



Community Connection

Licking Memorial Health Systems

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



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Measurably Different ... for Your Health!

Preventing MRSA



Jeanne Emmons,
BS, MT (AMT)

Methicillin-resistant Staphylococcus Aureus (MRSA) is a type of bacteria that is resistant to certain antibiotics, including methicillin, oxacillin, penicillin and amoxicillin. Staph infections, including MRSA, can occur among those who are in hospitals, extended care facilities, dialysis centers or have a weakened immune system. Those who acquire MRSA but have not been recently (within the past year) hospitalized or had a medical procedure, are known as acquiring CA-MRSA (community-acquired MRSA). MRSA infections can affect any person, at any age. "MRSA infections in our

community and throughout the nation are on the rise," said Licking Memorial Hospital (LMH) Infection Control Manager Jeanne Emmons, BS, MT (AMT).

An MRSA infection is most commonly a skin infection. "It may resemble a spider bite, pimple, boil or blister," said Jeanne. It can be found on areas of the body such as the underarm, groin and legs. MRSA can be transmitted from person to person through skin contact, mainly through the hands.

If the Licking Memorial staff thinks that a patient may be carrying MRSA, they will arrange for one or more tests, such as swabbing of the

Preventing MRSA (continued on page 2)

Cornerstone Club Campaign Successful

The Licking Memorial Hospital (LMH) Cornerstone Club is comprised of generous individuals in the community who support the Hospital by pledging an annual gift of \$100 or more. This group of community leaders is the foundation of Licking Memorial Hospital's success because it is dedicated to ensuring that the latest advances in medical technology are available to the citizens of our community. Members of the Cornerstone Club will receive specially-created, wooden building figures to signify their level of giving during a reception later this fall.



Licking Memorial Hospital's Cornerstone Club is raising funds to equip the new Critical Care Pavilion with a CT scanner.

Funds raised this year through the 2006 Cornerstone Club campaign will go toward a CT scanner for the new Emergency Department. The scanner, which will be readily accessible to evaluate patients with life-threatening problems, will be located in the new two-story Critical Care Pavilion which is expected to be complete in late 2007.

Cornerstone Club Campaign Successful (continued on page 2)

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

Community Education Program: Nutrition – Healthy Weight Loss

There are lots of reasons for people to want to lose weight: to be healthier, to look better, to feel better, and have more energy.

No matter what the reason, successful weight loss and healthy weight management depend on sensible goals and expectations. Please join us for an educational program about healthy weight loss on **Tuesday, August 8, 6:00 p.m.**, or **Wednesday, August 16, 3:00 p.m.**, at the Licking Memorial Hospital Conference Rooms A & B.

At this program, you will learn about the factors affecting how much you weigh. You will also learn that fad diets may result in short-term weight loss, but may do so at the risk of your health. Finally, you will learn how to manage your weight and have long-term success.

Registration is required for this free program. For more information or to register, please call (740) 348-1434.

Preventing MRSA (continued from front)

nose, groin and any open wounds. If a patient is found to be colonized with MRSA (i.e., carrying it on the skin) but not infected, then a patient may be asked to use antiseptic washes or ointments. These will help to reduce the risk of an infection developing or of spreading the bacterium to other patients.

If a patient is infected with MRSA, further tests will be carried out to decide the best course of treatment. There are many different strains of MRSA, with varying degrees of resistance to antibiotics. Serious infections will be treated with one of the few broad-spectrum antibiotics that are still effective against MRSA. A person infected or colonized with MRSA will also be placed in isolation while staying at Licking Memorial Hospital. The Hospital staff, which provides direct care for the infected patient will also wear special protective gloves and gowns to further prohibit the spread of the MRSA infection. “Licking Memorial is very strict about the isolation policy because the safety of the patients being served is top priority for the Hospital,” said Jeanne.

