



Community Connection

Licking Memorial Health Systems

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



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Measurably Different ... for Your Health!

LMH Named to 100 Top Hospitals® List for a Ninth Year



Licking Memorial Hospital (LMH) has earned a spot on the national 100 Top Hospitals® list as announced by Thomson Healthcare. It is the ninth time that LMH has received the award. Thomson Healthcare is based in Connecticut and is the national market leader in providing tools and vital insights used by health care managers to improve the performance of their organizations.

LMH is the only Central Ohio hospital in any category to make the list this year. No other hospital in the region has been named a 100 Top Hospital as

LMH Named to 100 Top Hospitals® List for a Ninth Year (continued on page 2)

LMHS to Offer Cardiac Screening at Athletic Exams



Diane LeMay, M.D.

For the third year, Licking Memorial Health Systems (LMHS) will offer pre-participation athletic examinations to all Licking County junior high and high school athletes at no cost to the students or the schools. Last year, hundreds of Licking County athletes were served in the screening exams offered in various locations over several evenings.

The Ohio High School Athletic Association requires all athletes to complete a screening history and examination annually (an annual physical is acceptable). A parent or guardian needs to complete a screening questionnaire containing more than 50 questions, including a medical history and family history. The physical screening portion of the exam is to be completed by medical personnel. "The history is the most important part of the screening," stated Diane LeMay, M.D., a pediatrician with Licking Memorial Pediatrics. "The questions identify those athletes at most risk for a sudden cardiac or neurological event. Students and parents often do not realize the importance of answering the questions honestly to identify athletes at risk. Symptoms are often downplayed by

LMHP to Offer Cardiac Screening at Athletic Exams (continued on page 3)

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

Skin Cancer Awareness & Screening



Free skin cancer screenings will be offered at the upcoming community education program.

Date: Tuesday, May 13
6:00 p.m.

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

Speakers: Laura Schaeffer, D.O.
J. Michael Holsinger, D.O.

Early detection is the best defense for all types of skin cancer. A monthly self-exam is easy. It takes only about 10 minutes and could save your life. An upcoming seminar at Licking Memorial Hospital will provide information about the different types of skin cancer, harmful effects of tanning, benefits of

Skin Cancer Awareness & Screening (continued on page 18)

many times as LMH. Only six hospitals nationwide have won the award more often.

A total of 14 hospitals in Ohio earned the 100 Top Hospitals distinction for 2007. Winning hospitals are announced in five categories: major teaching hospitals, teaching hospitals, large community hospitals, medium community hospitals and small community hospitals. LMH is one of four Ohio hospitals winning in the medium community hospitals category, which includes a total of 20 awardees. Nationally, 3,018 hospitals – including 1,122 in the medium community hospital category – were studied to compile the 100 Top Hospitals list.

The 100 Top Hospitals®: National Benchmarks for Success, 15th Edition recognizes hospitals that have achieved excellence in clinical outcomes, patient safety, financial performance, efficiency, and growth in patient volume. The study scores hospitals according to nine key organization-wide measures: risk-adjusted mortality, risk-adjusted complications, patient safety, core measures average, growth in patient volume, severity-adjusted average length of stay, expense per adjusted discharge, profit from operations, and cash-to-debt ratio.

“Earning the 100 Top Hospitals award for 2007 has great significance,” said Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese. “The review process for this award is quite intensive. During the past couple of years LMH has undertaken a number of initiatives including the planning, construction and opening of the John & Mary Alford Pavilion. Being named to the 100 Top Hospitals list this year confirms that our employees, physicians and volunteers continued to provide outstanding care even as we simultaneously implemented many changes. In addition, this award reflects the strong community support that we have continued to enjoy.”

LMH Board Chairman Patrick Jeffries said, “This is such a prestigious award on a national level. It reflects the contribution of all Licking Memorial Health Systems employees, physicians, volunteers and board members who work hard each day to improve the health of the community. It proves what I have believed all along – that Licking County residents receive the best quality health care right here at their community hospital.”

Ohio hospitals currently named as national 100 Top Hospitals® are listed alphabetically below:

- Bethesda North Hospital, Cincinnati (teaching hospital)
- EMH Regional Medical Center, Elyria (large community hospital)
- Fairview Hospital, Cleveland (teaching hospital)
- Good Samaritan Hospital, Cincinnati (teaching hospital)
- Grandview Medical Center, Dayton (teaching hospital)
- Hillcrest Hospital, Mayfield Heights (teaching hospital)
- Kettering Medical Center, Kettering (teaching hospital)
- Kettering Medical Center – Sycamore, Miamisburg (medium community hospital)
- Licking Memorial Hospital, Newark (medium community hospital)
- Mercy Hospital Anderson, Cincinnati (medium community hospital)
- MetroHealth Medical Center, Cleveland (major teaching hospital)
- Southwest General Health Center, Middleburg Heights (large community hospital)
- University Hospitals Case Medical Center, Cleveland (major teaching hospital)
- Wooster Community Hospital, Wooster (medium community hospital)

What 100 Top Hospitals® Status Means to Communities

The 100 Top Hospitals ® in the nation have higher survival rates, keep more patients complication-free, attract more patients and maintain higher profits than their peer hospitals, Thomson Healthcare reports. Thomson Healthcare estimates that if all Medicare inpatients received the same level of care as those in the 100 Top Hospitals winners, the following would be true:

- More than 120,000 additional patients would survive each year.
- More than 138,000 patient complications would be avoided annually.
- Expenses would decline by an aggregate \$6.2 billion each year.
- The average patient stay would decrease by more than one-half day.

Dr. Cairns Recognized as Hometown Hero

On March 5, the American Red Cross of Licking County hosted its annual Heroes Breakfast at the Cherry Valley Lodge in Newark and honored Craig Cairns, M.D., M.P.H., as the 2008 Health Care Hero. Dr. Cairns is Vice President of Medical Affairs at Licking Memorial Hospital, overseeing patient safety and process improvement. He also provides patient care in the Hospital's Emergency Department and at Company Care. He is board certified in family practice and occupational medicine.



At the Heroes Breakfast on March 5, Craig Cairns, M.D., M.P.H., received the American Red Cross Health Care Hero Award.

resistant *Staphylococcus aureus* (MRSA) infections. The program included presenting preventive education in schools, where the infections have spread with some disastrous results elsewhere in the nation.”

Dr. Cairns was also instrumental in LMH's participation in the Institute for Healthcare Improvement's current 5 Million Lives Campaign. Before joining LMHS in 1999, he provided patient care at Newark

Family Practice for more than 20 years.

Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese nominated Dr. Cairns in recognition of his work to maximize patient safety practices at LMHS. “For more than 25 years, he has shown how health care should be delivered – with compassion and professionalism,” Rob stated. “He spearheaded a strong push in 2007 to control nosocomial (hospital-acquired) infections at LMH. This resulted in a community education program about life-threatening methicillin-

Dr. Cairns lives in Heath with his wife, Karen, and has three children, three stepchildren and five step-grandchildren. Dr. Cairns is very involved in the community. He volunteers his time with the American Red Cross of Licking County, United Way, the Medical Advisory Committee of the Ohio Jobs and Family Services, Newark-Heath Rotary and Neil Avenue United Methodist Church. On occasion, he also plays the trumpet in the Newark Brass Band.

