



Community Connection

Licking Memorial Health Systems

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



Volume 6, Issue 5

September/October 2009

Measurably Different ... for Your Health!

Students Return to Activities with Heart to Play

Nearly 1,000 Licking County middle and high school students are heading back to physically demanding school activities with the confidence that their hearts are ready to take on the challenge. Through the Heart to Play program at Licking Memorial Health Systems (LMHS), students from the county's 14 school districts and players from the Licking County All-Star football team have received free pre-participation sports screenings and electrocardiograms (ECGs). Through the screenings,



Licking Memorial Health Systems provided free ECG tests along with pre-participation screenings to hundreds of students to protect their health as they return to school this fall.

Students Return to Activities with Heart to Play (continued on page 2)

Licking Memorial's Digital Mammography Saves Lives



The Women's Imaging Center at Licking Memorial Hospital offers state-of-the-art digital mammograms that use computer-assisted, full-field technology. These highly-accurate images are created in a relaxing, spa-like area that was designed for women's comfort.

from breast cancer are declining, largely due to early detection. Licking Memorial Health Systems works diligently to educate women on the symptoms of breast cancer and the importance of early detection. When a

At some point in life, approximately one out of every eight American women will hear the chilling diagnosis, "You have breast cancer," according to the American Cancer Society (ACS). Breast cancer is the second most common type of cancer for women, following skin cancer. The ACS reports that death rates resulting

Licking Memorial's Digital Mammography Saves Lives (continued on page 2)

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

See pages 12 - 16 for Quality Report Cards in this issue.

COMMUNITY EDUCATION

Cervical Cancer Awareness

- Date:** Tuesday, September 22
 - Location:** Conference Rooms A & B, first floor, Licking Memorial Hospital
 - Time:** 6:00 p.m.
 - Speaker:** Janae Davis, M.D.
- (continued on page 4)*

Breast Cancer Awareness and Screenings

- Date:** Tuesday, October 6
 - Location:** Conference Rooms A & B, first floor, Licking Memorial Hospital
 - Time:** 6:00 p.m.
 - Speakers:** Larry Pasley, M.D. Tiffany Inglis, M.D.
- (continued on page 5)*

Family and Friends CPR

- Date:** Tuesday, October 6 or Thursday, October 8
 - Location:** Licking Memorial Health Systems Education Department 1915 Tamarack Road
 - Time:** 5:00 to 7:00 p.m.
- (continued on page 23)*

Dining with Diabetes

- Dates:** Tuesday, October 20 Thursday, October 22 Tuesday, October 27
 - Location:** Conference Rooms A & B, first floor, Licking Memorial Hospital
 - Time:** 5:30 to 7:30 p.m.
 - Speakers:** Annmarie Thacker, R.D., L.D., C.D.E. Shari Gallup, M.S., CFLE
- (continued on page 19)*

LMHS' goal is to ensure students are free from underlying heart conditions that have been known to cause sudden illness, or even death, in rare instances.

"We are pleased with the success of the Heart to Play program again this year," stated Pediatrician Diane LeMay, M.D. "Approximately 4 percent of the students' ECGs indicated an abnormality, which resulted in further preventive tests. Most of those turned out to be what we call 'athletic hearts,' which appear enlarged on the test results, but are actually very healthy muscles. One student was advised not to play sports until a possible heart problem has been ruled out. I personally spoke to parents of each student with an abnormal ECG, and all have been very grateful for our program. They would not have known about a potential problem, otherwise."

In a series of 16 evenings from May to July, all Licking County middle and high school students in sports programs were invited to the free pre-participation sports screenings. In addition, all Licking County high school students who participate in sports or band, and C-TEC students in criminal justice, fire fighting, or physical therapy programs were offered free ECGs if they did not receive one the year previous. If the ECG was abnormal during the prior year's screening, studies recommend an annual follow-up ECG to watch for a progressive type of dangerous heart condition, hypertrophic cardiomyopathy. Dr. LeMay said, "Heart conditions change. If an athlete had an abnormal test previously,

the simple follow-up ECG may detect a potentially fatal condition that is developing. I do not want anyone to panic about the testing, nor have a false sense of security." Students who successfully pass an ECG screening in the ninth or tenth grade do not need to repeat the painless ECG test until the eleventh or twelfth grade, unless it is recommended either by their physician or during the pre-participation screening process.

LMHS President & CEO Rob Montagnese explained that the costs behind Heart to Play are well worth the undertaking. "Our children are our most valuable resources, and we share in the responsibility of protecting them. Although we may never know the exact number of lives we save with the Heart to Play program, we know it is the right thing to do. Altogether, a health care team of 80 pediatricians, cardiologists, advanced nurse practitioners, nurses and support staff members devoted their time to the screenings this year, which demonstrates how much our staff cares about the community."

LMHS began offering free pre-participation sports screenings in 2006, with Dr. LeMay spearheading the program. In 2008, the year that the free ECGs were added to the screening process, the program was credited with saving the life of a 17-year-old athlete with Wolff-Parkinson-White syndrome, a condition that could have caused sudden collapse during physical stress.

malignant tumor is found in its early stages, the surgeon may be able to use a less invasive procedure, and the patient is more likely to have a good outcome.

"Breast cancer is so prevalent among American women, that it is almost certain every one of us will, at some point, know someone who is affected by the disease," said Leslee Arthur, Director of Radiology Services at Licking Memorial Hospital (LMH). "We strongly urge women to follow the ACS' recommendations to receive an annual screening mammogram, beginning at age 40. Usually, the entire mammogram takes only 20 minutes, and it can very likely save a woman's life."

Licking Memorial offers advanced digital mammography at two locations to make the procedure as accessible as possible. Leslee explained, "Women can choose to have their mammograms performed at the Licking Memorial Women's Health office, located at 15 Messimer Drive,

or the Women's Imaging Center on the first floor of the Hospital. Both locations have a spa-like atmosphere with comfortable dressing rooms, a relaxing decor and plush, resort-type bath robes - details that were designed with a woman's comfort in mind."

LMH's digital mammography allows for computer-aided detection (CAD), which is equivalent to a second radiologist reading each mammogram and uses lower doses of radiation. "The sooner we detect a malignant tumor, the better the patient's outcome will be," Radiologist Joseph Fondriest, M.D., explained. "This advanced technology can save lives."

In recognition of National Mammography Day on Friday, October 16, LMHS and Tri-County Radiology, Inc. are offering 75 free screening mammograms to women who qualify under financial need guidelines.

Pataskala Relay for Life

On Friday, July 17, Relay for Life participants gathered around the track at Watkins Memorial High School in Pataskala to walk or run a nonstop relay challenge for 24 hours. Relay for Life is the American Cancer Society's signature activity, and represents the hopes that those lost to cancer will never be forgotten, that those who face cancer will be supported, and that one day cancer will be eliminated. The two goals for this event were to raise funds through sponsorships and to increase awareness of cancer symptoms and prevention.

Rob Montagnese, Licking Memorial Health Systems (LMHS) President & CEO, addressed the crowd and offered words of encouragement. "We continue to see decreased death rates from cancer in both men and women, and this is mainly because of prevention. More people are using preventive measures to reduce



Scrubs the Hospital Hound, Lori Mullet, L.P.N., Emergency Patient Care Manager Cristi McMullen and President & CEO Rob Montagnese cheered on walkers at the Pataskala Relay for Life. Licking Memorial Health Systems recently increased its services in western Licking County by adding Urgent Care and several physician practices.

their risk of cancer such as regular screenings from a health professional, eating healthy foods, exercising and maintaining their weight. We are making great progress in the fight against cancer, and LMHS is proud to be a platinum sponsor of the American Cancer Society's Pataskala Relay for Life."

Licking Memorial Hospital (LMH) collaborates with the American Cancer Society to offer the Patient Navigator

Program, located in the Oncology Unit in the Hospital. This free service is designed to assist cancer patients, survivors and their family members or caregivers in successfully addressing financial, insurance, logistical and emotional challenges that may arise following a cancer diagnosis. For more information about the Patient Navigator Program at LMH, please call (740) 348-1996 or toll-free at (888) 227-6446.

