



Community Connection

Licking Memorial Health Systems

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



Volume 5, Issue 9

September/October 2008

Measurably Different ... for Your Health!

LMHS Donates Lifesaving AEDs



When used by first responders, automated external defibrillators (AEDs) can help to save lives of sudden cardiac arrest patients.

Licking Memorial Health Systems (LMHS) recently made a large donation to place lifesaving devices throughout Licking County. LMHS has equipped law enforcement agencies and two schools with 117 automated external defibrillators (AEDs)

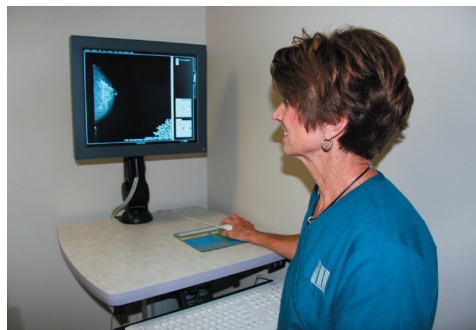
to use on suspected cases of sudden cardiac arrest. President & CEO Rob Montagnese made the announcement during a reception at Licking Memorial Hospital on Wednesday, July 30.

“First responders play a critical role in saving lives,” stated Rob Montagnese, President & CEO of Licking Memorial Health Systems. “I am so pleased that Licking Memorial was able to purchase this valuable gift for the community. I will consider this project a success regardless of

LMHS Donates Lifesaving AEDs (continued on page 2)

Advanced Technology Improves Mammography

Licking Memorial Hospital and Licking Memorial Women’s Health now offer full-field digital mammography, one of the most advanced technologies available to detect breast cancer, as a part of their breast care services. Image quality with digital mammography provides the potential for significant improvements in breast cancer diagnosis, including a lower radiation dose than screen-film imaging.



Licking Memorial Hospital’s Radiology Department has upgraded its mammography testing with digital technology.

Full-field digital mammography has revolutionized mammography by providing a sharper image that increases the amount of diagnostic

Advanced Technology Improves Mammography (continued on page 2)

Check out our Quality Report Cards online at www.LMHealth.org.

See pages 12 - 15 for Quality Report Cards in this issue.

COMMUNITY EDUCATION

Parent Checklist for College-Bound Students

- Date:** Monday, October 6
- Location:** J. Gilbert Reese Center, Auditorium OSU-Newark Campus
- Time:** 6:00 p.m.
- Speakers:** Panel presenters

See page 5 for more details.

Breast Cancer Awareness Program and Screening

- Date:** Thursday, October 16
- Location:** Conference Rooms A&B, First Floor, Licking Memorial Hospital
- Time:** 6:00 p.m.
- Speaker:** Larry Pasley, M.D.

See page 8 for more details.

Dining with Diabetes

- Dates:** Three-part series: Tuesday, October 21, Thursday, October 23 & Tuesday, October 28
- Location:** Conference Rooms A&B, First Floor, Licking Memorial Hospital
- Time:** 6:00 p.m.
- Speakers:** Shari Gallup, OSU Extension Anmarie Thacker, C.D.E.

See page 10 for more details.

the number of lives saved because of the security it will provide to the community.”

The cost of LMHS’ donation is approximately \$155,000.

The project included:

- Seventy units to police departments in Newark, Heath, Granville, Alexandria, Johnstown, Pataskala, Buckeye Lake, Hebron, Kirkersville, St. Louisville, and Utica
- Three units to Licking County Adult Probation
- Forty-two units to the Licking County Sheriff’s Department
- One unit to Eleanor S. Weiant School
- One unit to Licking County Christian Academy

In addition to the equipment, LMHS provided AED training to the organizations’ staffs.

AEDs are designed to be used in conjunction with

cardiopulmonary resuscitation and can be used on both adults and children who weigh at least 55 pounds. The AEDs are approximately the size of a lap-top computer and are simple enough to use that the lay person can operate them with just brief instructions. According to the American Heart Association, without either CPR or the use of an AED, the heart attack patient’s chances of survival outside of a hospital are 7 to 10 percent. That survival rate increases significantly in communities that have developed an AED program.

An AED can detect when a person is experiencing a fatal heart rhythm. If it determines that a fatal rhythm is present, a synthesized voice will advise the user to deliver a shock. The AED then re-examines the patient’s heart rhythm to determine if another shock is indicated before emergency medical personnel arrive.

Advanced Technology Improves Mammography (continued from front page)

information available to the radiologist to detect cancers and breast abnormalities. The facility’s digital units have other advanced applications such as automated computer-aided detection (CAD) diagnosis which will further improve the accuracy and sensitivity in picking up small cancers. Using sophisticated software and artificial intelligence, CAD searches a mammogram and marks suspicious areas in the image, essentially telling the radiologist to take a closer look at these regions. Armed with this additional information, the radiologist can then decide if these areas are significant or warrant further consideration.

Women who are under the age of 50, are pre- or peri-menopausal or have dense breast tissue benefit by having a digital mammogram because it increases the chances of finding a malignancy, especially invasive cancer. The National Cancer Society recommends annual mammograms beginning at age 40 for all women. However, breast cancer detection should start at an earlier age. Women by age 20 should start monthly breast self-exams. A clinical breast exam should be performed by a physician at least every three years for women in their 20s and 30s. Women over the age of 40 should receive a clinical breast exam once each year in addition to a screening mammogram.

Digital mammography takes an electronic image of the breast and stores it directly into a computer where it can be interpreted and sent to another location for review if necessary. Digital mammography also expedites the patient’s exam time. A technologist will be able to tell

the patient while she is still in the room if there is an immediate need for additional views.

Services available at Licking Memorial include screening mammograms, diagnostic mammograms, breast ultrasound, breast biopsy (Stereotactic) and breast magnetic resonance imaging (MRI). Digital mammography services are available Monday through Friday, 7 a.m. to 6 p.m., and one Saturday each month.

For more information about services, please contact the Department of Radiology at (740) 348-4710. To schedule an appointment, call Central Scheduling at (740) 348-4722.

LaserBody SculptingSM with SmartlipoTM

- Improves body shape
- Minimally invasive
- Tissue tightening
- Performed in the office
- Financing available

James M. Jeffries III, M.D., F.A.C.S.
(740) 348-7955

Licking Memorial
Reconstructive & Cosmetic Services

1272 West Main Street • Building 2, Upper Level
Newark, OH 43055 • (740) 348-7955 • www.LMHealth.org
Check out our Quality Report Cards on our Web site.

Licking Memorial Home Health Names New Director



Mary Reid,
B.S.Ed., R.N.

Mary Reid, B.S.Ed., R.N., is passionate about her new role as the Licking Memorial Hospital (LMH) Director of Home Health. “I am thrilled to be named the new Director of Home Health,” Mary stated. “The mission of our organization is improving the health of the community, and that is the essence of home health care. We can build a

tighter bond with our patients and connect with them on an entirely different level.”

Mary was named Director of Home Health in August after serving as Director of Surgical Services. Previous to that, she was the LMH Patient Care Manager of 5-South. Mary has worked at the Hospital since 1992 and has been a home health aide, staff nurse on 5-South, staff nurse in the Surgery Department and a sexual assault nurse examiner at LMH. “My career has come full circle now,” Mary stated. “I am happy to return to home care and look forward to seeing patients at home.” Part of her position as Director will take Mary on home visits to check in with patients and assess their home care experience. She hopes to educate the community on the different benefits and uses for home care. “Using our services can be for people who need dressing changes or assistance for a loved one when a caretaker goes out of town,” Mary explained. “Home Health has a wide variety of uses that many Licking County residents are unaware of, and we are simply looking to help those in need.”

“With her health care background and enthusiasm for quality patient care, Licking Memorial is happy to have Mary fill the role of Director of Home Health,” said Vice President of Patient Care Services Debbie Young. “Her tenacity will assist in the growth of Home Health, and we are excited to see what lies ahead.”

A Licking County native, Mary graduated from Newark Catholic High School. She attended The Ohio State University in Columbus, Ohio, and earned a Bachelor of Science degree in Education. Mary then went on to receive an Associate of Applied Science degree in Nursing from Central Ohio Technical College (COTC) in Newark. Mary is a member of the Association of Operating Room Nurses, the Ohio Organization of Nurse Executives, American Nursing Informatics Association and the Licking County Pandemic Flu Preparedness/Planning Committee. Mary is also an American Red Cross-certified Basic Life Support (CPR/First Aid) instructor. In her spare time, she attends church at the Vineyard of Licking County, enjoys playing and watching hockey, gardening, traveling and reading.

LMH Patient Care Manager Greg Wallis, R.N., will take over as interim Director of Surgical Services. “I had the privilege of working alongside Greg in many capacities throughout the years,” Mary said. Greg and Mary began working together on 5-South 10 years ago and have most recently worked together in Surgical Services.