LMHP to Offer Cardiac Screening at Athletic Exams (continued from front page)

the students due to their love of the sport.”

Sudden death in athletes is tragic with high emotional and societal impact. “Heart-related conditions account for 80 percent of sudden death in athletes,” stated Dr. LeMay. “Many athletes do not even know they are at risk for a sudden cardiac event.” Several studies have evaluated the likelihood of finding an undiagnosed heart condition in athletes. “A screening electrocardiogram (ECG) can identify the most common heart conditions (hypertrophic cardiomyopathy and arrhythmias) 75 to 95 percent of the time,” Dr. LeMay said. It provides a quick view of the heart's electrical activity. Many researchers have stated the cost of the ECG and lack of ability to serve large groups of students efficiently hinders the ability to screen athletes for potentially life-threatening heart conditions.

LMHS will be performing screening ECGs on all high school athletes as a part of the pre-participation athletic examinations at no cost to the student or school. The

ECG will be offered at a separate evening or Saturday clinic at the Licking Memorial Pediatrics office, located at 1865 Tamarack Road in Newark. The ECG will be required for clearance of the pre-participation athletic examination although the Ohio High School Athletic Association does not require it. Some states have required this test for participation in competitive athletics at any level. Colleges have begun to do the same, including The Ohio State University.

The high school student will have an ECG performed at Licking Memorial Pediatrics and read at no cost by a cardiologist. “The athlete's clearance will depend upon three factors: the history, the examination and the ECG test results,” stated Dr. LeMay. The components will be performed in a timely manner. If a student does not clear any part of the process, a referral will be made for the student to return to the primary care physician for further evaluation and clearance.

LMHP to Offer Cardiac Screening at Athletic Exams (continued on page 18)

Precautions for Pet Owners' Healthy Environment

The bond between people and their pets is often very strong. Many pets are cherished in the home, sharing humans' living quarters and receiving warm physical contact. While it is generally accepted that companionship from a pet can be beneficial to people, pet owners should be aware that certain diseases are capable of being transmitted between different species. Diseases that can be passed from animals to humans are called zoonoses, and are largely preventable with some simple precautions.

James Underwood, D.V.M., a veterinarian at Underwood Animal Hospital in Heath, said there are primarily two diseases seen at his practice that can be transmitted from pets to humans. "Ringworm fungal skin infections are by far the most common," he said. "Cats and kittens are usually the culprits that pass the infection on to the family members who have been handling them. Fortunately the danger is usually minimal and the skin infection is easily treated. The second disease is scabies mite infestation. Each species has its particular mite, but the dog scabies mite (sarcoptic mange) will pass to humans in close contact and cause itching bites. This also is easily treated."

"What we do not see are head lice or pin worms passed to children from pets," Dr. Underwood continued. "These parasites are passed from child to child."

One of the most feared animal diseases is rabies. The Centers for Disease Control (CDC) reports that before 1960 the majority of rabies cases were reported in domestic animals. Today, thanks to an aggressive program of rabies vaccinations in dogs and cats, the virus is found most commonly in wildlife, particularly bats, raccoons, skunks and foxes. Although any mammal can contract the rabies virus, vaccinations are especially urged for dogs, cats and ferrets. Horses and cattle can be vaccinated as well.

The rabies virus spreads through an infected animal's saliva by way of a bite or broken skin. It has an incubation period of approximately three to seven weeks



James Underwood, D.V.M., treats a number of pet ailments at Underwood Animal Hospital in Heath.

before symptoms appear. Once symptoms appear, the disease is almost always fatal. Fortunately, a vaccine is available to prevent rabies from developing, and the CDC reports that no one in the U.S. who received the vaccine within two days of an infected animal's bite has ever died.

Dr. Underwood recommends that specific family members should take precautions around the home. "It is standard to advise pregnant women to avoid cleaning cat litter boxes to reduce the chance of contracting the feline parasite, toxoplasma," he said. "Children especially should be instructed to wash their hands after handling pet reptiles because of the risk of salmonella bacteria. My advice is to handle a turtle, lizard or snake pet as you would a piece of raw chicken." In addition, birds can pose a risk to those with weakened immune systems. "Parrot fever (psittacosis) and avian tuberculosis are diseases that can be present in pet parrots, Dr. Underwood added. "These diseases are more of a risk to immunosuppressed individuals, and we screen birds for them in a household with HIV or chemotherapy patients."

"What we see more commonly is not a true zoonosis, but the resulting bacterial infection from a cat bite," Dr. Underwood described. "It is often painful and requires antibiotic treatment orally or by injection, depending on the severity."

Two additional common infections are animal-related, but not directly contracted from an animal. "We caution parents about children playing where animal feces may be due to the risk of visceral larval migrans (infection by pet roundworm larvae) and cutaneous larval migrans (infection by pet hookworm larvae)." Dr. Underwood explained, "These conditions generally do not occur by contact with a pet, but more often result from contact of children with an environment contaminated with pet feces."

Ironically, our pets may sometimes suffer from their contact with people. "We do not give or get an influenza virus from cats or dogs," Dr. Underwood said, "Ferrets,

Precautions for Pet Owners' Healthy Environment (continued on page 13)

Granville Girl's Birthday Wish Will Comfort Others

Sarah McKee likes many of the same things as her classmates at Granville Intermediate School. She likes dogs, video games, science class and Hannah Montana. Like any other fifth grader, Sarah also likes to receive presents. However, for her 11th birthday on February 26, her priority was to make sure other children received presents instead.



Sam and Sarah McKee showed Licking Memorial Health Systems President & CEO Rob Montagnese the toys and books that Sarah received for her birthday and donated to pediatric patients at Licking Memorial Hospital.

Sarah designed her own birthday invitations with a special request written inside asking the guests to bring a gift that could be donated to children who are patients at Licking Memorial Hospital. "I wanted to donate all my presents from my birthday to the Hospital because I had leg surgery last year," Sarah said. "My friends all said the idea was pretty cool." The party guests responded with dozens of gifts that included stuffed toys, books, coloring books and a video game.

"I think the kids in the Hospital are going to feel happy because they will get a present. When I was in the Hospital, it made me feel better when I got a gift," Sarah explained.

Sarah is the daughter of Cassie and Thom McKee and has a 6-year-old brother, Sam. "We're absolutely proud of her," Thom said. Cassie added, "When Sarah was in the Hospital, she received a stuffed toy. It meant a lot to her that there were other people she didn't even know who were thinking of her. This is her way of paying them back for that kindness."

"We do have a lot of children who are patients, and sometimes they are a little scared," said Rob Montagnese, President & CEO of Licking Memorial Health Systems. "Many of them are in the Hospital for tonsillectomies or other surgeries, and it helps a great deal to be able to give them a special little surprise to keep. It will be especially meaningful to them that someone their own age reached out with this heartfelt gesture."

As Sarah's own recuperation progresses, she keeps busy with Girl Scout activities. She recently helped her troop sell enough boxes of cookies to earn an excursion to CoCo Key Water Resort. Once her leg has healed completely, she wants to take tennis lessons. Then one day when she is older, Sarah said she just might put her own medical experiences to good use by becoming a veterinarian.

