who recently retired as a family medicine physician at Licking Memorial Family Medical Center – East, said the back pain was so severe he could not enjoy his normal activities. “It was one of the factors that made me decide to retire,” he said. “I had tried everything to lessen the pain – medication, an epidural, physical therapy – but nothing was helping.”

Dr. Lee performed the kyphoplasty on two vertebrae between Dr. Walther’s shoulder blades on December 1, 2007. “My quality of life is much better now.” Dr. Walther said. “I still have some pain which may be due to osteoarthritis, but I’d say it’s 80 percent better now.”

Dr. Lee reported there are an estimated 700,000 Americans with osteoporosis compression fractures, and only one-third have been diagnosed. It is also estimated that in the U.S., a VCF occurs every 45 seconds. “After the age of 50, one out of every eight men and one out of every three women will develop osteoporosis,” he said. “These patients will be at risk for spine fractures because the bone tissue becomes more porous. If they have fractures, 65 percent become bedridden. The key to their recovery is to diagnose them correctly early so that there is less deterioration of the bone tissue. Exercise and activity strengthen the spine, whereas lying in bed causes an estimated 2 percent bone loss each week.”

Dr. Lee continued, “The patients most at risk are postmenopausal females who are Caucasian/white or Asian with a thin body build. DEXA scanner screening for osteoporosis is recommended for those at risk. Building bone mass requires treatment with daily calcium 1000mg, vitamin D 400mg and diphosphonate medication therapy such as Fosomax, Boniva or Actonel medications. Screening with the primary care physician is important.”

VCFs can be difficult to diagnose since the patient’s pain may radiate to areas other than the back, such as the abdomen or chest. VCFs can mimic the symptoms of heart attack, gall bladder attack and kidney stones due to the referred pain from the different levels of the affected compression fractures. Sometimes attentive history from the patient is needed and awareness that the pain can mimic other diseases before the final diagnosis of VCF is made.

Kyphoplasty procedures have been indicated not only for treatment of VCF, but also in cancer patients when the

LMH Pays Tribute to Physicians on Doctors' Day

Licking Memorial Hospital (LMH) is pleased to honor the active medical staff on March 30, which is National Doctors' Day. The day received official recognition in 1990 when President George H.W. Bush signed a resolution to set aside March 30 to pay special tribute to the dedicated physicians who care for us and our loved ones.



National Doctors' Day is March 30.

“The Hospital will serve the physicians a special breakfast and luncheon in honor of Doctors' Day,” explained Kathy Bradley, Director of Medical Staff Services. “The doctors are very busy providing patient care, so we bring the celebration to them at the Hospital. LMH also makes our gratitude to the doctors public.”

Veronica Link, Vice President of Development and Public Relations at Licking Memorial Health Systems (LMHS), said the community also joins in the day of recognition. “We have many patients who want to find a special way to thank their physicians. They find that a very meaningful way of paying tribute is to make a financial contribution in their physician's name. Those donations are used to help pay for new technology in the John & Mary Alford Pavilion.” Veronica added, “Of course, the physicians are very pleased to see their dedication has such far-reaching effects.”

LMHS President and CEO Rob Montagnese cited the medical staff as a driving force behind the Hospital's continued growth. “We are so grateful that we have such gifted physicians here at LMH,” Rob said. “Our services throughout the Health Systems expanded at a terrific rate in 2007, and that was made possible by the talented and gifted physicians involved. Doctors' Day gives us a chance to extend a heart-felt ‘thank-you’ to them. We are also pleased to take advantage of this opportunity

to pay tribute to the members of our Honorary Medical Staff. The Honorary Medical Staff members are retired LMH physicians who laid the groundwork for the level of excellence we have today.”

In 2007, LMHS expanded with new Surgery and Emergency Department facilities in the John & Mary Alford Pavilion, a new North Newark site that houses family practice and dermatology practices, a reconstructive and cosmetic services practice, and a urology practice. Altogether, LMHS has 152 active members on the medical staff and 45 consulting physicians on staff.

Patient Navigator Smooths Way for Cancer Patients at LMH (continued from front page)

Katherine supplies information packets to physician offices to give to newly-diagnosed cancer patients. The packets include information about the patient's specific type of cancer, treatment options, resources, and how to reach the patient navigator office. Katherine said, “It is very difficult for someone to absorb all the things that go along with a new cancer diagnosis. Between all the insurance forms that need to be completed and the frequent visits to doctors – it is overwhelming to patients and their families.”

The patient navigator services can help to facilitate the patient's recovery. “Often a family member will make the first contact with me, and the most common request is for financial assistance. The patient may need help in paying

for anything from a wig to hospital bills. The second most common request is for transportation to medical appointments. It's a big relief for them to find these resources,” Katherine said. “You can tell by their reactions, and they can then focus on recovering from their disease.”

A native of Lancaster, Ohio, Katherine also inspires the patients and their families with her own success story. “I am a cancer survivor,” she stated. “I was diagnosed with childhood leukemia when I was 12 years old, and I went through two years of radiation and chemotherapy treatments. I was so young, I did not understand a lot of what was going on, but I can certainly relate to what these patients are going through.”

Graduates Attend Annual Cardiac Rehabilitation Dinner

The Cardiology Department at Licking Memorial Hospital (LMH) hosted the annual Cardiac Rehabilitation Dinner in January in the LMH Cafeteria. This year, the event had a cruise ship theme. Eighty-four Cardiac Rehabilitation program graduates arrived with friends and family and were greeted with Hawaiian leis and a heart-healthy meal.



Cardiac rehabilitation patients brought family and friends together to hear about graduates of the program and how it has impacted their lives. Guests took their seats for a heart healthy meal before the evening's presentation.

