



Community Connection

Licking Memorial Health Systems

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



Volume 3, Issue 11

November 2006

Measurably Different ... for Your Health!

LMHS Encourages Tobacco Users to Become Quitters



If you smoke or use other tobacco products, seriously consider kicking the habit – at least for a day. The Great American Smokeout is Thursday, November 16. Sponsored annually by the American Cancer Society, the event challenges tobacco-users to quit or at least use less tobacco for the day.

Licking Memorial Health Systems (LMHS) wants people who use tobacco products to quit what they're doing – for their own health and the health of those around them. "Statistics from the national Centers for Disease Control and Prevention (CDC) estimate that cigarette smoking is the leading preventable cause of death in the United States – accounting for approximately 20 percent of all deaths annually," said LMHS Vice President of Medical Affairs Craig Cairns, M.D., M.P.H. "And that figure only includes cigarettes – not all forms of tobacco."

According to statistics from the CDC, an estimated 26.2 percent of adults in Central Ohio smoke, and the national average is 20.8 percent.

In response to the health-related dangers of tobacco use and high percentage of tobacco users in our community, Licking Memorial Hospital (LMH) is encouraging all area tobacco users to join in the Great American Smokeout on Thursday, November 16. Conducted annually on the third Thursday of November, the American

LMHS Encourages Tobacco Users to Become Quitters (continued on page 2)

LMHS Helps Stock Salvation Army Food Pantry

Licking Memorial Health Systems (LMHS) has once again completed one of its favorite projects that supports two diverse groups at the same time – local 4-H and the Salvation Army. LMHS is proud to be the winning bidder for the reserve champion steer and a second steer at the 2006 Hartford Fair in August. The processed meat was then donated to the Salvation Army of Licking County for use in their social services programs. The 1,296 pound reserve champion shorthorn steer was raised by Chase Moore, a 2006 graduate of Northridge High School.



Major Ron DeMichael of the Salvation Army of Licking County (center), LMHS President Bill Andrews (right) and LMHS Executive Vice President Rob Montagnese (left) stand next to an LMHS truck that delivered approximately 1,500 pounds of ground beef to the Salvation Army on East Main Street in Newark.

LMHS Helps Stock Salvation Army Food Pantry (continued on page 2)

See Pages 8, 9 and 10 for the Community Report Card Featuring Pneumonia Care.

Community Education: Treat Your Feet – Put Your Best Foot Forward



Learn how to take care of your feet and proper foot care at the Licking Memorial community education program, Treat Your Feet.

Oh – my aching feet! Although we depend on our feet to carry us wherever we go, there is a tendency to overlook caring for them. But, when they hurt – they demand our attention!

Foot problems are among the most common ailments today. Plan to attend this community education program on Monday, November 6, at 6:00 p.m., in the Licking Memorial Conference Rooms A & B on the first floor of the Hospital. Catherine Chiodo, M.D., a podiatrist on the

Community Education: Treat Your Feet – Put Your Best Foot Forward (continued on page 2)

LMHS Encourages Tobacco Users to Become Quitters (continued from front)

Cancer Society-sponsored event challenges tobacco users to quit or at least use less tobacco for the day.

“Every lifestyle change – whether it’s healthier eating, increased exercise or stopping smoking – has to have a starting point from which to grow,” said Licking Memorial Health Professionals pulmonologist Eric Pacht, M.D. “I encourage tobacco users to seriously consider taking part in the Great American Smokeout.”

The American Cancer Society cites various U.S. Surgeon General Reports that show health-related benefits to smoking cessation begin within minutes of snuffing out the last cigarette and continue for years to come:

- Twenty minutes after quitting, the heart rate drops, and the carbon monoxide level in the blood drops to normal.
- Two weeks to 3 months after quitting, circulation improves and lung function increases.
- One to nine months after quitting, coughing and shortness of breath decrease; and cilia (the tiny hair-like structures that move mucus out of the lungs) regain

normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

- One year after quitting, the excess risk of coronary heart disease is one-half that of a smoker’s.
- Five to 15 years after quitting, the stroke risk is reduced to that of a nonsmoker.
- Ten years after quitting, the lung cancer death rate is about half that of a continuing smoker’s, and the risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.
- Fifteen years after quitting, the risk of coronary heart disease is that of a nonsmoker’s.

To learn how you can quit tobacco use, call Licking Memorial Health Systems at (740) 348-1434. For more information about the Great American Smokeout, call the American Cancer Society at (800) 227-2345, or go to www.cancer.org.

LMHS Helps Stock Salvation Army Food Pantry (continued from front)

“I think that’s real cool,” Chase said of LMHS’ donation to the Salvation Army. “This is the third year that Licking Memorial has bought either a champion or reserve champion steer that I raised and donated the meat to Salvation Army. That’s just nice.”

In addition, LMHS purchased a 1,051 pound black angus steer raised by Joshua O’Donnell of Newark.

“It makes me feel good to know that the meat is going to a good cause,” Joshua said. “I love raising animals on the farm and going to the fair. I’ve learned a lot and am saving the money I get for college. Thanks again to Licking Memorial for buying my market steer!”

On August 29, the Salvation Army was able to fill its freezers when an LMHS van showed up with approximately 1,500 pounds of ground beef.

“I can’t begin to tell you how much this helps us,” Salvation Army Major Ronald DeMichael said. “In general, Licking County residents are generous in sending us donations, especially in the form of canned goods or toys for our Christmas distributions; however,

perishables and meats are usually hard to come by. Each year for the past several years, LMHS’ beef donation has been a Godsend. Any meat would be appreciated, but ground beef is so versatile – our kitchen staff can get creative and use it to make meatloaf, Johnny marzetti, sloppy joes or spaghetti and meatballs. And, the people we serve just love it!”