Hand Hygiene Campaign at LMHS

“It’s O.K. to Ask” is one of the latest campaigns initiated throughout Licking Memorial Health Systems (LMHS). Designed to encourage patients, visitors and even employees to ask about hand hygiene, the program was put in place to go above and beyond the general requirements for patient safety recommended by The Joint Commission. “It is important to remember that our employees understand the importance of hand washing,” said Infection Control Manager Jeanne Emmons. “However, we want to take it a step further by empowering our



Careful hand washing is one of the best defenses against spreading disease.

patients and reminding them that it is okay to ask health care workers to wash their hands in order to eliminate spreading germs.”

Licking Memorial Hospital (LMH) is in compliance with the World Health Organization (WHO) by asking employees to wash their hands after instances of direct contact with patients, removing gloves or touching something that has been contaminated. Employees are even monitored anonymously to observe proper hand

*Hand Hygiene Campaign Empowers LMHS Patients
(continued on page 4)*

hygiene. LMHS has continued supporting proper hand hygiene by placing anti-bacterial hand gel dispensers throughout the Hospital, educating new and current employees and participating in community outreach programs to encourage hand washing.

The campaign is also designed to help eliminate health care-acquired infections. A health care-acquired infection is obtained while staying in a hospital or health care facility. One of the most common bacteria to cause an illness is *Clostridium difficile*, or C. diff as it is commonly known. The “It’s O.K. to Ask” campaign is designed to reduce the risk of the spread of bacteria like C. diff which can be easily transferred. “Like all health care facilities, we recognize the importance of hand hygiene in reducing the spread of infection which is why the ‘It’s O.K. to Ask’ campaign is so important,” said LMHS President & CEO Rob Montagnese. “Licking Memorial strives to provide the best patient care for our community. This is a simple task that takes only

seconds and can improve the health of patients, visitors and employees.”

It was not until the mid-1800s that Hungarian physician Ignaz Semmelweis discovered a drastic reduction in newborn and new mother mortality after doctors began washing their hands. “The first bacterium was discovered in the 1600s,” said Jeanne. “Yet today, we are still trying to fight infection. We simply need to go back to the basics and wash our hands on a frequent basis.” The campaign takes a more up-to-date approach to provide patients, visitors and health care workers with a simple, friendly reminder to wash their hands on a more frequent basis.

Board Certification Demonstrates Physician Competence



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

In the fast-paced world of medical discoveries and treatment innovations, it is imperative that physicians keep current on advances in their fields in order to provide the best patient care possible. One way physicians demonstrate they are up-to-date is by achieving and maintaining board certifications.

After achieving a medical degree (M.D.) or doctor of osteopathic medicine degree (D.O.), physicians must pass a test and minimum requirements in order to be licensed in the states where they practice. In addition, they may opt to demonstrate competency in their specialties by undergoing a rigorous process of testing and peer evaluation, resulting in certification by a medical specialty board.

Here are some quick reference tips to explain terms that are often used to describe physicians’ certifications:

- The term “board certified” is often used to describe a physician’s credentials. It indicates the physician has achieved a peer-reviewed level of expertise in a specified field.

- Board certifications fall under nearly 150 various medical specialties or subspecialties, such as emergency medicine, geriatrics or interventional cardiology.
- The number of training hours required to become board eligible varies according to the area of specialization.
- In the U.S., board certifications are granted by three organizations: the American Medical Association, the American Osteopathic Association and the American Association of Physician Specialists.

Craig Cairns, M.D., M.P.H., Vice President of Medical Affairs at Licking Memorial Hospital (LMH), is board certified himself in two specialties – occupational medicine and family practice. He explained why the credentials should matter to patients. “In order to acquire and maintain board certification, the physicians are evaluated by a group of their peers on a national level to make sure they are using best practices and keeping up with their continuing education responsibilities. Of course a physician may have excellent skills and be on top of technology without being board certified, but the certification is one benchmark to help patients decide,” Dr. Cairns stated.

Board Certification Demonstrates Physician Competence (continued on page 5)

Nearly 90 percent of the physicians who make up Licking Memorial Health Professionals are board certified in at least one specialty or subspecialty. To learn more about whether a physician on the LMH Active Medical Staff is

board certified, visit online at www.LMHealth.org and click on “Find a Doctor.” Information about the physicians’ certifications is listed under their individual names.

Retirees Honored at Annual Dinner

Almost 90 Licking Memorial Health Systems (LMHS) retirees gathered in the cafeteria at Licking Memorial Hospital (LMH) on July 16 to have dinner and share stories about their experience with the organization. Laughter could be heard throughout the room as former employees sat down to mingle, eat dinner and listen to a presentation hosted by LMHS President & CEO Rob Montagnese. “The work you have done for Licking Memorial is what we are able to build on every day,” Rob said. “All of you are extensions of the LMHS community, and I thank you for everything you have given our organization.” Rob also shared details of the latest construction project and updates on how LMHS benefits the community with the retiree group.

“Many of our retirees look forward to this annual event,” stated Vice President of Human Resources and Support



Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese chatted with retired LMHS employees during their annual dinner.

Services Anne Peterson. “It provides them a chance to reminisce about the times they shared with our organization. The dinner also gives us a chance to recognize what they have done for Licking Memorial as well.”

As the largest employer in Licking County, LMHS has over 1,600 full- and part-time employees who are able to enjoy the benefits and programs of a community-focused organization. Even after retirement, former LMHS employees are able to enjoy similar benefits. In addition to special lunches and dinners held throughout the year, LMHS retirees are also invited to special events and education programs and kept up-to-date on changes within the Health Systems through the employee newsletter. To learn more about employment opportunities and benefits at LMHS, login to www.LMHealth.org and click on the “Careers” tab.

Parent Checklist for College-Bound Students (continued from front page)

Get a jump on preparing your child for his or her college freshman year! Parents and students are invited to attend an education program highlighting specific topics that college freshmen may be faced with during their first year on campus. Various topics will be discussed including the dangers of binge drinking, gaining the “Freshman 15” (pounds), campus safety and health issues like meningitis, methicillin-resistant *Staphylococcus aureus* (MRSA) and sexually-transmitted diseases.

Several speakers from Licking Memorial Health



College students and their parents are invited to learn more about their health concerns at a free education program presented by the Licking Memorial Development Council.

Systems and the community will be addressing specific topics at the event. Attendees will have the opportunity to ask questions at the conclusion of the program.

The free program is scheduled for 6:00 p.m. in the auditorium of the J. Gilbert Reese Center located at 1209 University Drive in Newark. Registration is required. This program is sponsored by the

Licking Memorial Hospital (LMH) Development Council. For more information or to register for the program, contact the Development Office at (740) 348-4102.

“Feelin’ Fine” at Asthma Camp

Shouts of joy were heard at Infirmiry Mound Park south of Granville this summer as local kids played games, ate snacks and learned about caring for their asthma. Camp Feelin’ Fine, sponsored by Licking Memorial Hospital (LMH), is held each summer for children with asthma, providing them with an opportunity to learn about the disease, learn how to manage asthma and interact with other children who deal with the same issues.



Participants of Camp Feelin’ Fine learned ways to manage their asthma and enjoyed a day filled with crafts and fun.

Asthma is a chronic inflammation of the body’s airways with episodes of obstruction, according to the American Lung Association. These episodes, or attacks, are caused by triggers and are different for each person. Some of the most common triggers include exercise, infections, allergies, irritants and weather. Severe asthma attacks can be life threatening if untreated and uncontrolled.

Symptoms of an attack can include:

- Coughing
- Irregular or difficult breathing
- Wheezing
- Frequent throat clearing
- Chest tightness

Camp Feelin’ Fine is organized by the Respiratory Therapy Department at LMH. Other departments within Licking Memorial Health Systems have the opportunity to get involved as well. Camp attendance has stayed fairly consistent throughout the years with 32 children participating this year. “This year was really exciting because we had many children who had never been to Camp Feelin’ Fine before,” said Registered Respiratory Therapist Lisa Marinacci. “They had no idea what to expect and seemed pleasantly surprised to find out what the camp is all about. We are thrilled to have many returning campers this year as well. It is great to see them so excited about coming back each year and learning something new.”

This was Trent White’s second year at Camp Feelin’ Fine. He came back after a very positive first-time experience last year and recommends the camp to other children learning about their asthma. “Before I came to Camp

Feelin’ Fine I thought the only thing we would do is sit and learn about asthma medicine,” Trent said. “But then I realized that it was about having fun and playing games with friends, too.”

A constant fixture who helps educate and entertain children at Camp Feelin’ Fine is Rick Baltisberger, M.D., F.A.A.P., of Licking Memorial Pediatrics. “Dr. Rick,” as he is known to

the kids, spends time teaching about different asthma triggers, medications and treatments by incorporating games into the activities for a portion of the day. “By adding an educational component to games children love to play, the kids are being educated in a way that keeps their attention,” said Dr. Baltisberger. “I have really enjoyed being a part of Camp Feelin’ Fine over the years.”