Outreach Program Shows Warm and Fuzzy Side of Sheriff's Department

"Here you go, pick any stuffed toy you want," Licking County Sheriff Randy Thorp said to a youngster looking over a basketful of plush animals. "And here is a star badge to pin on your shirt."

Dozens of pediatric patients at Licking Memorial Pediatrics on Tamarack Road in Newark were treated to a surprise visit from the Easter Bunny and law enforcement officers as part of the Licking County Sheriff's Office's new outreach program,



The Licking County Sheriff's Office escorted the Easter Bunny for a friendly visit to Licking Memorial Pediatrics. Shown with the Easter Bunny are (left to right): Col. Chad Dennis, Licking Memorial President & CEO Rob Montagnese, Katelin Ridenbaugh and Sheriff Randy Thorp.

Some Bunny Loves You. "We're aiming to interact with children in the community more to lessen their fear of law enforcement officers," Sheriff Thorp explained. "We want the children to know us as their friends, and someone who can help them if they are ever in trouble."

"We were happy to host the visit from the Sheriff's Office and the Easter Bunny," said Rob

Outreach Program Shows Warm and Fuzzy Side of Sheriff's Department (continued on page 13)

A Tribute to Mothers ...

Licking Memorial Health Systems wishes a Happy Mother's Day to all moms of the 1,062 babies born at Licking Memorial Hospital this past year.



May 2007

Carrie Sichina is ready to spend her first Mother's Day with daughter, Madison, who was born on May 30.



June 2007

Heather Woodyard is a proud mom to son, Job, who was born on June 7.



July 2007

Katrina Grumm holds her daughter, Mariah, who was born at Licking Memorial on July 16.



November 2007

Caressa Ackley will be spending Mother's Day with her daughter, Sydelle, who was born on November 13.



December 2007

Caleb was born to proud mom, Brittany Derringer, on December 6.



January 2008

Twins Michael and Andrea will help mom, Charlotte Hecker, celebrate her first Mother's Day this year. Michael and Andrea were born on January 15.

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 1,062 babies born at Licking Memorial Hospital this past year.



August 2007

Glenn was born to proud mom, Melanie Lamb, on August 13.



September 2007

Jennifer Ball shows off her pride and joy; her daughter, Ryann, was born on September 18.



October 2007

Lisa Casey welcomed her son, Kenton, into the world on October 28.



February 2008

Lauren Montagnese is ready for Mother's Day with a new addition to the family. Brady was born on February 25.



March 2008

Bo is helping mom, Kathryn Anders, celebrate her very first Mother's Day this year. Bo was born March 20.



April 2008

Cynthia Melick welcomed her new baby boy, Bryce, to the world on April 4.

LMH's 110th Birthday Gift to the Community

Licking Memorial Hospital celebrated 110 Years of Caring on January 18, 2008. 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 fourth consecutive year, LMHS employees competed to see which team would donate the most as measured by weight.

This year's gift was a 77 percent increase over the 2007 donations with a collection of 732.4 pounds. In 2007, donations totaled 421.8 pounds, even more than the 262.4 pounds brought in 2006. Departments throughout LMHS were combined into teams for the donation contest. Team 7 took first place, bringing in 167 pounds of donated items. Team 7 was comprised of Case Management, Community Case Management, Human Resources, Education, Home Health, Development, Pastoral Care, Volunteers, Registration, Emergency Department Registration and Public Relations employees.



Case Manager at The Center for New Beginnings, Jessica Luna, accepts a donation from Licking Memorial Health Systems President & CEO Rob Montagnese who was joined by Director of Public Relations Carol Hutchison and Director of Human Resources Phil Annarino. Clothes, jackets and blankets were donated by employees during Licking Memorial Hospital's 110th Birthday Celebration held in January.

LMHS President & CEO Rob Montagnese delivered the items with the help of two directors to the Center for New Beginnings and the Salvation Army of Licking County. The Center for New Beginnings in Newark offers shelter from domestic violence and services for women and their children. "Many of the women and children here have to start over again," said Jessica Luna, Case Manager. "This donation provides them the necessities they need: clothes, jackets and blankets. After unloading all of the items donated by LMHS, we thought it was amazing to see how Licking Memorial



The Salvation Army of Licking County received one-half of the items that Licking Memorial Health Systems (LMHS) employees donated in honor of Licking Memorial Hospital's 110th birthday. Shown are (left to right): LMHS President & CEO Rob Montagnese, Salvation Army Major Ron DeMichael, Director of Public Relations Carol Hutchison and Director of Human Resources Phil Annarino.

employees really care and make an effort to help others who are less fortunate. These donations will bring a smile to many faces, and will benefit our program in assisting our clients. The New Beginnings program is successful because of people like the LMHS employees. We cannot thank Licking Memorial enough for their support and donations."

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 have worked with LMHS for many years," said Major DeMichael. "Each year, more and more donations arrive for those in need. The coats, blankets and clothes are handed to every person who comes through our doors looking for help. We can continue to help those in need because of donations like those made by LMHS employees."

Licking Memorial employees welcome the opportunity to provide help to those who need it. "Our employees understand there is more to improving the health of the community than what happens on our Health Systems' campus," Rob said. "We are proud to have generous employees who have chosen to help others in Licking County with their most basic needs. I am proud of our employees who work as a team."

Development Spotlight: Sarah Phillips



Sarah Phillips

Sarah Phillips is an advocate for the Licking County community and it shows, not only in her work, but also in her commitment to the Licking Memorial Hospital (LMH) Development Council. “Having chosen a career in local government, my devotion is to the citizens and serving their needs on a local level,” Sarah said. As the Village

Manager for the Village of Johnstown, Ohio, Sarah keeps busy with many community-minded organizations including LMH. Sarah joined the Development Council while serving on the Hospice of Central Ohio Board of Directors with fellow Development Council member, John Gard. “The Development Council presented an opportunity for me to assist in achieving the goal of Licking Memorial Health Systems (LMHS) to provide quality health care to the citizens of our area,” Sarah stated. “Serving on the Community Relations Committee of the Development Council provides me the chance to ‘spread the word’ about Licking Memorial and the services they provide as well as raise funds to support these services.”

The Central City, Kentucky, native graduated with a Bachelor of Science degree in Business and a Master of Public Administration degree from Murray State University in Murray, Kentucky. Before she began working for the Village of Johnstown, Sarah was the Public Works Director for the City of Paducah, Kentucky. “I was involved with a hospital committee to advance community care when I lived in Paducah,” she said. “I understand that health care is an important issue for local residents which is why, as a current Licking County

resident, I felt it was important to assist in Licking Memorial’s mission of improving the health of our community.”

The dedication Sarah shows for Licking Memorial is apparent in many ways, including her role in the Development Council. “LMH plays a vital part in our community by offering quality health care,” she explained. “More importantly, the advances that Licking Memorial has made and continues to make will increase the types of services that are offered locally. As a village manager, I see the importance of having services available to citizens at a local level and providing for these citizens without the requirement of driving many miles for treatment.”