LMHS Executive Vice President Rob Montagnese serves on the Salvation Army’s Board of Directors. “The Health Systems is proud to be able to fill this need in the community,” Rob explained. “By supporting the 4-H projects and the Salvation Army at the same time, we are able to extend our employees’ commitment to the community. This project supports our mission to improve the health of the community.”

The Salvation Army of Licking County, located at 250 East Main Street in Newark, operates an 18-bed emergency shelter and serves a soup kitchen the last 10 days of each month. In addition, they offer an emergency food pantry for families who need help. All totaled, the Salvation Army served nearly 26,350 meals in 2005.

Community Education: Treat Your Feet – Put Your Best Foot Forward (continued from front)

Licking Memorial Hospital Medical Staff, will speak about foot and ankle care and related problems for all ages. Topics to be discussed include: ingrown nails, warts, fungus, calluses and corns, hammertoes, neuromas, bunions and diabetic foot care.

Registration is required. A door prize will be given to one lucky participant. For more information or to register, please call (740) 348-1434.

LMHS Day at Babe Ruth Series

Wednesday, August 16, was Licking Memorial Health Systems (LMHS) Day at the Babe Ruth World Series at Don Edwards Park in Newark. Just four teams remained in the series: San Gabriel Valley, California; Harrison, New York; Hammond, Indiana; and the hometown favorite, Licking County Athletics, from Newark. By the time the Athletics stepped up to plate in the second game of the evening, an estimated 5,829 spectators filled the park.

LMHS Executive Vice President Rob Montagnese threw the ceremonial first pitch for the San Gabriel Valley/Harrison matchup. For the second game, which pitted Newark against Hammond, the first pitch was thrown by Pat Jeffries, Vice Chairman of the Licking Memorial Hospital Board and a member of the Licking Memorial Development Council. Both Pat and Rob played baseball in the Babe Ruth League.

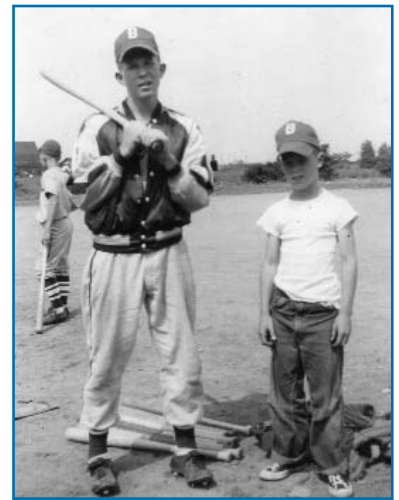


LMHS Executive Vice President Rob Montagnese threw the first pitch to open one of the Babe Ruth World Series games.

the Babe Ruth League established in this community. He played for a team called Best Jewelers. My dad was one of the coaches, and I was the bat boy for the three years my brother played. When I reached age 13, I played for the same team.”

“It was a little different back then,” Pat recalled. “Babe Ruth started in this community in 1954. There was no world series at that time, but there was a local Babe Ruth League. My brother Mike participated in

“I have many fond memories of being the bat boy,” Pat continued. “It allowed me to hang around with the ‘big guys’ and see some good baseball. I could hardly wait to get old enough to play myself. My brother was an excellent athlete, and it was with great pride I would watch him play. My dad was a remarkable man, and to be at his side when he coached was an experience that I will never forget.”



LMH Board Vice Chairman Pat Jeffries (right) was 9 years old when this picture was taken of him with his 14-year-old brother, Mike.



LMHS Executive Vice President Rob Montagnese was 13 years old when this picture was taken of him in the Babe Ruth League.

As a Babe Ruth World Series event sponsor, (LMHS) staffed the ticket booth, distributed goody bags, provided physician assistance and staffed the concession stand. In addition, sales of 50/50 tickets raised \$512 to help the Salvation Army of Licking County purchase school supplies for local families in need.

LMHS Community Training Center Receives Perfect Score

If you witnessed someone experiencing heart failure, would you recognize the signs? Would you know what to do to help? Licking Memorial Hospital (LMH) has a list of 69 instructors who are available to teach cardiopulmonary resuscitation (CPR), first aid, and the use of automated external defibrillators (AED) to community groups.

Ronda Stegman, LMH Community Training Center Coordinator, said that it is important for every person to learn basic life-saving techniques. “I always want to encourage anyone to acquire the skills that could save

someone’s life. That someone might be your mother, father, sister, brother or child,” she explained. “When I teach a HeartSaver or Friends and Family course, I ask the participants what brought them to the class. There are always stories of how they just want to be prepared if something happens to their loved one, or they have a story of someone close to them who passed away because they did not receive CPR. It tugs at your heartstrings.”

The LMH Community Training Center, which was established in 1988, is accredited by the American Heart Association (AHA) to ensure the program’s adherence

LMHS Community Training Center Receives Perfect Score (continued on page 4)

to strict standards. To maintain accreditation, the AHA conducts a biannual review. During the most recent review, the LMH Training Center scored a perfect 100 percent. "The AHA is the gold standard of emergency cardiac care," Ronda said. "After our review, the AHA faculty member stated that the LMH Community Training Center had many best practices which she would share with other centers in the state."

LMH Training Center instructors travel throughout Licking County and often to surrounding counties as well. From July 1, 2005, through June 30, 2006, the instructors taught life-saving skills to 2,416 people of varying ages. "The American Heart Association's only requirement regarding age is that the student be able to understand the material and perform the skills necessary for successful completion," Ronda stated. "Our instructors have taught CPR to groups of school students, Boy Scouts and Girl Scouts, in addition to groups of adults."

As an indicator of the training center's success, Ronda pointed to a letter from D. Christopher Miller of the Licking Township EMS and Fire Department in Muskingum County. It stated, "I am writing to extend a thank you to one of your CPR instructors. On February 7, 2004, Holly Colbert (a Licking Memorial Health Systems employee at Company Care) taught a CPR class at our fire station for our members who required a Healthcare Provider card. "

Christopher's letter continued to say that on February 17, 2004, the firefighter found his class with Mrs. Colbert striking too close to home.