Licking Memorial Health Systems (LMHS) is dedicated to protecting the health of the employees, patients and visitors of the Hospital. “Recently, a hand washing campaign, “Healthy Hands, Healthy Lives,” was introduced within the Hospital reminding our staff, patients, and visitors of the importance of proper hand washing,” said Jeanne. This campaign will also be introduced to educate the patients and the community about this important cause.

Good hygiene, hand washing, is required to prevent the spread of MRSA and indeed many other infections. It’s one of the best ways to avoid getting sick. This simple habit requires only soap and warm water or an alcohol-based hand sanitizer.

The Dangers of Not Washing Your Hands

Despite the proven health benefits of hand washing, many people don’t practice this habit as often as they should, even after using the bathroom. Throughout the day you accumulate germs on your hands from a variety of sources, such as direct contact with people, contaminated surfaces, foods, even animals and animal waste. If

you don’t wash your hands frequently enough, you can infect yourself with these germs by touching your eyes, nose or mouth. And, you can spread these germs to others by touching them or by touching surfaces that they also touch, such as doorknobs.

Infectious diseases commonly spread through hand-to-hand contact include the common cold, flu, several gastrointestinal disorders and MRSA.

Inadequate hand hygiene also contributes to food-related illnesses, such as salmonella and E. coli infections. According to the Centers for Disease Control and Prevention (CDC), as many as 76 million Americans contract a food-borne illness each year. Of these, about 5,000 die as a result of their illness. Others experience the symptoms of nausea, vomiting and diarrhea.

Proper Techniques

Good hand washing techniques include washing your hands with soap and water or using an alcohol-based hand sanitizer. Antimicrobial wipes or towelettes are just as effective as soap and water in cleaning your hands, but aren’t as good as alcohol-based sanitizers.

Antibacterial soaps have become increasingly popular in recent years. However, these soaps are no more effective at killing germs than are regular soap and water. Using these soaps may lead to the development of bacteria that are resistant to the products’ antimicrobial agents – making it even harder to kill these germs in the future. In general, regular soap is fine. The combination of scrubbing your hands with soap – antibacterial or not – and rinsing them with water loosens and removes bacteria from your hands.

For more information about MRSA and other infectious diseases, visit the Health Information tab of the Licking Memorial Web site at www.LMHealth.org, or for information about the CDC, visit www.cdc.gov. If you have immediate questions or concerns, please contact Jeanne Emmons, LMH Infection Control Manager, at (740) 348-4158.

Cornerstone Club Campaign Successful (continued from front)

Tom Cummiskey is chairing the 2006 Community Cornerstone Club campaign. Other committee members include: Tony Adams, Mary Albright, Jim Atkinson, Carol Barnes, Charlotte Blade, Kim Fleming, Judy Franklin, Pat Guanciale, David Hardy, Earl Hawkins, Sharon Johnson, Nicole Judd, Laura Lewis, Thomas Mullady, Kevin Plaugher, Richard Reed, Nathan Voris and Chuck Walker.

To date, 42 new members have made a commitment to this year’s community Cornerstone Club campaign. “The quality of the Hospital is an indication of the quality of the community.

We’re fortunate to have a top-quality Hospital nearby that offers such a wide range of services,” said Tom Cummiskey.

To make a contribution to Licking Memorial Health Foundation, or to learn more about the LMH Cornerstone Club, please call (740) 348-4102.

LMH Establishes Red Rules to Increase Patient Safety

Licking Memorial Health Systems (LMHS) considers certain errors so potentially compromising for the safety of our patients that it necessitates serious consequences for the staff member committing the error. As a result – and in an effort to raise awareness and improve compliance with patient safety goals – Red Rules have been established.

“Red Rules are considered absolutes when providing patient care at Licking Memorial,” said LMHS Vice President of Patient Care Debbie Young, R.N., M.S., C.C.M. “Human error can lead to heart-wrenching consequences, and it is oftentimes preventable.”



Ensuring patient safety is one of the benefits of Red Rules stressed at Licking Memorial Health Systems.

