



Community Connection

Licking Memorial Health Systems

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



Volume 4, Issue 5

May 2007

Measurably Different ... for Your Health!

Gift in Memory of John and Mary Alford Benefits LMH Pavilion



LMHS President Rob Montagnese (left) stands with Barbara and Michael Cantlin at the Surgery entrance of LMH's new Pavilion.

Licking Memorial Hospital (LMH) is pleased to announce the receipt of a \$3.5 million commitment from Barbara and Michael Cantlin in support of the Pavilion construction project under way at the Hospital.

The gift is a memorial to Barbara's parents, John and Mary Alford. In announcing the gift, the Cantlins stated, "We are very happy to have the opportunity to recognize their lifelong community service through this memorial

Gift in Memory of John and Mary Alford Benefits LMH Pavilion (continued on page 2)

LMH Names Director of Pastoral Care

Licking Memorial Hospital (LMH) is pleased to announce that Jeff Smith has been named Director of Pastoral Care. "I am both excited and honored to have this opportunity to provide spiritual care for our patients and the extended Licking Memorial Health Systems (LMHS) family," he said. Jeff previously served as LMH Director of Pharmacy.

"In his new role, Jeff will facilitate the spiritual needs of our patients, families and staff, as well as assist in our community outreach activities," said LMHS President Rob Montagnese.

"Included among those spiritual needs are praying with individuals, assisting with contacting patients' own clergy

LMH Names Director of Pastoral Care (continued on page 2)



Licking Memorial Hospital (LMH) Director of Pastoral Care Jeff Smith assists patients, their families and Licking Memorial employees with their spiritual needs. The former LMH Director of Pharmacy assumed his new title in February.

See Pages 10 to 12 for the Community Report Card Featuring Respiratory Care.

Now Accepting "Building A Healthier Community" Award Nominations

Licking Memorial Development Council is currently accepting nominations for the third annual "Building A Healthier Community" award. This award recognizes an individual, group of individuals, or an organization in Licking County that has undertaken a project or achieved a goal that improves the health of the community. The award winner will be recognized at the Lifetime Achievement Reception on Sunday, October 21, 2007.

For more information, contact the Development Department at (740) 348-4109.

(Application on pages 18 and 19.)

Gift in Memory of John and Mary Alford Benefits LMH Pavilion (continued from front page)

gift. Both parents contributed their time, talents and financial support to the Hospital over the years and were strong supporters of its community health mission. We share in their commitment to Licking Memorial and are excited about the Pavilion project, which will once again add another dimension to the LMH services provided to the citizens of Licking County.”

Scheduled for completion late this year, the 100,000-square-foot, two-story Pavilion will be the largest single expansion since LMH moved to Newark’s west side in 1966. The project will nearly double the capacity of the Emergency Department and create operating rooms that can better accommodate the newest technology and equipment. The new LMH Emergency Department will have the capacity to serve about 90,000 patients annually.

“The mission of Licking Memorial Health Systems (LMHS) is to improve the health of the community, and John and Mary Alford lived that mission day in and day out – providing resources for people throughout Licking County,” said LMHS Vice President of Development and Public Relations Veronica Link. “We are truly honored to receive this generous gift in their memory.”

John was recognized in 1989 with the first LMH Lifetime Achievement Award. Given annually, the award

recognizes a citizen in our community who has given volunteer service for the overall betterment of the community and who has helped fulfill the mission of LMHS to improve the health of the community.

LMHS President Rob Montagnese noted that the completed Critical Care Pavilion will be named in honor of John and Mary Alford. “It is only fitting that the Pavilion should bear the names of a couple who provided such a deep level of care to our community.”

LMH Development Council member Stuart Parsons worked with John at Park National Bank and was involved in various community activities with him. “He would be delighted with the donation in his and Mary’s names,” Stuart said. “He was a great supporter of the Hospital.”

John served as Chairman of the Licking County Hospital Commission and was instrumental in the construction of LMH at its current location on West Main Street. “He was a man of honor, integrity and principle and would be proud that his family is continuing that support of our local Hospital,” Stuart said.

LMH Names Director of Pastoral Care (continued from page 1)

members, and completing any other tasks that may benefit patients and their loved ones,” said Veronica Link, LMHS Vice President of Development and Public Relations. The department will serve as a liaison between the Hospital and local clergy, as well as provide religious services for LMH visitors, employees and volunteers on holidays and special occasions.

Jeff serves as a pastor at the Licking County Jail. He has served on the nondenominational Licking County-based Look-Up Ministry Board for the past several years. He also has had extensive involvement in youth ministry, and he currently leads a ministry titled Celebrate Recovery. “I have always had a heart for the patients and their families as well as a concern for their spiritual

needs. I am pleased to be able to formalize it as I am called into this wonderful ministry,” he said.

Jeff, who was recently ordained, is completing a Master of Divinity degree with a concentration in Pastoral Ministry.

For more information about Pastoral Care at Licking Memorial Hospital, call (740) 348-7729. The department can be reached from LMH patient rooms by simply dialing 7729.

Getting A Good Night of Sleep: What You Need to Know

Date: May 14, 2007
Time: 6:00 p.m.
Location: Conference Rooms A & B
Speaker: Eric Pacht, M.D., Pulmonologist,
Licking Memorial Health Professionals

Forty-seven percent of adults would like to improve the quality of their sleep, and 37 percent believe that they do not get enough sleep. Better Sleep Month seeks to increase knowledge about the steps people can take to improve their sleep. Plan to attend this free education program to learn more about getting a full night of sleep.

Registration is required. For more information or to register, call (740) 348-1434.