His infant, soon-to-be-adopted daughter began choking on a couple of crackers that had become lodged in her airway. He instantly remembered the choking portion of Holly's demonstration and administered back blows. The crackers dislodged and little Ashley began breathing again. Christopher stated that the teaching methods and presentation of Holly's class can be credited for saving the life of his daughter. "I wish to say thank you for having instructors such as Holly and a direct thank you to Holly on behalf of my entire department."

Infant and Child CPR classes that are geared toward expectant parents and grandparents are conducted frequently at the Hospital. A schedule of classes can be acquired through the Web site, www.LMHealth.org, or by calling (740) 348-4346.

Anyone who would like more information about scheduling an instructor for a group should call Ronda at (740) 348-1424 or Janelle Osborn at (740) 348-1420.

Annual Retiree Dinner Attracts 76

"Although you are now retired from this organization, your past dedication as employees of Licking Memorial Health Systems (LMHS) laid the groundwork for the success we enjoy today," LMHS President Bill Andrews told attendees of the 10th Annual LMHS Retiree Dinner.

Held on the evening of July 19 in the Licking Memorial Hospital (LMH) Cafeteria, the event attracted 76 retirees. "They came from as far away as South Carolina," said LMHS Employee Benefits Coordinator Sue Swinehart.

The retirees were treated to hors d'oeuvres and a gourmet meal served by members of the Licking Memorial management team.

"We appreciate the efforts our retirees made over their years of dedicated service to Licking Memorial, and we



Licking Memorial Health Systems retirees are invited to gather annually for the Retiree Dinner to reminisce and share a meal. Participants in the July 2006 event are pictured in the Licking Memorial Hospital Cafeteria.

are pleased to invite them back annually for a special evening of food and fellowship," said LMHS Vice President of Human Resources and Support Services Anne Peterson.

Bill shared an update on the Critical Care Pavilion project during this year's Retiree Dinner. Additionally, each retiree received an LMHS duffel bag and copy of the LMHS 2006 Retiree Yearbook, and many won door prizes.

"I look forward to the Retiree Dinner each year because

I enjoy hearing retirees' stories about their work experiences here," Bill said. "Some note the extensive changes in health care technology that have occurred over the years. Others share their involvement in noteworthy events in the life of LMHS. Many relate humorous incidents that get everyone around them laughing." In addition to the annual dinner, retirees are invited to gather to dine and reminisce about their days

with the Health Systems during Retiree Luncheons in the spring and fall and the LMHS Holiday Party in December.

LMHS Thanks Volunteers with Annual Picnic

Licking Memorial Health Systems (LMHS) Director of Volunteers, TWIGS and Events Carol Barnes refers to LMHS volunteers as “the lifeblood of this organization. I honestly do not know how we would survive without them,” she said.

Approximately 145 active volunteers – ranging in age from 15 to 93 – perform such everyday tasks as sorting and delivering interoffice mail, answering phones, delivering cards and flowers and running specimens from clinical Hospital departments to the Licking Memorial Hospital (LMH) Laboratory.

Nearly 100 volunteers attended the 2006 LMHS Volunteer Picnic in August. The annual event is a thank-you from the Health Systems to our valuable volunteers. “It’s just a very small token of our appreciation to these wonderful individuals,” said LMHS Vice President of Development and Public Relations Veronica Link. “We could never fully repay them for their heartfelt generosity.”

In 2005, LMHS volunteer cost-savings totaled \$790,779 in hourly labor. An additional \$18,681 was realized from their contributions to special projects – such as assisting with mailings and assembling education packets for patients. The group is formally thanked annually in April during the Volunteer Recognition Dinner.

Earning a special mention and applause was active volunteer Flo Hinerman, 92, who reached 10,000 hours of volunteer service over the summer. All volunteers in



Enjoying the 2006 LMHS Volunteer Picnic are (from left): Martha Peters, Nancy Stewart, Richard Stewart and Virginia Osborne.

attendance were eligible to win door prizes, and each was given a signed copy of “The Story of Volunteers at LMH: An Unfinished Journey, 1956-2006.”

The commemorative publication was compiled largely by Ann Howard, R.N., and Bob McGaughey. Ann retired as LMH Vice President of Administrative Services in 1995 and currently serves on

the Community Relations Committee of the LMH Development Council. In the early 1960s, she provided the first formal instruction for volunteers at the Hospital – then located on Everett Avenue. Bob retired as LMH Vice President of Human Resources and Development in 2000 and currently serves on the LMH Board of Directors and as Chairman of the LMH Development Council.

“So many people entering the Hospital go directly to our volunteers – dressed in familiar pink and blue coats – for assistance,” Carol said. “A hospital can be a big, scary place with unfamiliar sights and smells. It’s a whole new atmosphere. Our volunteers put patients and visitors at ease.”

Volunteers are asked to make a commitment to work approximately one shift per week for a minimum of six months. All volunteers are required to attend an orientation before starting their service to LMHS. To learn more about volunteer opportunities with Licking Memorial, please call the Volunteer Department at (740) 348-4079.

Development Spotlight: Terry Frame



Terry Frame

Retired Newark City Parks and Recreation Director Terry Frame was looking for a community-minded project in which to invest his time, and he has found it in the Licking Memorial Hospital (LMH) Development Council.

“I have been interested in volunteer work for many years, and I had been talking to Glenn Abel – a good friend – and that kind of sparked my interest in

Licking Memorial,” Terry said. Glenn is Chairman of the Licking Memorial Health Systems (LMHS) Board of Directors.

As a member of the Development Council, Terry looks forward to learning more about the day-to-day operation of the local Hospital. “I want to find out more about what goes on day in and day out at Licking Memorial before I set goals regarding my involvement on the Council,” he said. Terry joined the Development Council this past summer.