Red Rules include:

- Failure to properly identify a patient, resulting in an error or potential for error;
- Medication error resulting from identifying a wrong patient, wrong medication, wrong route or wrong dose;
- Submitting an unlabeled/ mislabeled specimen;
- Performing a test on the wrong patient;
- Performing the wrong test on a patient;
- Having a patient fall when protocol was not in place and should have been; and
- Failure to appropriately administer, monitor, document and manage narcotics.

If you have any comments or concerns about the patient care you or a loved one has received through LMHS, please call the Licking Memorial Hospital Process Improvement Hotline at (740) 348-4641.

Twenty-one Honored As MVPs

Licking Memorial Health Systems (LMHS) recently recognized outstanding employees with MVP Awards. Twenty-one LMHS employees were honored at a gathering during LMHS' celebration of National Hospital and Healthcare Week. The MVPs were chosen for their consistent demonstration of the Health Systems' values of communication, attitude, respect and excellence.

Honorees include:

- Jeri Baker, a patient care coordinator in Nursing Administration;
- Rick Baltisberger, M.D., F.A.A.P., a physician at Licking Memorial Pediatrics;
- Amy Berry, an administrative assistant in Development;
- Mary Bonham, an assistant in Environmental Services;
- Chuck Buerkle, a cook in Food Services;
- Terrill Burnworth, D.O., a physician with Licking Memorial Emergency Medicine;
- Patty Camp, a point of care technician at Licking Memorial Family Practice-McMillen Drive;
- Janet Curtis, a point of care technician at Licking Memorial Family Practice-Granville;



LMHS employees who were honored as MVPs are (left to right): seated – Richard Baltisberger, M.D., Jeannine Nock, Nancy Davis, Mark Mitchell, M.D., and Peter Nock, M.D. Standing – Mary Bonham, Bonnie Tomsu, Amy Berry, Janet Curtis, LMHS President Bill Andrews (presenter), Kim Frick, Jeri Baker, Cindy Davis, Scrubs the Hospital Hound, Katie Hoover, Chuck Buerkle, Stacy Swartz, Jesh Folden, Darcy Nethers, LMHS Executive Vice President Rob Montagnese (presenter) and Craig Wollenberg. Not pictured are Patty Camp, Brenda Holman and Terrill Burnworth, D.O.

Twenty-one Honored As MVPs (continued on page 4)

Twenty-one Honored As MVPs (continued from page 3)

- Cindy Davis, a senior administrative assistant in Administration;
- Nancy Davis, R.N., a registered nurse at Licking Memorial Pediatrics;
- Jesh Folden, a specialist in Public Relations;
- Kim Frick, a project coordinator in Nursing Administration;
- Brenda Holman, a purchasing manager in Purchasing;
- Katie Hoover, R.N., a registered nurse at Licking Memorial Women's Health-Pataskala;
- Mark Mitchell, M.D., a physician with Licking Memorial Internal Medicine;
- Darcy Nethers, a wellness/fitness coordinator in Community Case Management;

- Jeannine Nock, R.N., a registered nurse in GI Laboratory;
- Peter Nock, D.O., a physician with Licking Memorial Hospitalists;
- Stacy Swartz, a physician coding compliance manager in Health Information;
- Bonnie Tomsu, a laboratory clinical scientist in Laboratory; and
- Craig Wollenberg, a systems analyst in Information Systems.

The MVP recipients received plaques and a gift during a reception all LMHS employees were invited to attend.

Nurses Honored for Clinical Excellence

Teresa Knicely, R.N., and Loretta Long, C.N.M., were presented the Licking Memorial Health Systems (LMHS) 2006 Nursing Awards for Clinical Excellence this spring during the Health Systems' National Hospital and Healthcare Week celebration.

"Surprise and shock were my first reactions to hearing my name called as a winner," Teresa said. "To receive this award is an honor to me. I just wish all LMHS nurses could receive this award. We all go above and beyond every day; it's the nature of the type of job we do."