Ten Tips for Better Sleep

With so much to do, it is hard to take time out and recharge the body and mind by getting a good night's sleep. The quality and quantity of sleep can make all the difference in productivity of the next day. The following are 10 tips to help get a good night of sleep:

- Finish eating at least two to three hours before your regular bedtime. However, a small snack before bedtime can help some people. Warm milk has a natural sleep inductor called L-tryptophan.
- Avoid emotional upset or stressful situations prior to bedtime.
- Maintain a regular bed and wake time schedule, including on weekends.
- Establish a regular, relaxing bedtime routine such as soaking in a hot bath or hot tub and then reading a book or listening to soothing music.
- Create a sleep-conducive environment that is dark, quiet, comfortable and cool.



Do you get enough sleep? How can you improve the quality of your sleep? Learn more by attending the Licking Memorial Community Education Program "Getting A Good Night of Sleep: What You Need to Know."

- Sleep on a comfortable mattress and pillows.
- Exercise regularly. It is best to complete your workout at least a few hours before bedtime.
- Avoid nicotine (e.g., cigarettes, tobacco products). Used close to bedtime, it can lead to poor sleep.
- Avoid caffeine (e.g., coffee, tea, soft drinks, chocolate) close to bedtime. It can keep you awake.
- Avoid alcohol close to bedtime. It can lead to disrupted sleep later in the night.

For more information about sleeping well, visit the Licking Memorial Web site at www.LMHealth.org and click on the "Health Information" tab.

Rise in Serious Skin Infections Caused by Bacteria



Peter Nock, D.O.

Growing number of serious skin infections are being seen in emergency departments and doctors' offices throughout the world. Community-acquired methicillin-resistant staphylococcus aureus (CA-MRSA) infections once were common only among athletes, prison inmates and other groups regularly sharing close physical proximity. Since 1999, infections have been occurring more frequently in the general population.

MRSA infections that are acquired by individuals who have neither been hospitalized within a year nor have recently had an invasive medical procedure are known as CA-MRSA infections. These skin infections can spread through close skin-to-skin contact, cuts or abrasions, contaminated items and surfaces such as towels and

exercise equipment, crowded living conditions and poor hygiene.

These infections are serious because they can be quite destructive to skin and other infected tissues, and they are resistant to antibiotics doctors have routinely used for skin infections in the past. If left untreated, an infection potentially can spread to the lungs, blood or bones.

"We're seeing CA-MRSA more frequently among young, healthy individuals," said Peter Nock, D.O., Lead Hospitalist at Licking Memorial. "This is a group that is not usually susceptible to this type of severe infection."

Patients with CA-MRSA skin infections often are hospitalized for wound drainage, although intravenous antibiotics also may be needed. Commonly referred to as "staph," staphylococcus aureus is a bacteria that is carried

Rise in Serious Skin Infections Caused by Bacteria (continued from page 4)

on the skin or in the nose of healthy individuals. An estimated 25 to 30 percent of the population carries the bacteria but is not infected with it, according to the national Centers for Disease Control and Prevention (CDC). Staph bacteria are one of the most common causes of minor skin infections and appear as pimples and boils.

To reduce your chance of developing an MRSA or CA-MRSA infection, do the following:

- Keep your hands clean by washing thoroughly with soap and water or using an alcohol-based hand cleanser.
- Keep cuts and scratches covered with a bandage until healed.
- Avoid contact with other people's skin, wounds or bandages.
- Avoid sharing items such as towels, razors or other personal items.
- Clean perspiration off shared exercise equipment with microbicidal solutions between users.
- Shower immediately after sports practices that involve close, physical contact with other participants such as wrestling and football.

- Watch for signs of infection including redness, swelling, warmth and drainage and contact your physician immediately. Do not attempt to open a boil or abscess without professional medical advice.
- Use antibiotics appropriately. Rather than demanding antibiotics for colds and respiratory infections, ask your doctor if the antibiotic that was prescribed for you is absolutely necessary. Antibiotic resistance is one of the new epidemics faced in modern health care; appropriate use of antibiotics will help alleviate the crisis.

For more information, go to www.LMHealth.org, and click on the "Health Information" tab and then "Health Illustrated Encyclopedia." Information also is available from CDC at www.cdc.gov and (800) 311-3435.

Licking Memorial Hospitalists are internists who specialize in caring for acutely ill hospitalized patients. They partner with physicians who make up the Licking Memorial Health Professionals to provide around-the-clock care for both adult and pediatric patients in Licking Memorial Hospital. To learn more, log on to www.LMHealth.org. Click on "Explore Licking Memorial Physician Practices" at the left of the screen, and select "Hospitalists." Or, call Licking Memorial Hospitalists at (740) 348-4219.

Children's Art Displayed in LMH Cafeteria

The walls of the Licking Memorial Hospital cafeteria showcase 67 framed works of children's art. The art is a culmination of two events in 2006 that encouraged children to exercise their creative talents. In October, Licking Memorial Health Systems (LMHS) partnered with The Works in Newark to host a Family Gallery Day. Children experimented with markers, crayons, paints and paste-on items and illustrated their favorite nature scenes. In addition, the children made edible art with sugar cookies and colorful icings.



At a recent Art Night Reception, LMHS President Rob Montagnese (center back) and dozens of junior artists unveiled new artwork that is displayed in Licking Memorial Hospital's Cafeteria.

Although the cookies didn't last long, many of the canvas pieces were matted, framed and displayed in the LMH cafeteria along with pieces from a second event – Art Night at Licking Memorial. During Art Night, the children of Licking Memorial employees studied with local artists and learned techniques in watercolors, charcoal, crayons and markers.

The collection of art from both events was unveiled at the Art Night Reception on February 22. LMHS President

Rob Montagnese told the artists how much he admired their work. "To borrow the saying from MasterCard, construction of the Pavilion – \$40 million...Children's art on the Cafeteria walls – absolutely priceless!" he said.

For Audrey Hughes, whose mother, Jennifer, works in the LMH Landscape Department, the art show may be just a beginning. "It's really nice that I got to hang up one of my pictures in the Hospital," she said, pointing out her sunset scene. Nine-year-old

Audrey plans to write and illustrate her own books. She hopes to become an artist one day.