In addition to the time that Sarah spends on the Development Council, she is active in the community through many other outlets. She is a past president of the Johnstown Lions Club and a current member of the Licking County Retention and Expansion Task Force, the Downtown Johnstown, Incorporated Board of Directors, the International City/County Managers Association (ICMA) International Committee and the Ohio City/County Managers Association Professional Development and Education Committee. Sarah has kept very busy with ICMA, working in Bulgaria, Lebanon and India on economic development strategies and initiatives over the last five years.

In her spare time, Sarah enjoys reading, gardening, golfing and walking her dog, Louie. She also enjoys spending time with her two sisters, brother and nine nieces and nephews.

Donors

HONORARY

David Koontz, D.O.

By: Amy Berry

Leslie Laufman, M.D.

By: John and Elaine Gard

Gerald Ehram, M.D.

By: Walt Gemmill

David Subler, M.D.

By: Gastroenterology Office Staff

Craig Cairns, M.D., M.P.H.

By: Ann Hubbuch

David Jackson, M.D.

By: Nelson McCray, Ph.D.

Mark Mitchell, M.D.

By: Mary Jane McDonald

Mark Mitchell, M.D.

By: Christine and James McGee

Craig Cairns, M.D., M.P.H.

Gerald Ehram, M.D.

By: Anonymous

LMH Medical Staff

By: Robert Montagnese

Richard Baltisberger, M.D., F.A.A.P.

By: Ashley and Robby Montagnese

Craig Cairns, M.D., M.P.H.,

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Peter Nock, D.O., Executive Council

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Executive Council

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By: Robert and Lauren Montagnese

Mary Testa, D.O.

By: Lauren Montagnese

May-Lee Robertson, D.O.

Keith Szekely, M.D.

By: Thomas Mullady

Donors (continued on page 17)



A Community Report on Respiratory Care

Patient Story – Kevin Corl

When 13-year-old Kevin Corl walks onto the football and baseball fields for Newark Catholic, he can concentrate fully on the game.

That was not always the case since Kevin, who is in the seventh grade at St. Francis de Sales Middle School, was diagnosed with asthma when he was in the fourth grade.

Although other family members also have asthma, Kevin's diagnosis came as a surprise to him. "I was lying in bed and I was wheezing really badly. My mom asked me what was wrong, and I said, 'Nothing,' but she took me to the hospital. I thought she was kidding at first." Fortunately, Kevin's mother is a nurse in the Emergency Department at Licking Memorial Hospital (LMH) and had recognized the signs of his respiratory distress.

Under the care of Pediatrician Richard Baltisberger, M.D., F.A.A.P., Kevin's health has improved. "At first, I had to take medication every day," Kevin said. "Now, I carry my inhaler with me, and very rarely I will take an Albuterol breathing treatment at home."

One of the tools that has helped Kevin to manage his condition is LMH's Camp Feelin' Fine, a day camp devoted to kids with asthma. Kevin has been a participant the past three years and plans to attend again this coming June. "I like it, it's pretty fun. Some of the information is the same every year, but that is good because over the course of the year, I usually forget some of it. It reminds me of what I need to do." The campers play games, make crafts and have a chance to socialize with others their own age who also have asthma. During an educational session, Dr. Baltisberger leads the children through discussions of medical advancements and how to avoid



Kevin Corl loves to play football and baseball. He remains in top competitive form by carefully managing his asthma.

"triggers" that may cause an asthma attack. "My triggers are most of all probably dust and cigarette smoke," Kevin cited. "I have a friend at school whose triggers are pet hair and cigarette smoke."

An asthma attack is an event a child is not likely to forget. As Kevin described it, "Your chest gets all tight. Your chest hurts and you can't really take a deep breath in. You get really wheezy." Experience has taught Kevin to recognize the early signs of an attack and to use his inhaler promptly. "It pretty much works instantly unless it is a really bad attack," he said. "I didn't get scared anymore after I learned how to handle the attacks; but if it's a bad one, I do still get nervous."

Kevin has several classmates who also have asthma, and the camaraderie helps him feel more at ease with the condition. He said, "I'm friends with everybody. The only time I feel any different is when I have to take my inhaler with me onto the football field or something like that."

Kevin lives with his parents, Annette and Stephen, two brothers, Sam and Daniel, and a chocolate Labrador retriever named Nittany. He enjoys playing on the computer and hanging out with his friends. Although he still has a few years to go, after high school he wants to attend Penn State University.

Camp Feelin' Fine will take place on Friday, June 30, at Infirmary Mound Park, two miles south of Granville. The camp is free, but participants must be referred by a physician and be pre-registered. Space is limited. For more information about Camp Feelin' Fine, call (740) 348-4191.

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 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 2005	LMH 2006	LMH 2007	Goal
Respiratory assessments conducted within four hours of admission	97%	91%	95%	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 arterial blood gas 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 that value and usually require immediate medical intervention.

	LMH 2005	LMH 2006	LMH 2007	Goal
Turnaround time for emergency ABGs	10 minutes	10 minutes	12 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 2005	LMH 2006	LMH 2007	Goal
Met their personal goals	100%	100%	93%	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 2005	LMH 2006	LMH 2007	Goal
Asthma protocol followed in ED	94%	100%	94%	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 continued smoking-related health problems.

	LMH 2005	LMH 2006	LMH 2007	Goal
Smoking cessation for AMI patients	100%	100%	92%	greater than 90%
Smoking cessation for pneumonia patients	88%	83%	88%	greater than 90%
Smoking cessation for heart failure patients	92%	94%	100%	greater than 90%
	LMHP 2005	LMHP 2006	LMHP 2007	Goal
Smoking cessation for LMHP Pulmonary office patients who smoke	100%	100%	100%	greater than 90%

SimMan Breathes Life into Training Lab

A high-fidelity mannequin that has a “heartbeat” and can “breathe,” “cough” and “speak” is now part of the training curriculum for many clinical employees within Licking Memorial Health Systems. The new mannequin, called SimMan, advances clinical training by providing instant feedback as various procedures are practiced.

The mannequin is controlled by computer software that can be programmed for specific situations. Its chest rises with each breath, and a display screen graphs vital signs such as heart rhythm, temperature and blood pressure. The mannequin’s vital signs and symptoms can be set to reflect normal health, specific diseases or even crisis situations.

“SimMan can ‘respond’ much like a person would,” explained Debbie Young, Vice President of Patient Services. “It takes the students to the next level in their training – they can see how their actions affect the patient. In addition to assessing clinical procedures, such as intubations for example, we can also assess how a staff member reacts in an emergency situation. We can simulate a sudden crisis such as a heart attack to make the trainee think through which steps need to be taken.”

The SimMan mannequin is 5 feet 6 inches tall and weighs approximately 85 pounds. Additional mannequins can be interchanged, using the same software. “Although



Licking Memorial Hospital has purchased a high-tech mannequin called SimMan to improve clinical training exercises.

this technology has been used in the military and nursing schools for some time, it has just recently begun to be used in hospital settings. At the training session, the manufacturer’s trainer said that only 10 percent of hospitals are using SimMan for training, so Licking Memorial Hospital is really on the cutting-edge of our industry,” Debbie said.