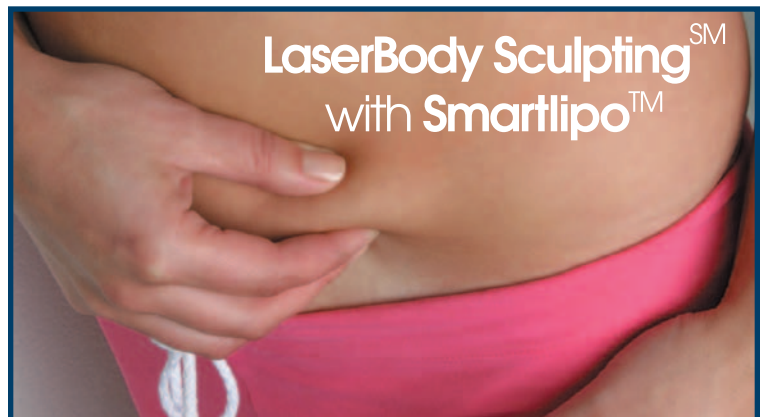
Licking Memorial's Digital Mammography Saves Lives (continued from page 2)

In order to receive a free mammogram at LMH, a woman must be all of the following:

- Uninsured
- Low-income
- Referred by a physician
- Licking County resident
- Over the age of 50
- Without any symptoms of breast cancer
- Without any previous history of breast cancer
- Not a recipient of a free screening mammogram from LMH in 2008

The free tests apply only to screening mammograms. If the screening mammogram indicates the patient needs further testing, the follow-up testing will not be covered under the free program.

The free screening mammograms are available by appointment on Friday, October 16, at either the Women's Imaging Center on the first floor of the Hospital, or at the Licking Memorial Women's Health office, located at 15 Messimer Drive in Newark. To learn more about Licking Memorial's free screening mammograms, women should contact their family physicians or gynecologists.



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

James M. Jeffries III, M.D., FACS



Licking Memorial
Reconstructive & Cosmetic Services

Newark location:

1272 West Main Street • Building 2, Upper Level

Pataskala location:

One Healthy Place (off Broad Street in Pataskala) • Suite 202

(740) 348-7955 • www.LMHealth.org

Check out our quality Community Report Cards on our Web site.

October 18-24 Is Infection Prevention Week

Ever since Louis Pasteur revolutionized the germ theory in the mid-1800s by discovering new ways to prevent the spread of disease, medical professionals have continuously improved methods of infection control. In 1986, President Ronald Reagan honored the battle against disease by declaring the third week in October to be Infection Prevention Week.



Infection Prevention manager Jeanne Emmons observes clinical staff members' hand-washing techniques as part of LMH's ongoing patient safety practices.

Jeanne explained that in addition to the high-tech sterilization equipment used in the Hospital, patients and visitors also play a key role in keeping themselves disease-free. "Education is very important, both in the Hospital and in the community. As simple as it sounds, hand hygiene is the most effective way to stop the spread of infection, so it is always an area of focus," she said.

Nationally, health care-associated infections affect more than 2 million patients each year. According to the Association for Professionals in Infection Control and Epidemiology, Inc., the annual cost of treating those infections is more than \$5.5 billion.

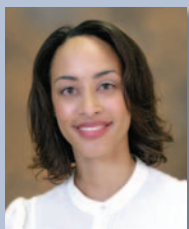
In a continuous effort to safeguard against the spread of infection, Licking Memorial Hospital (LMH) Infection Prevention Manager Jeanne Emmons, M.T., B.S., C.I.C., works diligently to enhance patient safety by:

- Helping to prevent nosocomial (health care-acquired) infections, such as methicillin-resistant *Staphylococcus aureus* (MRSA) infections
- Collecting, analyzing and interpreting health data to improve health care practices
- Training health care staff members to increase best practices

LMH promotes the "It's O.K. to Ask" campaign that reminds staff members and patients about proper hand-washing. Patients are encouraged to ask if they are unsure whether a staff member has followed the proper hygiene protocol.

LMH is currently participating in the Ohio Hospital Association's 16-member Central Ohio Quality Collaborative that seeks to reduce the incidence of central line catheter-associated blood borne infections and reduce the incidence of MRSA and *Clostridium difficile* infections. "Licking Memorial is very committed to infection prevention, and we can see that our efforts are working," Jeanne said. "Healthcare-acquired infection rates at LMH have been reduced, and our patients are better educated about how to prevent infections." LMH's Infection Prevention Department has also worked with county agencies to proactively develop strategies on how to manage any possible widespread outbreaks of disease, such as the H1N1 flu.

Cervical Cancer Awareness *(continued from front page)*



Janae Davis,
M.D.

Cervical cancer is usually a slowly growing malignancy that may not have symptoms until it reaches an advanced stage. Fortunately, with annual testing, cervical cancer can be detected in its early stages when it is the most curable.

The National Cancer Institute estimates that in 2008, there were more than

11,000 new cases of cervical cancer diagnosed in the U.S., and nearly 4,000 women died from the disease. Many of those deaths could have been prevented if the women had received annual Pap smear tests to screen for cancerous or precancerous cells.

Licking Memorial Health Systems encourages women to be proactive about their health by attending a free education program, Cervical Cancer Awareness, on Tuesday, September 22, at 6:00 p.m., in Conference Rooms A & B on the first floor of Licking Memorial Hospital. Obstetrician/Gynecologist Janae Davis, M.D., will speak about who is at risk for cervical cancer, screening procedures, cervical cancer vaccinations and treatment advances.

Registration for the program is required. To register or to receive more information, please call (740) 348-1434.

Seasonal Flu Vaccine Available

Licking Memorial Hospital (LMH) is offering the seasonal influenza vaccine earlier, and at a lower cost than last year. “The suppliers have been able to provide the vaccine at an earlier date this year, and their production costs were lower,” Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese explained. “Since we believe the seasonal flu vaccine plays a great role in protecting the health of the community, we made the decision to open the community seasonal flu vaccine clinic at Indian Mound Mall in Heath earlier and to roll back the fee. Many people in Licking County do not have medical insurance right now, and we saw an opportunity to help them protect their health by making it more affordable.”



The seasonal flu vaccine is available through the Licking Memorial Flu Clinic, which begins on September 29.

“With all the media coverage on the novel H1N1 flu virus pandemic, we hope that people do not neglect to protect themselves against the seasonal flu,” cautioned Debbie Young, Vice President of Patient Services. “More than 200,000 Americans are hospitalized each year with the seasonal flu, and more than 36,000 people die from the virus. It can be a serious illness.”

The seasonal flu vaccine is specially formulated for each year’s predicted strains of viruses. The vaccine is made from inactivated viruses, so it cannot cause someone to develop the disease. Information about a possible H1N1 flu vaccine clinic will appear in a future issue of Community Connection if the vaccine becomes available.

The Centers for Disease Control (CDC) predicts a plentiful supply of seasonal influenza vaccine for this flu season. Not to be confused with the H1N1 flu virus (formerly called the Swine Flu), the seasonal flu virus changes each year, so a new immunization is required each year to be effective. The CDC advises the following people are at high-risk of developing serious complications and should receive seasonal flu vaccines annually:

- Children, ages 6 months to 19 years
- Pregnant women
- People who are at least 50 years old
- People with chronic conditions
- Those living in nursing homes or long-term facilities
- People who live with, or care for, others who are in high-risk categories

The LMH community seasonal flu clinic is open to the public. An appointment is not necessary. Flu shots are offered to adults, age 18 and older. The cost for the flu vaccine at the LMH community seasonal flu clinic is \$25 by cash, check or credit card, and the LMH community seasonal flu clinic will also continue to accept a current traditional Medicare (Part B), Medicare HMO, traditional Medicaid, MedBen Insurance, Molina or Caresource card.

Vaccinations will be available from 8:30 a.m. to 4:00 p.m., on Tuesdays and Thursdays, beginning September 29, near the mall's Entrance B, across from Kitchen Collection. The flu clinic will be closed for Thanksgiving on November 26. Information is also available by calling (740) 348-7091 for a pre-recorded message after September 14.

LMH SEASONAL FLU CLINIC

Have you received your flu shot this season?

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 or primary care physician.