Abbi Coyle enjoyed her time at the day camp as well. “Everyone at the camp gives good suggestions on how to prevent asthma attacks and explain what triggers are out there,” Abbi said. “Camp Feelin’ Fine reminds us that we are not alone, and there are a lot of people out there who have asthma. Plus, they teach us that we can fight it as long as we have the proper medication.”

New Appointments



Robert J. Hillstrom, D.O.



Mary Reid, B.S.Ed., R.N.



Greg Wallis, R.N.

Robert J. Hillstrom, D.O., joined Licking Memorial Emergency Medicine.

Mary Reid, B.S.Ed., R.N., was named Director of Home Health.

Greg Wallis, R.N., was named Interim Director of Surgical Services.

Development Spotlight: Linda Ramey-Greive



Linda Ramey-Greive

“I joined the Licking Memorial Hospital (LMH) Development Council because I want to know as much about the community as possible,” said Linda Ramey-Greive. “As the new publisher of The Newark Advocate, I thought joining the Council would help me learn about the Hospital and the community quickly.”

The Wright City, Missouri, native recently received an invitation to join the Development Council after relocating to Licking County with her family. When asked why she chose Licking Memorial, her response was simple. “As the local community hospital, LMH is integral to our community,” Linda explained. “I want to learn what the Hospital does, what health care services our community needs and what role the Hospital serves in our local community.”

Linda earned a bachelor’s degree in journalism from the University of Missouri in Columbia, Missouri. After graduation, she began working at The Press-Gazette in Green Bay, Wisconsin, which is owned by Gannett Company, Incorporated. “I have worked for Gannett my entire career,” Linda said. “I began as an advertising sales representative and have progressed over the last 21 years to seven other newspapers in various advertising and publisher roles.” She later went on to obtain a Master of Business Administration degree from Webster University in St. Louis, Missouri. Linda is also president of the Newspaper Network of Central Ohio.

In her spare time, Linda and her husband spend time with their son and daughter attending school and sports activities. She also enjoys biking, running and working out. Linda has completed five half-marathons and has even taken a biking trip around Italy with her husband.

Donors

CAPITAL IMPROVEMENT FUND TWIGS 8

COMMUNITY CORNERSTONE

Glenn and Alice Ann Abel
Dennis and Donna Abend
Esther M. Buchanan
Thomas and Margaret Caw
Jack and Bev Crockford
Jack and Virginia Dean
First Federal Savings & Loan (Paul Thompson)
Kim Fleming and Stephen Schaller
Stephen Fowler
Mr. and Mrs. Elliott Gerber
Clarissa Ann Howard
Patrick and Linda Jeffries
Scott and Erin Kennedy
Willard Kuhlwein
Ralph and Donna Maltby
Lawrence and Eloise Miller
Michael and Connie Morris
Lew and Sue Henry Mounts
James Nealon
James Riley
Christian and Michele Robertson
Bill and Cheryl Rose
Gary and Diane Ryan
Lila B. Saunders
Mr. and Mrs. P. David Shull
Joy Weaver
Denny and Carol Wheeler
David B. Wills and Assoc.

GOLF GALA

Tony Adams
AVI Food Systems
Barnes Advertising Corporation
Bricker & Eckler, LLP

Karen Burger
Terrill Burnworth, D.O.
Capital Wholesale Drug Company
Cherry Valley Lodge
Clara I. Brown Interiors, Inc.
Clean Innovations
Color Text Incorporated
Jeff Cox
CrimsonCup Coffee & Tea
Khanh V. Dang, M.D.
Document Solutions – Xerox
Fifth Third Bank
Kristina Frost
Gardner & White
Scott Jolly, D.O.
Karl Storz Endoscopy
Harold Kelch, M.D.
Robert and Joan Kent
Robert Knoesel
William Mann
Mathews Ford
Med-Flight Ohio Medical Transportation
MedBen
Lawrence and Eloise Miller
National City Bank
Newark Healthcare Centre
Owens Corning
Richard Pinkerton
Standard Textile Co.
State Farm Insurance
Surgical Interventions, LLC
The Shepherd Foundation
This Week News
Turner Construction Company
US Food Service, Inc.
Welch Allyn, Inc.
John Wells, D.O.
Thom Wood, M.D.

GENERAL

Anonymous

Newark Area Zonta International
Richard Day Research, Inc.
Twentieth Century Club

HONORARY

Newark Hospital School of Nurses
Alumni
by: Jackie Howard

MEMORIAL

Elizabeth Huston
by: Ann Howard
Frederick Karaffa, M.D.
Licking Memorial Hospital
LMH Pharmacy
Neil and Pamela McKown
Mary Alice Swank

Patricia Lucas
Mona Pierce
Kathleen Reed
by: Ann Howard
Jeanette Lynch
by: Robert and Patricia McGaughy

SHEPHERD HILL

Anonymous

JOHN ALFORD FELLOWSHIP

Dr. Peter and Mrs. Jeannine Nock

WILLIAM SCHAFFNER SOCIETY

Teresa Wood

PRIDE CORNERSTONE BRONZE

Michelle Gilbert
Theresa Shaffer
Tammy Wells
Stacey Wright

PRIDE CORNERSTONE SILVER

Christine Forde

Dr. LeMay Is Named Health Care Hero

Diane M. LeMay, M.D., F.A.A.P., of Licking Memorial Pediatrics, has been named a 2008 Health Care Hero by Columbus Business First. This prestigious award was bestowed upon a select few individuals or organizations in central Ohio that have made extraordinary contributions to their communities.

LMHS President & CEO Rob Montagnese nominated Dr. LeMay for the Health Care Hero Award. "Dr. LeMay is a physician who exemplifies our mission to improve the health of the community," he said. "She is a remarkable person who brings hope to those who need it. Her long hours and dedication prove she is deserving of the award."

Dr. LeMay has been a pediatrician for more than 17 years. As a Licking Memorial Health Professional physician, she has been instrumental in integrating new information technology for patient safety and care. As a result, Licking Memorial physicians are now able to access their patient data 24 hours a day.

Thousands of Licking County students have benefited from Dr. LeMay's selfless efforts. She spearheaded widespread pre-participation sports screenings that are offered free of charge to every middle and high school athlete to check for hidden heart problems.

"The parents of the students who were found to have abnormal ECGs have been very, very grateful for the



Dr. LeMay has received the prestigious Health Care Hero Award by Columbus Business First.

program," Dr. LeMay related. "We are saving lives with these screenings. Over the past three years, we have taken great strides to provide an exam and testing that actually make a difference. Our athletes deserve that."

In addition to providing care in the Newark area, Dr. LeMay traveled to Africa in May to provide free care to children without access to medical services. Dr. LeMay said that volunteering her time and service is important

to her, and fits in well with the LMHS philosophy. "The mission of LMHS is to improve the health of the community," she explained. "LMHS lives its mission and promotes that mission to all who work in the Health Systems. It is the foundation for what we do; we are here to serve the community."

Dr. LeMay's award was presented at the Health Care Heroes Breakfast on July 17 at the Hyatt Regency in Columbus. More than 50 individuals were nominated for the 2008 Health Care Heroes Awards.

Breast Cancer Awareness Program and Screening *(continued from front page)*

October is nationally recognized as Breast Cancer Awareness Month. In observance, Licking Memorial Health Systems (LMHS) has scheduled a free Breast Cancer Education Program and Screening for the public on Thursday, October 16, beginning at 6:00 p.m.

A woman's risk of breast cancer increases as she ages, and the risk may be greater if any of her close relatives were diagnosed with the disease before age 40. Early detection of breast cancer is the key to successful treatment.

The Breast Cancer Awareness Program and Screening will teach women what they can do to decrease their risk for getting breast cancer. General Surgeon Larry Pasley, M.D., F.A.C.S., of Licking Memorial Surgical Services, and Obstetrician/Gynecologist Janae Davis, M.D., of Licking Memorial Women's Health, will speak during the program. It will take place in Conference Rooms A & B on the first floor of Licking Memorial Hospital. Following the program, physicians will provide free breast exams to the first 40 registrants. Registration is required; call (740) 348-1434. There is no charge for the program or the screening.

Physician Spotlight - Mary Testa, D.O.



Mary Testa, D.O.

Physician Spotlight: Mary Testa, D.O. Mary C. Testa, D.O., a board-certified obstetrician/gynecologist at Licking Memorial Women's Health in Pataskala, has been part of Licking Memorial Health Professionals since August 2003. She earned her Doctor of Osteopathic

Medicine Degree from West Virginia School of Osteopathic Medicine in Lewisburg, West Virginia, after receiving a bachelor's degree in biology at West Virginia State College in Institute, West Virginia. She completed an internship with Logan General Hospital

in Logan, West Virginia, and an obstetrics and gynecology residency with Cuyahoga Falls General Hospital in Cuyahoga Falls, Ohio. She is a member of the American Osteopathic Association, the American College of Osteopathic Obstetricians and Gynecologists, and the Ohio Osteopathic Association.