"The great painter Pablo Picasso said, 'Every child is an artist. The challenge is how to stay an artist when we grow up,'" Rob said. "Looking around this cafeteria, you realize that there is a lot of natural talent here. I hope these children hold onto that spirit throughout their lives."

The art collection is on permanent display in the Hospital cafeteria on the ground floor and is open to the public.

LMH's 109th Birthday Gift to the Community

Licking Memorial Hospital celebrated 109 Years of Caring on January 18, 2007. In observance of the birthday, Licking Memorial Health Systems (LMHS) employees donated blankets, coats, gloves, hats and scarves to needy individuals in Licking County. For the third consecutive year, more than 1,400 LMHS employees competed to see which team would donate the most as measured by weight.

In all, LMHS collected 412.8 pounds of items, a 57 percent increase over last year. Team 3, which included the Anticoagulation Clinic, Neurovascular Clinic, Operating Room, Pain Clinic, Surgery, and Wound Care Clinic, collected 100.6 pounds of goods – winning the contest for the third year in a row.

LMHS President Rob Montagnese delivered the items to the Salvation Army of Licking County and Center for New Beginnings.



The Center for New Beginnings in Newark received one-half of the items that Licking Memorial Health Systems (LMHS) employees donated in honor of Licking Memorial Hospital's (LMH) 109th birthday. Shown are (left to right): LMH Surgical Services Director Brenda Kendall, LMH Outpatient Services Director Sharyn Davis, Center for New Beginnings Director Tricia Hufford and LMHS President Rob Montagnese.

The Center for New Beginnings in Newark offers shelter from domestic violence and services for women and their children. "We are so grateful to the Licking Memorial employees who donated these items. For safety's sake, many families have had to leave their homes quickly, leaving all their belongings behind. These donations really help us to assist these families in putting their lives back together," Tricia Hufford, director of the center, said.

The Salvation Army of Licking County offers temporary shelter to the homeless. Major Ron DeMichael explained that the LMHS employee donations go a long way toward healing the emotional cuts and bruises that poverty can inflict. "We see individuals and families who have been out in the cold – they have nowhere else to go," Ron said. "When we hand them a new soft blanket or a new pair of warm gloves, you should see the joy on their faces! For some, that donation may be the nicest thing they've owned for a long, long time."



Unpacking Licking Memorial Health Systems' (LMHS) 109th birthday donation to the Salvation Army of Licking County are (left to right): LMHS President Rob Montagnese, Salvation Army Major Diane DeMichael, LMH Outpatient Services Director Sharyn Davis and LMH Surgical Services Director Brenda Kendall.

Employees welcome the opportunity to provide help to those who need it. Rob said, "LMHS employees are a very caring team who put their hearts into providing the best health care possible. However, they realize that in addition to health care, many people have other basic needs – such as food, clothing and shelter – that are unmet. Our staff is proud to support the Salvation Army and the Center for New Beginnings. They are experts in finding ways to help such individuals."

National Hospital and Healthcare Week, May 6-12, 2007

Licking Memorial Health Systems (LMHS) will celebrate National Hospital and Healthcare Week during May 6 to 12, with a health fair for employees, snacks, fun activities and employee recognitions. This year's theme is "Teaming Up for Care You Can Count On."

"National Hospital and Healthcare Week, first and foremost, is a celebration of people," said Rob Montagnese, LMHS President. "We're extremely proud of our staff, and we recognize the important role that each and every employee plays in providing outstanding care to our patients. During Healthcare Week, we're focusing on the



"Teaming Up for Care You Can Count On" is the theme for National Hospital and Healthcare Week, which will be celebrated during the week of May 6 to 12 at Licking Memorial Health Systems.

health of our employees by hosting an employee health fair along with other fun activities. This is a week to remember the special role our employees play in lives of others."

"It is important to us that our staff take care of themselves and stay healthy so they can have productive lives both at work and at home," continued Rob.

In addition to the health fair, employees will be treated to snacks, activities and other surprises throughout the week. They will also be given the chance to win some health-related prizes.

Development Council Spotlight: Marcia Downes



Marcia Downes

The Works Managing Director Marcia Downes joined the Licking Memorial Hospital (LMH) Development Council this past winter. "It is important to have a strong community hospital that serves the needs of all citizens," Marcia said. "As a person who works with a large cross-section of the community, I am happy to show my support and encourage community support for this institution."

The Works: Ohio Center for History, Art & Technology is a Smithsonian Institution Affiliate Museum located in downtown Newark. Marcia has been employed at the local museum since 2001 and previously worked with the Newark Campus Development Fund of The Ohio State University.

She is serving on the LMH Development Council's Community Relations Committee. "I look forward to learning how my talents will be most useful in promoting Licking Memorial Hospital in our community," Marcia said.

In addition to her involvement with Licking Memorial, Marcia is a member of the Licking County Convention and Visitors Bureau Board, Newark Rotary, and the Central Ohio Technical College Accreditation Team. She holds a Bachelor of Arts degree from Radford (Virginia) College.

Marcia describes herself as an "avid reader and workaholic." Her husband, Jonathan Downes, is an attorney with Downes, Hurst and Fishel in Columbus, Ohio. The couple's three children were raised in Granville and now live in Ann Arbor, Michigan; Blacksburg, Virginia; and Columbus.

"I am a proud member of the Licking County community and am pleased to promote our local Hospital to fellow residents," she said.