When
8:30 a.m. to 4:00 p.m.
Tuesdays and Thursdays
beginning September 29

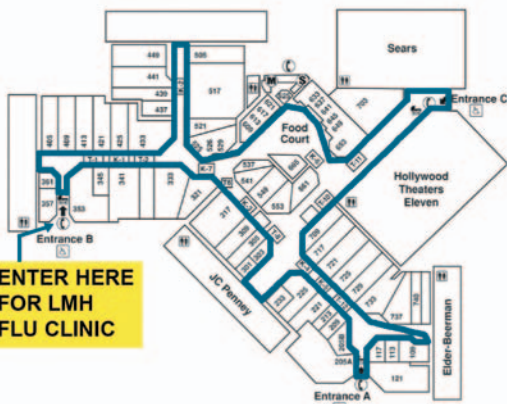
Where
Indian Mound Mall in Heath,
located near Entrance B, across from
Kitchen Collection

Cost
\$25 by cash, check or credit card, or present Medicare (Part B),
Medicare HMO, traditional Medicaid, MedBen Insurance,
Molina or Caresource card

For More Information
Call (740) 348-7091 for a pre-recorded
message about the Licking Memorial
Hospital Seasonal Flu Clinic
after September 14.



Licking Memorial Hospital



“For Your Health” 5K Run and Fun Walk

More than 400 people, mostly from central Ohio, participated in the second annual “For Your Health” 5K Run and Fun Walk on Saturday, August 1, at The Dawes Arboretum in Newark. The race was open to runners and walkers of all ages.

The race route followed the Arboretum’s popular Auto Tour, passing by the Azalea Glen, the Japanese Garden, Crab Apple Collection, Dawes Lake, the Observation Tower, the log cabin and Cypress Swamp. Walkers had the option of using a shorter, one-mile route.

The “For Your Health” 5K Run and Fun Walk was co-sponsored by the Licking Memorial Hospital Development Council, The Dawes Arboretum, Star Power Running and Licking County YMCA. The honorary chairs for the event were Karen Smith-Silone, D.O., and James Silone Jr., D.O.

“The “For Your Health” 5K Run and Fun Walk was promoted as one of the most beautiful scenic races this year,” Licking Memorial Health Systems President & CEO Rob Montagnese said. “It has certainly exceeded that expectation. We are proud to host this outstanding event that encourages healthy exercise and introduces new visitors to The Dawes Arboretum, which is one of our county’s greatest natural resources.” Medals and gift



On August 1, hundreds of runners participated in Licking Memorial’s second annual “For Your Health” 5K Run and Fun Walk at The Dawes Arboretum.

cards from Star Power Running were presented to the top three male and female finishers. They were: first place - Matt Dixon (16:17) and Shaylyn Webster (20:02), second place - Todd Hawkins (16:23) and Megan Brookless (20:39) and third place - Konan Stephens (17:28) and Kate Vanness (22:43).

In addition, the first place male and female winners of each age group were honored. They included: 14 years and under - Parker Bash (21:18) and Haylee Zigan (27:13), 15 to 19 years - Nathan Vaughn (18:03) and Elizabeth Dilbone (23:02), 20 to 24 years - Patrick Merrilees (18:03) and Jessica Forshey (25:05), 25 to 29 years - Eric White (20:55) and Marsha Taft (27:01), 30 to 34 years - Jeremy Cherteiny (19:10) and Mandi Packer (25:11), 35 to 39 years - Ken Rittenhouse (21:46) and Jen Lewis (23:05), 40 to 44 years - Cyndi Schmitt (23:14) and Kevin Wheeler (19:36), 45 to 49 years - Rick Dague (19:45) and Paula Wagner (25:16), 50 to 54 years - Jerry Wagner (19:02) and Sandra Rapp (27:12), 55 to 59 years - Don Warner (25:05) and Marsha Schafer (29:28), 60 to 64 years - Daniel Sekerak (20:21) and Chris Montis (30:34), 65 to 69 years - Jim Miller (25:52) and Jean Pritsel (29:46), and 70 years and over - Mark Henderson (30:23).

LMHS Purchases Hartford Fair Steer



Licking Memorial Health Systems (LMHS) purchased the 1,185-pound reserve champion market steer owned by Samantha Sforza. Samantha is a member of the Newark Barnyard Buddies 4-H Club. LMHS plans to donate the beef from the Hartford Fair steer purchase to a local non-profit charitable organization.

Snapshots from the "For Your Health" 5K Run and Fun Walk



Matt Dixon was the overall winner with a finishing time of 16:17.



Karen Smith-Silone, D.O., and James Silone Jr., D.O., were honorary chairs of the second annual "For Your Health" 5K Run and Fun Walk.



Shaylyn Webster won the women's division with a finishing time of 20:02.



A few participants brought their pets to join the fun.



Many families and friends take advantage of the annual "For Your Health" 5K Run and Fun Walk to combine exercise and the outdoors as they enjoy time with loved ones.



A runner stretched in the shade prior to running the 5K event.



Licking Memorial Surgeon Larry Pasley, M.D., joined hundreds of other racers in the 5K event.



In addition to the 5K route through The Dawes Arboretum, participants had the option of choosing a shorter 1-mile fun walk course.



Haylee Zigan (right) was the top female runner in the 14-years-and-under age division.

Blood Bank Earns AABB Accreditation

The Licking Memorial Hospital (LMH) blood bank, under the coordination of Rebecca Heichel, B.S., MT(ASCP) has been granted accreditation by AABB, formerly known as the American Association of Blood Banks. The AABB assesses blood bank facilities to ensure their quality and operational systems are in compliance with AABB standards, Code of Federal Regulations and other federal guidance documents.



Director of Laboratory Services Lorei Reinhard, Pathologist Lori Elwood, M.D., and Rebecca Heichel were instrumental in the LMH Blood Bank's accreditation by AABB.

excellence by promoting a level of professional and medical expertise that contributes to quality performance and patient safety.”

LMH's accreditation followed an intensive on-site assessment in July 2009 by specially trained AABB assessors. They determined that the level of the LMH blood bank's medical, technical and administrative performances met or exceeded AABB's

“AABB's accreditation procedures are voluntary,” explained Lorei Reinhard, B.S., M.T.(ASCP)SH, LMH Director of Laboratory Services. “LMH is proud to achieve the accreditation because AABB assists facilities in achieving

standards. By successfully meeting the requirements, LMH joined similar facilities across the United States and abroad that have achieved high levels of blood bank management.

Echo Lab Receives New Accreditation by ICAEL

Licking Memorial Hospital's Echocardiography Lab, also known as the Echo Lab, has received re-certification from the Intersocietal Commission for the Accreditation of Echocardiography Laboratories (ICAEL). The Echo Lab is located within the Cardiology Department and was reviewed by an independent agency to assess its testing procedures to diagnose heart disease.



Imaging Specialists Samantha Hobbs and Pat Smith (left) staff the accredited Echocardiography Lab at Licking Memorial Hospital. Debra Heldman, M.D. (right), is one of the cardiologists who interpret the non-invasive test results to diagnose heart disease.

A cardiologist interprets the echocardiogram images to evaluate function of the heart's muscles and valves. Echocardiography has become one of the standard tools in cardiology to diagnosis and manage heart disease.

The Echo Lab first earned ICAEL certification in 2002. It was one of the first 240 echocardiography laboratories in the United States, Canada and Puerto Rico to receive the recognition. The ICAEL

Echocardiography's noninvasive ultrasound technology uses sound waves to create images of the heart without radiation.

estimates that 10 million echocardiograms are performed in the United States each year.



Larry Pasley, M.D.



Tiffany Inglis, M.D.

Breast Cancer Awareness and Screenings *(continued from front page)*

In observation of National Breast Cancer Awareness Month in October, Licking Memorial Health Systems will present a Breast Cancer Awareness program and screenings on Tuesday, October 6, at 6:00 p.m., in Conference Rooms A and B on the first floor of Licking Memorial Hospital. The program and screenings are free to the public.

General Surgeon Larry Pasley, M.D., and Obstetrician/Gynecologist Tiffany Inglis, M.D., will present information on the risk factors, prevention, early detection and treatment of breast cancer. Following the program, the first 40 registrants will receive a private, free breast cancer screening.

Registration for the program is required. Please call (740) 348-1434 to register or to receive more information.