Loretta, likewise, was pleasantly surprised to receive the award. "I felt honored that my co-workers and physicians nominated me for the nursing award," Loretta said. "There are so many dedicated and skilled nurses in LMHS. I am proud to have been chosen among a large group of nominees. I feel very appreciated and valued as an employee at LMHS."

Twenty nurses were nominated for the prestigious honor. One award was given in each of two categories: Licking Memorial Hospital (LMH)/Outpatient Services and Licking Memorial Health Professionals (LMHP) physician offices.

To be eligible for nomination, an LMHS nurse must possess such attributes as excellent clinical skills,



2006 Nursing Awards for Clinical Excellence winners were announced in May. Pictured (from left) are Executive Vice President Rob Montagnese, Vice President of Patient Care Debbie Young, award winner Teresa Knicely, award winner Loretta Long, Vice President of Physician Practices Christine McGee and President Bill Andrews.

evidence of advancing clinical knowledge, exemplified professionalism, addressing of patient safety concerns and participation in quality improvement activities relating to patient care.

Nominees in the LMH/Outpatient category included: Heather Burkhart, R.N., of 4-North; Bruce Campbell, R.N., of Intensive Care; Patty Gaul, R.N., of 4-North; Kathy Hahn, R.N., of Wound Clinic; Judy Handel, L.P.N., of Maternal/Child; Terri Hazlett, R.N., of Wound Clinic; Rose Kelly, R.N.,

of Oncology; Teresa Knicely, R.N., of Community Case Management; Elizabeth Nye, R.N., of Pain Clinic; Laura Offenbaker, R.N., of Community Case Management; Becky Patterson, R.N., of Maternal/Child; and Shelly Southard, R.N., of Pain Clinic.

Nominations from the LMHP offices included: Bonnie Capogreco, R.N., of Licking Memorial Pulmonology; Theresa Davidson, L.P.N., of Licking Memorial Oncology; Leslie Dieterich, C.N.P., of Licking Memorial Pediatrics; Melissa Goodchild, R.N., of Licking Memorial Family Practice – Granville; Jessica Grube, R.N., of Licking Memorial Dermatology; Loretta Long, C.N.M., of Licking Memorial Women's Health; Stacy Lukander, L.P.N., of Licking Memorial Dermatology; and Jennifer Prouty, L.P.N., of Licking Memorial Family Practice – Heath.

Nurses Honored for Clinical Excellence (continued on page 5)

Nurses Honored for Clinical Excellence (continued from page 4)

“We have an excellent nursing staff, and our nominees were highly praised by their co-workers,” said LMHS Vice President of Patient Care Debbie Young, R.N., M.S. C.C.M. “Narrowing our field from 20 nominees to two winners was not an easy task.”

Teresa Knicely, R.N.

Teresa Knicely began her nursing career at Licking Memorial in 1974. Over her 32 years of service, she has worked as an orthopedic nurse, psychiatric nurse, pediatric nurse, office nurse and since 1995 has been a community case manager. At LMH, Teresa is known as one of the pioneers in case management. She earned her nursing degree from Central Ohio Technical College in Newark and is a certified diabetic educator as well as certified in case management. Teresa is a member of LMH Providing Resources in Dedicated Employees (PRIDE), has received several LMH CARES Awards and is a Level 4 Career Ladder nurse.

Teresa is an expert in teaching patients how to live with and manage chronic illness. She is described by her co-workers as innovative, hard-working, patient-focused and compassionate. “Over her three-plus decades with LMH, Teresa has touched the lives of many Licking County residents,” Debbie said. “We are blessed to have such an outstanding nurse among our ranks.”

Teresa lives in St. Louisville with her husband. They have five children and six grandchildren. Besides working and spending time with her family, Teresa enjoys her miniature horse “Daisy” and gardening.