Dr. Testa is accepting new patients. Please call (740) 348-1920 or (740) 964-3320 to schedule an appointment.

Ask a Doc – Preventing Cervical Cancer

Question: There has been a lot of talk about the new cervical cancer vaccine in the news. What are the risks and benefits?

Answer: The new cervical cancer vaccine that is approved by the Federal Drug Administration is marketed under the brand name Gardasil. It has been proven to help protect against four types of human papillomavirus (HPV), a leading cause of cervical cancer and genital warts. The Gardasil vaccine is given in a series of three injections over a six-month period.

The American Cancer Society (ACS) recommends Gardasil vaccinations for girls and young women between the ages of 11 to 18 years. Although the vaccine may be administered to girls as young as 9 years old or as old as 26 years old, the ACS cites a lack of evidence to establish those age groups will benefit, and recommends that patients in those age groups consult with their physicians. Clinical trials have shown that once a woman has had two to four sexual partners, the vaccine is less effective in reducing cervical cell changes. For maximum effectiveness, the Gardasil vaccine should be administered before any sexual encounters that could possibly expose the girls to genital HPV.

The benefits of the vaccine are impressive. The ACS states that Gardasil protects against 70 percent of cervical cancers which are caused by infection with an HPV virus. Although rare, cervical cancer usually develops without symptoms, and is detected through a routine Pap smear that reveals cancerous or

precancerous cells. Gardasil protects against cervical cancer by preventing the spread of the HPV virus.

As with any immunization there are risks to the Gardasil vaccination, although the ACS describes the side effects as mild. They include short-term redness, swelling and soreness at the injection site. It is important to note that the vaccine does not treat any pre-existing HPV infection, nor does it offer any protection against HIV (human immunodeficiency virus) infection. Since it does not prevent all HPV infections, women are still strongly urged to undergo regular Pap smear exams.

The physicians at Licking Memorial Women's Health are excited about this advancement in cancer prevention. In addition, more and more insurance companies are recognizing the long-term benefits of the vaccine and will now cover the expense of the Gardasil vaccine. Please talk to your physician if you have any questions about whether the vaccine is the right choice for the girls and young women in your life.

Volunteer Spotlight: Julie Chrisman

If Julie Chrisman had any uncertainty about her future career before she became a Volunteer at Licking Memorial Hospital (LMH), all doubt has vanished since she joined the volunteer program. “I was not sure what to study in college, so my mom told me I should volunteer at the Hospital,” Julie explained. “After spending time at Licking Memorial, I know nursing is the right thing for me. The other aspect is that if you want to switch departments or positions, it is possible yet you can still be in the same field.”



Volunteering at Licking Memorial Hospital has helped Julie Chrisman make her career decision.

A senior at Utica High School, Julie was born and raised on a farm in Newark where she lives with parents Larry and Edna. One of her chores is to help out with the family’s animals: three dogs and four cows. Her favorite tasks over the summer were helping her father care for a newly acquired calf and assisting her grandfather with household chores. Luckily, she does not have to travel far. “My grandpa lives next door,” Julie stated. “So, I can just walk right over to visit or help mow the lawn.”

“Julie brings a positive attitude and kind demeanor each time she arrives for a volunteer shift in the Surgery Department at LMH,” said Director of Volunteers, TWIGS and Events Carol Barnes. “So many people appreciate her help and the compassion she has for others.” Julie spends her shifts assisting with patients,

ensuring any questions are answered by their physician before they leave and making sure they leave the Hospital safely. “There are many patients who do not have someone there to support them, and I am happy to help fill that spot,” Julie said. “I really like helping people. Plus, this opportunity gives me a chance to get to know people whom I would not necessarily meet.”

Julie also enjoys the opportunity to get some advice from the nurses she works with in the Surgery Department. “They help you figure out what part of nursing interests you most,” she said. “With their knowledge and what they teach us, it will be easier for me to narrow down exactly what kind of nurse I want to be when I get older.”

The 17-year-old is excited about her senior year and being challenged in her favorite subject, chemistry. When she is not in school or volunteering at LMH, Julie enjoys spending time with her friends and playing with her black Labrador Retriever, Kasey.

Dining with Diabetes *(continued from front page)*

Patients with diabetes are invited to take control of their health by attending a three-part cooking school program. The classes are designed for people with diabetes and also for their family members.

Shari Gallup of the OSU Extension Office and Annmarie Thacker, a dietitian at Licking Memorial Community Case Management, will be the speakers. Over a span of three sessions, Dining with Diabetes will cover diabetic food preparation, demonstrations and tasting of healthy foods.

Dining with Diabetes will take place on Tuesday, October 21; Thursday, October 23; and Tuesday, October 28. The classes will run from 5:30 to 7:30 p.m. on all three evenings in Conference Rooms A & B on the first floor of Licking Memorial Hospital.

Advance registration is required. Participants can obtain a registration form and register for the class by calling Ohio State University Extension at (740) 670-5315. The cost for the three-class program is \$10 for seniors (ages 60 and over) and \$20 for all other registrants. The fee is due at the time of registration. Space is limited, and the deadline to enroll is Monday, October 13.

Retiree Spotlight: Chung Han, M.D.



Chung Han, M.D

Chung Han, M.D., enjoyed the time she spent working at Licking Memorial Hospital (LMH). “I just loved working at LMH,” said Dr. Han. “It was a tremendous experience, and I was able to continue the work I am passionate about in a supportive environment.”

Dr. Han began working in Pathology at LMH in 1969 after completing a fellowship in pediatric pathology at Nationwide Children’s Hospital in Columbus. She also received a master’s degree in pathology from The Ohio State University while completing her residency at The Ohio State University Medical Center. Dr. Han is board certified in anatomic and clinical pathology, dermatopathology and cytopathology.

A family move to Licking County came shortly after Dr. Han began working at LMH. She and her husband, Young Koo, moved to Florida after she retired in 2000. Dr. Han has two children, a son and daughter. Jackie Koo

is an architect who runs her own firm and son, Jah-Won Koo, is an internist who works at Rush University Medical Center. Both children live in Chicago.

“I retired two years early to care for my husband while he was ill,” she said. “I supported him through dialysis treatments and took care of him until he passed away in 2005.” She is a member of the Caduceus Society which is a group of physicians who pledge a minimum gift of \$10,000 over the course of 10 years to assist Licking Memorial Health Systems with the purchase of new medical equipment and expanded services.

Dr. Han enjoys traveling to Chicago and spending extended time with her children and grandchildren. Recently, she went to North Korea for medical mission work, setting up a cervical cancer screening at a brand new hospital. Dr. Han plans to return to North Korea this fall to help establish a laboratory in the same facility.

2008 LICKING MEMORIAL HOSPITAL FLU CLINIC

Have you received your flu shot this season? The 2008 LMH Flu Clinic has an ample supply of vaccine. Licking County residents 18 years of age and older are invited to attend the clinic. Parents of children needing flu vaccines should contact their pediatrician.

When

8:00 a.m. to 4:00 p.m.
Tuesdays and Wednesdays —
beginning October 7
through November 26.

Where

Located near Entrance B,
across from Kitchen
Collection, at the Indian
Mound Mall in Heath.

Cost

\$30, or present Medicare,
Medicaid or Licking
Memorial Health Plan card.

For More Information

Call (740) 348-7091 for a
recorded message about the
Licking Memorial Hospital
Flu Clinic.



Licking Memorial Hospital

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

Check out our Quality Report Cards on our Web site.



Patient Story – Lois Kilokowski

As a retired diabetes educator, Lois Kilokowski realizes she probably knows more about diabetes management than the average person. She stresses that education, exercise and a healthy diet are a diabetes patient's best tools to feeling better and avoiding complications. At 76 years of age, Lois also follows those guidelines since she has had diabetes herself for the past 38 years.



Lois Kilokowski is careful to control her blood sugar so she can enjoy her retirement years with her husband, Edward.

Diabetes is a condition in which the body does not produce enough insulin, or cannot use it properly, to break down ingested carbohydrates, starches and other food. This results in a high blood glucose (sugar) level in the body that can damage many of the body's internal organs over time.

The treatment for diabetes depends upon the severity of the disease. For mild diabetes, the disease can be controlled though a disciplined routine that includes a healthy diet and regular exercise. Those with mild diabetes may be able to gain control of their blood glucose levels with oral medications. Those with more advanced diabetes will require administration of insulin or a combination of oral medications and insulin.

Lois has seen many advances in diabetes care since 1970 when she first found out she had the disease. At that time, she was employed as a registered nurse and had two young children at home. "It was a learning experience for me when I was first diagnosed," she said. "There were no meters to check your blood sugar; you had to use a dipstick to test your urine. Then when the first glucometers came out, they had to be calibrated every time you used them. The diet was different back then. Vegetables were divided into categories, and it worked on the exchange system. Today, we count carbohydrates."