Development Spotlight: Terry Frame (continued on page 6)

Development Spotlight: Terry Frame (continued from page 5)

In addition to his new involvement with LMH, Terry currently is director and treasurer of the Board of Directors of Fiberglas Credit Union and a member of the Ohio Credit Union League. He has been a Newark City Councilman-at-large, member of the local YMCA Board of Directors and the Newark City Planning Commission, and served as president of Newark Area Jaycees (1970) and district director of the Ohio Jaycees, former YMCA Skin and Scuba Diver instructor and past president of the Ohio Council of Skin and Scuba Divers. Terry was on the Board of Directors of the National Institute of Grounds and Park Management and was a member of Newark Heath Rotary, Ohio Parks and Recreation Association, National Recreation and Parks Association, National Rails to Trails and Athletic Business Association.

Terry attended The Ohio State University and Newark High School. He is a Certified Recreational Professional by the National Recreation and Parks Association. Terry and his wife, Terrie, are the parents of two adult daughters: Lorei Reinhard and Kristen Frame-Campbell. They have one grandson: Nick Reinhard. Kristen spends her time volunteering, and Lorei is LMH Director of Laboratory Services.

Terry loves to spend time with his family and gourmet cooking. He oftentimes combines the two. "I do all the cooking - from breads to seafood - just about

everything," he said. "We don't eat fast food; we eat my home cooking. My family knows that they won't leave hungry when we get together." He also enjoys sport fishing, gardening and traveling.

Donors

CADUCEUS

Kenneth Parker, M.D., and Family

COMMUNITY CORNERSTONE

Mr. and Mrs. Jeff S. Barnes
Russell and Holly Campbell
Mr. Patrick Evans
Ms. Shari Gallup and Family
Mrs. Geraldine D. Marston
Fred and Roberta Pryor
Mr. Charles Walker
Mrs. Leota Warrick
Mr. Omar and Dr. Pattye Whisman
David and Marlene Wolfe

GENERAL

Anonymous

Dr. Parker Joins Caduceus Society

At the August meeting of the Licking Memorial Hospital (LMH) Board of Directors, otolaryngologist Kenneth C. Parker, M.D., was gratefully acknowledged for his charitable contribution to the Hospital through the Caduceus Society.

The Caduceus Society is comprised of LMH medical staff members who support the Health Systems through monetary pledges of at least \$10,000 over the course of 10 years.

"I felt it was important to give something back to the Hospital and the community. We, as physicians, are fortunate to have a supportive community that places their trust in us, and by joining the Caduceus Society I can show that I appreciate that trust and share in their com-

mitment to our Hospital," Dr. Parker explained.

Dr. Parker joined Licking Memorial Health Systems in July 2006. His ear, nose and throat practice is located at 88 McMillen Drive in Newark.



LMH Board of Directors member Robert McGaughy presented Dr. Kenneth Parker with a crystal plaque to acknowledge his Caduceus contribution.

All TWIGS Mistletoe Brunch

The TWIGS of Licking Memorial Hospital (LMH) will present their All TWIGS Mistletoe Brunch on Saturday, December 2, 2006, at 10:30 a.m. The brunch will be held at Moundbuilders Country Club, located at 125 North 33rd Street, Newark.

The brunch will feature holiday craft ideas, demonstrations and raffle drawings. "The Mistletoe Brunch is a wonderful event to kick off the holiday season with the delicious brunch and fun holiday crafts!" said Carol Barnes, LMH Director of Volunteers, TWIGS and Events. Event tickets are \$20 each. Raffle tickets are \$1 each or six tickets for \$5.

All TWIGS Mistletoe Brunch (continued on page 7)



All TWIGS Mistletoe Brunch (continued from page 6)

No tickets will be available at the door. Call the LMH Volunteer Office at (740) 348-4044 for tickets.

Proceeds from all LMH TWIGS (Togetherness, Willingness, Imagination, Giving and Sharing) projects benefit the Hospital.

Founded in 1950, the LMH TWIGS organization has contributed more than \$4.5 million to the Hospital for equipment needs and capital purchases.

Celebrate the holiday season by attending the Licking Memorial Hospital All TWIGS Mistletoe Brunch.

Licking Memorial Hospital TWIGS 14 Annual Holiday Tour of Homes

Licking Memorial Hospital (LMH) TWIGS 14 Holiday Tour of Homes will take place from 12:00 noon to 3:00 p.m. and from 6:00 to 9:00 p.m. on Wednesday, November 15, in four Licking County homes.

Advance tickets for the 43rd annual event are \$10 and are available at all Park National Bank locations. Tickets also may be purchased for \$12 during the tour at the door of any of the participating homes.

The generosity of the participating homeowners will benefit Licking Memorial Hospital. Proceeds from all LMH TWIGS (Togetherness, Willingness, Imagination, Giving and Sharing) projects benefit the Hospital. Founded in 1950, the LMH TWIGS organization has contributed more than \$4.5 million to the Hospital for equipment needs and capital purchases. For more information about the TWIGS 14 Holiday Tour of Homes, please call (740) 348-4079.



Plan to attend the annual TWIGS 14 Tour of Homes on Wednesday, November 15.

Physician Spotlight: Pattye Whisman, M.D.



Pattye Whisman, M.D.

Pattye Whisman, M.D., is a Licking Memorial Health Professionals family practice physician. Dr. Whisman's office is located at 150 McMillen Drive in Newark, and she has been in practice with Licking Memorial Family Practice since 1995. "There are many reasons for working at Licking Memorial, but the most influential is that I like the partners with whom I practice, as well as the

computer system. I feel that it provides a tool for better patient care and for communication with fellow practitioners that is second to none," said Dr. Whisman. Dr. Whisman earned her Medical Degree from The Ohio State University in Columbus, Ohio, and completed one year of surgery residency at Mount Carmel Medical Center in Columbus. She received her undergraduate degree from the University of Cincinnati.