Development Spotlight – Jill Evans



Jill Evans

Jill Evans, Human Resources Employment and Benefits Manager for Park National Bank, recently became a member of the Licking Memorial Hospital (LMH) Development Council's Annual Support Committee. She decided to join after talking to a friend about the importance of the

Development Council and the various opportunities to give back to the community. "I look forward to utilizing my expertise to assist LMH with improving the health of our community," said Jill.

As a leader in the community, she views her daily contact with employees, business professionals and community members as an opportunity to be a positive ambassador for LMH. Jill said, "I want to be able to provide information about LMH and the quality of care to my coworkers and peers. As community awareness of

LMH's scope of health services increases, so will the level of comfort, reassurance, and peace of mind concerning personal health."

For the past several years, she has served on the Tri-State Center for Financial Training Board and is an active member and volunteer of St. Francis de Sales Church. Jill is a native of Licking County and a Newark Catholic High School graduate. She obtained her Professional in Human Resources (PHR) certification in December 2008, from the HR Certification Institute. Beyond work and community service, she enjoys spending time with her husband, Mike, and their 11-year-old son, Jacob. All three are Cincinnati Reds fans and frequently attend games and the yearly Reds Fest. The family also owns 14 antique tractors which they enjoy restoring and showcasing at local fairs and parades throughout the summer months.

Donors -

Contributions to Licking Memorial Health Foundation are used toward new equipment and services at Licking Memorial Hospital. To learn more about giving opportunities, please call (740) 348-4101.

CAPITAL IMPROVEMENT

TWIGS 8

COMMUNITY CORNERSTONE

Abbott Laboratories
Dennis and Donna Abend
Judy A. Bradley
Mr. and Mrs. Robert Carpenter
Jack and Virginia Dean
Mark and Cara Delcher
James and Karen Dellner
Nasie Gallagher
Elliott and Barbara Gerber
Lois A. Grimm
Mr. and Mrs. Marc D. Guthrie
Mr. and Mrs. William B. Henderson
C. Ann Howard
Jeffery W. James
Shirley James
James and Susan Kennedy
Sally and Paul Kennedy
Willard Kuhlwein
Christine Lindskog
Linda and Stephen Linham
McLain, Hill Rugg & Associates, Inc.
Jim and Nancy Mitchell
John Mitchell
Hazel Morehart
Mr. and Mrs. James Nealon
Fred and Diane Paetz
Jon and Barbara Quackenbush
Cara Riddel
James Riley
Gary and Diane Ryan
Lila B. Saunders
Mr. and Mrs. P. David Shull
Frank and Dusty Stare
Bobbi and Sam Thios
Denny and Carol Wheeler

Michael and Jodie Wheeler
Mr. and Mrs. Michael Whitehead
David B. Wills and Associates
Carol Wollenburg

"FOR YOUR HEALTH" 5K RUN & FUN WALK

Star Power Running

GENERAL

Craig Cairns, M.D.
Licking Memorial Hospital Medical Staff
Janet and Jon McCleery
Tom and Ann Mullady
Park National Bank

GOLF GALA

Jeff Bare, D.O.
Capital Wholesale Drug Company
Clean Innovations
Courtesy Ambulance, Inc.
Crowe Chizek and Company LLC
Khanh V. Dang, M.D.
Dawson Insurance, Inc.
Document Solutions – Xerox
Executone of Columbus, Inc.
Kim Fleming
Kristina Frost
Gardner & White
General Cable Corporation
George Lynch Controls, Inc.
Scott Jolly, D.O.
Karlsberger Architecture, Inc.
Robert Kent
Kessler Sign Company
Kreager Company
Lepi Enterprises, Inc.
Liberty Dodge Chrysler Jeep
Limbach Company LLC

Susan Lonsinger
MedBen
Mountjoy & Bressler LLP
Newark Moose Lodge
Pataskala Oaks Care Center
Rotary Club of Newark
Karen Schenk
Southgate Corporation
Standard Textile Company
State Farm Insurance
Stedman Floor Company, Inc.
Surgical Interventions LLC
TC Marketing Group
Tom Valentine
John D. Wells, D.O.
WesBanco Bank, Inc.
Thom Wood, M.D.

MEMORIAL GIFTS

Hong Im Lee
by: Janet Ignatius
Lillian Yolanda Sanislo
by: Licking Memorial Hospital
Carol Sue Young
by: C. Ann Howard
Licking Memorial Hospital

SHEPHERD HILL

Anonymous

PRIDE CORNERSTONE BRONZE

Cory Campbell
Joyce Cashdollar
Bethany Evans
Tonya Franks
Jamie Gill
Oren Kinney
Colleen Sites

LMH Dietitian Receives OHA Nomination

Each year, the Ohio Hospital Association (OHA) invites hospitals around the state to nominate individuals who have made outstanding contributions to health care in their communities for the annual Albert E. Dyckes Health Care Worker of the Year Award. Dietitian Annmarie Thacker, R.D., L.D., C.D.E., was selected to represent Licking Memorial Hospital (LMH) for 2009.



Registered Dietitian Annmarie Thacker presents many programs about nutrition around Licking County. She was recently nominated for a statewide award to recognize her dedication to educating the community.

Annmarie, who is a registered dietitian and certified diabetes educator, has been employed at LMH for more than 20 years. She first joined the Hospital as a clinical dietitian, working with inpatients. Now, as a Case Management dietitian, she counsels outpatients and provides many public educational programs.

Annmarie devotes many hours at her office and around the community educating others about how food choices can affect many medical conditions, such as diabetes, Parkinson's disease, high blood pressure, heart disease and celiac disease. She counsels hundreds of patients each year to guide them through the dietary changes needed to adapt to their medical diagnoses.

of the community. We are proud to have Annmarie represent LMH as our nominee for the Albert E. Dyckes Health Care Worker of the Year Award."

Annmarie received her Bachelor of Science and Master of Science degrees in human nutrition and dietetics from Ohio University in Athens, Ohio. She has a certification in diabetes counseling. She resides in the Johnstown area with her husband, Todd, and her son, Ryan.

A total of 84 health care employees were nominated this year for OHA's Albert E. Dyckes Health Care Worker of the Year Award. The award recognizes a health care employee at any level who has provided outstanding care.

"Hundreds of people in our community have a better understanding of how their diet affects their well-being because of Annmarie's dedication," said Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese. "Annmarie believes that good nutrition is a life-long goal, and that better food choices can improve a person's health. Her work exemplifies the LMHS mission, to improve the health

Mullady Shares Global Volunteer Award with Community

Tom Mullady, a retiree of the Owens Corning plant in Newark, recently received an award that is reserved for individuals who make outstanding contributions as volunteers in their communities. At a reception on July 8, Tom was named the 2008 Owens Corning Global Retiree Volunteer of the Year in recognition of his continued devotion to the community. He retired from Owens Corning as a plant safety leader in 2003. As part of his acknowledgment, he received a \$1,000 award prize and an engraved keepsake Waterford crystal bowl. He immediately donated the award money to three local organizations:



Owens Corning Plant Leader Martin Bever presented the 2008 Owens Corning Global Retiree Volunteer of the Year award to Tom Mullady.

Licking Memorial Health Foundation, United Way of Licking County and the Newark Rotary Club Foundation.

"Even after 27 years of service at Owens Corning, Tom continues to enhance the lives of people in the community," said Martin Bever, Owens Corning plant leader. "We are so proud that he brought this recognition to our community,

and then used it to make further contributions. Owens Corning began awarding the Volunteer of the Year award in 1993, on an international level in two categories – for current employees and retirees. Tom is the first person

Mullady Shares Global Volunteer Award with Community (continued on page 11)

from the Newark area to receive the award.” Tom has served on the Licking Memorial Hospital Development Council since 2004, and on the Board of Directors since 2005. His endeavors at Licking Memorial have helped to shape policy and make capital improvements to enhance health care for all LMH patients.

“At Licking Memorial, we value Tom’s tireless and generous devotion to the community,” commented Rob Montagnese, President & CEO of Licking Memorial Health Systems. “We are grateful for the many hours he commits to the Health Systems, and we congratulate him on this well-deserved recognition.”