As a nurse, Lois has seen first-hand how devastating the complications from diabetes can become. Uncontrolled blood sugar levels can contribute to heart disease, stroke, kidney disease, blindness, nerve damage, digestive problems, foot problems, skin problems and depression. Under the care of Internal Medicine Physician Gerald R. Ehram, M.D., Lois self-injects four times each day – a dose of fast-acting Novolog before breakfast, lunch and dinner, and

a dose of long-acting Lantus at bedtime. "I have gotten along so well on that regimen. I have the flexibility to adjust the Novolog if I think I am going to have a larger meal than usual, or to cut back if I do not eat as much."

Lois carefully follows Dr. Ehram's advice to have her hemoglobin A1c levels checked several times a year. This test estimates the average blood sugar over a two- to three-month period. The American Diabetes Association recommends that the target hemoglobin A1c level be less than 7 percent. Lois' hemoglobin A1c results are consistently near 6 percent. "I always 'toed the line' because I did not want to get into all the complications that can develop," Lois said. "So far, I have been very fortunate."

Even though she has avoided most serious complications, Lois still has faced some health challenges. Before she began using her current combination of Novolog and Lantus, she would sometimes experience very low blood sugar levels and even passed out a few times. One of those episodes resulted in a serious automobile accident. "I blacked out as I was driving and crashed into the back of a truck," Lois explained. She was hospitalized with her injuries and has since given up driving. She also has developed some macular degeneration which affects her

Patient Story – Lois Kilokowski (continued on page 23)

Diabetes Care – How do we compare?

At Licking Memorial Health Systems (LMHS), 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.

Check out
our Quality
Report Cards online
at www.LMHealth.org.

1 Much of the care diabetes patients receive takes place in the outpatient or physician office setting. The physician offices of Licking Memorial Health Professionals (LMHP) measure the most critical indicators for diabetes.

	LMHP 2006	LMHP 2007	National ⁽¹⁾
LMHP diabetes patients receiving eye exam	73%	68%	60%
LMHP diabetes patients having HbA1c test	90%	91%	80%
LMHP diabetes patients having lipid profile	94%	93%	80%
LMHP diabetes patients having microalbuminuria test	87%	90%	80%
LMHP diabetes patients having foot exam	90%	90%	80%

2 While having the testing done is important, the test results (or outcomes) indicate how well the physician, in collaboration with the patient, is managing the diabetes. The hemoglobin A1c (HbA1c) test is a simple lab test that shows the average amount of sugar (also called glucose) that has been in a person's blood over an extended period of time.

	LMHP 2006	LMHP 2007	Goal ⁽¹⁾
LMHP diabetes patients with HbA1c less than or equal to 7%	56%	58%	40%

3 People with diabetes are at high risk for heart disease. Elevated LDL (“bad”) cholesterol is an important test for telling whether someone has unhealthy fat levels which increases the risk for heart disease, a very serious complication of diabetes.

	LMHP 2006	LMHP 2007	Goal ⁽¹⁾
LMHP diabetes patients with LDL less than or equal to 100 mg/dL	60%	63%	36%

4 The Community Case Management (CCM) program at Licking Memorial Hospital (LMH) provides services to people in the community with diabetes. The American Diabetes Association recommends a person with diabetes have a blood test called a hemoglobin A1c (HbA1c) at least every six months to monitor glucose levels. The two most frequent reasons a person with diabetes may not get an HbA1c are that the test is not ordered or that he/she did not go to the laboratory for the test.

	LMH 2006	LMH 2007	National ⁽¹⁾
CCM diabetes patients who obtained an HbA1c	84%	87%	80%

5 Licking Memorial Hospital offers special classes and services for people with diabetes. Certified diabetic educators, registered nurses, dietitians and pharmacists teach classes and help participants set and meet personal goals.

	LMH 2006	LMH 2007	Goal
% Goals met by diabetic education graduates – within six weeks	99%	96%	greater than 75%
% Goals met by diabetic education graduates – within six months	96%	92%	greater than 80%

Data footnotes: (1) Diabetic Physician Recognition Program (National Committee for Quality Assurance/American Diabetes Association)



Patient Story – Katie Leibas

As everyone around her was preparing for Fourth of July celebrations, Katie Leibas of Newark was facing her own personal agony. At only 25 years of age, with a loving husband and four-month-old baby at home, Katie had just been diagnosed with Stage 3B Hodgkin lymphoma.

“July 3 is a day that will be forever ingrained in my mind,” Katie recalled. “For months I had not been feeling well, but my symptoms coincided with many of the same symptoms of hormonal changes from having a baby. It was a shock to learn I had cancer at my age.”

Katie and her husband, Adrian, were still newlyweds, married for one and one-half years when they welcomed their son, Cooper, into the world this past winter. He was born at Licking Memorial Hospital (LMH), weighing in at 7 pounds, 15 ounces, and had blue eyes and jet black hair. “He looks just like his father,” Katie marveled.

Katie’s pregnancy had gone smoothly. Her pre-existing anemia was managed with medication, and she developed no complications. Cooper was born on February 3 in excellent health, but Katie began having trouble. “When I had Cooper I lost a lot of blood. I had to have two blood transfusions within weeks of one another, and then my iron levels would not stabilize. I eventually had to have iron infusions.”

Once Katie was home, she was excited to begin her role as a new mother, but found she was not able to function as well as she had hoped. “That first few months, I was so fatigued. It was difficult to care for Cooper, work full-time and try to do household tasks,” she remembered. “I suffered night sweats, was losing weight, and my hair was falling out. All of a sudden, the second week of June, I discovered a small bump that felt like a small frozen pea under my left armpit. A few days later, it felt like the size of a golf ball.” A CT scan was performed at LMH that



The Leibas family – Adrian, Cooper and Katie.

revealed enlarged lymph nodes around Katie’s neck, armpit, chest and abdomen. Jacqueline Jones, M.D., of Licking Memorial Hematology/Oncology, had already been caring for Katie’s anemia and now recognized that something much more serious had developed. Dr. Jones ordered a biopsy to be performed on one of the largest lymph nodes. The positive diagnosis came back on July 3. Through a whirlwind of activity over the next week, the oncology

team at LMH had Katie headed toward recovery. A bone marrow test revealed no cancerous cells in that area. A port was inserted to facilitate chemotherapy administration and frequent lab draws. Katie was prepared to begin receiving her lifesaving chemotherapy on July 11.

Katie said she is tolerating the chemotherapy very well with minimal side effects; in fact, she is actually feeling better than she has in a long time. “Since I started chemotherapy, my anemia has improved, so I have noticed a big increase in energy. I have more strength to care for my family, and I am able to help my husband again with household chores. I have also been able to maintain my normal work schedule and have received a tremendous amount of support from my employer, State Farm.” Katie’s treatment plan includes a possible six to eight months of chemotherapy. Frequent CT scans will determine the effectiveness of treatment and if further treatment is necessary.

After becoming overwhelmed with the amount of paperwork involved, Katie and Adrian found help through the American Cancer Society’s patient navigator, Katherine Schorr, who has an office at LMH. “It is frustrating to have all the bills coming in,” Katie said. “It is nice to have Katherine there to help sort through the papers. She has helped me to gather any information I need.”

Katie is committed to sharing her story. “I want people to pay attention to their bodies,” she said, “and I would like

Cancer Care – How do we compare?

At Licking Memorial Health Systems (LMHS), 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.

Check out our Quality Report Cards online at www.LMHealth.org.

- 1 If you have a mammogram, you want to be confident that it is interpreted accurately. Specificity is a measure of the accuracy of mammography interpretation related to normal (negative) results. Sensitivity is a measure of the accuracy of mammography interpretation related to abnormal (positive) results.

	LMH 2005	LMH 2006	LMH 2007	Goal ⁽¹⁾
Specificity	98%	98%	99%	greater than 90%
Sensitivity	96%	92%	96%	greater than 85%

- 2 Sometimes a radiologist will recommend a biopsy after a mammogram is read. To be accredited for mammography, health care organizations are required to look at the number of cases recommended for biopsy that result in cancer diagnoses – called the positive predictive value. This helps monitor the accuracy of the radiology interpretations.

	LMH 2005	LMH 2006	LMH 2007	Goal ⁽¹⁾
Positive predictive value	42%	30%	39%	25% to 40%

- 3 LMH follows a rigorous five-step safety procedure to prevent chemotherapy medication errors. LMH administers approximately 4,200 doses of chemotherapy each year.

	LMH 2005	LMH 2006	LMH 2007	Goal
# Chemotherapy medication errors	0	0	0	0

- 4 When a person is either diagnosed with or treated for cancer, the person is entered into the Cancer Registry. It is then the responsibility of the accredited organization to follow up with the person for the rest of his/her life on an annual basis to encourage appropriate care. The staff in the Cancer Registry may contact the primary care physician or the patient to do this.

	LMH 2005	LMH 2006	LMH 2007	Goal
Cancer patients with follow-up	92%	95%	94%	greater than 90%

- 5 Clinical research ensures that patient care approaches the highest possible level of quality. There is no minimum requirement for how many patients are placed in cancer-related clinical trials in a community hospital cancer program; however, to provide maximum service, LMH offers access to national clinical trials to patients as a member of the Columbus Community Clinical Oncology Program.