Employees of the Cardiology Department served food and drinks to the guests, refilling glasses alongside Licking Memorial Health Systems (LMHS) President and CEO Rob Montagnese. "The attendance of so many graduates within the program really shows an impact on our community," Rob said. "It is an honor to host this event along with the Cardiology Department. We want to thank the patients who trust us with their well-being." Director of Cardiology Patty Merrick, C.N.P., emceed the event and thanked the graduates and their guests for coming. "All of our graduates have worked so hard at making these lifelong changes," Patty said. "We feel that it is an honor to have these patients as our guests and show them how much we appreciate their hard work and commitment to change. We are pleased they have chosen us to participate in their heart care needs."

The graduates were not the only group to receive a commendation at the event. There was a presentation with photos and testimonials from patients, many of whom wanted to thank LMH and the Cardiology team for their assistance in transitioning to a healthier lifestyle. The presentation was accompanied by music which also followed the cruise ship theme.

Bryce Morrice, M.D., and Debra Heldman, M.D., were featured speakers at the event, discussing the importance of maintaining one's heart health, especially after completing the Cardiac Rehabilitation program. Both physicians are cardiologists at LMH, and they brought insight to sustaining a healthy lifestyle. Dr. Heldman offered updates in the medical field and helped dispel some common medical myths. Dr. Morrice provided a few tips to remain

healthy and active. He also actively participated in the cruise ship theme by arriving dressed in a boat captain's jacket and cap.

The Cardiac Rehabilitation Dinner is an annual event that began in 1987. "This event has been going on for 20 years now," said Patty. "It started as a small, biannual event and grew into the annual dinner we have today. We have really had some fun with these events. Each year it just gets better and better."

Patty explained the impact of this program on the local community. Patty pointed out that the rehabilitation program has gained popularity simply by providing patients with support from each other and from the knowledgeable and skillful cardiac staff. "Changing behavior is not easy for most of us," Patty said. "We take great care to design each program to fit a person's likes and dislikes, and tailor each program around the patient's individual needs. Their success begins the first day they begin the program and is celebrated with their graduation." The first graduating class was comprised of 10 people. To date, there have been over 2,100 graduates who have completed Cardiac Rehabilitation at LMH.

Patient Navigator Smooths Way for Cancer Patients at LMH (continued from page 3)

The patient navigator services are provided through charitable contributions to the American Cancer Society, so services are free to the patients. For more information about patient navigator services, contact Katherine at (740) 348-1996, toll free at (888) 227-6446, or by e-mail at kschorr@cancer.org. Cancer information and

support is available 24 hours a day, seven days a week at the American Cancer Society by calling toll free (800) ACS-2345, or online at www.cancer.org.

Caduceus Donors Recognized

Three physicians were recently recognized for their contributions to the Caduceus Society. Licking Memorial Health Systems (LMHS) is proud to acknowledge employees and medical staff who make remarkable contributions to support the Health Systems' mission to improve the health of the community.

May-Lee Robertson, D.O., and her husband, Greg; Donald Adams, D.O., and his wife, June, and Mary Jane Scott, M.D., were all welcomed into the Caduceus Society during a recent board meeting. The Caduceus Society is a group of physicians who pledge a minimum gift of \$10,000 over the course of 10 years.



Dr. May-Lee Robertson and her husband, Greg, accepted a donor award for their contribution to the Caduceus Society.

Dr. May-Lee Robertson is the current medical director of the Emergency Department at LMH. She joined Licking Memorial in 2000 and was selected as the Hospital's 2006 Physician of the Year. In 2007, she was named Mental Health Physician of the Year by Mental Health America of Licking County. The donation from Dr. and

Mr. Robertson to the Caduceus Society was inspired by the devotion Dr. Robertson has for her role as a physician.

"I enjoy working with a team of health care providers who are dedicated to providing the best patient care," Dr. Robertson said. "I joined the Caduceus Society to continue a tradition of physician support of LMH in its continuing quest to provide the best health care and latest medical technology available to our community."

Dr. Robertson earned her medical degree from Midwestern 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. She completed an emergency medicine internship at Midwestern University's Chicago College of Osteopathic Medicine, and a residency in emergency medicine at Ohio University College of Osteopathic Medicine Doctors Hospital in Columbus, Ohio.

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.



LMH Board member Robert McGaughy and Development Council member Dave Shull congratulated Dr. Mary Jane Scott after welcoming her to the Caduceus Society.

Dr. Mary Jane Scott was also in attendance at the meeting, accepting her Caduceus Society donor award from LMH Board Member and Development Council Chairman Robert McGaughy. "Contributing to the Caduceus Society is something I felt strongly about," she said. "I wanted to give back to Licking Memorial to show my support for the health care we provide to our local community."

Dr. Scott is a Licking Memorial Emergency Medicine physician who joined the Active Medical Staff of the Hospital in 1991. She currently serves as chief of the Emergency Department, and sits on the LMH Medical Staff Executive Committee. She is board certified in emergency medicine and is a past EMS Physician Director of Licking County.

Prior to joining Licking Memorial, Dr. Scott worked in emergency medicine in Cocoa Beach, Florida, where she also owned Health First, an urgent care/occupational medicine clinic. While in Florida, she also served as director of the Brevard County Hospice.

Dr. Scott received her Medical Degree from the University of Cincinnati (Ohio) College of Medicine. She completed her internship in internal medicine at The Christ Hospital in Cincinnati and a residency in emergency medicine from the University of Florida University Hospital in Jacksonville, Florida. She is a lifetime member/fellow of the American College of Emergency Physicians and the American Academy of Emergency Medicine and previously served as the Licking County representative to the Ohio State Medical Association.

Dr. Donald Adams and his wife, June, were also recognized for their contribution during the January Board meeting. Dr. Adams received his Doctor of

Caduceus Donors Recognized (continued on page 6)

Osteopathic Medicine Degree from Kirksville College of Osteopathic Medicine in Kirksville, Missouri, and completed a rotating internship at Brentwood Hospital in Cleveland. Dr. Adams joined the staff at LMH in March 1966 and retired in January 1999.