Tom is also a member of the Board of Directors for United Way of Licking County and served many years with their Loaned Executive program. As a member of the Newark Rotary Club, he conducted fund-raising activities to help construct water wells in Africa and to assist orphanages in Africa and Honduras. Closer to

home, Tom volunteers in the Newark City Schools to tutor students, and has served on levy committees. He also worked on the Salvation Army capital campaign and organized volunteers for the Babe Ruth World Series.

Tom earned a Bachelor of Science degree in chemical engineering from Manhattan College in Bronx, New York. He is a member of the Newark Area Safety Council and Newark Township Zoning Commission. He served in the U.S. Marine Corps Reserves from 1961 to 1966.

Tom and his wife, Ann, reside in Newark. They are the parents of three grown children: Sean Mullady of Leonard, Michigan, Megan (Jim) Roy of Castleton, New York, and Erika Schippel of Newark.

Pastoral Care Provides Additional Level of Healing at LMH

Pastoral Care Services at Licking Memorial Hospital (LMH) has recently expanded by adding another chaplain, Cory Campbell, to address the religious and spiritual needs of the Hospital’s patients, visitors and staff. Cory serves as minister at Rocky Fork Church of Christ in Newark.



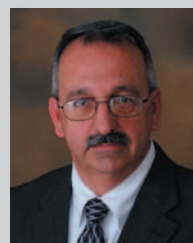
Jeff Smith and Cory Campbell provide pastoral care services to patients, visitors and staff at Licking Memorial Hospital.

The chaplains in LMH’s Pastoral Care Services Department tend to more than 1,000 individuals each month. They make visits to the patient rooms on a daily basis to offer prayer or assistance, and they are also available upon request. “The connection between a patient’s spirituality and healing is very strong,” said Jeff Smith, Director of Pastoral Care Services. “Even though I come from a science-based background as a registered pharmacist, I have seen prayer work in ways we can not explain. It is obvious that faith affects the health of the body, and LMH recognizes the need to minister to the soul as part of the healing process. The physicians are very

supportive and often call us to visit a patient who is having a difficult time.”

Pastoral Care Services also serves as a forum for clergy relations in Licking County. LMH hosts periodic Pastoral Care breakfasts and dinners to keep the area’s clergy members apprised of new developments at LMH and to present educational programs. The gatherings are an opportunity

for the clergy to discuss ways the Hospital can facilitate their visits with parishioners.



Jim O’Bryan

New Appointment

Jim O’Bryan

was named Director of Environmental Services.



Patient Story – Dan Sander

Pastor Dan Sander of Pataskala recently completed a four-part series of Diabetes Self-Management classes at Licking Memorial Hospital (LMH). He was first diagnosed with type 2 diabetes around 1995, through routine blood work while living in Parma, Ohio, but received very little information about dietary guidelines. In 2009, Aaron Clark, D.O., Dan's family practice physician in Pataskala, recommended the Diabetes Self-Management classes to help Dan gain a better understanding of how to control his blood sugar levels.

Even though Dan had been managing his blood glucose levels through diet and oral medications for more than a decade, he quickly learned that many of his assumptions about food were mistaken. "The biggest revelation was that I did not have to monitor sugar intake as much as carbs," he said. "The class instructors taught us the proper portion sizes – the most striking example was the proper serving size of a potato (about the size of a tightly closed fist). What I used to think was a single serving was actually twice as big as it should have been. In addition, I now regulate carb intake by having just one slice of toast in the morning instead of two, and by eating a hot dog without a bun." Dan also had the common misconception that all sweet desserts were forbidden to him after his diabetes diagnosis. "Now I know that sugar needs to be counted as a carb, but I can enjoy small amounts. When I go to a restaurant, I inquire about their sugar-free dessert selection. They often offer sugar-free Jell-O or pie. If I do have a regular dessert, it is important to do so in moderation."

Diabetes has been just one of Dan's health challenges. In 1989, he was diagnosed with colon cancer and



Pastor Dan Sander (seated) keeps busy at home with the family's alpaca business. He is surrounded by his wife, Nancy, and two of their eight grandchildren, Benjamin and Seth.

received one year of chemotherapy. Since then, he has also been treated for a fractured pelvis, received an artificial hip, and has undergone procedures for masses in his kidneys, a blocked heart valve and cancerous bladder tumors.

Dan announced his retirement in 1997, having served as a Lutheran pastor for 52 years. However, he has been called

back into the ministry for interim pastor positions 11 times since. He recently ministered as an interim pastor in Waldo, Ohio, and plans to serve again in Cardington, Ohio.

At the age of 77, Dan finds relaxation on his small family farm. He and Nancy, his wife of 53 years, have three grown children, Sherrill, David and Angela, and eight grandchildren. Dan devotes many hours to keeping the acreage mowed and tending to the family alpaca-breeding business. He is grateful that his strong constitution and excellent medical care have allowed him to recover quickly from each illness.

"The Lord told me I had to keep on preaching until I got it right," he joked. His faith, quick sense of humor, and positive outlook on life have helped him to cope with his many health challenges over the past two decades. Dan also uses his leadership role in the church to encourage and inspire members of his congregations who are facing health concerns of their own.

"When I begin serving at a new church, I share my story with the congregation," he said. "That way they know that if they are going through something similar, they can talk to me about it, and I will understand." At various

Patient Story - Dan Sander (continued on page 16)

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	LMHP 2008	National ⁽¹⁾
LMHP diabetes patients receiving eye exam	73%	68%	72%	60%
LMHP diabetes patients having HbA1c test	90%	91%	92%	80% ⁽²⁾
LMHP diabetes patients having lipid profile	94%	93%	95%	80% ⁽²⁾
LMHP diabetes patients having microalbuminuria test	87%	90%	92%	80%
LMHP diabetes patients having foot exam	90%	90%	91%	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	LMHP 2008	National ⁽¹⁾
LMHP diabetes patients with HbA1c less than or equal to 7%	56%	58%	54%	Greater than or equal to 40%

- 3** People with diabetes are at high risk for heart disease. An elevated LDL (“bad”) cholesterol test reveals if an individual has unhealthy fat levels, which increases the risk for heart disease, a very serious complication of diabetes.

	LMHP 2006	LMHP 2007	LMHP 2008	National ⁽¹⁾
LMHP diabetes patients with LDL less than or equal to 100 mg/dL	60%	63%	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	LMH 2008	Goal
CCM diabetes patients who obtained an HbA1c	84%	87%	99%	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	LMH 2008	Goal
% Goals met by diabetic education graduates – within six weeks	99%	96%	88%	greater than or equal to 75%
% Goals met by diabetic education graduates – within six months	96%	92%	91%	greater than or equal to 80%

Data footnotes: (1) Diabetic Recognition Program (National Committee for Quality Assurance/American Diabetes Association). (2) LMHP goal.



Patient Story – Becky Dunlap

Licking Valley students often did a double-take when they boarded bus #31 last winter. Sometimes, their driver, Becky Dunlap, would greet them at the door with jet black hair; other times, she sported bright red hair and a big smile. The younger elementary school students enjoyed their driver's playful sense of humor, but the older high school students understood that behind the comedy, Becky's wigs were disguising her chemotherapy-induced hair loss.

On December 22, 2008, Becky visited the new Women's Imaging Center at Licking Memorial Hospital (LMH) for her annual mammogram. The high-tech digital mammogram showed a suspicious area on her right breast, and Becky's physician, Elizabeth Koffler, M.D., insisted that 57-year-old Becky return for a repeat test on December 29. The second mammogram confirmed a very small mass, and Radiologist Joseph Fondriest, M.D., immediately performed an ultrasound-guided needle biopsy under a local anesthetic. "The lump was so small I could not feel it. If it had not been for the mammogram, I would not have found it," Becky said.

Becky was floored when she heard the diagnosis. "I learned that I had a very aggressive type of breast cancer," she said. "The diagnosis really took me for a loop, because we did not have a history of breast cancer in my family. Things began to happen very quickly at that point."