Anne Peterson, Vice President of Human Resources and Support Services, said SimMan training

may be used in many applications. “There is a wide range of ways we can use this technology for employees of all levels,” she said. “It can be used to boost a nurse’s confidence regarding an unfamiliar procedure, or it could be used to help an environmental employee practice good customer service skills, such as remembering to offer the patient an extra blanket.”

In addition to the on-the-spot feedback, the SimMan technology records which actions were taken throughout the simulation. Along with a videotape of the interaction, the computer readout can be used to discuss the trainee’s performance step-by-step. This information can also be used as a learning tool in the classroom setting.

Health Tips

The American Cancer Society provides encouraging information about individuals who quit smoking:

- Immediately after quitting – breath freshens, stained teeth whiten, clothes and hair smell better, “yellowing” on fingers fades, senses of smell and taste improve and breathlessness decreases
- Twenty minutes after quitting – heart rate and blood pressure drop
- Twelve hours after quitting – carbon monoxide level in the blood drops to normal
- Two weeks to three months after quitting – circulation improves, lung function increases
- One to nine months after quitting – coughing and shortness of breath decrease, cilia in lungs regain normal function to clear mucous and prevent infection
- One year after quitting – excess risk of coronary heart disease is one-half compared to smokers
- Five to 15 years after quitting – risk of stroke is at same level as nonsmokers
- Ten years after quitting – lung cancer death rate is nearly 50 percent less than smokers, risk of cancer of the mouth, throat, esophagus, bladder, cervix and pancreas decreases
- Fifteen years after quitting – risk of coronary heart disease is at same level as nonsmokers

New Member Welcomed to Caduceus Society

A Licking Memorial Hospital (LMH) physician was welcomed into the Caduceus Society during a recent Board meeting. Licking Memorial Health Systems (LMHS) is proud to acknowledge those who make remarkable contributions to support the Health Systems' mission to improve the health of the community.

The Caduceus Society is a group of physicians who pledge a minimum gift of \$10,000 over the course of 10 years, and the newest member is Lori Elwood, M.D. Dr. Elwood joined Licking Memorial in 2000. She earned her Medical Degree from the University of Nebraska Medical Center in Omaha, Nebraska. Dr. Elwood then went on to complete an internal medicine internship and residency at the University of Nebraska Medical Center. She also completed a residency in pathology at the University of Colorado Health Sciences Center in Denver, Colorado. Dr. Elwood completed a hematopathology fellowship at the National Cancer Institute, National Institutes of Health in Bethesda, Maryland. She served as deputy chief of the cytopathology section and received clinical tenure in the laboratory of pathology at the National Cancer Institute before leaving academic



David Shull and Robert McGaughy thanked Pathologist Lori Elwood, M.D., for her Caduceus contribution.

medicine. Dr. Elwood is board certified in anatomic and clinical pathology, cytopathology and internal medicine.

Joining the Caduceus Society was a decision Dr. Elwood made because of the commitment she has to the health care system. "I share and applaud the mission and vision of Licking Memorial Health Systems," Dr. Elwood said. "Giving back to the organization is an opportunity to support LMHS with the ability to purchase new technology and upgrade the facility

because of the contributions of different donors. By joining the Caduceus Society, I feel that I can lend a hand in assuring the Hospital continues its mission of improving the health of the community."

Each Caduceus member receives an engraved glass recognition piece as a token of appreciation. All donations from the medical staff, employees and the community are used specifically toward new medical equipment and expanded services. They do not assist with general operating expenses.

Precautions for Pet Owners' Healthy Environment (continued from page 4)

however, do become infected by the same virus as humans."

The Humane Society reports that 63 percent of American households have pets. In most instances, the risk of infection from an indoor domestic animal is low. The Humane Society states that people are more likely to contract a disease from contaminated water, food or soil

than from a pet. The risk rises somewhat when caring for a pet who is allowed to roam outdoors. Parents are urged to teach children not to handle unfamiliar or wild animals, even if they appear to be friendly.

Outreach Program Shows Warm and Fuzzy Side of Sheriff's Department (continued from page 5)

Montagnese, Licking Memorial Health Systems President & CEO. "We often work closely with the Sheriff's Office when accident victims are brought to the Emergency Department. It will be comforting to our pediatric patients to have a prior introduction to an officer in uniform."

the officers. Many also joined the Easter Bunny for a soft hug and a souvenir photo.

All of the children present during the Some Bunny Loves You visit received gifts and an opportunity to chat with

Physician Spotlight – Timothy S. Lifer, D.O.



Timothy S. Lifer,
D.O.

Radiologist Timothy S. Lifer, D.O., has been on the active medical staff at Licking Memorial Hospital (LMH) since 2006. He and his colleagues at Tri-County Radiology read the x-rays and other radiological procedures performed at LMH.

Dr. Lifer received his Medical Degree from the Ohio University College of Osteopathic Medicine in Athens, Ohio. He completed an internship and residency in radiology at Doctors Hospital in Columbus. He also completed a fellowship in neuroradiology from The Ohio State University Medical Center in Columbus. He is board certified in diagnostic radiology.

Dr. Lifer is married to Jennifer, an interventional radiology technologist, and has two teenage children, Jeff and Jackie. He is a member of American College of Radiology, American Osteopathic College of Radiology, American Osteopathic Association and American Institute of Certified Public Accountants.

Ask A Doc

Question: Is there a way to tell if I have osteoporosis before symptoms appear?

Answer: There is an effective test available that will let your doctor know if you are developing osteoporosis, a disease that deteriorates bones and makes them brittle. A bone density scan uses very low dose x-rays to detect thinning bones at an early stage.

Licking Memorial Women's Health has just acquired a new DEXA (dual energy x-ray absorptiometry) scanner that makes the painless test even more advanced. We have used DEXA technology at Licking Memorial for a number of years, but this upgraded equipment has enhanced state-of-the-art software. Now, when we read an x-ray film, we can "subtract out" metal images such as hip replacements on the patient. In addition, the new DEXA scanner can accommodate patients with a larger girth. The former equipment was designed for patients weighing up to 300 pounds; we can now scan patients who weigh up to 450 pounds.

In patients with osteoporosis, the bones become porous and can break easily. There have even been documented cases where patients with severe osteoporosis have suffered fractures after sneezing. The National Osteoporosis Foundation estimates 10 million Americans have osteoporosis – including 8 million women and 2 million men. Those most at risk are post-menopausal women of all ethnicities and patients who have been on radiation or steroid therapies. Many patients do not realize they have been losing bone density until they have a fracture.

Both men and women can receive their DEXA scans at Licking Memorial Women's Health, 15 Messimer Drive in Newark. DEXA scans are usually taken of the spine and hip. If an alternate site is necessary, our new DEXA scanner also allows us to scan the forearm. The bones' density is given a score – the lower the number, the less dense the bone.

There are treatments available to help slow the loss of bone tissue. Like many other conditions, osteoporosis can be treated more easily in its early stages, so you are wise to be asking about it now, before you have symptoms. For patients with no known risk factors, the National Osteoporosis Foundation recommends women over the age of 65 and men over the age of 70 receive a DEXA scan every two years. Patients with risk factors such as long-term steroid use, a history of bone fractures as an adult or smoking, should consult with their physicians about screening for osteoporosis.