	LMH 2005	LMH 2006	LMH 2007	Goal
Newly diagnosed and/or treated patients in clinical trials	4.9%	2.9%	2.6%	greater than 2%

- 6 In an effort to prevent and promote early detection and treatment of cancer, the physician offices of Licking Memorial Health Professionals (LMHP) measure and track results of cancer screening tests for breast cancer, cervical cancer, colorectal cancer and prostate cancer for all active patients. Active patient population is defined as patients seen within the last three years.

	LMHP 2006	LMHP 2007	National Average (2)
LMHP patients who received screening tests for:			
Breast cancer	79%	85%	76%
Cervical cancer	76%	85%	84%
Colorectal cancer	57%	61%	40% ⁽³⁾
Prostate cancer	74%	76%	54%

Data footnotes: (1) Quality Determinates of Mammography, Clinical Practice Guide #13, AHCPR Publication No. 95-0632. (2) National Statistics Center for Disease's Behavioral Risk Factor Surveillance System. (3) The Behavioral Risk Factor Surveillance System (BRFSS) national average for adults aged 50 and over who have ever had a sigmoidoscopy or colonoscopy is 54 percent, while the average for those who have had an occult blood stool test is 27 percent. We compare ourselves to the average of the two national statistics which is 40 percent.

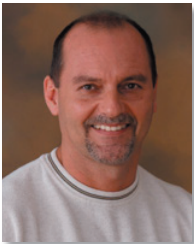
Licking Memorial Honors 2008 MVPs

Twenty-eight outstanding Licking Memorial Hospital (LMH) and Licking Memorial Health Professionals (LMHP) employees received MVP awards at a ceremony during Hospital and Healthcare Week in May 2008. The following employees were chosen as MVPs for their consistent demonstration of the Licking Memorial Health Systems (LMHS) values of communication, attitude, respect and excellence.



Twenty-eight employees were honored for their contributions to Licking Memorial as they were named MVPs during Hospital and Healthcare Week celebration at LMH in May 2008.

David Alianiello, P.T., C.S.C.S.



Position Title: Physical Therapist

Employment Area: Physical Therapy

Experience and Education: Employed for 19 years; received Bachelor of Science degree from The Ohio State University; is a

licensed physical therapist; is a certified strength and conditioning specialist; is a member of the National Strength and Conditioning Association

Family and Interests: Married to wife, Lisa; two daughters, 13-year-old Jessie and 11-year-old Kelley; enjoys fitness, martial arts and playing guitar

Recognition: “Any staff member or patient who has a question about physical therapy can go to David, and he will take the time to listen and help,” said Mark Sedor, Director of Physical Therapy Services. “He mentors new staff members and coordinates our clinical education students. David is a great motivator for our patients because he is a very active person and follows his own advice for physical fitness. He also exemplifies the Health Systems’ mission to improve the health of the community by making frequent educational presentations to schools and other groups around Licking County.”

Jeri Baker



Position Title: Patient Care Coordinator

Employment Area: Nursing Administration

Experience and Education: Employed since 1995; received associate’s degree in business from COTC in Newark; is pursuing a

bachelor’s degree of business in health care administration from the University of Phoenix; previous experience as a home health aide, health information specialist for Home Health, and a labor and delivery technician

Family and Interests: Married to husband, Kenneth, for 24 years; one daughter, 22-year-old Ashlynn; and two grandchildren, 5-year-old Justice and 3-year-old Angela; enjoys reading, flower gardening, spending time with family, animals and caring for her pets – Lucky and Snickers (dogs), Whiskers (cat) and Stewie (rabbit)

Recognition: “Jeri is one of those extraordinary people who can make things happen,” said Kristine Blust, Director of Acute Care Services. “She has an outgoing personality and great communication skills which are essential to excellent patient care. She knows her job so well that she can anticipate what needs to be done without direction, and she is always willing to step in to help whenever we need her. She was an obvious choice for this award.”

Misty Bashore, RT (R)(M)(QM)



Position Title: Imaging Specialist

Employment Area: Radiology

Experience and Education:

Employed since 1983; is team leader for Mammography; past experience as a staff technologist; received Associate Degree of Applied

Science in Radiographic Management at COTC; is a registered radiographic technologist with advanced certifications in Mammography and Quality Management; trained in digital mammography; is a member of the American Society of Radiologic Technologists

Family and Interests: Married to husband, Kris; two sons, Matt and Travis; teaches Sunday School and runs the nursery at South Shore Ministries; member of Perry County National Farmers Organization; enjoys feeding bucket calves on the family farm near Thornville, cardmaking, papercrafts and reading

Recognition: “Misty has been instrumental in assisting the management staff with development of LMH’s Women’s Health Center which is currently under construction,” commented Debora Briggs, Manager of Radiology Services. “She aims for perfection at each task presented to her and completes tasks timely and accurately and never misses a deadline.”

John E. Bowyer



Position Title: Senior Systems Analyst

Employment Area: Information Systems

Experience and Education:

Employed at LMH from 1987 to 1988 as an orderly; employed since 2001 as a senior systems analyst; trained as a medic and radiographer at the U.S.

Army’s Academy of Health Sciences; took continuing education courses at Columbus State Community College

Family and Interests: Married to wife, Amy; two sons, Noah and Quin; one daughter, Grace; enjoys juggling, playing bass guitar, trivia and computers

Recognition: “Communication and information are essential components of the health care environment, and the technology is constantly changing. John does an excellent job of making sure that our information systems network and the systems that he supports meets the needs of the Health Systems,” explained Sallie Arnett, Vice President of Information Systems. “It is obvious he enjoys his work. He patiently helps other employees troubleshoot their computer questions and goes out of his way to research complex problems. John is often here during the night and on weekends making improvements to the systems he supports so that his customers can work without interruption during the day.”

Briana Caldwell, R.N.



Position Title: Registered Nurse

Employment Area: Licking Memorial Family Practice – Pataskala

Experience and Education:

Employed since 1996; received Associate Degree in nursing from Ohio University – Zanesville; previous

experience as staff nurse at Newark Internal Medicine; graduated from Licking Valley High School

Family and Interests: Married to husband, Chad; two sons, Grant and Blake; enjoys camping, traveling and spending time with family

Recognition: “Briana has proven to be an outstanding nurse dedicated to making a difference,” said Vice President of Physician Practices Christine McGee. “As Dr. Colleen Smith’s nurse, Briana takes an active role in providing quality care and is committed to making a difference.”

Rhonda Cochran, L.P.N.



Position Title: Licensed Practical Nurse

Employment Area: Licking Memorial Internal Medicine and Licking Memorial Home Health

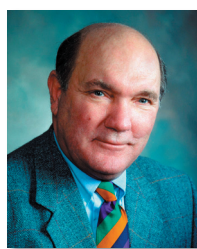
Experience and Education:

Employed since 1999; received licensed practical nurse degree at Muskingum Area Technical Center; graduated from Newark High School

Family and Interests: Lives in Newark with two college-age sons, Rhett and Trevor; enjoys reading, scrapbooking, swimming on Hudson Lake, camping and spending time with family

Recognition: Vice President of Physician Practices Christine McGee said, “Rhonda is a member of Dr. Gerald Ehram’s clinical care team. She is an extremely hard worker and gives 110 percent at all times. Rhonda is truly passionate about patient care and strives to make sure the patients’ needs are met.”

Lawrence A. (Pete) Dils, M.D.



Position Title: Family Medicine Physician

Employment Area: Licking Memorial Family Practice – Granville

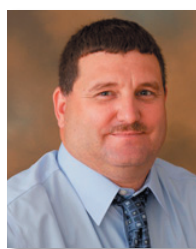
Experience and Education: received Medical Degree from University of Cincinnati College of Medicine in Cincinnati; served two

years as flight surgeon in U.S. Air Force; has been on the Licking Memorial Hospital (LMH) Active Medical Staff since 1966; was LMH Chief of Staff from 1987 to 1988; joined Licking Memorial Health Professionals in 1995; was Chairman of the LMH Credentials Committee from 1996 to 2003; is board certified in family practice medicine

Family and Interests: Married to wife, Mary; enjoys photography

Recognition: “Dr. Dils has been with the Health Professionals since its formation in 1995 in addition to serving the Granville community for years,” noted Christine McGee, Vice President of Physician Practices. “He is truly a caring, compassionate family practitioner and his commitment to provide quality care has had a positive impact on the health of the patients he serves.”