Becky consulted with Surgeon Larry Pasley, M.D., and Hematologist/Oncologist Kaye Linke, M.D., to discuss her options. "Dr. Pasley thought I was a good candidate for a lumpectomy. However, he was concerned about



Strong support from Oncology nurse Theresa Davidson, L.P.N., (left) and Oncologist Kaye Linke, M.D., (right) helped to keep Becky Dunlap in high spirits as she received treatment for breast cancer throughout the spring and summer of 2009.

my emotional reaction if more extensive surgery would be necessary. He asked me how I would feel if I lost my breast. I knew they were going to do everything they could in the operating room, but that was still kind of a frightening thing – not knowing if I was going to have a lumpectomy or a full mastectomy. But you do what you have to do in order to survive," she said.

The surgical team was able to preserve the majority of Becky's right breast. They removed approximately one-third of the breast tissue and the neighboring lymph nodes. Becky stayed overnight at LMH for observation and then returned home to recuperate.

Several days later, Dr. Linke's oncology team assumed Becky's care. They implanted an infusion port on her chest to facilitate the chemotherapy treatments. Dr. Linke determined a customized mixture of anti-cancer agents to destroy any minute traces of cancerous cells that may have eluded surgical removal, and then the chemotherapy began. Dr. Linke explained that it was important to begin treatment as soon as possible. "Fortunately, Becky's tumor was detected in its very early stages, and the surgery appeared to be quite successful. However, since this particular type of cancer is very aggressive, we wanted to treat it just as aggressively to be on the safe side. Becky is a fighter, and we wanted to give her every tool we have available." The initial chemotherapy sessions consisted of four treatments scheduled three weeks apart. The next stage of chemotherapy included 12 weekly sessions, to be followed by several weeks of radiation.

Patient Story - Becky Dunlap (continued on page 16)

Cancer Care – How do we compare?

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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 2006	LMH 2007	LMH 2008	Goal ⁽¹⁾
Specificity	98%	99%	99%	greater than 90%
Sensitivity	92%	96%	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 2006	LMH 2007	LMH 2008	Goal ⁽¹⁾
Positive predictive value	30%	39%	28%	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 2006	LMH 2007	LMH 2008	Goal
Number of 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 2006	LMH 2007	LMH 2008	Goal
Cancer patients with follow-up	95%	94%	93%	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 2006	LMH 2007	LMH 2008	Goal
Newly diagnosed and/or treated patients in clinical trials	2.9%	2.6%	3.1%	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	LMHP 2008	National Average ⁽²⁾
LMHP patients who received screening tests for:				
Breast cancer	79%	85%	84%	76%
Cervical cancer	76%	85%	85%	83%
Colorectal cancer	57%	61%	64%	42% ⁽³⁾
Prostate cancer	74%	76%	77%	55%

Data footnotes: (1) Quality Determinates of Mammography, *Clinical Practice Guide #13, AHCPR Publication No. 95-0632*. (2) Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2008. (3) The Behavioral Risk Factor Surveillance System (BRFSS) national average for adults aged 50 and over who have had a sigmoidoscopy or colonoscopy is 62.1 percent, while the average for those who have had an occult blood stool test is 20.9 percent. We compare ourselves to the average of the two national statistics, which is 42 percent.

Patient Story - Dan Sander (continued from page 12)

activities, he wears the Diabetes Self-Management t-shirt he received at the classes and finds that it serves as a conversation starter. “People will ask me about the shirt, and it gives me a chance to share a little about what I learned. I tell them the classes were very beneficial to me, and I encourage everyone with diabetes to take them. I wish I had taken the classes years ago.”

The four-part Diabetes Self-Management classes at LMH are available to the public and take place on Tuesday mornings, Wednesday afternoons or Wednesday evenings. In addition, diabetes educators are available by

Patient Story - Becky Dunlap (continued from page 14)

“Becky’s story illustrates the importance of early breast cancer detection,” Dr. Linke said. “Licking Memorial’s digital mammography with computer-aided detection is able to find tumors before other standard types of mammograms, and often long before the patient can feel them. Because Becky’s cancer was discovered early, she had more treatment options, along with a better prognosis.”

Becky’s strong “when the going gets tough” attitude kicked into full gear at home. She stayed active, even though she was fatigued on some days. “I have a pretty good family support system,” she said. “My husband, David, was at the Hospital with me during the surgery, and my kids checked in on me. I was able to keep working. I’d miss one-half day for my chemotherapy and then all the next day, but that was mostly a precaution. My reflexes tended to be slow on the day after chemotherapy, and as a school bus driver, safety has to be the primary concern.”

Even though Becky knew that hair loss would be a possible side effect of taking the potent chemotherapy drugs, she was not totally prepared for the change. She remembered, “At first, my hair started thinning a bit, but when I began the second round of chemotherapy, it was falling out quickly. That is when I decided to just go ahead and get my head shaved, and I ended up looking like my dad,” she laughed.

Becky purchased three wigs, and treated her situation with amusement. She often switched wigs mid-day just to see the students’ reactions. “The kids have been just wonderful,” she said. “They have brought me scarves, bracelets and treats. The kids and their parents have been very understanding.”

appointment for one-on-one instruction on the use of glucometers and insulin therapy. To register, or for more information, please call Central Scheduling at (740) 348-4722. With a physician’s referral, diabetes education fees are often covered by insurance. Financial assistance may be available to those who qualify; please call Patient Billing at (740) 348-4500 for an application.

The American Cancer Society’s patient navigator at LMH was able to steer Becky toward some resources for financial assistance and other information. A loving family environment at home also eased some of the difficult moments for Becky. “David had a hard time adjusting to the cancer diagnosis at first, but he has been there for me. We have three grown children, Stephanie, Jim and Jon, and eight grandchildren. Some days just zap the energy out of me, but I do not want to give up anything. The kids help me pick beans in the garden because I tire easily in the sun. I have lots of things to do, but I just do them in stages. I have to keep moving!”

Becky already accomplished one thing she felt she needed to do as a mother. When she first learned she had cancer, she took her daughter, Stephanie, aside and reminded her that breast cancer tends to run in families. “I did not say too much,” Becky recalled. “I just told her, ‘Do what you need to do.’ Within a month, she was in for a mammogram because she knew it was important to me.”

As Becky approached the end of her chemotherapy regimen, she reflected back on the whirlwind of events that began last December. Although the cancer diagnosis was an unexpected and distressing detour, she preferred to summarize that period of her life with humor, quipping, “I just tell people I gave up cancer for Lent.”

“LMHS Night” at Licking County Settlers

For the second year, Licking Memorial Health Systems (LMHS) sponsored an evening with the Licking County Settlers at Don Edwards Park in Newark. “LMHS Night” featured the Settlers playing a double header against the Southern Ohio Copperheads. The Settlers won both games, 2-1 and 4-1. LMHS treated its employees and their families to a cookout and free admission to the Settlers games. Members of Big Brothers Big Sisters of Licking County were also invited as special guests to the LMHS cookout. Several door prizes were awarded during the cookout to Dianne Steele, Doreen McCartan, Lori McCollum, Shay Marmie and Jennifer Hughes.

LMHS sponsorship and support of the Settlers was demonstrated throughout the evening. LMHS Board Chairman Gordon Wilken threw the ceremonial first pitch for game two of the double header. Doug Predmore, a scrub technician in the Endoscopy Diagnostic Lab,



Licking Memorial Health Systems Board of Directors Chairman Gordon Wilken threw the first pitch for the Licking County Settlers' second half of a double header against the Southern Ohio Copperheads on July 7.

sang the National Anthem. Additionally, Patrick Jeffries, Chairman of the Licking Memorial Hospital Board of Directors, serves as President of the Settlers ballclub.

The Licking County Settlers are a member of the Great Lakes wooden bat league. To be eligible for the team, a player must play collegiate baseball. Various universities from several states are represented on the team.

Left-handed pitcher Justin Warrington is a local resident and also plays for Ball State University. The Settlers formed in 2006 and played at Denison University during their first two seasons before establishing Don Edwards Park as their home field in 2008.

Web site tip – Speakers Bureau

Licking Memorial Health Systems (LMHS) offers an extensive list of speakers for programs in Licking County. These speakers include physicians, nurses, therapists, administrators and financial managers who can address a wide variety of topics, and their speaking services are provided free of charge. Speaker presentations often include visual props, PowerPoint programs and handouts.