Donors

COMMUNITY CORNERSTONE

George and Bonnie Manning
Shirley A. Johnson
Russell and Elizabeth Suskind

MEMORIAL

In memory of Marjorie Bruckner
By: C. Ann Howard

In memory of Charles Lonsinger
By: Licking Memorial Hospital

In memory of Jesse Trost
By: C. Ann Howard
Mary Alice Swank

PRIDE CORNERSTONE BRONZE

Darcy DeHaven
Kimberly Dennis
Jeshuah Folden
Mary Holland
Bryan Lenzo
Julie Parkhill
Teila Spencer-Stewart
Kiyomi Stump
Karen Thompson

PRIDE CORNERSTONE SILVER

Michelle Peace

PRIDE CORNERSTONE GOLD

Phil Annarino

Poulson Joins Schaffner Society

The William Schaffner Society at Licking Memorial Hospital (LMH) has welcomed a new member. Thomas “Tom” Poulson, who just recently joined the Health Systems as Vice President of Financial Services, became a society member by pledging a contribution of \$10,000 over 10 years.

Robert “Bob” McGaughy, who is chairman of the LMH Development Council and a member of the LMH Board of Directors, announced Tom’s contribution at the February LMH Board meeting. “Tom actually decided to make this contribution during the employee orientation because he liked what he saw,” Bob explained.



At a recent Licking Memorial Hospital Board meeting, Robert McGaughy (left) introduced the newest Schaffner donor, Thomas Poulson (right).

“I am absolutely ‘wowed’ by what I have learned about the Health Systems,” Tom said. “We have so much to offer right here that patients in other parts of the state normally have to travel to big cities to find. From the EMR (electronic medical record) to the new BMV (bed-side medication verification), we’ve made a significant investment to deliver the right care at the right time and the right place. I’m proud to be able to support that financially,” he said.

The William Schaffner Society was created in memory of William Schaffner, the first chairman of the Licking County Hospital Commission. Members’ names are proudly displayed on the donor wall in the Hospital Lobby.

Physician Spotlight: Carl Waggoner, M.D.



Carl Waggoner, M.D.

Carl Waggoner, M.D., a member of the Licking Memorial Hospital (LMH) Active Medical Staff and medical director of Hospice of Central Ohio, has been practicing medicine in Newark since 1983.

“As a family practice physician, my focus has been on patients of all ages and at various stages of life,”

Dr. Waggoner said. “As a Hospice physician, I have the privilege of serving patients and their families near the end of life.”

Hospice is a team approach in treating the total person, physically, emotionally and spiritually during the terminal stage of their illness, after a cure has been deemed unlikely. Palliative care, also with a team approach, aims to improve the quality of life by providing pain and symptom management to patients with serious and life-threatening illness even if still pursuing curative treatments.

The graduate of Indiana University School of Medicine in Indianapolis, Indiana, completed his surgical internship through Indiana University Hospitals; a surgical residency at the Medical Center of Central

Georgia in Macon, Georgia; and his family practice residency at The Ohio State University in Columbus, Ohio.

Dr. Waggoner is board certified in Family Medicine by the American Board of Family Practice and in 2006 became board certified in Hospice and Palliative Medicine by the American Board of Hospice and Palliative Medicine (ABHPM). Established in 1995, the ABHPM implements standards for the certification of physicians in hospice and palliative medicine. Criteria for earning board certification include certification by the American Board of Medical Specialties, clinical practice, direct participation in the active care of terminally ill patients, and successfully completing the required professional exam.

As part of Licking Memorial Health Systems’ mission to improve the health of the community, LMH leases space on the Hospital’s sixth floor to Hospice of Central Ohio for the Selma Markowitz Care Center.

Dr. Waggoner and his wife, Lois, have been married for 36 years and are the parents of three adult children and five grandchildren. Carl enjoys water sports and boating and is active in his church and mission activities.

Ask a Doc



Jonathan Hollister,
M.D.

Question: I'm 70 years old, and from what I've read, being diagnosed with osteoarthritis at some point in my life seems almost unavoidable. Is there anything I can do to decrease my risk for this disease?

Answer (Jonathan Hollister, M.D.): I applaud your proactive approach to the subject of osteoarthritis. Nearly

21 million Americans are affected by this disease. While you cannot do anything about certain risk factors – such as family history and aging – talk with your primary care physician to determine what steps you can take to reduce your risk for osteoarthritis.

In general, keep these tips in mind:

- Attain and/or maintain a healthy body weight. Extra weight strains the joints – specifically weight-bearing areas such as the knees, hips and balls of the feet. This stress increases a person's risk for osteoarthritis.
- Attain and/or maintain an active lifestyle. Weight-bearing exercise actually counteracts the bone destruction of osteoarthritis. Having a sedentary lifestyle

is one of the worst things you can do for arthritis prevention. Weight bearing stresses the skeleton and encourages bone to rebuild and maintain its strength.

- Consume foods rich in vitamin D. Known for promoting healthy bones and teeth, vitamin D also has been found to keep cartilage stronger. Additionally, vitamin D deficiency has been associated with increased progression of osteoarthritis. Sources of vitamin D include: fortified milk, cheese, whole eggs, tuna fish, fortified cereals, salmon and liver.
- Know the symptoms. If you are experiencing any symptoms of osteoarthritis – including joint soreness and/or swelling, pain after extended periods of inactivity, and bony enlargements in the joints of your fingers – contact your physician. Proper diagnosis and treatment may help reduce the severity of your symptoms and allow you to have a more active lifestyle. You may have heard about the use of glucosamine-chondroitin to treat and/or prevent osteoarthritis. It has been shown to help some people and should be a subject you discuss with your physician.

Volunteer Spotlight: Dick and Nancy Stewart

Dick and Nancy Stewart started volunteering at Licking Memorial Hospital (LMH) about two and a half years ago as they thought it was an opportunity to give back to the community. "It's fun, and I like to see the patients' smiles when I do something for them," said Dick. Both Dick and Nancy enjoy meeting people while volunteering. "I really enjoy the staff, especially the Pharmacy," said Nancy.



After moving back to central Ohio from Tampa Bay, Florida, Dick and Nancy Stewart retired to Newark. The couple has volunteered at Licking Memorial Hospital for about two and a half years.