Dr. Whisman has been in private practice in Newark since 1976. Some of her leadership activities and accomplishments include Licking Memorial Hospital (LMH) Chief of Staff from 1994 to 1996, Hospital Health Plan Board of Trustees – Chairman of the Board from 1992 to 1996, Licking Memorial Hospital Executive Committee and Chair of the LMH Active Medical Staff Credentials Committee since January 2004. Dr. Whisman is also a member of the Board of Directors of the Midland Theatre, Woodlands Foundation and the Newark Rotary.

Dr. Whisman is a member of the American Medical Association, the Ohio State Medical Association, and the Licking County Medical Society.

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Community Report Card

Licking Memorial Health Systems

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Pneumonia Care ... A Community Report on Pneumonia Care

Health Tips for Pneumonia Care

If you have pneumonia, the following measures can help you recover more quickly and decrease your risk of complications:

- Get plenty of rest. Even when you start to feel better, be careful not to overdo it.
- Drink lots of fluids, especially water. Liquids keep you from becoming dehydrated and help loosen mucus in your lungs.
- Take the entire course of any prescribed medications. Stopping medication too soon can cause your pneumonia to come back and contributes to the development of antibiotic-resistant bacteria.
- Keep all of your follow-up appointments. Even though you feel better, your lungs may still be infected. It's important to have your doctor monitor your progress.

Patient Feature: Michelle Ogle



Michelle Ogle

Michelle Ogle is a young, vibrant 25 year old in good health. But, what started off as a bad pain in her chest quickly turned into pneumonia. "I woke with a bad pain in my chest and arm and the next thing I knew, I was diagnosed with pneumonia," Michelle said.

"It came on really fast," Michelle said. The pain sent her to the Emergency

Department, where she underwent a chest X-ray, which revealed a staph infection between Michelle's weakened lung and her rib cage. Michelle needed further treatment than antibiotics and was admitted to Licking Memorial Hospital with the diagnosis of pneumonia.

Pneumonia is an inflammation of the lungs most often caused by infection with bacteria or a virus. Pneumonia can make it hard to breathe because the lungs have to work harder to get enough oxygen into the bloodstream. Symptoms of pneumonia caused by bacteria often begin suddenly and may follow an upper respiratory infection, such as influenza (flu) or a cold. Other symptoms include: fever, a cough that often produces colored mucus (sputum) from the lungs, and rapid, often shallow breathing.

Michelle was then admitted to LMH to receive intravenous antibiotics and fluids to help treat her pneumonia. After a couple of days, she was released from the Hospital but was prescribed additional antibiotics. "The quality of care that I received all along the way was good. The staff took great care of me and treated me with respect," said Michelle. She works at

Newark Family Dentistry and understands the importance of quality patient service.

Michelle had pneumonia once before and hopes never to have it again. "The pain that went with it was nothing I've ever experienced before," she said. While in the Hospital, it was discovered that Michelle had anemia and diabetes, so she was grateful to learn this health information.

Michelle has since returned to work, and continues to increase her strength and improve her health.

Pneumonia 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** National pneumonia treatment guidelines recommend that one dose of an antibiotic be given to pneumonia patients within four hours of arrival at the hospital. This “door-to-antibiotic time” also includes diagnostic testing.

	LMH 2004	LMH 2005	LMH 1/06-6/06	National ⁽¹⁾
% of patients receiving antibiotic dose within 4 hours	92%	85%	81%	78%
Median door-to-antibiotic time	150 minutes	171 minutes	177 minutes	199 minutes

- 2** Best practice in pneumonia care says that a blood culture should be collected before any antibiotics are given to a pneumonia patient to more accurately determine what microorganism is causing the pneumonia.

	LMH 2004	LMH 2005	LMH 1/06-6/06 ⁽²⁾	National ⁽¹⁾
% of patients receiving blood cultures prior to antibiotics	84%	86%	98%	90%

- 3** Hospitalized patients with a condition that puts them at risk for developing complications from pneumonia and/or influenza (flu) should be screened for vaccines while in the hospital and receive a pneumonia and/or influenza vaccine if appropriate. Licking Memorial Health Professionals (LMHP) office patients who are at high risk for these illnesses also are screened and vaccinated as appropriate.

	LMH 2004	LMH 2005	LMH 1/06-6/06	National ⁽¹⁾
% of high-risk patients screened for pneumonia vaccine	70%	81%	93%	73%
% of pneumonia patients screened for the influenza vaccine	81%	76%	90%	70%
% of physician office patients over 65 years receiving the pneumonia vaccine	LMH 2005 70.3%	LMH 2006 83%	LMHS Goal greater than 80%	National ⁽³⁾ 65.9%
% of physician office patients over 65 years receiving the influenza vaccine	N/A ⁽⁴⁾	75%	greater than 80%	65.7%

- 4** Use of standard orders – in which physicians follow the best practice protocols for treating all patients with a particular diagnosis – indicates that patients are receiving consistent care.

	LMH 2004	LMH 2005	LMH 1/06-6/06	LMH Goal
% Patients with standard orders used	76%	85%	91%	greater than 90%

Data Footnotes:

1. MIDAS comparative database from first quarter 2006 data comparing over 390 organizations.
2. National data collection changed in January 2006 to focus only on patients arriving through the Emergency Department.
3. Centers for Disease Control and Prevention Risk Factor Surveillance.
4. Data was not abstracted until 2006.

Smoking Cessation Important for Pneumonia Patients

Every year, more than 60,000 Americans die of pneumonia – an inflammation of the lungs usually caused by infection with bacteria, viruses, fungi or other organisms. Pneumonia is a particular concern for older adults and people with chronic illnesses or impaired immune systems, but it also can strike young, healthy people. Worldwide, it's a leading cause of death in children, many of them younger than 1 year old.