David Evans



Position Title: Stationery Engineer

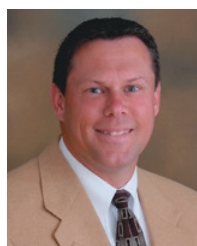
Employment Area: Plant Operations

Experience and Education: Employed since 1994; graduated from Licking Valley High School and Licking County Joint Vocational School; is a licensed third class stationary engineer

Family and Interests: Married to wife, Robin; two children, Abigail and Avery; enjoys coaching/watching youth sporting events

Recognition: Tom Poulson, Vice President of Financial Services, said, “Dave always does whatever it takes to make sure the Plant Operations Department and the services it provides run smoothly. He handles our medical gas projects working with the clinical staff to be sure all patient needs are met. He is a great person to have on our team.”

Robert Fish



Position Title: Pharmacy Business Manager

Employment Area: Fiscal Services

Experience and Education: Employed since 1992; previous experience as summer intern, data

entry operator, systems operator, statistical analyst, computer programmer, financial analyst, financial manager and pharmacy business operations manager; graduated from Newark High School; received an Associate Degree in Business Administration from University of Cincinnati

Family and Interests: Married to wife, Karen; one son, six-year-old Benjamin; one daughter, three-year-old Annabel; enjoys golf, sports and spending time with family

Recognition: “Rob brings a tremendous amount of financial experience to LMHS and is a great critical thinker. He plays a huge role in our financial analysis functions within the Health Systems. The value he brings to the table is priceless,” said Vice President of Financial Services Tom Poulson.

Ken Friel



Position Title: Transportation Assistant

Employment Area: Transportation Services

Experience and Education: Employed 10 years at LMH; past experience as supervisor in Environmental Services; served in

the Ohio National Guard and U.S. Marine Corps; previously employed as a metal smith; and as a computer programmer; degree in business from COTC; graduated from Junction City High School in Junction City, Ohio

Family and Interests: Martial arts (Third Degree black belt in Shotokan); hiking; playing piano and acoustic guitar; listening to rock, jazz, blues and classical music; swimming; watching football, basketball, baseball; drag racing; Indy Racing League and road racing; and spending time with children and grandchildren

Recognition: “Ken is always looking for a way to go above and beyond his normal duties of mail delivery. He is our go-to person and has great ideas of how to streamline our department’s processes,” stated Kevin Herring, Director of Environmental Services. “Rain or shine, we can count on him to have a bright, positive attitude which helps the entire Hospital staff to deliver better patient care.”

Glenda Grady



Position Title: Administrative Secretary

Employment Area: Medical Records

Experience and Education: Employed since 2007; graduated from Sheridan High School; has a paralegal degree from Muskingum Technical College; is a Notary Public

Family and Interests: Married to husband, Jerry; five children; six grandchildren; is active in her church; enjoys family, fishing and making crafts

Recognition: Ann Hubbuch, Vice President of Corporate Compliance, said, “Glenda brings a high level of professionalism, accuracy and timeliness to the correspondence area. She represents the organization to a wide variety of persons seeking information from patient medical records in a way that makes us proud. She protects patients’ privacy by making sure any medical record leaving the organization has been properly authorized. She can multi-task and never hesitates to help her coworkers. She is also known to many as ‘the notarizer’ for her ongoing availability whenever need for notary services arises.”

Marsha Hill



Position Title: Point of Care Technician

Employment Area: 4-North

Experience and Education: Employed since 2007; graduated from Newark High School

Family and Interests: Married to husband, Denny; three children, Mark, Shannon and Brianna; first grandchild is expected this fall; enjoys photography, reading and family time

Recognition: “Marsha is definitely a standout in her field. She takes great pride in caring for her patients and serves as a wonderful role model for her coworkers,” said Patient Care Manager Heather Burkhart. “Marsha is very involved in creating a positive work environment and is an excellent communicator, always giving me feedback on what is working well on the unit and what needs improvement. Licking Memorial is fortunate to have Marsha on their team.”

Kathleen Kosier



Position Title: Environmental Service Assistant

Employment Area: Environmental Services

Experience and Education: Employed since 1995; graduated from Newark High School

Family and Interests: One son; three grandchildren; enjoys music, live concerts and gardening

Recognition: “Kathy is the key person who keeps the Hospital’s administration and lobby areas clean,” explained Kevin Herring, Director of Environmental Services. “She exemplifies an exceptional willingness to complete her job with a high level of dedication every day. Her conscious efforts for perfection are priceless, and she has a special way of making the work day enjoyable for the entire department.”

Bassam Kret, M.D.



Position Title: Hospitalist

Employment Area: Licking Memorial Hospitalists

Experience and Education: Employed for six years; received his Medical Degree from Damascus University Medical School in

Damascus, Syria; completed an internal medicine residency at St. Joseph Mercy – Oakland in Pontiac, Michigan; is board certified in obstetrics/gynecology in Syria; is board certified in internal medicine in the United States; chairs LMH’s multidisciplinary Inpatient Diabetes Management Committee; is a member of the Licking Memorial Professional Corporation Coordinating Council; is a member of the LMH Diabetes Care Committee and serves on the LMH Cardiac and Critical Care Committee

Family and Interests: Born in Damascus, Syria; married: two children; enjoys reading and politics

Recognition: “Dr. Kret has been a calming force in times of challenge,” Christine McGee, Vice President of Physician Practices, said. “He is always willing to help out when and where needed in order to make sure the Hospital continues to provide high quality care for the community in the inpatient setting.”

Sandy Mandich



Position Title: Health Information Supervisor

Employment Area: Health Information

Experience and Education: Employed since 1980; past experience in Food Services, also as health

information specialist and health information coordinator; graduated from Lakewood High School

Family and Interests: Married to husband, Don, for 31 years; five stepchildren; eight grandchildren; enjoys camping, swimming, walking, reading and spending time with family

Recognition: “Sandy can be counted on to keep everyone and everything organized and current, including the physicians!” stated Ann Hubbuch, Vice President of Corporate Compliance. “She knows the applicable rules for documentation in the medical record and wins the ‘persistency award’ for keeping after anyone who has forgotten the rules or who does not follow the rules. She has a direct but diplomatic way of making sure everyone stays on track. I don’t have to worry about backlogs or missed deadlines in any of her areas of responsibility.”

Alana Milton, M.D.



Position Title: Inpatient Pediatrician

Employment Area: Licking Memorial Inpatient Pediatrics

Experience and Education:

Employed since 2005; received Bachelor of Science degree in microbiology and biology at the

University of Iowa; received Medical Degree at the University of Iowa; completed internship and residency at Nationwide Children’s Hospital; is board certified in pediatrics

Family and Interests: Married to husband, Jeff; one son, Aiden; one daughter, Ava; enjoys cooking, running, traveling and playing with her children

Recognition: “Dr. Milton has taken an active role in collaborating with the Hospital and leading initiatives to improve the care and services to our newborn and pediatric population in the inpatient setting,” said Vice President of Physician Practices Christine McGee.

Michelle Montgomery, R.N.



Position Title: Charge Nurse

Employment Area: 4-South (pediatrics, medical and surgery)

Experience and Education: Employed since 2004; received nursing degree from Ohio University – Zanesville; is a Basic Life Support instructor

Family and Interests: Married to husband, Joe; four children, Brandon, Dustin, Adam and Alison; grandson, Trevor; is a member of PRIDE; enjoys camping, scrapbooking and spending time with family

Recognition: “Michelle is someone whom everyone looks up to on the unit, and she gives top quality care to her patients,” said Patient Care Manager Heather Burkhardt. “She serves as a charge nurse on 4-South, works as a preceptor to train new nurses and helps with the scheduling of staff. She is very knowledgeable in the area of pediatrics and serves on various committees including the Nurse Practice Council and the Department of Pediatrics committee. Michelle is ACLS and PALS certified and is also involved in the career ladder program. She is always willing to take on projects and I look to her for input and suggestions. She is a wonderful asset to our team.”

Julianne O'Steen



Position Title: Physician Center Clerk

Employment Area: Licking Memorial Family Practice – Doctors’ Park 5

Experience and Education:

Employed since 2006; currently attending The Ohio State University and working toward a business management degree

Family and Interests: Lives in Heath with two children, Robert and Anna; active in church and its ministries; enjoys scrapbooking, gardening, playing Bunco and spending time with family and friends

Recognition: Vice President of Physician Practices Christine McGee said, “Julie is a physician center clerk working as a member of Dr. DeSapri’s care team. She is extremely dependable and committed to serving the patients, often taking the time to help the patients complete uncompensated care forms and other complicated paperwork. She actively listens to the patients and often anticipates their needs prior to the patient asking for assistance.”

Teresa Sipos



Position Title: Patient Account Representative

Employment Area: Patient Accounting

Experience and Education: Employed 14 years

Family and Interests: Married to husband, Tim; three children, Howie, Emilee and Colby; member of PRIDE (Providing Resources in Dedicated Employees) at LMHS; enjoys reading and boating with family and friends

Recognition: “Teresa is truly a valuable part of our Patient Accounting team,” noted Vice President of Revenue Cycle Cindy Webster. “When there is a project that requires expertise and experience, Teresa is the natural choice due to her many years of experience in the department. Teresa’s knowledge, patience, and positive attitude make her a wonderful mentor for others.”