Retired physician Dr. Donald Adams and his wife, June, joined LMH Board member Robert McGaughy to accept their recognition for joining the Caduceus Society.

While Dr. Adams has retired from LMH, he and his wife continue to support Licking Memorial with their contribution to the Caduceus Society. “After spending over three decades with Licking Memorial, I have seen firsthand what kind of impact it has on our community,” Dr. Adams said.

“June and I are grateful to continue to be a part of the organization with our support in the Caduceus Society.”

The Licking County resident is a former Chief of Staff for Licking Memorial, past Medical Director for MedBen and served as Deputy Coroner for Licking County under Robert Raker, M.D. During his free time, Dr. Adams worked with many local organizations. He served as a team physician for Licking Valley High School and a past vice president of the Cherry Valley Parent Teacher Association. Dr. Adams is currently a member of the Newark Rotary Club. He and June have four children and seven grandchildren. The couple lives in Newark.

All donations from medical staff, employees and the community are used specifically toward new medical equipment and expanded services. They do not assist with general operating expenses.

Development Spotlight: Chris Meyer



Chris Meyer

Chris Meyer has been a member of the Licking Memorial Hospital (LMH) Development Council since it was established in 1987. “I was asked to join when the Council was first formed,” Chris said. “I was already representing the Hospital as an attorney and thought joining the Development Council would

help provide an effective means of two-way communication between the Licking Memorial Health Systems (LMHS) and the members of the community.”

Joining the Development Council also provided Chris with an opportunity to get even more involved in an organization that means a great deal to the local community. “LMH is our locally governed and locally controlled community hospital,” he said. “It is one of our largest employers and continues to serve as the primary health care facility. The continuity and success of Licking Memorial is vital to our community.”

The Springfield, Ohio, native has seen Licking Memorial change throughout the years and believes the Development Council has helped provide a voice for those in the community, as well as those within the Health Systems. “In the last 25 years, LMHS has been the agent of change in local health care,” Chris said. “The Council has provided an important avenue for

feedback and answers to questions as these changes have taken place.”

A Licking County resident for over 30 years, Chris has been involved in the past in numerous community activities, including the Allocations Division of the Licking County United Way, the Advisory Board of the Licking County Department of Human Services, the Senior Citizens Levy Advisory Board and the Board of Directors of Weathervane Playhouse. He is a partner at Reese, Pyle, Drake & Meyer, P.L.L., a local law firm in Newark.

He and his wife, Sharman, who is a teacher in the Newark City School District, live in Newark. The couple has three adult children; two daughters and a son. In their spare time, Chris and Sharman enjoy traveling, visiting their children and attending football games at their alma mater, The Ohio State University.

Kyphoplasty Can Provide Dramatic Results (continued from page 2)

tumor involves the spine causing bone pain due to bone loss. It can also be indicated in acute traumatic fracture of the spine when the patient needs to recover and return to work quickly.

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Physician Spotlight – Padmaja Tanneru, M.D.



Padmaja Tanneru,
M.D.

Internal Medicine Physician Padmaja Tanneru, M.D., first joined the active medical staff at Licking Memorial Hospital in September 2006, and later joined Licking Memorial Health Professionals in June 2007. She practices at Licking Memorial Internal Medicine located at 120 McMillen Drive in Newark.

Dr. Tanneru received her Medical Degree at BLDE's Shri BM Medical College in Bijapur, India. She completed an internal medicine residency at St. Barnabas Hospital in Bronx, New York. Dr. Tanneru is board certified in internal medicine. She is a member of the American College of Physicians and the American Medical Association.

Ask A Doc

Question: Several members of my family have been diagnosed with Type 2 diabetes. I know I should be tested, but I'm afraid of the possibility of having to take insulin shots. What advice can you offer?

Answer: First, do not let fear of the unknown prevent you from taking care of yourself. Make an appointment with your family physician to become better informed about your own blood glucose levels, and what steps you need to take.

Type 2 diabetes is often referred to as "adult onset" diabetes because it is most commonly diagnosed in adults who are overweight. In type 2 diabetes, the body does not use its natural insulin properly. On the other hand, type 1 diabetes is often called "juvenile onset" diabetes. In patients with type 1 diabetes, the pancreas does not produce enough insulin.

You are correct that a strong family history of diabetes puts you at a greater risk for developing the disease. However, other factors, such as your age and weight play important roles in your risk as well. Just because you have a family history of diabetes does not mean you will automatically develop the disease. You might learn during the physician's visit that you do not have diabetes. In that case, the physician will be able to show you how changes in diet and exercise can help to prevent, or at least to postpone, the disease.

If the physician does diagnose diabetes, there are basically three treatment options: a healthy diet and exercise regimen, oral medications, and insulin injections. Type 2 diabetes is a progressive disease, so most patients do not need insulin injections when they are first diagnosed. Many patients find that they can maintain healthy blood glucose levels by adhering to a healthy diet and exercise routine. Many other patients are able to achieve healthy

blood glucose levels through a combination of diet, exercise and oral medication to boost the body's responsiveness to its own naturally-produced insulin. Often the physician prescribes a combination of oral medication and insulin to produce maximum effectiveness. If the blood glucose levels do not respond well to the oral medications, insulin may be the treatment of choice, along with diet and exercise.

Patients who require insulin injections often find that the injections are much less painful than they feared. The needles used to deliver synthetic insulin are very thin, and the insulin itself has no "burning" or "stinging" sensation when injected. Although no one actually likes shots, patients usually become used to the routine, much like dental flossing.

Please do not let fear of the unknown prevent you from learning what you need to do to improve your health. If you do have diabetes, treatment will probably make you feel significantly better. If you do not have diabetes, you will learn how to prolong your health. Either situation is better than living with worry.