There are more than 50 kinds of pneumonia ranging in seriousness from mild to life-threatening. Although signs and symptoms vary, many cases of pneumonia develop suddenly, with chest pain, fever, chills, cough and shortness of breath. Infection often follows a cold or the flu, but it also can be associated with other illnesses or occur on its own.

Although antibiotics can treat some of the most common forms of bacterial pneumonia, antibiotic-resistant strains are a growing problem. For that reason, and because the disease can be very serious, it's best to try to prevent infection in the first place.

Adults age 65 or older and very young children whose immune systems aren't fully developed are at high risk. Also, smokers are more likely to develop pneumonia. Millions of microscopic hairs (cilia) cover the surface of the cells lining the bronchial tubes. The hairs beat in a wave-like fashion to clear your airways of normal secretions, but irritants such as tobacco smoke paralyze

the cilia, causing secretions to accumulate. If these secretions contain bacteria, they can develop into pneumonia.

Smoking damages the lungs and can make it hard to breathe. Smoking increases a person's chances of getting pneumonia or other chronic lung diseases like emphysema and bronchitis. Smoking is also linked to lung cancer, heart disease and stroke, and can cause premature death. Smoking has been identified as the strongest risk factor for pneumococcal pneumonia in healthy, non-elderly adults, according to the *New England Journal of Medicine*. Being admitted to the hospital for a smoking-related illness often motivates people to quit smoking.

The good news about the added health risk from smoking is that it is reduced when the person quits smoking. Not smoking helps the body to heal and improves overall health, but quitting can be difficult due to the addictive qualities of nicotine, one of the drugs inhaled during smoking. Smokers trying to quit, therefore, often require support and counseling.

For more information about smoking cessation, please visit the "Special Topics" of the "Health Information" tab on the Licking Memorial Web site at www.LMHealth.org.

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Ask a Doc

Question: I have recently started an exercise program, and while I am jumping, I have noticed that I am leaking urine. A friend suggested that I may have urinary incontinence. What is urinary incontinence?

Answer: Loss of bladder control is called urinary incontinence. It can happen to anyone, but is very common in older people. Symptoms can range from mild leaking to uncontrollable wetting. Women are more likely than men to have incontinence.

Aging does not cause incontinence. It can occur for many reasons. For example, urinary tract infections, vaginal infection or irritation, constipation, and certain medicines can cause bladder control problems that last a short time. There are several different types of urinary incontinence:

- Stress incontinence happens when urine leaks during exercise, coughing, sneezing, laughing, lifting heavy

objects, or other body movements that put pressure on the bladder. It is the most common type of bladder control problem in younger and middle-age women. In some cases it is related to childbirth. It may also begin around the time of menopause.

- Urge incontinence happens when people can't hold their urine long enough to get to the toilet in time. Healthy people can have urge incontinence, but it is often found in people who have diabetes, stroke, Alzheimer's disease, Parkinson's disease, or multiple sclerosis. It is also sometimes an early sign of bladder cancer.
- Overflow incontinence happens when small amounts of urine leak from a bladder that is always full. A man can have trouble emptying his bladder if an enlarged prostate is blocking the urethra. Diabetes and spinal cord injury can also cause this type of incontinence.

Ask a Doc(continued on page 11)

Ask a Doc(continued from page 10)

- Functional incontinence happens in many older people who have normal bladder control. They just have a hard time getting to the toilet in time because of arthritis or other disorders that make moving quickly difficult.

Many people with bladder control problems hide the problem from everyone, even from their doctor. There is no need to do that. In most cases urinary incontinence can be treated and controlled, if not cured. If you are having bladder control problems, don't suffer in silence.

Talk to your doctor.

The week of November 12 through 18 is nationally recognized as Bladder Health Week. Millions of Americans are affected each year by bladder diseases and conditions. The importance of Bladder Health Week is to raise awareness about the variety of bladder diseases and conditions, which include urinary incontinence, cancer and urinary tract infections.

Dr. Bernacki Joins LMH Active Medical Staff



Brad Bernacki,
M.D.

Licking Memorial Hospital is pleased to announce that orthopedist Brad Bernacki, M.D., has joined the Hospital's Active Medical Staff. He is in practice with Orthopedic Specialists & Sports Medicine, Inc., in Newark.

Dr. Bernacki received his Medical Degree from The Ohio State University College of Medicine in Columbus,

Ohio. He completed his residency in orthopedic surgery at Mount Carmel Health Systems in Columbus.

Dr. Bernacki is a member of the American Academy of Orthopaedic Surgeons.

Nabil A. Bourjeily, M.D., Ph.D., Joins Licking Memorial Medical Staff



Nabil A. Bourjeily,
M.D., Ph.D.

Licking Memorial Hospital (LMH) is pleased to announce that internal medicine physician Nabil A. Bourjeily, M.D., Ph.D., has joined the Hospital's medical staff. He is in practice with Premier Health, Inc., in Newark.

Dr. Bourjeily received his Medical Degree from Northeastern Ohio Universities College of Medicine in

Rootstown, Ohio. He completed his residency at The Ohio State University Medical Center in Columbus, Ohio.

Dr. Bourjeily is a member of the American Medical Association and the American College of Physicians.

Janae Davis, M.D., Joins Licking Memorial Women's Health



Janae Davis, M.D.

Licking Memorial Health Professionals is pleased to announce that obstetrician/gynecologist Janae Davis, M.D., has joined the staff of Licking Memorial Women's Health. The office is located at 15 Messimer Drive in Newark.

Dr. Davis received her Medical Degree from Northeastern Ohio Universities College of Medicine in Rootstown, Ohio. She completed her residency at Aultman Hospital in Canton, Ohio.

Dr. Davis is a member of the American College of Obstetrics and Gynecology, the American Medical Association and the National Medical Association.