“I enjoy my work and have always strived to do my best in each position I have held within the Health Systems,” Teresa said. “The most rewarding part of this job is the

satisfaction and appreciation of my patients when they have been educated about their disease process – and especially when I instruct them on how to better care for their own health.”

Loretta Long, C.N.M.

Loretta Long joined Licking Memorial Women’s Health in September 2000. She graduated from The Ohio State University (OSU) in Columbus, Ohio, with a Bachelor of Science degree in Nursing and completed her Master’s degree in Maternal-fetal Nursing at OSU. She then completed her schooling in midwifery at the Frontier School of Midwifery and Family Nursing and earned a certificate of Nurse Midwifery.

According to her co-workers, Loretta is not only there to take care of women during pregnancy and birth, but she is also committed to providing quality health care from birth and beyond. Loretta truly focuses on the needs of the individual and family in providing for their physical care and support.

“This honor was bestowed upon Loretta because she puts the heart of nursing into practice,” said LMHS Vice President of Physician Practices Christine McGee, R.N., B.B.A. “She serves as a role model to clinical staff and willingly mentors learning and professional growth while demonstrating nursing expertise and clinical excellence.”

Loretta, the mother of three children, is looking forward to her first grandchild this summer. Her husband, Jim, is an appraiser. They live in Pataskala.

“The award means a great deal to me as a veteran employee,” Loretta said. “I am glad that I can represent the Hospital in such a positive way.”

2006 Hospital and Healthcare Week Celebration at LMHS

More than 1,300 Licking Memorial Health Systems employees were honored during 2006 National Hospital and Healthcare Week in May. This year’s theme was “Healthy Employees for a Healthier Community.” Each day from May 8 through May 12, employees were invited to events that included a health fair, educational sessions, high school choir performances, a barbecue, and other activities. All employees’ names were entered into prize drawings, with the grand prize of a Nordic treadmill awarded to Carolyn Crammer of Linen Services.



Licking Memorial employees participated in a health fair where they could discuss health issues.



Matt Holmes, Chris Orr, Craig Wollenberg and Chris Tritt enjoyed an outdoors picnic as Licking Memorial employees were treated to a grand barbecue one day during National Hospital and Healthcare Week.

LMHS TWIGS 6 Thrift Shop Receives Local Donation

The TWIGS 6 Thrift Shop located in Granville, Ohio, recently received a large consignment donation from Barb Hammond, a local merchant in Granville who owns B. Hammond. “Barb gave a very generous donation of new clothing and shoes,” said Donna Tegtmeier, chair of TWIGS 6. The Granville Thrift Shop, a consignment store, typically accepts consigned items and then sells them.

Sixty percent of the proceeds goes back to the original consigner, and 40 percent goes to the shop.

“When Barb consigned these items, she reversed the typical percentages, which benefited the shop tremendously,” said Donna. Barb consigned new clothing and shoes because her shop is no longer carrying these items. “Rather than hanging on to merchandise that she no longer could sell, Barb decided to consign these items to the Thrift Shop, which will benefit the Hospital and the community,” said Donna.

The TWIGS 6 Thrift Shop was founded in 1950 as the main project of TWIGS 6. The TWIGS groups participate in projects that raise money to donate to the general fund for Licking Memorial Health Systems (LMHS). The Thrift Shop consigns many items – such as clothing, like-new shoes, books, housewares, electric appliances and toys (supply batteries, if needed). Consigners may bring up to 12 clothing items and are limited to three pairs of shoes each week. Also, all clothes need to be cleaned and on wire hangers. The shop does not accept items such as wedding dresses, bags of miscellaneous



Donna Tegtmeier, chair of TWIGS 6, is holding a designer suit and Robin Lantz, Manager of the TWIGS 6 Thrift Shop, is holding a girl's dress and matching purse. These items and many more are available at the Granville Thrift Shop.

toys or kid's meal toys, bicycles, pillows, infant exercisers, jumpers or walkers. Please stop by the shop for a complete list of items that are/are not accepted.