The American Diabetes Association offers this list of symptoms that may indicate the development of diabetes:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

If you have one or more of these symptoms, please see your physician.

Dr. Reed Named to LMH Honorary Medical Staff



Nicholas Reed,
M.D.

Throughout a career that spanned 35 years, Nicholas Reed, M.D., delivered an estimated 12,000 babies in Licking County and performed an estimated 10,000 surgeries. To recognize Dr. Reed's importance to Licking Memorial Hospital (LMH) and the community, he has been named to the LMH Honorary Medical Staff.

Dr. Reed and his wife, Nancy, have just moved into a new house with their three golden retrievers along the shore of a fishing lake in Lake Placid, Florida. "We miss the people in Newark," he said, "but we'll be back a couple of times each year." The Reeds have three grown sons. Shawn is an internist and lives in Tennessee. T.J. is an internist and lives in Massachusetts with his wife, Pei-Lin, and their infant daughter, Mei Violet. Brian is an attorney and lives in Newark.

Dr. Reed, who recently retired from Licking Memorial Women's Health, received his doctor of medicine degree at The Ohio State University College of Medicine in Columbus after completing a bachelor of arts degree in biology at Miami University in Oxford, Ohio. He completed a rotating internship at Mount Carmel Hospital in Columbus and an obstetrics and gynecology residency at The Ohio State University Medical Center.

After his residency, Dr. Reed served two years in the U.S. Air Force, stationed at Kincheloe Air Force Base in Michigan. He then joined the obstetrics/gynecology practice of Jones, Kelch, Eckhardt and Reed in Newark. In 1972, he was appointed to the Active Medical Staff at LMH, and in 1996, he joined the newly-formed Licking Memorial Health Professionals. He retired briefly for nearly two months in 2006, but returned to work at Women's Health part-time until his full retirement in December 2007.

The LMH Honorary Medical Staff serves to recognize retired physicians who made a significant contribution to Licking Memorial Health Systems. Rob Montagnese, President and CEO of Licking Memorial Health Systems (LMHS), stated, "There were very few obstetricians in Newark when Dr. Reed set up his practice. I imagine that every family in the county either directly benefited from Dr. Reed's care, or at least knows another family that did. We are proud to have him included in a permanent part of LMHS' history."

"Licking Memorial was very good to me," Dr. Reed said. "I have a lot of respect for Rob Montagnese (LMHS President and CEO). Rob is smart, and above all, he is a gentleman, and he is doing a good job. The Hospital continues to expand – everything's been positive for me."



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A Community Report on Heart Care

Patient story – Mary Watson

As Mary Watson’s fingers fly over the keyboard computing tax formulas for clients, she finds satisfaction in knowing her rhythmic tapping on the keys is matched by the regular beating of her heart. Mary, who has been a tax consultant for 33 years, became the first patient to receive a cardiac biventricular device and a cardioverter-defibrillator in the new surgery facilities of the John & Mary Alford Pavilion at Licking Memorial Hospital (LMH).



Mary Watson exercises at the Licking Memorial Wellness Center to improve her heart health.

Mary’s family has a long history of cardiovascular disease. “My mother did not have it, but her brothers and sisters all died of heart attacks,” she said, “and my father and brother both had strokes.”

Mary, who is 74 years old, also had an earlier brush with a cardiac event several years ago. “I was in Columbus and had a mild heart attack. They took me into a Columbus hospital, and I had a stent inserted.”

In 2007, Mary developed symptoms that concerned her LMH cardiologist, Debra Heldman, M.D. “I could not breathe,” Mary remembered. “I had gotten to the point that between the parking lot and Dr. Heldman’s office, I had to stop a couple of times just to rest and catch my breath.”

Dr. Heldman recommended that Mary have two procedures performed as soon as possible: the insertion of a biventricular device and an implantable cardioverter-defibrillator (ICD). “Dr. Heldman said that I needed to

have it done soon because each year I waited would lower the chance of success. I told her, ‘Okay, but let’s get it done before January 4 when the tax season starts up again!’” Mary said.

On November 12, 2007, Mary became the first patient at LMH to receive the technologically-advanced device as Charles Noble II, M.D., performed the procedure. A biventricular device synchronizes the

heart’s muscle to maximize pumping action. The ICD component of the device will deliver a small electrical shock to the heart if it detects a dangerous abnormal rhythm.

“I went into the Hospital, had the procedures, and stayed that night. Then I was released on the next day,” Mary said in amazement. “I felt better almost right away. I could breathe! I could walk!”

In addition to preparing tax forms, Mary manages the accounting for the family business. She and her husband, Nevil, have operated a mobile home transporting service since 1968, and their son, Kevin, has worked alongside them since he was 16 years old. Mary and Nevil also have a daughter, Michele. Both children were born at Newark Hospital on Everett Avenue, which was the predecessor to the modern day LMH.

These days, Mary is adjusting to the results of her cardiac procedures. “There is this funny lump about the size of a walnut,” she chuckled, referring to the device location on her chest. But she takes pride in the major

Patient Story - Mary Watson (continued on page 13)

CHF 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 This indicator measures the average number of days chronic heart failure (CHF) patients are hospitalized during each inpatient stay. Length of stay is one indicator a hospital should consider in determining if it is using resources for inpatient care appropriately. CHF average length of stay should be close to the benchmark.

	LMH 2004	LMH 2005	LMH 2006	Benchmark
Average length of stay for CHF patients	3.2 Days	3.3 Days	3.1 Days	5.3 Days ⁽¹⁾

- 2 Inpatient mortality measures the percentage of inpatient deaths among all CHF patients admitted to Licking Memorial Hospital.