National Hospital and Healthcare Week, May 11-17, 2008

Licking Memorial Health Systems (LMHS) will celebrate National Hospital and Healthcare Week from May 11 to 17, 2008, with various activities and recognitions for employees. LMHS President & CEO Rob Montagnese said, "National Healthcare Week is a time for us to focus on every area of our organization, from the landscaping crew to the surgeons. Each employee at Licking Memorial contributes to our patients' care, and this special week reinforces our work as a team."

During National Hospital and Healthcare Week, Licking Memorial will host events to promote Licking Memorial employees' physical and mental health. Activities throughout the week include an employee health fair, awards ceremonies, an employee cookout, snacks, games, contests, prizes and entertainment.



Licking Memorial Health Systems, with more than 1,600 employees, will celebrate National Hospital and Healthcare Week from May 11 to 17.

"The events are intended to be fun," Rob explained, "but there is a serious message behind them, too. We are reminding the staff that it is important for them to keep themselves healthy so they can provide excellent care for our patients."

With more than 1,600 employees, Licking Memorial Health Systems is one of the largest employers in Licking County. Employee benefits include paid time off for holidays, sick days and vacations, comprehensive group medical insurance, prescription coverage, vision and dental plans, life insurance and a uniform allowance for employees required to wear uniforms. For more information, or to fill out an online employment application, visit our Web site at www.LMHealth.org and click the Careers tab.

Operation FEED Campaign Raises Money to Benefit Food Pantry Network of Licking County

Each year, Licking Memorial Health Systems (LMHS) employees work together for the Operation FEED Campaign to raise money for the Food Pantry Network of Licking County. The food pantry's Operation Feed Campaign provides LMHS and other area employers, churches and schools with the opportunity to help those less fortunate in the Licking County area. LMHS employees have been participating in the Operation Feed Campaign for the last 18 years.

There were several ways to raise money for Operation Feed with events designed to build a bit of competition among employees. LMHS employees were given the chance to donate spare change in designated coin jars located inside the cafeteria. Another way employees had a chance to give back was to either donate cash or have a designated amount donated automatically from one paycheck. To create a spirit of friendly rivalry, the contributions were grouped together by the employees'



Julie Guinta helps Vonda Welch build a tower of food as part of the Supermarket Sweep competition held at the Indian Mound Mall. The pair was required to find designated food items in a short amount of time and then use them in a food stacking contest.

birth months. Contributors born in July responded with the most donations and were rewarded with a gift certificate to the Licking Memorial Hospital Cafeteria.

The Supermarket Sweep game, also sponsored by the local Food Pantry Network, was held to raise funds as well. Local residents and fellow employees gathered to cheer on their team at the Indian Mound Mall. Teams of two were given a shopping list and sent to shop as

quickly as they could in the small scale grocery store set up just for the event. "Super Shoppers" and LMHS employees, Julie Guinta and Vonda Welch, both participated in the Supermarket Sweep contest. Julie and Vonda tied for fourth place with six correct items in their cart during the first round of shopping. The top 10 place holders then competed in the final round to determine the top three winners. "The second round was a lot harder," said Vonda. "We still had a great

Operation FEED Campaign Raises Money to Benefit Food Pantry Network of Licking County (continued on page 16)

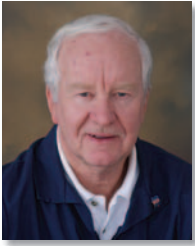
time, though.” The team finished in fifth place overall. “I was very pleased with their performance,” said Steve Schlicher, Communications Manager and Operation Feed Committee Co-manager. “This was the first time an LMHS team has ever made it to the final round!”

LMHS employees had another opportunity to participate in the Operation Feed Campaign by way of the FEEDbay auction. FEEDbay was designed much like the online bidding auction, eBay. LMHS employees donated new and slightly used items which were placed for bid on an

employee Web site. The donated items were then listed for auction and employees were able to place their bids in order to purchase their favorite items.

All of the proceeds from the Supermarket Sweep and FEEDbay went toward the Operation Feed Campaign to help out the many Licking County residents in need. This year, the combined efforts from LMHS raised \$16,175. Last year, LMHS raised \$13,560 for the food pantry exceeding the donation of \$11,504 in 2006.

Volunteer Spotlight: Ralph Ottensmeier



Ralph Ottensmeier

“I have been so fortunate in my life, and volunteering at Licking Memorial is a great way to give back for my good fortune,” Ralph Ottensmeier said about his decision to volunteer at Licking Memorial Hospital (LMH). “I was very impressed with the entire organization and the effort put into patient care.” Ralph began volunteering in 2002

and has spent over 950 hours at LMH working as a messenger. The many messengers of LMH have a variety of deliveries to make including flowers and greeting cards for Hospital patients.

While Ralph describes his position as one that has many tasks and deliveries, much of his time is spent delivering newspapers to various departments. “I really like being a messenger,” he stated. “The position allows me the luxury of getting around to different departments and meeting many people. I enjoy the exercise part of it, too!”

Ralph’s hard work ethic and enthusiastic personality shines through his work. “Not only is Ralph a pleasure to work with, but he has a great personality and shows true enthusiasm for what he does,” said Carol Barnes, Director of Volunteers, TWIGS and Events. “He always completes more work than he is asked to do and comes in to help if we are in a pinch. Our Tuesday group always looks forward to his being at the Hospital each week.”

Since moving to Granville after retirement, Ralph continues to keep busy outside of the Hospital as well. He and his wife, Norma, moved to Ohio to be closer to their two grandchildren, Emily and Paul. The couple has two daughters; Lisa lives in Granville with her family and Dawn lives in St. Louis, Missouri. “After Norma retired from her position as a high school librarian and I retired from my job at an electrical manufacturing company in Illinois, we thought it would be a great time to relocate to be closer to family,” Ralph said. “I love taking care of my grandkids, and we both thought there would be no better time to move than the present.”

The retired Army reservist also spends time keeping up with the latest in sports, and he likes playing golf in the warmer Ohio weather. Ralph and Norma also enjoy traveling together taking bus and train trips throughout the country. The couple participates in a program called Elderhostel which is the world’s largest educational travel organization for adults over 55. The organization provides participants with a chance to travel and get an educational experience about each place they visit. Another passion the Highland, Illinois, native has is a love for cars. “I am a huge fan of automobile racing,” he said. “NASCAR, Indy 500 – you name it, I’m a fan. I just love cars.”

Ralph continues to give back to the community in ways besides donating his time at LMH. He is an advocate for blood donation through the American Red Cross. As of March, Ralph had donated at least 21 gallons of blood and continues to donate to this day. He finds it gratifying to give back to a community that provides for him and his family which is just another reason he spends every Tuesday at LMH. “I had wanted to do this for awhile,” Ralph stated. “I came here to meet people and have found my time with the Hospital to be very gratifying. The professionals here are one-of-a-kind, and there is a dedication put toward the work here that is so impressive. I also really enjoy working with my fellow volunteers and seeing them each week.”