The couple retired to Newark, Ohio, after moving back to central Ohio from Tampa Bay, Florida. Dick worked in mortgage banking as a collection manager, and Nancy was an office manager and certified medical assistant for a cardiovascular and thoracic surgeon. Nancy said, "I enjoyed the medical profession. When Dick had lab work done at the Hospital, we thought this would be a nice place to volunteer."

Nancy enjoys music in her spare time. "Dick bought me a baby grand piano a couple of years ago, and I really enjoy playing it," said Nancy. Dick likes to fish, golf, travel and "watch the kids participate in sports and activities." Nancy volunteers all day on Tuesdays at the LMH Information Desk and in the Pharmacy on Fridays.

Dick volunteers in the Mail Room and in Messenger Services. Dick serves as the Recording Secretary for the Volunteer Executive Board.

"Dick and Nancy are wonderful volunteers," said Carol Barnes, LMH Director of Volunteers, TWIGS and Events. "They are both so helpful and cheerful for the patients, and they are willing to do anything for us."

The couple is the proud parents of four children – two sons in the Columbus, Ohio, area and two daughters in Marion, Ohio. They have six grandchildren ranging in age from 5 to 17 years.

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

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

Retiree Spotlight: Carol Hill



Carol Hill

Licking Memorial Hospital (LMH) retiree Carol Hill spent nearly all of her 30-year Hospital career as LMH Supervisor of Transfusion Services. “We had a very close-knit group of people,” she said. “We tried to support each other then, and we still do now.”

Carol gets together regularly with former coworkers. About a dozen of them – largely LMH Lab retirees – meet every other month for lunch. Another group comprised of retirees from various Hospital departments meets on the third Thursday of each month for breakfast. “I also enjoy going to the luncheons and dinners the Hospital puts on for retirees,” Carol said. “It’s nice to get together with old friends and share stories.”

Since retiring, Carol has developed a passion for playing the hammered dulcimer. “I always wanted to play the hammered dulcimer, and so I learned,” she said. It has

changed my life.” Carol travels to music festivals and seminars both to perform and to learn more about the instrument. She also is a member of hammered dulcimer clubs in Licking and Fairfield counties.

Additionally, Carol stays busy as a volunteer with the historic Davis-Shai House in Heath, is a member of the Vintage Voices, a singing group from Granville, and is an active member of Christ Lutheran Church in Heath. “I’ve also taken up line dancing,” she said.

Carol is the proud grandparent of eight. “Three live in Louisiana; two are in Chicago, and three are in Hocking Hills, so I get to travel as I visit family,” she said.

Carol finds it hard to believe that it has been nearly seven years since she retired from LMH. “I’m having a lot of fun and learning so much – especially regarding the hammered dulcimer,” she said. “I miss the day-to-day contact with my LMH friends, but I’m loving retirement!”

Employee Spotlight: Chuck Buerkle



Chuck Buerkle

Chuck Buerkle has been an employee in the Food Services Department at Licking Memorial Hospital for six years. “I wanted to work at Licking Memorial because it was a great opportunity,” said Chuck.

“I am a very social person so working with all the people – fellow employees, the patients and their visitors – is the best thing about the Hospital.”

In 2006, he received a Licking Memorial MVP award for his consistent and outstanding demonstration of the organization’s values of communication, attitude, respect

and excellence. Chuck is also a past recipient of the Licking Memorial CARES award. Prior to joining Licking Memorial, Chuck worked at McDonald’s as a manager.

“Chuck has a very infectious personality. He greets not only the patients and visitors he serves with enthusiasm, but also his co-workers and other Hospital staff with the same warmth,” said Chef Jay Campbell, Director of the Food Services Department at Licking Memorial Hospital.

Chuck and his wife, Sarah, have two children – 4-year-old Scott and 2-year-old Elizabeth. Chuck and Sarah also are expecting a baby in September.

Glaser Promoted to Pharmacy Director



Jean Glaser, R.Ph., PharmD

Licking Memorial Hospital (LMH) is pleased to announce that Jean Glaser, R.Ph., PharmD, has been promoted to Director of Pharmacy. She has been employed at LMH for five years and formerly worked as a pharmacist in the LMH Anti-Coagulation Clinic.

Jean received her Doctorate in Clinical Pharmacy at Ohio Northern University in Ada, Ohio, and was a pharmacy resident at Bethesda

Hospital in Zanesville, Ohio. She earned a Bachelor of Science degree in Pharmacy at Ohio Northern University after graduating from Lancaster High School.

She is a member of the American Society of Health-System Pharmacists. She is also a member of the Church of Jesus Christ of Latter Day Saints and served for 18 months as a missionary in Taiwan.

Jean and her husband, Paul, live in Granville with their three daughters, Sarah, Rachel and Margaret.



Community Report Card

Licking Memorial Health Systems

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



A Community Report on Respiratory Care

Health Facts

Smoking harms nearly every organ of the body, causing many diseases such as chronic obstructive pulmonary disease or lung cancer as well as reducing the health of smokers in general. The adverse health effects from cigarette smoking account for an estimated 438,000 deaths – nearly one of every five deaths – each year in the United States, according to the Centers for Disease Control and Prevention.

- Cigarette smoking is associated with a tenfold increase in the risk of dying from chronic obstructive lung disease. About 90 percent of all deaths from chronic obstructive lung disease are attributable to cigarette smoking.
- Cigarette smoking has many adverse reproductive and early childhood effects, including an increased risk for infertility, preterm delivery, stillbirth, low birth weight, and sudden infant death syndrome (SIDS).
- Postmenopausal women who smoke have lower bone density than women who never smoked. Women who smoke have an increased risk for hip fracture than women who have never smoked.