Holly Slaughter



Position Title: Recruitment and Retention Manager

Employment Area: Human Resources

Experience and Education: Employed since 2007; received a Master of Business Administration

degree from Ohio Dominican University in Columbus; has Professional in Human Resources certification and Certified Internet and Diversity Recruiter certification

Family and Interests: Lives in Newark with husband, Jason; enjoys traveling, reading, shopping and spending time with family

Recognition: Anne Peterson, Vice President of Human Resources and Support Services, said, “Holly is very energetic and has a strong desire to provide outstanding service to her customers. She makes herself accessible to employees by working the evening shift several times a month and visiting Health Professionals’ offices and Hospital departments on a weekly basis. When LMHS was opening the John & Mary Alford Pavilion in 2007, Holly led the recruiting efforts to hire nearly 500 new employees, a task that required a great deal of planning and continual follow-up.”

Susan E. Snyder



Position Title: Administrative Assistant

Employment Area: Licking Memorial Health Professionals Administration

Experience and Education: Employed since 1979; associate’s

degree from Central Ohio Technical College

Family and Interests: Married to husband, Charlie; one daughter, Morgan; enjoys reading, movies, spending time with family

Recognition: Vice President of Physician Practices Christine McGee noted, “As my assistant, Susan has been extremely valuable in doing all she can to facilitate an efficient, productive day for me. She has worked for the Health Systems for many years and is extremely loyal, committed and dedicated to our mission.”

Patsy Somerville



Position Title: Linen Services Assistant

Employment Area: Laundry Services

Experience and Education: Employed for nine years; graduated from Newark High School

Family and Interests: Married with four children and four grandchildren; likes to relax with Sudoku puzzles and small hand-held electronic games

Recognition: Kevin Herring, Director of Environmental Services, said, “Patsy is a very devoted employee with good leadership qualities. She takes personal interest in making sure every piece of laundry is placed according to standards. Her goal is always to get it done correctly and on time. She helps to instruct, guide and direct the other department members. She has a good heart and a good spirit.”

Jason Sturgeon



Position Title: Pharmacist

Employment Area: Anticoagulation Clinic

Experience and Education:

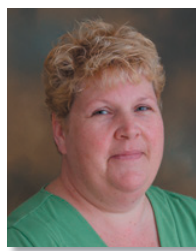
Employed since 2003; received Bachelor of Science degree in Pharmacy from Ohio Northern

University in Ada, Ohio; past experience as clinical pharmacist for medical, surgical and pediatric areas

Family and Interests: Married to wife, Jody; four daughters; enjoys golf and spending time with family

Recognition: “Patients often comment about Jason’s friendly and caring personality,” commented Jean Glaser, Director of Pharmacy. “He is ‘down to earth’ and makes things easy to understand. Patients enjoy how he remembers the ‘little things’ from visit to visit and will often inquire regarding things which have significance to each patient. Jason has made the extra effort to become an expert in anticoagulation therapy so he is able to provide the most up-to-date information to the medical community. He always presents himself in a professional manner.”

Sheila Wayland



Position Title: Administrative Secretary

Employment Area: Public Relations

Experience and Education:

Employed for 10 years; past experience as a clerk in Licking

Memorial Pediatrics, and worked as a patient accounting representative in Central Billing; graduated from Hoover High School in Fresno, California

Family and Interests: Lives in Newark; two adult children, Jared and Sara Lucas; one grandson, Kayden; enjoys reading, snow and Alaskan culture

Recognition: “Sheila’s exceptional organizational skills keep the Public Relations Department running smoothly,” noted Veronica Link, Vice President of Development and Public Relations. “Public Relations is a busy department with hundreds of projects going at the same time. We can always count on Sheila to have the department’s records in order which enables the other staff to perform their duties more efficiently. She plays a large role in Licking Memorial’s ability to distribute information and sponsor events to improve the health of the community.”

Diane West



Position Title: Hematology Coordinator

Employment Area: Laboratory Services

Experience and Education:

Employed since 1980; serves as the Hematology coordinator; has an associate’s degree from Muskingum

Area Technical College in Zanesville; has medical technology certification from Health and Human Services; received key operator training on hematology and coagulation instrumentation; PRIDE (Providing Resources in Dedicated Employees) campaign committee member

Family and Interests: One daughter, Jennifer; enjoys taking cruises; flower gardening and spending time with family

Recognition: Director of Laboratory Services Lorei Reinhard described Diane as “an excellent example of a positive employee who supports the Lab and the entire Health Systems. She treats others with respect and crosses ‘departmental lines’ to get things accomplished for our patients. As a Coordinator she is efficient, logical and uses compassion when dealing with employees. Her laugh is infectious and always makes people smile; it is hard to find a day that Diane is not exuding happiness.”

Janetta Wheeler



Position Title: Hospitality Assistant

Employment Area: Food Services

Experience and Education:

Employed since 2004; graduated from Newark High School

Family and Interests: Married for 20 years to husband, James; 13-year-old son, Ryan; enjoys crafts

Recognition: “Janetta is a very caring and comforting individual who empathizes with each patient and family. She is a shining example of teamwork and service excellence,” said Jason Campbell, Director of Food Services, and Vice President of Human Resources and Support Services Anne Peterson concurred. “She brings a great spirit and an uplifting experience in all her interactions with guests and staff.”

Neil Wolfe



Position Title: Materials Processor

Employment Area: Purchasing

Experience and Education:

Employed since 1992; graduated from Heath High School; pursuing fitness trainer and sports conditioning certification

Family and Interests: Enjoys sports, camping and spending time with his children

Recognition: “Neil does a great job working with the physician offices to keep them stocked with the supplies they need. Everyone states he is pleasant to work with,” stated Tom Poulson, Vice President of Financial Services. “Neil is a team player who is always supportive of his coworkers.”

Note: Information about Marlene Guinsler, R.N., was not available for this story. She was chosen as the MVP for the Emergency Department.

Patient Story – Lois Kilokowski (continued from page 12)

eyesight, but she is still able to enjoy solving crossword puzzles.

Even though she is retired as a professional diabetes educator, Lois still eagerly shares her knowledge with other diabetes patients, encouraging them to be proactive about their health. “It is overwhelming when you are first diagnosed,” she said. “But a lot of people know a family member or friend with diabetes, so there are lots of people who know what you are going through.” Lois’ main point of advice is to become educated about the disease. “If your doctor does not send you to a dietitian and diabetes education classes, ask and insist to be sent,” she stressed.

Licking Memorial Hospital offers nutritional counseling with a dietitian and Diabetes Self-Management Classes that are available to those who have a physician’s referral. For more information, call (740) 348-4910. In addition,

Quality Heart Care... a Heartbeat from Home



Always Ready

- Experienced Team
- Catheterization lab
- Follow-up Care

 **Licking Memorial
Heart Center**



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

Check out our Quality Report Cards on our Web site.

more information about diabetes and LMH’s diabetes services is available online at www.LMHealth.org by clicking on “Hospital Services.”

Patient Story – Katie Liebas (continued from page 14)

my peers to know that it is not uncommon for Hodgkin lymphoma to affect people our age. Sometimes Hodgkin has no symptoms at all, but if anyone does develop a lump that does not go away, it should be checked by a doctor.”

The American Cancer Society’s patient navigator services are available to cancer patients and their families. The services include advice on: completing insurance forms, applying for disability, receiving possible reimbursement for transportation to medical appointments or various other tasks. To contact Katherine Schorr, patient navigator, call (740) 348-1996, or (888) 227-6446, ext. 8069. She can also be reached by e-mail at kschorr@cancer.org.



**Licking Memorial
Health Systems**

Upcoming Dates

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

Parent Checklist for College Bound Students

Monday, October 6

6:00 p.m.

J. Gilbert Reese Center, Auditorium
OSU-N/COTC campus
1209 University Drive, Newark

The LMH Development Council presents this free education program to discuss various topics to prepare parents and college freshmen for that first year on campus. The program is free; registration is required and can be made by calling (740) 348-4102.

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

Diabetes Self-Management Classes

Tuesday Class

9:00 to 11:00 a.m.

1865 Tamarack Road, Newark

Wednesday Classes

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

1865 Tamarack Road, Newark

Diabetes Self-Management 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.

First Impressions – Maternal Child Classes

Childbirth Education Classes

Maternity Tour

Stork Tour

Breast-feeding Class

Infant and Child CPR

Sibling Preparation Class

Parenting Class

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



**Licking Memorial
Health Systems**

1320 West Main Street
Newark, OH 43055

Please take a few minutes to read this month's **Community Connection**.

You'll once again see why

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

Visit us at www.LMHealth.org

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

The articles contained in this publication should not be considered specific medical advice as each individual circumstance is different. Should you need medical advice, consult your physician. Entire publication copyrighted 2008 Licking Memorial Health Systems. All rights reserved.

Non-Profit Org.

U.S. Postage

PAID

Columbus, Ohio

Permit No. 8757