Retiree Spotlight: Judith Handel



Judith Handel

If anyone is an advocate for working at Licking Memorial Hospital (LMH), it is Judith (Judy) Handel. “I loved every minute of it,” Judy said of her experience. “Coming to LMH every day was not like work to me. It is just a part of who I am.” She began her career as an aide at LMH in 1964 and later attended school to become a licensed practical

nurse (LPN). During her time at LMH, Judy also moved into a position as a ward secretary. After stepping away from Licking Memorial to work in a physician’s office, Judy knew her calling was at LMH. “I need to be around people,” she said. “I wanted the constant contact with the patients in a community-minded setting. I missed being part of the Hospital family.”

Once she returned to LMH, Judy spent time as a scrub nurse and also worked in the Maternal Child Department teaching new mothers how to take care of their babies. Her dedication to patient care and comfort is apparent, even now that she is retired. “You remember the people and the patients you have helped,” Judy stated. “It is so rewarding to have the opportunity to help others, and for me it just came naturally.”

While her talent of caring for patients came naturally, her career was almost unexpected. Born and raised in Newark, Judy went to secretarial school to kick-start her career; however, she knew in her heart that she was destined to do something different. Her passion for people led her to Licking Memorial. “LMH was very

professional and educational,” Judy said. “It was clear after a short time that my place within the Hospital was very rewarding. When I went home each day, I knew I gave everything I could give, but LMH gave so much back to me.” The three decades of excellent people skills and hard work Judy had under her belt at Licking Memorial were acknowledged with a nomination for the Nurse of the Year award in 2006, just one year before her retirement.

Judy is enjoying retired life spending time renovating her home during the winter months and enjoying the warm weather as spring and summer set in. Another great aspect of retirement is that she can spend more time with her family. Her son and daughter-in-law, Scott and Michelle, live in New Albany with Judy’s grandchildren; Kaitlyn and Joshua. Judy stays very involved with her grandchildren and their after-school activities. She is also able to spend time with one of her two older sisters, Dorothy, who lives in Gahanna. When Judy is not enjoying family time, she stays busy with her remodeling projects, computer classes, volunteer work and visits with former coworkers from Licking Memorial.

Donors (continued from page 9)

Miriam Schreck

By: Charles (Bob) Norman

Kaye Linke, M.D.

Jacqueline Jones, M.D.

By: Licking Memorial Hematology/
Oncology Office Staff

Craig Cairns, M.D., M.P.H.

Andrew Seipel, M.D.

By: Cindy Webster

Mark Mitchell, M.D.

By: Cindy and Thaddeus Webster

Craig Cairns, M.D., M.P.H.

By: Tom Poulson

LMH Surgeons

By: Mary Reid

Patrick Scarpitti, M.D.

By: Orville and Vi Varasso

Craig Cairns, M.D., M.P.H.

By: Anne Peterson

Craig Cairns, M.D., M.P.H.

By: Deborah Young

CADUCEUS SOCIETY

Emily Decker, M.D.

COMMUNITY CORNERSTONE

Shirley Johnson

GENERAL

Licking County Foundation

PRIDE CORNERSTONE BRONZE

Charles Buerkle

Felizardo Dela Cruz

Jillian Guanciale

Sara Potts

Cynthia Robinson

Rebecca Watkins

Keith Wolfe

Megan Worth-Cappell

PRIDE CORNERSTONE SILVER

Tasha Baker

Laurel Cunningham

PRIDE CORNERSTONE GOLD

Ginger Bailey

sunscreen in protecting against aging and treatment alternatives for skin cancer. Mole and skin lesion screenings will be available to the first 45 registrants at no cost.

Licking Memorial Health Systems (LMHS) encourages men and women to be proactive about their health with education on skin cancer and a free screening. The free skin cancer education program is scheduled for Tuesday,

May 13, at 6:00 p.m. in Conference Rooms A & B (first floor) of the Hospital.

Laura Schaeffer, D.O., and J. Michael Holsinger, D.O., from Licking Memorial Dermatology will speak. Registration is required. To register, or for more information, please call (740) 348-1434.

LMHP to Offer Cardiac Screening at Athletic Exams (continued from page 3)

The ECG screenings will be performed at 1865 Tamarack Road in Newark on the following dates/times:

- Tuesday, June 10 from 5:00 to 8:00 p.m.
- Saturday, June 14 from 9:00 a.m. to 3:00 p.m.
- Thursday, June 19 from 5:00 to 8:00 p.m.
- Saturday, July 12 from 9:00 a.m. to 3:00 p.m.

Seven young athletes suffered sudden death due to cardiac events in a five-year period of time in Columbus recently. "The cost of one life cannot be measured in dollars or championships," stated Rob Montagnese,

President & CEO of LMHS. "Licking Memorial Health Systems exists to improve the health of the community, and in offering this service, we are doing just that," he said.

Parents should contact their athletic director if they are interested in participating in the free pre-participation athletic examinations offered by Licking Memorial Health Systems. For more information, call Company Care at (740) 348-4991.

Free Pre-participation Sports Screenings

Licking Memorial Health Systems is providing pre-participation sports screenings to all Licking County junior high and high school athletes at no cost to the students or their schools. Screenings will take place on assigned dates in May, June and July.

Screening electrocardiograms will also be performed for high school athletes in June and July. The students must have a completed physical form signed by a parent or guardian.

Please contact your school's athletic director for physical forms as well as the time and date of your school's screenings. For more information, call Company Care at (740) 348-4963.

The free pre-participation sports screenings are one way that Licking Memorial Health Systems fulfills its mission to improve the health of the community.



1320 West Main Street • Newark, OH 43055
(740) 348-4000 • www.LMHealth.org

Nominations Accepted for "Building a Healthier Community" Award

Licking Memorial Development Council is currently accepting nominations for the fourth 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 26, 2008. An application form appears on pages 20 and 21. For more information, contact the Development Department at (740) 348-4109.



The Salvation Army of Licking County was the recipient of the "Building a Healthier Community" award in 2007.

LMH Named to 100 Top Hospitals® List for a Ninth Year (continued from page 2)

Being named a 100 Top Hospitals® national winner means:

- The hospital's board of directors, management, medical staff and employees are working together to provide high quality care and greater value to the community.
- As a major employer, the hospital is financially strong and can pay good salaries, support the local economy and invest in new technologies to improve care.
- As a high-performing business, the hospital executes and measures performance to improve clinical quality and efficiency of services. Some of the business practices may be models that could be helpful to other business leaders in the community.
- As a provider of care that is attempting to improve the health status of citizens, the community has a hospital to be proud of – no matter what its size or category.

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.

May's educational program will be held at The Dawes Arboretum, 7770 Jacksontown Road. S.E., Newark, on May 31, from 10:00 to 11:00 a.m., and will feature "Healthy Food Preparation for Summer Cookouts," presented by Jason Campbell, Executive Chef, 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
(740) 348-4000 • www.LMHealth.org



**Licking Memorial
Health Systems**

The Dawes Arboretum
trees • History • Nature

Quilt Day Baby Honored at LMH

When Heather Boyd gave birth to a son, Caleb, at 12:05 a.m. on March 15, she learned that he was the first baby born at Licking Memorial Hospital on National Quilt Day. Two representatives of the Heart of Ohio Quilters Guild, Tresa Keys and Carolyn Cochran, visited Heather the following day to present a homemade quilt to the mother and son, commemorating the special day.