James W. DeSapri, D.O., Joins Licking Memorial Family Practice



James W. DeSapri,
D.O.

Licking Memorial Health Professionals is pleased to announce that family practice physician James W. DeSapri, D.O., has joined the staff of Licking Memorial Family Practice. His office is located at Moundbuilders Doctors' Park, 1272 West Main St., Building 5, in Newark. He is accepting patients of all ages.

Dr. DeSapri received his Doctor of Osteopathic Medicine Degree from Ohio University College of Osteopathic Medicine in Athens, Ohio. He completed his residency at Doctors Hospital in Columbus, Ohio.

Dr. DeSapri is a member of the American Osteopathic Association.

Rebecca Thomas, C.R.N.A., Joins Licking Memorial Anesthesiology



Rebecca Thomas,
C.R.N.A.

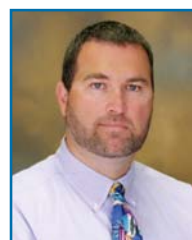
Licking Memorial Health Professionals is proud to announce the addition of Rebecca Thomas, C.R.N.A., to the staff of Licking Memorial Anesthesiology.

Rebecca, a certified registered nurse anesthetist, received her Certificate of Nurse Anesthesia from the Aultman Hospital School of Nurse Anesthesia in

Canton, Ohio. She received her diploma of nursing from the Aultman Hospital School of Nursing.

She has been a member of the American Association of Nurse Anesthesia since 1984.

Dr. Wells Is New Physician at Licking Memorial Emergency Medicine



John D. Wells,
D.O.

Licking Memorial Health Professionals is proud to announce the addition of emergency medicine physician John D. Wells, D.O., to the staff of Licking Memorial Emergency Medicine.

Dr. Wells received his Medical Degree from Oklahoma State University College of Osteopathic Medicine in Tulsa,

Oklahoma. He completed a rotating internship at Hillcrest Hospital in Oklahoma City, Oklahoma, and he completed his emergency medicine residency at St. Michael's Hospital, also in Oklahoma City.

He is a member of American Osteopathic Emergency Physicians, American College of Emergency Physicians, American Osteopathic Association, and American College of Osteopathic Practitioners.

Dr. Ring Is New Hospitalist at LMH



Scott A. Ring,
D.O.

Licking Memorial Health Professionals is pleased to announce the addition of a new hospitalist, Scott A. Ring, D.O., to the Licking Memorial Hospital Active Medical Staff. Dr. Ring received his Doctor of Osteopathy Degree from Ohio University College of Osteopathic Medicine in Athens, Ohio. He completed his residency in internal medicine at South Pointe Hospital in Warrensville Heights, Ohio.

After graduating from Utica High School, Dr. Ring attended the U.S. Naval Academy in Annapolis, Maryland, graduating in 1981, and served in the U.S. Marine Corps from 1981 to 1986. He then attended graduate school at The Ohio State University in Columbus, Ohio before going to Ohio University College of Medicine. While there, he was a medical service officer in the Ohio Army National Guard for five years.

He is a member of the American Osteopathic Association and the American College of Osteopathic Internists.

Licking Memorial Welcomes New Otolaryngologist



Kenneth C. Parker,
M.D.

Licking Memorial Health Professionals is pleased to announce that otolaryngologist Kenneth C. Parker, M.D., has joined the staff of Licking Memorial Otolaryngology. The office is located at 88 McMillen Drive in Newark.

Dr. Parker received his Medical Degree from University of Cincinnati College of Medicine in Cincinnati, Ohio. He completed a general surgery

internship and an otolaryngology, head and neck surgery residency at University of Louisville College of Medicine in Louisville, Kentucky.

Dr. Parker is a member of the American Medical Association and the Academy of Otolaryngology Head & Neck Surgery.

Outpatient Services Spotlight: Infusion Clinic

Licking Memorial Hospital (LMH) offers the services of an Outpatient Infusion Clinic for routine injections, intravenous infusions and other procedures. “The most significant benefit to having an Infusion Clinic at Licking Memorial is that our patients do not have to travel a long distance for routine injection procedures. It is a real convenience for our community,” said Sharyn Davis, R.N., R.V.T., Director of Outpatient Services at Licking Memorial. The Infusion Clinic is staffed by registered nurses skilled in intravenous therapies, administering blood transfusions and a variety of other treatments and injections. Most procedures take about 30 minutes to four hours, depending on the type of treatment being delivered. Some types of treatments and procedures that can be done in the Infusion Clinic include:

- Intravenous fluid infusions
- Intravenous antibiotic infusions
- Iron infusions
- Other disease-specific medication infusions
- Blood and platelet transfusions
- Rabies injections
- Phlebotomies (therapeutic bleeding)
- Implanted port rinses
- Intramuscular injections
- Foley catheter changes
- Peripherally Inserted Central Catheter (PICC) line care

Patients usually relax in a recliner for treatments and procedures, but beds are available if needed. Patients may receive nourishment, and restrooms are convenient and wheelchair accessible. The nurse will assist patients if additional laboratory or other testing is needed at the time of the visit. All patients receive complete discharge instructions and/or follow-up appointments.

The Outpatient Infusion Clinic hours of operation are 7:00 a.m. to 7:00 p.m., Monday through Friday, with morning weekend/holiday hours for some treatments as

needed. Appointments may be made when the primary care or referring physician calls or faxes an order to the Centralized Scheduling Department at (740) 348-4722.

Licking Memorial Hospital continually assesses the medical needs of the community and develops new outpatient clinical services as needs are identified. For more information about the Outpatient Clinic services provided at Licking Memorial, visit the LMH Web site at www.LMHealth.org and click on the “Explore Licking Memorial Hospital Services” tab.



Faith Chavez is receiving treatment from Amy Sun Ridgley, R.N., in the Licking Memorial Outpatient Infusion Clinic.