	LMH 2004	LMH 2005	LMH 2006	Benchmark
CHF inpatient mortality	0.9%	2.2%	1.0%	3.2% ⁽¹⁾

- 3 The left ventricle is the chamber of the heart that pumps blood out of the heart and into the body. Measuring left ventricular function (LVF) helps determine how well a CHF patient’s left ventricle is working.

	LMH 2004	LMH 2005	LMH 2006	Benchmark
LVF assessment	95%	97%	96%	96% ⁽¹⁾

- 4 Medications beneficial to many CHF patients include angiotensin-converting enzyme (ACE) inhibitors, beta-blockers, and angiotensin-receptor blockers (ARBs). ACE inhibitors and ARBs have been shown to lower mortality and improve functional capacity and quality of life. Beta-blockers can reverse or prevent some of the health effects associated with heart failure. Patients treated with beta-blockers may see significant improvement in heart function after three months.

	LMH 2004	LMH 2005	LMH 2006	Benchmark
CHF patients on ACE or ARB at discharge	91%	98%	91%	89% ⁽¹⁾
CHF patients on beta-blockers at discharge	96%	99%	99%	90% ⁽²⁾

- 5 It is vital that CHF patients be involved in their own care to reduce health complications and improve quality of life. They need to monitor their weight, limit their salt intake, and take their medications regularly. Health care providers need to give thorough discharge instructions to help these patients effectively manage their condition.

	LMH 2004	LMH 2005	LMH 2006	Benchmark
All discharge instructions given	85%	91%	95%	78% ⁽¹⁾

Data Footnotes:

(1) Comparative data from the MIDAS+ Clinical Comparative Database.

(2) Benchmark indicates LMH goal.

Living with Chronic Heart Failure

The American Heart Association estimates that over 5 million Americans are living with chronic heart failure (CHF), and more than one-half million new cases are diagnosed each year. It is unknown actually how many more Americans are at increased risk for heart failure and have not yet developed symptoms or been diagnosed.

Heart failure is diagnosed when the heart is unable to pump the body's blood as well as it should. Patients may often present with new complaints of shortness of breath or tiredness with activities. Although heart failure can be a serious, long-term condition, there are treatments available and patients can often live long, fulfilling lives.

Director of Cardiology Patty Merrick, C.N.P., is on the front line of cardiac care at Licking Memorial Hospital (LMH). She offers patients a three-pronged approach that includes education, treatment and encouragement. "The first thing we have to do with newly-diagnosed patients is to help them understand that heart failure is a chronic condition, but it is treatable. Ten years ago, life expectancy was pretty grim with 20 percent of diagnosed patients dying within the first year. We know more about the treatment of heart failure now and can recommend multiple treatment options for our patients," Patty said.

"Know the common symptoms of heart failure," Patty continued. "Each day, be aware of your symptoms, and call your health care provider if your symptoms change or worsen. Four things you can do to stay healthy and stay out of the hospital include adopting a low sodium



LMH Cardiology nurse Lorie Phillips, R.N., counsels a patient about chronic heart failure.

diet, exercising, making lifestyle changes and taking prescribed medication. Compliance is key. Talk to your doctor or health care provider. He/she can help you decide on what lifestyle changes you need to make and help you create a plan that will work for you."

Through the heart failure clinic at the hospital, LMH provides step-by-step instructions and guidance for heart failure patients. "We

always prescribe optimal medical therapy," explained Cardiologist Bryce Morrice, M.D, who specializes in treating patients with heart failure. "New devices are then added as appropriate. Beginning in October 2007, we started offering implantable cardiac defibrillators (ICDs) as well as newer treatment options with advanced biventricular pacing. Dr. Charles Noble, an electrophysiology specialist is performing the procedures at LMH."

"We also offer heart failure patients a great deal of encouragement," Patty said. "When people hear the term 'heart failure,' they often think that means their heart is worn out and ready to stop. Heart failure actually means the heart function is reduced. The patients may develop shortness of breath and tire more easily. We can work with the patients to improve their endurance and encourage them to play an active role in their treatment."

More information on heart failure is available on the American Heart Association Web site at www.Americanheart.org or the American Association of Heart Failure Nurses Web site at www.aahfn.org.

Health Tips

Symptoms of Chronic Heart Failure

The American Heart Association offers these warning signs of heart failure. It is important to talk to your physician if you experience any of these symptoms:

- Shortness of breath; the person may have difficulty breathing while lying flat
- Persistent coughing or wheezing
- Edema (build-up of fluid in body tissues)
- Tiredness, fatigue
- Lack of appetite
- Nausea
- Confusion, impaired thinking
- Increased heart rate, or palpitations

New Volunteer Executive Board Members Inducted

The new members of the Volunteer Executive Board of Licking Memorial Hospital (LMH) met in January to be sworn in to their positions. Board members are chosen and elected by a nomination and vote of their peers. Carol Barnes, Director of Volunteers, TWIGS and Events, thanked previous Board members for their services before introducing the Board members for 2008: Dick Stewart, Jane Morgan, Beverly Crockford and Joan Omlor. "I would like to welcome the members of the Volunteer Executive Board," Carol said. "We are so pleased to have this group of individuals representing our volunteers and the countless hours they donate to Licking Memorial." Carol presented each Board member with a pin representing their positions.

Dick Stewart, who has been volunteering with LMH since 2004 with the VIP mail service and messenger service, is the new Volunteer Executive Board President. He has clocked over 2,100 hours with Licking Memorial. Dick served as the recording secretary for the Volunteer Executive Board in 2007.

The new Board Vice-President, Jane Morgan, is not only new to the position but also to the Board itself. She has fulfilled 900 hours as a volunteer at Licking Memorial



Members of the 2008 Volunteer Executive Board: Vice President Jane Morgan; President Dick Stewart; Corresponding Secretary Beverly Crockford and Recording Secretary Joan Omlor.

since she began donating her time in the Outpatient Surgery area in 2003.