Hours of Operation:

Sunday: Closed

Monday: Closed

Tuesday: 1:00 to 7:00 p.m. –
Consigning 1:00 to 6:00 p.m.

Wednesday: 1:00 to 4:00 p.m. –
Consigning 1:00 to 3:00 p.m.

Thursday: 1:00 to 4:00 p.m. –
No Consigning

Friday: 1:00 to 4:00 p.m. –
Consigning 1:00 to 3:00 p.m.

Saturday: 1:00 to 4:00 p.m. – Consigning 1:00 to 3:00 p.m.

When donated items are unable to be sold, they are then given to other organizations for distribution. Some of the organizations that receive these goods include: Veterans Service Group, Seventh Day Adventist Church, Hospice of Central Ohio, Ohio Quilters Association, Camp O'Bannon Tennis Shoe Project, Meigs County Distribution Project, and Salvation Army.

“We invite you to come out and look around – we have great buys for everyone,” said Donna. For more information about the Granville Thrift Shop, or if you would like to sell some of your old treasures, please call (740) 587-3047, or visit the shop at 454 South Main Street, Granville.

LMHS Sponsors North Newark Varsity Baseball Team

In an effort to continuously support the community we serve, Licking Memorial Health Systems (LMHS) sponsors several local youth baseball teams throughout Licking County.

The North Newark Varsity baseball team, sponsored by LMHS, has 10 players ages, 11 and 12 years old. “This team has five boys returning from last year's team, two members who moved up from the farm league and three new players have joined,” said Kip Mercer, head coach of the LMHS team. Team members include: Evan Brookbank, Jesse Cartnal, Devon Dager, Ty Frazier, Trevor Garber, Nick Mercer, Brandon Paul, Ricky Pipes, Ian Romaker and Mick Stakley. Kip is the head coach, and Jason Brookbank is the assistant coach. The team will play 14 regular season games



Rob Montagnese, Executive Vice President of Licking Memorial Health Systems (LMHS), throws out the ceremonial first pitch of the LMHS Varsity baseball game.

LMHS Sponsors North Newark Varsity Baseball Team (continued on page 7)



The Licking Memorial Health Systems Varsity baseball team is lined up before a game in the North Newark League.

and approximately three tournaments this season.

LMHS was recognized at the opening ceremony, and Rob Montagnese, Executive Vice President, had the opportunity to meet the team and throw out the first pitch.

Development Council Spotlight: Melissa A. Pahoundis



Melissa A. Pahoundis

“A good hospital is the foundation of a strong community,” said Melissa A. Pahoundis, a member of the Licking Memorial Hospital (LMH) Development Council. “I think it’s important for people to understand all the growth and programs that this facility offers to the citizens. There is a lot more going on here than I think a lot of local people realize. I’m constantly surprised by the

new services and additions that I hear about as a member of the Council.”

Melissa joined the Development Council this past winter. She looks forward to educating the community about Licking Memorial’s offerings. “I want to be able to provide information about the services available at our local Hospital to new people as they look at moving into the area or after they are already settled in,” Melissa said. “Having confidence in the Health Systems really makes a difference in how people view a community as a whole. Hopefully, I can be a positive ambassador to people new to the area.”

As a Realtor, Melissa comes in contact with a lot of newcomers to Licking County. She is a full-time real estate professional at the Coldwell Banker King Thompson office in Newark, specializing in residential homes in the Newark/Granville area. Melissa has been licensed to sell real estate in the State of Ohio since July 2003 and is a member of the Licking County Board of Realtors.

She is a graduate of The Ohio State University in Columbus, Ohio, with a Bachelor of Science degree in Natural Resources. “My background includes dealing with highly confidential matters in a corporate legal environment. This involves negotiating and managing corporate contracts,” Melissa said.