Patient Finds Unexpected Benefits from Pulmonary Rehabilitation

When Newark resident Thena Howell was referred to the Licking Memorial Hospital (LMH) Pulmonary Rehabilitation program, she wasn't quite sure why. "I didn't know how it was really going to help me," she said. "Now, I'm impressed with it."

In March 2006, Thena was receiving breast cancer care in Houston, Texas. After surgery, she developed a pulmonary embolism – a blockage of the pulmonary artery or one of its branches – and was put on a ventilator. A ventilator delivers a mixture of air and oxygen to the patient. Thena was next diagnosed with acute respiratory distress syndrome (ARDS), and a hematoma – area of internal bleeding – developed on her back. "Things just kept going wrong," she said.

The Wayne County native had lived in Licking County for more than 30 years. She was very ill and wanted to be closer to home. "I talked it over with my husband, Douglas, and we both knew we wanted to return to Ohio."

Still battling ARDS, Thena received care in Zanesville, Ohio, hospitals, including an intensive care unit. "I was not expected to live," she said, "but then I was weaned



Newark resident Thena Howell participates regularly in the Licking Memorial Hospital Pulmonary Rehabilitation program. Exercise, education and monitoring of pulse-oximetry levels and blood pressure are included.

off the ventilator, and my health improved." After completing occupational and physical therapy, Thena came home to Newark on June 26, 2006.

Licking Memorial Health Professionals physician Eric Pacht, M.D., began caring for Thena and continues to monitor her health. Dr. Pacht specializes in pulmonology and is certified in pulmonary disease, as well as internal medicine and critical care. He referred Thena to the LMH Pulmonary Rehabilitation program.

The LMH program includes monitored exercise, education and medication consultation. "It is an excellent program," Dr. Pacht said. "I encouraged Thena to stick with it."

She is glad that she followed her doctor's advice. "It has changed my life," Thena said. "The staff – especially LMH Respiratory Care Professional Rita Allen – has been wonderful. They've encouraged me to try to improve my pulmonary function. That's all you can do – try."

Fellow participants in the program also have been friendly and supportive, she said. "We're all pretty much in the same boat," Thena said. "We understand and

Patient Finds Unexpected Benefits from Pulmonary Rehabilitation (continued on page 12)

Respiratory 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 Respiratory patients who are admitted to Licking Memorial Hospital (LMH) receive a consistent, thorough assessment of their conditions. To initiate prompt and appropriate care, patient assessments need to be completed in a timely manner.

	LMH 2004	LMH 2005	LMH 2006	Goal
% of respiratory assessments conducted within four hours of admission	97%	97%	91%	greater than 95%

2 When a patient is suspected of having respiratory failure, an arterial blood gas (ABG) test is performed to see how well the lungs are functioning. The test primarily measures how well the body is taking in oxygen and ridding itself of carbon dioxide. Any result from an ABG test that has a Critical Value is reported directly to a responsible licensed caregiver within 15 minutes. Critical Values are those results that fall outside the normal range for those values and usually require immediate medical intervention.

	LMH 2004	LMH 2005	LMH 2006	Goal
Turnaround time for emergency ABGs	10 minutes	10 minutes	10 minutes	less than 12 minutes
Critical results are called on ABG results	100%	100%	100%	100%

3 Pulmonary rehabilitation is a comprehensive program that helps people with respiratory problems improve their respiratory health. LMH tracks the percentage of program participants who reach their personal goals and increase their activity levels.

	LMH 2004	LMH 2005	LMH 2006	Goal
% Who met their personal goals	100%	100%	100%	100%
% Increased activity	100%	100%	100%	100%
% Increased activities of daily living	100%	100%	100%	100%

4 LMH uses a clinical practice guideline to make sure asthma patients receive all appropriate care for their condition. One quality measure on the guideline is the use of a peak flow meter to help determine the severity of and improvements in a patient’s breathing problem.

	LMH 2004	LMH 2005	LMH 2006	Goal
Asthma protocol followed in ED	91%	94%	100%	greater than 90%

5 Smoking increases patients’ health risks, including their odds of facing acute myocardial infarction (AMI), pneumonia and heart failure. LMH and the Licking Memorial Health Professionals (LMHP) Pulmonology Office offer smoking cessation counseling to patients in hopes of lowering their risk for smoking-related health problems.

	LMH 2004	LMH 2005	LMH 2006	Goal
Smoking cessation for AMI patients	100%	100%	100%	greater than 90%
Smoking cessation for pneumonia patients	96%	88%	83%	greater than 90%
Smoking cessation for heart failure patients	97%	92%	94%	greater than 90%
	LMHP 2004	LMHP 2005	LMHP 2006	Goal
Smoking cessation for LMHP Pulmonary Office patients who smoke	98%	100%	100%	greater than 90%

What to Expect in Pulmonary Rehabilitation

Newcomers to the Licking Memorial Hospital (LMH) Pulmonary Rehabilitation program may be a little nervous. “We want patients to relax and know that we will help them to help themselves as they strive to improve their pulmonary function. Our overall goal is to make each patient more able to function on an everyday basis,” said LMH Respiratory Care Professional Rita Allen, C.R.T., R.C.P.



Rita Allen, C.R.T., R.C.P., uses pulmonary function tests to evaluate patients' breathing problems.

In addition to exercise, the program includes meetings with a dietitian or other health care professionals who can provide patient-specific information regarding the disease and respiratory limitations. Consultation regarding medications and their uses also is part of the program. “After they’ve completed the program, we encourage patients to keep exercising whether it be at LMH or another facility to continue to promote their pulmonary health,” Rita said.

After being referred to the program by their physician, the patient is scheduled for a pulmonary function test, a six-minute walking test and a short interview. “All of these steps allow us to evaluate the person’s current limitations and needs and determine how to best begin the exercise regimen in pulmonary rehab,” Rita said. “We ask them what is going on with their disease and what challenges they are experiencing.”