A 2007 Volunteer of the Year award winner serves as the Corresponding Secretary of the Board this year. Beverly Crockford has been volunteering since 1982 and has logged over 6,200 hours with LMH. She has previously served on the Volunteer Executive Board and spends her time training new volunteers and assisting at the LMH reception desk.

Joan Omlor is the new Recording Secretary. She began volunteering with LMH in 2005 and has since spent over 900 hours in various departments including Surgical Services and spends time working at the LMH reception desk. Joan has also assisted with the annual Licking Memorial Flu Clinic and volunteer recruitment at the Women's Health Expo.

Throughout the year, the Volunteer Executive Board will be required to make decisions about continued recruitment for LMH volunteers, record volunteer hours completed and will represent the LMH volunteers at various events. Board members' duties during meetings will remain the same, including reports of needs or changes occurring in the different departments throughout

New Volunteer Executive Board Members Inducted (continued on page 14)

Patient Story - Mary Watson (continued from page 10)

improvement she has noticed. Thanks to her renewed energy, Mary no longer has to rest on short walks through parking lots. She is now a regular participant of the LMH

Cardiac Rehabilitation program and exercises at the LMH Wellness Center twice a week for an hour at a time.

Education Program – ADHD & Medication Management (continued from front page)

poor social relationships and a general feeling of low self esteem.

For most people with ADHD, medication serves as the foundation of their treatment plan. Medication is not used to control behavior, but to improve symptoms and help those with ADHD function more effectively. Learn about the different medications and treatment options available to help cope with the symptoms associated with ADHD.

Licking Memorial Health Systems encourages men and

women to be proactive about their health and the health of their children with education on ADHD and medication management. The free ADHD & Medication Management education program is scheduled for Tuesday, March 11, at 6:00 p.m. in Conference Rooms A & B (first floor) of the Hospital.

Emily Cramer, C.N.P., from Licking Memorial Pediatrics will be presenting this free community program. Registration is required. To register, or for more information, please call (740) 348-1434.

the Hospital, current events and participation of events within Licking Memorial. Carol explains that each of the 2008 Volunteer Executive Board members brings a special element to their position. "Each one of these individuals is an exceptional volunteer who is caring and

eager to help with projects or regular assignments," Carol stated. "They offer friendships to our customers and our employees. The LMH volunteers are wonderful people and we appreciate their accomplishments and dedication to the organization."

Volunteer Spotlight: Sherry Sheeran

Sherry Sheeran chose to volunteer her time at Licking Memorial Hospital (LMH) as a way to give back to those who helped her in the past. "I had seen many doctors in the Columbus area and still hadn't been diagnosed after being sick for a year and a half," Sherry said. "It was only after seeing an LMH physician that I was diagnosed with celiac disease. I went to see a dietitian at my physician's urging and within a week, I was feeling better." Celiac disease is an auto-immune disorder that can be difficult to diagnose. The condition hinders absorption of nutrients and triggers a painful reaction after consumption of food containing gluten. "After I changed my diet, I started to feel so much better," Sherry said. "With all of the help the folks at LMH gave me, I decided to thank them by volunteering my time."

At age 42, Sherry faced another health challenge when she was diagnosed with breast cancer which had spread to 19 different lymph nodes. Twenty-five years later, Sherry reports that she is cancer-free and has a zest for life that shines through in everything she does. She shares her upbeat attitude with many people in the community participating in different activities and spending much of her time with others. Not only does she join friends in a local bowling group each week, she also spends time with her "little sister," with whom she was matched through Big Brothers Big Sisters of America. Sherry also shares her time every week with a patient in Hospice.

Sherry spends Wednesday afternoons at the front desk in the LMH lobby assisting others to find exactly where they need to go within the Hospital. She has been volunteering since 2003 and finds her work extremely rewarding. "I love my job," said Sherry. "Every time I come to work, different people are walking in and out



LMH Volunteer Sherry Sheeran assists visitors and patients at the Hospital's front desk.

bringing new and exciting challenges to the day. Plus, there are the patients who come in on a regular basis and it's always a pleasure seeing them. I have become attached to the people here at LMH." She pointed out that she has created some lifelong friendships with other volunteers as well. "I cannot believe how close we have become," Sherry stated. "You share a special bond with the other volunteers whom you see every week."

Others see the passion Sherry has for her volunteer position at Licking Memorial. "Sherry is a great volunteer on our team here at LMH," said Carol Barnes, Director of Volunteers, TWIGS and Events. "Not only is she very caring, but Sherry is experienced at helping people in various capacities and always takes the time to go above and beyond."

The Columbus native lives in Buckeye Lake with her husband. Sherry has been married to Dan "Packy" Sheeran for 47 years. Packy is a commercial realtor in Columbus. The couple has four adult children who live in Ohio, New Jersey and Maryland. Sherry also has the opportunity to spend some quality time with her mother whom she cares for each week.

Retiree Spotlight: Janet Friel



Janet Friel

Choosing to become a nurse was a two-part decision for Janet Friel. Not only was she thrilled at the prospect of helping people, but she was also excited to put on the white cap, dress uniform and cape that came along with the position. “While there were a select few careers a woman could have back in those times, there were some options,”

Janet said. “But I really liked the uniform as a young girl and the direct correlation it had to helping others.”