Development Council Spotlight: Melissa A. Pahoundis (continued on page 10)

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Community Report Card

Licking Memorial Health Systems

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Stroke Care ... A Community Report on Patient Care Quality

What Increases Your Risk?

Risk Factors You Cannot Change:

- Age – the risk for stroke increases with age
- Race – African Americans and Hispanics have higher risk than those of other races
- Gender – stroke is more common in men than women, until age 75, when women have more strokes
- Family History – the risk for stroke is greater if a parent, brother or sister has had a stroke

Risk Factors You Can Control:

- High blood pressure
- High cholesterol
- Coronary artery disease
- Smoking
- Physical inactivity
- Obesity
- Heavy use of alcohol
- Use of cocaine or other street drugs

Stroke Care Patient Feature – Ralph Heimerl

On May 9, 2005, Ralph Heimerl was watering his garden when he began experiencing a painful twitch in his arm. Other symptoms of a stroke may include: loss of vision, loss of speech or difficulty talking or understanding what others are saying, sudden or severe headache, or loss of balance or unstable walking. If any of these symptoms come on suddenly, it is a possible sign of a stroke and immediate medical attention is needed.



After suffering from a stroke a little more than a year ago, Ralph Heimerl is back to his favorite hobby – gardening.

Ralph spent one week in the Hospital. “The care that I received there was very good – they bent over backwards to help me,” said Ralph. While in the Hospital, the Licking Memorial Hospitalists caring for Ralph also discovered that he had a heart arrhythmia, for which he began seeking additional treatment upon his release. “In a way, it was good that I was there, not that having a stroke was good, but to find the arrhythmia,” said Ralph.

“I immediately knew what was wrong, but I wasn’t going to do anything,” said Ralph. Once his mother saw the condition that he was in, she called the ambulance. The Hebron emergency squad transported Ralph to the Emergency Department of Licking Memorial Hospital (LMH). “They were able to get me to the Hospital in time to receive the clot-busting drug,” said Ralph. “Immediate medical attention can make all the difference to someone showing signs of a stroke,” said Rhonda Maddern, R.N., Director of Acute Care Nursing Service. Upon arriving at LMH, Ralph was quickly assessed in the Emergency Department. Within three hours, he was given tPA (tissue plasminogen activator). “Research has shown that when patients, who are eligible, are given a clot-busting drug, like tPA, they can have significant improvement of symptoms,” said Rhonda. “But time is crucial with tPA; the drug should be given within three hours of the first signs of stroke.” TPA drugs can significantly reduce a stroke’s side effects, which include permanent disability.

Since having his stroke, Ralph began visiting the Anticoagulation Clinic monthly and has follow-up blood work completed every three months. The Anticoagulation Clinic carefully monitors some blood thinning medications – such as Warfarin (Coumadin®) Lovenox® or Heparin® – because of possible serious risks associated with certain health conditions, such as stroke, arterial fibrillation and deep vein thrombosis, as well as the medication itself. He also has regular check-ups with his primary care physician, Megan Miller, D.O., of Licking Memorial Family Practice – Hebron. “The staff and Dr. Miller are excellent. They answer any questions and always help,” continued Ralph.

The only side effect that Ralph suffered from his stroke was fatigue. Gardening and yard work are some of Ralph’s favorite hobbies. “I can’t get out there and work in my garden all day like I used to. But, I still enjoy working out there while I can,” said Ralph.

Stroke Care – How Do We Compare?

At Licking Memorial Hospital (LMH), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your health care choices.

- 1** A person who has symptoms of a stroke needs to seek emergency medical care immediately. A thrombolytic, or “clot-busting,” drug must be given within three hours after the initial onset of symptoms. To determine if a patient is a candidate for a thrombolytic drug, it is vital that a CT scan be performed before the drug is given.