Retiree Spotlight: Sarah Gregory



Sarah Gregory

She is a world traveler, organist/pianist, Salvation Army volunteer and retired nurse. “I’m not just going to sit at home,” said Sarah Gregory, a Licking Memorial Hospital (LMH) retiree.

Sarah retired from the Hospital in late 1997 after 17 years as a registered nurse. Her LMH career included working on 5-South, in the Surgery Department, Maru Unit (now Shepherd Hill), Utilization Review and the Infection Control Department.

“Patient care came first,” she said, recalling her years with Licking Memorial. “We had a dedicated staff of nurses. I enjoyed nursing, and I made a lot of friends.”

Sarah attends the annual Retiree Dinner each summer and occasionally gets together with some of her former co-workers – when she’s home. “I enjoy reading, but travel is the biggie when it comes to my hobbies,” Sarah said. “I only have two continents to go – Asia and Antarctica. Maybe it will happen one of these days.”

Sarah’s passion for travel began when she and her husband, Jim, traveled together throughout the United

States. After he passed away, Sarah traveled with her mother. She then inspired LMH co-workers to travel by arranging weekend getaways for them. “It just started as a hobby to share with LMH staff,” Sarah said. “At one point, Licking Memorial had a Tour Committee for employees, and we did different trips – including Toronto to see Phantom of the Opera.”

Upon retiring from LMH, Sarah used her travel and vacation-planning experience to secure a position with a local travel agency. Now, she focuses on her own adventures, as well as arranges trips for organizations. She someday hopes to explore Machu Pichu, Peru, and visit the Taj Mahal in Agra, India.

When she isn’t traveling, Sarah serves as the pianist for the weekly breakfast meetings of Newark Heath Rotary Club. She also has played the pipe organ for 60 years, currently at St. Luke’s Lutheran Church in Newark.

Sarah has two daughters, Stephanie (Tom) Brinsley of Hilliard, Ohio, and Julie (Bruce) Serman of Akron, Ohio; one son, Doug (Carol) Gregory of Newark; and four grandchildren, Morgan and Suzannah Brinsley, and Ally and Hannah Serman.

Volunteer Spotlight – Mary Ann Boardway



Mary Ann Boardway

Mary Ann Boardway had a very personal reason for beginning to volunteer at Licking Memorial. “I began volunteering because of my daughter,” who had received chemotherapy for leukemia, said Mary Ann. While her daughter was receiving chemotherapy, Mary Ann was contacted by Mary Ann Cummings, who works in the volunteer department about participating in the Art Angel project.

The Art Angel Project consisted of a group of volunteers who would bring a craft cart to the Oncology Department where chemotherapy patients and/or their caregivers would create quilt squares that would then be made into living quilts that were displayed. “This was a great way to pass the time – because we knew how long patients sometimes had to sit when they received treatment,” said Mary Ann. Although her daughter passed away, she continued volunteering with this project for a couple of years. Mary Ann now volunteers in Messenger Service. She delivers the mail, as well as flowers and cards to patients, and runs various errands.

Before volunteering, Mary Ann worked in the Granville School District and the Welsh Hills Schools as a secretary. She is also a past member of TWIGS 8 and TWIGS 15 and has served on the TWIGS and Volunteer Executive Boards. She and her husband, Mike, have a

daughter and a son. They also have four granddaughters. When Mary Ann is not volunteering at the Hospital, she also volunteers for her church. In her free time, she enjoys water aerobics and reading.

Mary Ann has felt the personal gratification of her volunteer efforts, which have been voiced to her by the patients she has come in contact with. Through her volunteering in the Oncology Department, she has been pleased to see that several patients’ family members have become volunteers at LMH.

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.

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

Annette Corl, R.N., Promoted at LMH



Annette Corl, R.N.

Licking Memorial Hospital (LMH) is proud to announce that Annette Corl, R.N., has been promoted to the position of Emergency Department clinical nursing supervisor. Corl is a graduate of Newark Catholic High School and the Central Ohio Technical School (COTC) nursing program. In addition to her

work at LMH, she serves as a nursing instructor for COTC's licensed practical nursing program.

Annette and her husband, Steven, have three sons: 16-year-old Sam, 12-year-old Kevin, and 3-year-old Daniel.

LMH Selects Laura Duffy-White, R.N., as New Nursing Supervisor



Laura Duffy-White, R.N.

Laura Duffy-White, R.N., has been selected to be an Emergency Department clinical nursing supervisor at Licking Memorial Hospital.

Laura was born in Newcomerstown, Ohio. She received an Associate's Degree in nursing at Ohio University in Athens, Ohio, and a Bachelor's Degree

in Business Administration at Mount Vernon Nazarene University. She is a certified emergency nurse and is a member of the Emergency Nurses Association.

She lives in Coshocton with her husband, Mike, and has two stepchildren: Amy and Michael.

Barb Stough, R.N., is New Clinical Nursing Supervisor



Barb Stough, R.N.

Barb Stough, R.N., has been named Emergency Department clinical nursing supervisor at Licking Memorial Hospital (LMH). Barb, a 1993 graduate of Licking Valley High School, earned an Associate's Degree in Nursing at Central Ohio Technical College in Newark in 1998. In addition to her work at LMH, she is a certified insulin pump trainer.

Barb lives in the Toboso area with her husband, Mark, and their three children: 6-year-old Lexie, 4-year-old Rylee and 2-year-old Colby.



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Upcoming Dates

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

Treat Your Feet – Put Your Best Foot Forward

Monday, November 6

6:00 p.m.

Conference Rooms A & B (first floor) of the 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 registration or more information; call (740) 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.



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You'll once again see why Licking Memorial Health Systems is measurably different ... for your health!

Visit us at www.LMHealth.org

A publication of the LMHS Public Relations Department at (740) 348-1572.

Please contact the Public Relations Department to receive future mailings.



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2001, 2002, 2003, 2005