LMH Pulmonary Rehabilitation participants go to the Hospital for two sessions each week for eight weeks. Licking Memorial Health Professionals physician Eric Pacht, M.D., reviews the process of the program. He specializes in pulmonology and is certified in pulmonary disease, as well as internal medicine and critical care.

As they exercise on a treadmill, stationary bike or ergometer, patients’ pulse-oximetry levels and blood pressure are monitored. “We gradually increase their time and workload on the exercise machines as tolerated,” Rita said.

One of the perceived barriers faced by many pulmonary rehab participants is oxygen use. “We encourage patients who have been prescribed oxygen to use it. It can be hard to get over the stigma that often is associated with oxygen use,” Rita said. “Many of our patients say that they feel like they are alone in their disease. They’re not; there are a lot of people out there in similar situations. Participating in pulmonary rehabilitation may help them better understand that.”

For more information, please call (740) 348-4191 or visit LMH online at www.LMHealth.org.

Patient Finds Unexpected Benefits from Pulmonary Rehabilitation (continued from page 10)

encourage each other as much as possible.”

Thena now uses oxygen only at night. “I can do anything I want – within reason,” she said, noting that grocery shopping or making a couple of stops at the mall are now possible. “Before pulmonary rehab, those things were out of the question.”

Thena and Douglas have been married 36 years. They have three children and one grandchild. “Because I’m healthier, I can now better enjoy the time spent with family and friends,” Thena said. “I’m grateful.”

Horn Named Patient Care Manager at LMH



Donald E. Horn,
R.N.

Licking Memorial Hospital is pleased to announce that Donald E. Horn, R.N., has been named Patient Care Manager. His areas of responsibility at the Hospital include 4-North and 4-South, which provide general inpatient care.

A native of Athens, Ohio, Donald received his Associate's degree in Nursing at Ohio University – Zanesville.

He is a graduate of Crooksville (Ohio) High School.

Much of Donald's time is spent helping with youth groups and coaching sports in the Crooksville area. He and Connie, his wife of 31 years, have two children, Derek and Shannon, and three grandchildren.

Thompson Becomes LMH Maternal Child Director



Karen Thompson,
R.N.C., M.S.N.,
C.N.P.

Licking Memorial Hospital is pleased to announce that Karen Thompson, R.N.C., M.S.N., C.N.P., has been named Director of Maternal Child Services.

She received an Associate degree in Nursing at North Central Technical College in Mansfield, Ohio, and a Bachelor of Science degree in Nursing at Ashland University in Ashland, Ohio.

She completed a Women's Health Nurse

Practitioner Program at the University of Pennsylvania and a Master's degree in Nursing as a Family Nurse Practitioner with a minor in Education from Georgia College and State University. She is now completing a Master's degree in Strategic Management and Leadership in conjunction with Air War College, Air University.

Karen, a United States Air Force (USAF) colonel, has been in the USAF reserves for ten years. She completed eight years of active duty at Wright Patterson Air Force Base as a national instructor for the USAF Nurse Practitioner Program. She has been adjunct faculty for Wright State University, the University of Cincinnati

(Ohio), Emory University in Atlanta, Georgia, and Armstrong Atlantic University in Savannah, Georgia. Her USAF Reserve roles have been as a chief nurse executive and command nurse. She will move to a new position this summer as reserve augmentee to the commander of medical operations for the National Capital Region.

Karen is a member of the Association of Women's Health, Obstetric and Neonatal Nurses; the American Society of Reproductive Medicine; the Association of Military Surgeons of the United States; Sigma Theta Tau; the Reserve Officers Association; and Advanced Practice Nurses of Ohio.

The Newark resident has been actively involved in many community organizations, including American Cancer Society, March of Dimes and Disabled American Veterans. She was chosen for Who's Who in American Nursing and is a past recipient of the American Cancer Society's Nurse of Hope Award in Ohio.

Karen was born in Portsmouth, Ohio, and has one grown son, Matthew.

Kim Dennis is New Physician Center Manager at Licking Memorial



Kim Dennis

Licking Memorial Health Professionals is proud to announce that Kim Dennis is the new Physician Center Manager for Licking Memorial Pediatrics.

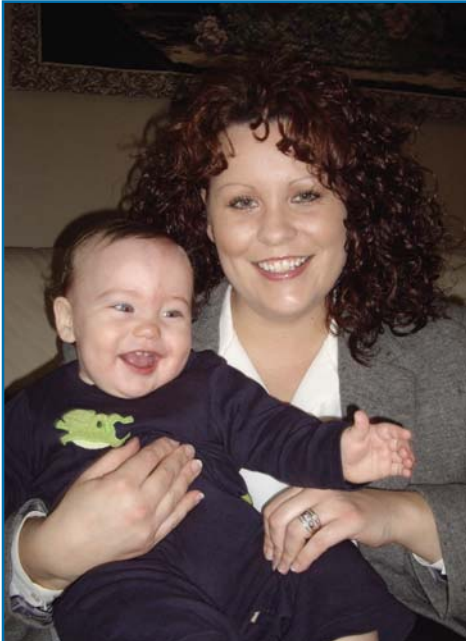
A Franklin County native, Kim earned a Bachelor of Arts degree in Political Science from Norfolk State University in Norfolk, Virginia, and a Master of Public Administration degree in

Healthcare Administration from Southwest Missouri State University in Springfield, Missouri.

Kim has been active in the I Know I Can college fund program, the Upward Bound college preparation program and the Women of Standard organization. She is a member of the Medical Group Management Association and the Healthcare Financial Management Association.

A Tribute to Mothers ...

Licking Memorial Health Systems wishes a Happy Mother's Day to all moms of the 1,117 babies born at Licking Memorial Hospital this past year.



May 2006

Xander was born on May 24, to proud mom, Melanie Angle.



June 2006

Randa Lloyd welcomed twins, Kylee and Kaleb, on June 27.