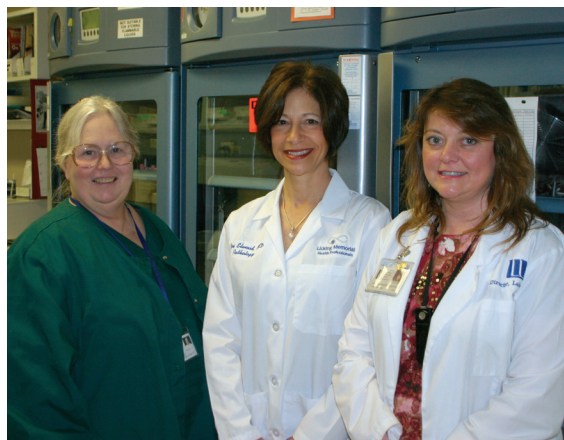
The Licking County native chose to start her nursing career in a three-year program with Mount Carmel in Columbus. Janet and her fellow students worked and studied their way through school without summer breaks, spending time before and after classes with patients. “Those were the days when patients got back rubs twice a day,” she said. After graduating in 1960, Janet came to Licking Memorial Hospital (LMH) and worked as a nurse in the Emergency Department (ED) until her retirement in 1995. She witnessed the Hospital’s growth firsthand while working in the ED. “I was around when the first Newark City firemen were trained in the LMH Emergency Department,” Janet said. “And I was working when we moved from the Buena Vista Avenue location to the current spot at West Main Street.”

Working at LMH is an experience Janet remembers fondly, and she keeps the memories close to her heart. “LMH was like a big family for me,” she said. “Everyone knew each other, no matter which department they were in.” Janet’s passion for her time spent at LMH is what has brought her back. After the recent renovation to the ED in the John & Mary Alford Pavilion, she was brought in for a tour with other LMH retirees. “The tour sealed the deal,” Janet said. “I thought, okay, I have to get back here. I was just itching to come back.” She put in one phone call and now volunteers her time in the ED each week.

Shortly before her retirement, Janet’s love of travel evolved into a second career at Bon Voyage Travel, which is an agency she owned after discovering her passion for taking trips around the globe. She no longer owns the company, but still works there from time to time. “I just love talking to people, sharing my stories and finding out what great trips would suit them,” Janet said. Traveling is a favorite pastime for her and her family, whose travels include many notable places throughout the world like the Great Wall in China, the Pyramids of Egypt and the Great Barrier Reef in Australia. Janet and her husband, Barney, still enjoy taking trips with their two children, Michele Kappeler and Mitch Friel. “My love of travel has extended to my five grandchildren, too,” Janet said. “We plan trips as a family and spend many fun times together. I call it investing in memories.”

LMH Blood Bank Earns AABB Accreditation

The Licking Memorial Hospital (LMH) blood bank, under the coordination of Michele Kruger, M.T., A.S.C.P., has been granted accreditation by AABB. Formerly known as the American Association of Blood Banks, the AABB sets standards for its member facilities which are responsible for collecting virtually all of the nation’s blood supply and transfusing more than 80 percent of all blood and blood components used in the United States.



Michele Kruger, Lori Elwood, M.D., and Lorei Reinhard oversee the Blood Bank operations at LMH.

and medical expertise that contributes to quality performance,” explained Lorei Reinhard, B.S., M.T., A.S.C.P., S.H., Director of Laboratory Services at LMH.

Accreditation followed an intensive on-site assessment in September 2007 by specially trained AABB representatives and established that the level of medical, technical and administrative performance of the LMH blood bank met or exceeded the

standards set by AABB. By successfully meeting those requirements, LMH joins approximately 1,800 similar facilities across the United States and abroad that have earned AABB accreditation.

“AABB-accredited organizations are recognized by their peers as leaders in their field. LMH sought AABB accreditation because this program assists facilities in achieving excellence by promoting a level of professional

Employee Spotlight: Jeannine Nock



Jeannine Nock,
R.N., B.S.N.

Jeannine Nock, R.N., B.S.N., started with Licking Memorial Hospital (LMH) in 2001. After spending 15 years working in pediatrics, she switched gears and joined the Surgical Services Department of LMH, focusing her work in the Endoscopy Laboratory. Her current position allows her not only to assess patients before an endoscopy but also allows her to assist patients after their

procedure and teach them post-procedural care. “My job is a very unique one,” Jeannine said. “This department allows us to participate in a variety of functions within our position and I really enjoy that aspect.”

Another side of her job Jeannine enjoys is the camaraderie within the department. “I have the utmost respect for my coworkers,” she said. “It enhances the passion you have for your work when your team members bond together, as we all have.” Jeannine has been working in Surgical Services since she began at LMH and has made an impression on her coworkers as well as her supervisor. “Jeannine has a great sense of compassion and teamwork,” said Mary Reid, Director of Surgical Services. “The care she gives her patients is outstanding; it goes beyond the basics. Her commitment to both her patients and coworkers is excellent and it

shows in her work every day. Jeannine is a great asset to our team.”

Joining Licking Memorial was a decision made by both Jeannine and her husband; Peter Nock, D.O., a Hospitalist who specializes in treating patients staying in the Hospital. Since the couple joined LMH six years ago, Jeannine has seen some great things happen within Licking Memorial Health Systems. “Licking Memorial is very much a community-minded organization,” she said. “Since I began working here, I have seen the focus become centered even more to help those in our local community. It’s a great place to be a part of.”

The Flint, Michigan, native attended Binghamton High School in Binghamton, New York. She went on to receive a Bachelor of Science degree in Nursing at Alfred University in Alfred, New York. Jeannine is a member of the Michigan Nurses Association and participates on the Nurse Practice Council at LMH.

Jeannine and her family have lived in Licking County for six years. She and Dr. Nock have three children; Katie, Sam and Will. In her spare time, Jeannine likes to cook, read and volunteer her time with schools in Granville for the Society of Saint Vincent de Paul. She is also pursuing a Master Gardener certification within The Ohio State University Extension program through Licking County.

Schultz Joins LMH Active Medical Staff



Randolph O.
Schultz, M.D.

Licking Memorial Hospital (LMH) is pleased to announce that Family Practice Physician Randolph O. Schultz, M.D., has joined the Active Medical Staff. Dr. Schultz received his Medical Degree from the University of Cincinnati College of Medicine in Cincinnati. He completed a residency at the University

of Cincinnati Hospital – Providence Hospital in Cincinnati. He is board certified in Family Practice.