Veronica Link, Vice President of Development & Public Relations, explained, “The Speakers Bureau is one of many ways that LMHS fulfills its mission, to improve the health of the community. There is a strong demand from the community for our



More information about Licking Memorial Health Systems' free Speakers Bureau programs is available online at www.LMHealth.org.

speakers because they are knowledgeable in their fields, and tailor their presentations to each specific audience. It is common for us to receive follow-up requests from audience members who want to hear the presentation again because the information was beneficial and presented in an engaging manner.”

More information about the Speakers Bureau is available

on the LMHS Web site, www.LMHealth.org. Click on the “Speakers Bureau” link on the right side of the home page. The Web page includes a list of potential presentation subjects, and additional topics are available on request. Please call (740) 348-1572 at least six weeks in advance to schedule an LMHS speaker.

Development Spotlight – David Morrison



David Morrison

Local attorney and Newark resident David Morrison joined the Education and Membership Committee of the Licking Memorial Hospital (LMH) Development Council in February 2006.

“I accepted the invitation to join the LMH Development Council to support the Hospital and its mission to improve

the health of the community,” said David. “Licking Memorial has wonderful and dedicated employees, physicians and volunteers who fulfill this mission. These individuals help make the Hospital a valuable asset to the community.”

In 1981, David and his law partner, Richard S. Bindley, founded the law offices of Morrison and Bindley located in Heath. David holds a Bachelors degree in Business Administration from the Ohio University and a Juris Doctor degree from Akron Law School. He volunteers in the local community and is Chairman of the Board for the House of New Hope. He also served as a board member

on the Licking County Chamber of Commerce, Goodwill Industries, the Food Pantry Network of Licking County, the former local chapter of the Alzheimer’s Association, and the Carol Strawn Center.

David and his wife, Deborah, have been married for 34 years. The couple has three sons, 27-year-old Michael, 23-year-old Sean, and 19-year-old Craig. In his spare time, David enjoys pistol shooting, backpacking, camping and hiking with his sons.

Medical Staff Makes Donations to Licking Memorial Hospital

Chief of Staff Jacqueline Jones, M.D., Executive Committee Chairman Karen Smith-Silone, D.O., and Medical Staff Secretary/Treasurer Peter Nock, D.O., recently made donations to three Licking Memorial Hospital (LMH) programs on behalf of the LMH Medical Staff.

“We feel that our contribution to the Licking Memorial Smoking Cessation program, Prescription Assistance program, and the free Heart to Play sports physicals and electrocardiogram (ECG) program will assist in promoting the health of the community,” said Chief of Staff Jacqueline Jones, M.D.

The donations will also help offset expenses for these “no charge” services that are offered to area residents throughout the year. “We are very grateful for the LMH medical staff and the support shown through these generous donations. These programs will continue to succeed and thrive because of their assistance,” said Rob Montagnese, Licking Memorial Health Systems President & CEO.

The LMH Medical Staff Executive Committee is comprised of the Medical Staff officers and the chiefs of each Medical Staff department. Committee members set policies, review new doctors’ credentials, analyze cases and help to educate staff members on medical advances.



Medical Staff Secretary/Treasurer Peter Nock, D.O., Chief of Staff Jacqueline Jones, M.D., Executive Committee Chairman Karen Smith-Silone, D.O., presented the Medical Staff’s donation to Rob Montagnese, LMHS President & CEO.

The Schaffner Society Welcomes Two New Members

The William Schaffner Society is comprised of community members and Licking Memorial Health Systems (LMHS) employees who have donated a minimum gift of \$10,000 to the Licking Memorial Health Foundation (LMHF) over the course of 10 years. The funds are used to enhance medical care and fund expanded services at LMHS and do not assist with general operating expenses. Recently, The William Schaffner Society welcomed two new members: Richard Wenzelberger, a local resident, and Bernadette Davies, R.N., Case Manager in the Inpatient Case Management Department at Licking Memorial Hospital (LMH). Both were recognized for their generosity at an LMHS board meeting.



Bernadette Davies and Richard Wenzelberger were recently honored for their Schaffner Society-level contributions to Licking Memorial Health Systems.

Richard Wenzelberger, a Licking County resident of less than three years, offered his contribution in memory of his late wife, Kathy, who passed away on October 23, 2008. His donation to the LMHF was also due in part to his commitment to the foundations of the community which he feels are the health care system, educational system and opportunities for cultural awareness.

Richard and Kathy met in 1970, while both were serving in the U.S. Army and stationed in Vietnam.

Kathy, a Newcomerstown native, volunteered to serve in Vietnam as a tribute to a family friend, a Marine from Coshocton, who had been killed in action. In 1970, the couple married in the U.S. after completing their service tour in Vietnam, and in 1974, they welcomed their son, David, into their family. Richard resumed his career with the Army until 1980, when the family moved to Maryland after he accepted a civilian

position with the Department of Defense. He retired in 2006, due to Kathy's declining health, and moved to Ohio to be closer to her family. After losing both his wife and son in 2008, Richard is viewed by others as a source of inspiration with his positive outlook.

Bernadette Davies joined LMH in July 1996. She received her nursing degree from Central Ohio Technical College in 1995. She is a member of St. Francis de Sales church in Newark. She also assists with many fundraising events for St. Francis School, and is involved with the Newark Area Soccer Association. Bernadette enjoys spending time with her husband, Jerame, and their daughters, fifteen-year-old Alexandra and nine-year-old Abigaile.

Dining with Diabetes *(continued from front page)*



Annmarie Thacker, R.D., L.D., C.D.E.

A three-class cooking school program, Dining with Diabetes, will be offered to share healthier ways of preparing food for patients with diabetes, their family members and others who want to eat healthier. Topics will include food preparation, demonstrations and taste-testing, and discussions about carbohydrates, fats and vitamins.

The class dates are October 20, 22 and 27, from 5:30 to 7:30 p.m., each evening.

Dining with Diabetes is presented by Licking Memorial

Health Systems in conjunction with The Ohio State University Newark Extension Office. Registered Dietitian Annmarie Thacker, R.D., L.D., C.D.E., and Shari L. Gallup, M.S., CFLE, will be the class instructors.

Advanced registration is required for the program. Please call (740) 670-5315 to register for the program. The cost is \$10 for senior citizens (age 60 and over), \$20 for all other participants, and includes all three sessions. The cost is due at the time of registration. Space is limited, and the deadline to register is Tuesday, October 13.



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Physician Spotlight – James M. Jeffries III, M.D., FACS



James M. Jeffries III, M.D., FACS

James M. Jeffries III, M.D., FACS, received his Medical Degree at the University of Medicine and Dentistry of New Jersey in Newark, New Jersey, where he also completed an internship in general surgery and residencies in general surgery and plastic and reconstructive surgery. He received his board certification from the American

Board of Plastic Surgery, and he is a fellow of the American College of Surgeons. He is also a member of the American Society of Plastic Surgeons.

Dr. Jeffries has been listed in the Castle and Connolly Limited as one of the Top Doctors in Plastic Surgery in

the New York Metro Area for 2004, 2005 and 2006. He maintains a strong ethic of giving back through volunteerism and has volunteered with Healing the Children to help youth in Kenya, and with the Philippine American Group of Educators and Surgeons.

Dr. Jeffries joined the Licking Memorial Health Professionals in July 2007 to provide a full array of reconstructive and cosmetic surgical services. He consults with patients at two locations, at 1272 West Main Street, Building 2, in Newark, and at the Pataskala Health Campus, One Healthy Place, in Pataskala. To make an appointment at either location, please call (740) 348-1572.

Ask a Doc – Breast Reconstruction

Question: I had a mastectomy more than five years ago. Is it too late to have reconstruction now? What techniques are available?

Answer: Breast reconstruction after mastectomy can begin at any time, depending on each patient's circumstances. Some women are able to begin the reconstructive process while still in the operating room after the mastectomy; others may need to wait until they have completely healed from the mastectomy and have completed all cancer treatments. Although many mastectomy patients wish to have the procedure as soon as possible, you have not compromised your chance for successful reconstruction by delaying it for several years.

The American Cancer Society reports that more than 250,000 women in the U.S. are diagnosed with breast cancer each year. Some cancerous tumors can be removed with a less-invasive lumpectomy, and the breast's appearance is mostly unaffected. Other cancers require mastectomy, which is removal of the breast and often some surrounding tissue. Many women with mastectomies find that being able to have their breast reconstructed lessens the emotional trauma associated with the breast cancer diagnosis.