Carolyn Cochran and Tresa Keys presented a quilt to Heather Boyd to honor her baby born on National Quilt Day.

Carolyn said, “We want to congratulate you on the birth of your beautiful baby. In honor of his birthday on National Quilt Day, we are presenting you with a quilt that we hope you will enjoy for many years.”

“This quilt is so beautiful,” Heather admired. “It was a real surprise. Right after he was born, one of the nurses tried to tell me that he was the National Quilt Day baby at Licking Memorial, but I did not know what she meant. They had to explain it to me later. This is so beautiful; I really appreciate it.”

Heather has taught early childhood and second grade classes for more than 15 years. She also has three other children at home ranging in ages from 11 to 18 years old. “Caleb is going to have lots of people caring for him,” she said.

Although Heather has never tried quilting herself, she has several heirloom quilts that she cherishes, and she is pleased to have a new one to add to the collection. She said, “Everyone in my mother's family was a quilter, and we have some quilts in the family that go back 100 years. I also still have the blanket my mother had when she was a baby.”

The Heart of Ohio Quilters Guild has more than 120 quilters. The baby quilt donated to Heather and Caleb features a jungle safari patchwork theme with bright primary colors and animal designs. It was pieced and quilted by guild member Nancy Evans of Granville.

Kohl's Donation Reaches Out to Young Patients

A trip to the emergency room can be frightening for a child who is suddenly in an unfamiliar environment and may not be feeling well. As part of its community outreach program, Kohl's Department Stores, Inc. recently made a donation of books and plush toys to Licking Memorial Hospital to provide a comforting touch to these children.



Licking Memorial Health Systems President & CEO Rob Montagnese thanked Kohl's store manager Traylon Smith for the store's donation to pediatric patients.

“Kohl's stores are very interested in community involvement,” explained Traylon Smith, store manager of the Kohl's store in Newark. “Kohl's has more than 100 employees at the Newark store.”

“We were thrilled to receive the call from Kohl's about the donation,” said Licking Memorial Health Systems President & CEO Rob Montagnese. “Giving toys to

children may seem like a small gesture, but we believe it is very important to their hospital experience. We are very grateful to have Kohl's in our community.”

Kohl's Department Stores, Inc. has 957 stores across the nation. Through Kohl's Cares for Kids, the stores sell specially-designated books and plush toys to raise funds for children's programs and scholarships, collecting more than \$102 million since 2001. A new line of Dr. Seuss' Horton Hears a Who merchandise is being offered for the 2008 Kohl's Cares for Kids program. Nationwide, Kohl's store associates also contributed more than 136,000 volunteer hours in 2007 raising more than \$3.25 million to youth-serving nonprofit organizations in their communities.

Community Shred Day

Stacks of old bank statements, homework assignments and newspapers that are collecting dust around the house could actually benefit patients at Licking Memorial Health Systems (LMHS). Park National Bank and Shred-It are hosting a Community Shred Day on Saturday, May 10, from 9:00 a.m. to 1:00 p.m. to provide shredding and recycling services to the public. Proceeds will be donated to Licking Memorial Health Foundation to be used toward new equipment, programs and expanded services at LMHS.

On Community Shred Day, the public is invited to bring paper items to the rear parking lot at the main office of Park National Bank at the corner of Church and Third streets in Newark for immediate shredding. Truck-mounted equipment from Shred-It will perform the shredding on-site, cross-cutting the documents and materials to pieces no larger than 5/8 inch in size – much like paper confetti. All the shredded materials will be recycled.

“We had our first Community Shred Day in November 2007, and the response was terrific,” explained Park National Bank Administrative Officer Cindy Hollis. “We had more than 100 cars in four hours. People brought in items by the trunkloads.”

Items that can be accepted for shredding include paperwork, receipts, tax and medical records, newspapers, magazines, CDs, floppy disks and VHS cassettes. Staples and paper clips do not need to be removed, however, papers must be removed from notebooks and binders. No more than five standard sized boxes will be accepted per household. The event is aimed for households; materials from businesses or organizations will not be accepted.

“We will have staff members from Park National Bank available to unload the items from people’s cars as a drive-thru service,” Cindy said. “If the items are in cardboard boxes or paper bags, we can shred those as



Proceeds from Community Shred Day will benefit Licking Memorial Health Systems.

well. We’ll take them from the cars and put them directly into the Shred-It trucks with the shredding equipment. If people prefer, they can park to the side and watch their documents being shredded.”

Park National Bank and Shred-It are offering Community Shred Day as a free service to the community. Donations will be accepted with

the proceeds benefiting LMHS.

Cindy explained the event was purposely planned this year to occur shortly after tax season when residents are likely to discard unneeded paperwork. She said, “In this day and age, there are many documents that people should not be throwing in the trash at home. Anything that might contain sensitive information should be shredded to avoid the risk of identity theft or fraud.”

LMHS Vice President of Development and Public Affairs Veronica Link stated, “Community Shred Day is a valuable service to the community. We are very concerned with the secure handling of confidential documents, so we encourage the public to take advantage of this event. I think it is wonderful that Park National Bank and Shred-It are extending their service to the community even further by collecting donations to benefit the Health Systems. It reflects their businesses’ community-oriented values.”

Shred-It is a security company based in Canada, with 140 branches around the world. All Shred-It associates are bonded and trained in material processing.

Based in Newark, Park National Bank is the leading community bank in Ohio. It operates 18 full-service offices in Licking and Franklin counties, and has a staff of more than 500 employees. For more information about Community Shred Day, call (740) 349-8451.



**Licking Memorial
Health Systems**

Upcoming Dates

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

Community Education: Skin Cancer Awareness & Screening

Tuesday, May 13
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, May 31
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 Chef Jay Campbell, Director of Food Services at Licking Memorial Hospital. He will offer tips on healthy food and preparing summer cookouts. Participants are encouraged to walk through the arboretum following the program. Refreshments will be served. No reservations are required.

Ask the Doc

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

Every Saturday, from 9:00 to 10:00 a.m. No charge.
Shepherd Hill, 200 Messimer Drive
Phone (740) 348-4878

First Impressions – Maternal Child Classes

Childbirth Education Classes
Stork Tour
Infant and Child CPR
Parenting Class
Maternity Tour
Breast-feeding Class
Sibling Preparation Class

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

Diabetes Self-Management Classes

Tuesday Class
9:00 to 11:00 a.m.
Licking Memorial Health Systems, 1865 Tamarack Road, Newark

Wednesday Classes
1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.
Licking Memorial Health Systems, 1865 Tamarack Road, Newark

Diabetes Self-Management Training is a series of four classes providing information on all aspects of diabetes. Instructors include registered nurses, dietitians and a pharmacist who have received extensive training in diabetes management. Registration and physician referral required. To register for the class, call (740) 348-4722. For information regarding course fees, call (740) 348-4910. Fees vary depending on insurance coverage.



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