Dr. Schultz is practicing at Medical and Surgical Associates, Inc., located at 1930 Tamarack Road in Newark, Ohio. Appointments can be made by calling (740) 522-7600.

New Emergency Medicine Physician at LMH



Channhu Trinh,
M.D.

Licking Memorial Hospital (LMH) is pleased to announce the addition of Channhu Trinh, M.D., to the LMH Emergency Medicine Department. She received her Medical Degree at Southern Illinois University School of Medicine in Carbondale, Illinois, and is board certified in Family Practice.

Dr. Trinh completed a Family Practice residency through the Indiana University Family Practice Residency in Indianapolis, Indiana. She earned Bachelor of Arts degrees in mathematics and chemistry at St. Louis University in St. Louis, Missouri.

Her volunteer service includes clinical work in Indiana and Haiti. Dr. Trinh speaks fluent Vietnamese. In her spare time, she enjoys traveling, reading, swimming, playing piano and ballroom dancing.

Scarrett Is New Physician Center Manager at LMHP



Gayle Scarrett

Licking Memorial Health Professionals is pleased to announce the addition of Physician Center Manager Trainee Gayle Scarrett. Her areas of responsibility include the offices of Licking Memorial Surgical Services and Licking Memorial Urology.

Gayle currently resides in Buckeye Lake with her husband, Marc. In her free time she enjoys spending time with family, boating, and outdoor summer activities.

A lifelong resident of Licking County, Gayle is a Newark High School alumna. She earned a Bachelor of Science degree in Business Administration from Franklin University in Columbus.

New Director of Police Department at LMH



Jym Farmer

Licking Memorial Hospital (LMH) is pleased to announce Jym Farmer has been selected to serve as Director of the Police Department. The accredited LMH Police Department is commissioned through the Ohio Governor's office and has jurisdiction over all of Licking Memorial Health Systems' properties.

Officer Training Academy (OPOTA) in London, Ohio. Jym is certified by the OPOTA as an instructor, and periodically teaches police academy courses. Previous to his employment at LMH, he was an assistant agent in charge with the Ohio Investigative Unit and a lieutenant with the Somerset Police Department.

A lifelong Licking County resident, Jym graduated from Lakewood High School. He earned an Associate's Degree in Criminal Justice at Central Ohio Technical College in Newark. He also completed training at the Ohio Peace

Jym is a member of the Fraternal Order of Police (FOP) and serves as an FOP steward. In his free time, he enjoys motorcycles, fishing, outdoor activities, Civil War topics, baseball and traveling, and is a self-described animal lover.

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, these programs focus on exercise and nutrition.

March's educational program will be held at The Dawes Arboretum, 7770 Jacksontown Road, S.E., Newark on March 29, from 10:00 to 11:00 a.m., and will feature "Nutrition vs. Junk Food," presented by a dietitian from Licking Memorial Hospital.

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.

1320 West Main Street • Newark, OH 43055
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Licking Memorial
Health Systems



The Dawes Arboretum
Trees • History • Nature



LMH Presents the Fourth Annual Heart Truth Event

More than 160 guests attended The Heart Truth: A Red Dress Event at Licking Memorial Hospital on January 31 to focus on women's heart health. The Red Dress is a national symbol for women and heart disease awareness. Heart disease is the number one killer of women, who often have different symptoms of heart disease than men have. Each guest at the event received a gift bag that included a small red dress lapel pin to wear as a reminder.

The evening's program included an informational presentation by LMH Cardiologist Debra Heldman, M.D., who stressed the importance of weight management in controlling heart disease. Dr. Heldman discussed lifestyle changes, such as reducing red meat consumption and increasing exercise levels, to promote heart health.

Licking Memorial Health Systems (LMHS) Director of Public Relations Carol Hutchison shared the story of her own journey through lifestyle changes. Weighing more than 360 pounds at the end of 2004, Carol began exhibiting symptoms of chronic heart failure. Fortunately, the LMH Cardiology staff determined her heart was not in immediate danger, but Carol recognized the experience as a wake-up call. "I was short of breath and I couldn't even stand for a very long time," she related. "I knew that it was going to be a death sentence for me if I did not change my ways," she said. Through a determined regimen of controlling her diet and increasing exercise over



Long-time friends Sue Grady, Esther Moore, Nancy Shonebarger and Mary Chrislip enjoyed the festive atmosphere of the Heart Truth program. Mary was the fortunate winner of a spa gift certificate, one of many door prizes.

the past three years, Carol has lost more than 200 pounds. "I drink a lot of water – at least eight bottles a day. I also exercise for at least an hour a day," she said, "and sometimes it is double that amount." Carol's favorite forms of exercise are bicycling and ballroom dancing with Don, her husband of 41 years.

A perennial favorite segment of the Red Dress event at LMH is the style show presented by LMHS employees, patients, volunteers, TWIGS members and friends. The models showcase ways to incorporating the color red into clothing ensembles. Some of the outfits are put together by selections from the TWIGS 6 Thrift Shop in Granville, which benefits LMH.

The Red Dress event is one way that LMHS demonstrates its commitment to the mission to improve the health of the community. The event is planned to correspond with National Wear Red Day to increase awareness of women's heart disease.



Licking Memorial Health Systems Director of Public Relations Carol Hutchison shared her story of successful weight loss at the Heart Truth program.

National Doctors' Day

March 30



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



**Licking Memorial
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**Licking Memorial
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Upcoming Dates

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

Community Education Program: ADHD & Medication Management

Tuesday, March 11

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, March 29

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 speaker Terry McConnell, R.N., of Licking Memorial Hospital's Cardiology Department, who will discuss personal exercise programs. 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



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A publication of the LMHS Public Relations Department at (740) 348-1572. Please contact the Public Relations Department to receive future mailings.

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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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