There are three main types of reconstruction available – implant procedures, tissue flap procedures, and tissue expansion. If the breast's nipple was removed during the mastectomy, it may be reconstructed as well, although additional surgery will be required.

For implant procedures, we use a saline implant, which is a silicone shell filled with sterile salt water or a safe gel. The implant creates a mound, which is then covered by the patient's remaining healthy muscle and skin tissue. In some instances, a silicone implant procedure can be completed in one step immediately following the mastectomy.

Oftentimes, there is not enough muscle and skin tissue remaining after the mastectomy for an implant procedure, and a flap technique may be the better option. This procedure takes a section of skin and muscle from another part of the patient's body (such as the abdomen, back or buttocks) and transplants it to secure and cover an implant.

The third technique, tissue expansion, requires several steps over a longer period of time, but usually has excellent results. The expansion procedure often begins immediately after the mastectomy. A small expander is placed under the healthy skin of the patient's surgical site. During several follow-up office visits, the expander is enlarged so that the skin gradually stretches to accommodate a permanent implant.

In addition to reconstructing the removed breast, we often perform plastic surgery on the opposite breast to achieve visual symmetry. Insurance policies are required to cover this procedure under the national Women's Health and Cancer Rights Act that Congress passed in 1998. If patients are unsure which procedures are covered by their insurance carrier, our staff will be happy to assist them with verifying their level of insurance coverage.

Volunteer Spotlight: Delores Dovjak

Delores Dovjak, a Licking County resident of 47 years, has donated volunteer service to Licking Memorial Hospital (LMH) for over 10 years. In 1999, she began volunteering in the Cancer Resource Center assisting patients with cancer research. "I was sympathetic to what the patients were going through as I am also a cancer survivor. I could relate to their fears and concerns. Sometimes the best treatment for a patient is for someone to just listen and be empathetic," said Delores.



Delores Dovjak volunteers as a messenger delivering flowers and cards to patients.

She currently volunteers one day a week assisting with deliveries to the laboratory and distributes flowers and cards to patients. "Delores is a great volunteer and a pleasure to have around. She is willing to assist in any task and greets everyone with a friendly smile. Her kindness and positive attitude bring joy to our mornings here in the Volunteer Department," said Carol Barnes, Director of Volunteers, TWIGS (Togetherness,

Willingness, Imagination, Giving and Sharing) and Events. In addition, Delores is a member of the TWIGS 4 organization of LMH and has served on the TWIGS Executive Board. TWIGS 4 members have helped with fundraising projects including the Vacation Auction, Merchandise Auction, and Super Duper Days. Currently, their main fundraising project is the Rada Cutlery Sale. "I really enjoy giving back to the community through TWIGS and volunteering. The rewards are abundant. I get to help patients and

form wonderful friendships with co-workers and employees," said Delores.

Delores and her husband, John, live in Newark. When Delores is not donating her time to LMH, she enjoys knitting, reading, and traveling with her husband to visit her daughters and grandchildren.

Student Volunteers Enrich LMH Services

Licking Memorial Hospital (LMH) was fortunate in the summer of 2009 to have the support of a group of caring students who devoted their time to enrich patients' health care experience. LMH volunteers' duties range from greeting visitors at the reception desk to helping transport patients.

Students as young as 15 years of age are eligible to become LMH Volunteers with their parents' or guardians' consent. They receive background checks and training before assuming their duties.

Seventeen of LMS' volunteers are attending high school or college classes this fall. They include:

- Chelsea Bigler
- John Bonnewell
- Julie Chrisman
- Bethany Craig
- Ashlee Dials
- Mark Doles
- Sara Fondriest
- Laura Gavan
- Bri Lamp
- Samantha Lantz
- Jennifer Lee
- Drew Link
- Natasha Marshall
- Natasha McCallin
- Laura Thurman
- Tara Torabi
- Emily Wagner

Director of Volunteers, TWIGS and Events Carol Barnes said, "Many students who are considering a future in health care choose to volunteer at the Hospital as a way to ensure that it is the right career choice for them. Other

students see volunteering as a valuable way to serve the community and gain important work experience. They are able to set their own schedule and match their activities with their areas of interest."

In addition to the students who volunteer, more than 100 adults also contribute their time and talent to supplement services at LMH. For information about becoming a Licking Memorial volunteer, please call (740) 348-4079 or visit www.LMHealth.org.



Student volunteers at Licking Memorial Hospital perform many tasks that allow staff members to focus on patient care. Pictured are (left to right): front row - Sara Fondriest, Natasha McCallin, Drew Link and Mark Doles. Back row - Samantha Lantz, Tara Torabi, Natasha Marshall, Bethany Craig, Bri Lamp and Emily Wagner. Not pictured are Chelsea Bigler, John Bonnewell, Julie Chrisman, Ashlee Dials, Laura Gavan, Jennifer Lee and Laura Thurman.

Retirees Honored at Annual Dinner

More than 90 Licking Memorial Health Systems (LMHS) retirees gathered in the Café at Licking Memorial Hospital (LMH) on July 28 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 updates on how LMHS benefits the community.

“Many of our retirees look forward to this annual event,” stated Vice President of Human Resources and Support Services Anne Peterson. “It provides them a chance to reminisce about the times they shared with our



Rob Montagnese, LMHS President & CEO, chatted with Joe Bending and Doug Hughes at the annual Retiree Dinner.

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 are updated 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.

Retiree Spotlight: Marlene Wolfe



Marlene Wolfe

Marlene Wolfe began her career in 1961 as a registered Radiologic Technologist at the Newark Hospital on Everett Avenue. During that time, she met and married her husband, Dave, and also started a family.

In 1965, Marlene left her position to raise her family of three, but then returned 13 years later to Licking Memorial Hospital (LMH) in its current location on West Main Street. “At that time, LMH was going through a technology transition with the addition of automatic processing, CT scans, and ultrasounds,” Marlene said.

Marlene continued working as a diagnostic radiographer for 27 years and received advanced training in bone densitometry at the Women’s Health Center. “I retired from LMH in 2005, and I have great memories of my years of service,” Marlene said.

Since retiring, Marlene has become a master gardener, joined the Licking County Herb Society, and is currently working part-time at Albyn’s Nursery. She enjoys spending time in her flower and herb garden and with her three grandchildren.

Family and Friends CPR *(continued from front page)*

Licking Memorial Health Systems (LMHS) is offering a cardiopulmonary resuscitation (CPR) class to anyone in the community who would like to learn the life-saving procedure. The two-hour class, Family and Friends CPR, is designed to be an introduction to CPR and will focus on basic life support and how to assist a choking infant, child or adult. It is not a certifying or credentialing course.

The cost for the Family and Friends CPR class is \$10, and registration is required. Participants may choose between two scheduled dates – Tuesday, October 6,

from 5:00 to 7:00 p.m., or Thursday, October 8, from 5:00 to 7:00 p.m. Class size is limited to 12 participants per session.

The classes will take place in the LMHS Education Department, located at 1915 Tamarack Road in Newark. Please call (740) 348-1420 to register.



Participants of the Family and Friends CPR class will learn the life-saving technique.



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Visit us at www.LMHealth.org.

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Community Events

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

Cervical Cancer Awareness

Tuesday, September 22 – 6:00 p.m.
Conference Rooms A & B, first floor
Licking Memorial Hospital
Registration is required. See front cover for details.

Breast Cancer Awareness & Screenings

Tuesday, October 6 – 6:00 p.m.
Conference Rooms A & B, first floor
Licking Memorial Hospital
Registration is required. See front cover for details.

Friends and Family CPR

Tuesday, October 6 or Thursday, October 8
5:00 to 7:00 p.m.
LMHS Education Department
1915 Tamarack Road
Registration is required. See front cover for details.

Dining with Diabetes

Tuesday, October 20, Thursday, October 22 and
Tuesday, October 27 – 5:30 to 7:30 p.m.
Conference Rooms A & B, first floor
Licking Memorial Hospital
Registration is required. See front cover for details.

Diabetes Self-Management Classes

Licking Memorial Diabetes Learning Center
1865 Tamarack Road, Newark
Tuesday Class Wednesday Classes
9:00 to 11:00 a.m. 1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.

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