July 2006

Mary Delgado welcomed son, Dominic, on July 6.



November 2006

Rebecca Corder welcomed son, Blake, on November 22.



December 2006

James was born to proud mom, Tabetha Backus, on December 20.



January 2007

Jennifer Spring is the proud mother of Emma, who was born on January 8.

The pictures taken of the mothers and babies were randomly selected from the list of mothers who consented to release information about the birth to the public. There were 1,117 babies born at Licking Memorial Hospital this past year.



August 2006

Misty Watling is looking forward to spending her first Mother's Day with son, Nash. He was born on August 3.



September 2006

Melissa Hankinson is the proud mom of daughter, Hannah. She was born on September 7.



October 2006

Jessica Pike will be celebrating Mother's Day with her daughter, Vada, who was born on October 17.



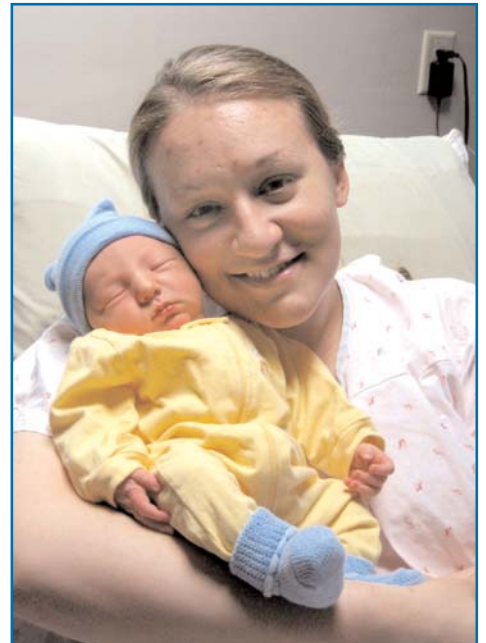
February 2007

Jennifer Robinson welcomed daughter, Rachel, on February 28.



March 2007

Nathaniel was born on March 1. He will be spending his first Mother's Day with proud mom, Jessica Dixon.



April 2007

Angela Smith welcomed Donovan Earl Michael on April 3.

Administrative Spotlight: Steve Schlicher



Steve Schlicher

Licking Memorial Health Systems (LMHS) Communications Manager Steve Schlicher has seen enormous growth in the organization's phone system over the past 18 years.

Steve joined LMHS in June 1989 and initially worked in the Data Processing Department of the Licking Memorial Hospital (LMH) Health Plan, an HMO

that is no longer in existence. At the same time, the Health Systems began acquiring physician practices and other buildings outside the main campus setting. As a result, voice and data services needed to be expanded to these locations.

In 1994, with Steve's background in telephony, he was a natural candidate to join a team that was responsible for rewiring the entire Hospital and all remote sites for a new telephone system.

"At the time, our phone system had only the capacity of about 1,000 phones and we were maxed out," Steve said. "The new system can expand up to 25,000 phones."

Steve has a Bachelor of Science degree in Business Management from Park College in Parkville, Missouri, and is certified on the NEC IPX 2400 and NEC IVS 2000 phone systems and the Centigram voicemail system.

In October 1999, Steve began leading the Communications Department. This year, he and his team are installing the Vocera wireless communications system. Nurses, Point of Care Technicians and other

Hospital personnel can communicate with each other using a small device worn on a lanyard around their neck. The system improves patient care and increases employee productivity by making staff members even more accessible to each other than before. "We're like a small city with more than 4,000 phones. We're growing as we expand throughout Licking County as we strive to achieve our mission of improving the health of the community," he said.

For the past 12 years, Steve has chaired the Operation Feed campaign for LMH. He also has served on the boards of the local chapter of A Special Wish Foundation, Granville High School Music Boosters, the Association for Telecommunications Professionals and the Ohio Hospital Telecommunications Association.

Additionally, Steve has served as music director at his church for 21 years. He also sings with the Denison University Concert Choir in Granville.

Early in his career at Licking Memorial, Steve started an employee choir called the UltraSounds. "We were very popular and sang many performances," he said. "We even won second prize in the Corporate Challenge singing competition where we had to write our own song. It was a fun time!"

Steve and his wife, Sue, reside in Granville with their daughter, Anna, and son, Ross. To relax, Steve said he enjoys reading and going for walks on the bike path with Sue.

Employment Applications Now Completed Online!

If you are interested in joining the LMHS team, check out our Web site to find out about what opportunities we may have for you.

Visit www.LMHealth.org and choose the "Careers" tab.



Licking Memorial
Health Systems

Visit our Web Site at www.LMHealth.org



Check us out at www.LMHealth.org

You will be amazed at all we have to offer!

- Health Information
- Send a Patient Greeting
- Find a Physician
- Maps and Directions
- Virtual Tours
- Online Application for Employment



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Upcoming Dates

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

Getting A Good Night of Sleep: What you Need to Know

Date: Monday, May 14, 2007

Time: 6:00 p.m.

Location: Conference Rooms A & B, first floor of Licking Memorial Hospital

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

First Impressions – Maternal Child Classes

Childbirth Education Classes

Stork Tours

Infant and Child CPR

Parenting Class

Maternity Tour

Breast-feeding Class

Sibling Preparation Class

For more information or to register for First Impressions/Maternal Child classes, call (730) 348-4346.

Diabetes Self-Management Classes

Tuesday Class

9:00 to 11:00 a.m.

Licking Memorial Health Systems, 1865 Tamarack Road, Newark

Wednesday Classes

1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.

Licking Memorial Health Systems, 1865 Tamarack Road, Newark

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

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



**Licking Memorial
Health Systems**

1320 West Main Street
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Please take a few minutes to read this month's **Community Connection**.

You'll once again see why

Licking Memorial Health Systems is measurably different ... for your health!

Visit us at www.LMHealth.org

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