	LMH 2003	LMH 2004	LMH 2005	Goal ⁽¹⁾
Median time from door to doctor	16 minutes	18 minutes	28 minutes	less than 10 minutes
Median time from door to CT scan	50 minutes	60 minutes	81 minutes	less than 25 minutes
Median time from door to drug	84 minutes	66 minutes	81 minutes	less than 60 minutes

- 2** Since a stroke can affect a person’s ability to swallow, stroke patients should receive a swallowing evaluation to make sure they can swallow well enough to eat or take medication by mouth.

	LMH 2003	LMH 2004	LMH 2005	Benchmark ⁽²⁾
% Stroke patients received a swallowing evaluation before eating	80%	74%	83%	65%

- 3** Beginning rehabilitation as soon as it can be done safely can help improve recovery for stroke patients. Rehabilitation may include physical therapy, occupational therapy and/or speech therapy.

	LMH 2003	LMH 2004	LMH 2005	Goal
% Received appropriate therapy	91%	99%	88%	100%

- 4** An elevated serum lipid level has been a well-documented risk factor for coronary artery disease. The reduction of LDL cholesterol through lifestyle modification and during therapy for the prevention of strokes and other vascular events is recommended for patients with coronary artery disease.

	LMH 2005	Benchmark ⁽²⁾
% Coronary artery disease patients receiveing lipid profile during visit ⁽³⁾	77%	62%

- 5** Evidence-based medicine supports giving a blood-thinning medication (such as aspirin) by the second day of hospitalization after a stroke and ordering the medication at discharge. Blood-thinning medication prevents clots from forming and improves blood flow.

	LMH 2003	LMH 2004	LMH 2005	Benchmark ⁽²⁾
% Eligible patients receiving blood-thinning medication	96%	100%	97%	93%
% Patients taking blood-thinning medication at discharge	99%	96%	99%	91%

- 6** Licking Memorial Health Professionals (LMHP) physicians use evidence-based measures in order to provide excellent, quality care to patients. The American Stroke Association and American Heart Association recommend the use of blood-thinning medication in order to prevent clots from forming and to improve blood flow.

	LMHP 2004	LMHP 2005	Goal
% LMHP coronary artery disease patients seen receiving blood-thinning medication	98%	98%	greater than 80%

7 It is often beneficial for a stroke patient to have a consultation with a neurologist to confirm the diagnosis because many other diseases can mimic a stroke. Neurologists have unique training and experience in neurological diseases and can offer stroke patients comprehensive care that is tailored to their specific needs.

	LMH 2003	LMH 2004	LMH 2005	Goal
% Stroke patients received a neurology consult	95%	93%	91%	greater than 90%

Data Footnotes: (1) Institute for Clinical Systems Improvement. *Diagnosis and initial treatment of ischemic stroke*; 2003 October 6, p.5.
 (2) Most recent benchmark from VHA Central Key Clinical Indicator Project.
 (3) LMH began collecting this data element in 2005.

Hospital and Primary Care Physicians Working Together to Serve Patients

To provide better care for both our office patients and our hospitalized patients, physicians who make up the Licking Memorial Health Professionals (LMHP) partner with Licking Memorial Hospitalists to provide care for our patients in the Hospital. Hospitalists are internists who specialize in caring for acutely ill hospitalized patients, and they are stationed in Licking Memorial Hospital (LMH) so they can respond to patient needs rapidly. If you are admitted to LMH, our hospitalists will care for you, consulting other specialists if and when needed.

If an LMHP primary care physician needs to admit a patient to the Hospital, he/she would utilize the hospitalist service to care for the patient. “The benefit of the hospitalist service is that they are able to care for the patients 24 hours a day, seven days a week,” said Megan Miller, D.O., physician with Licking Memorial Family Practice – Hebron. If a patient is seen in the physician office and admission is warranted (on a non-emergent basis), hospitalists are contacted. The primary care physician will then arrange for a direct admission, and the patient is evaluated by the hospitalist upon arrival

at LMH. “Whenever a patient is admitted, Hospital labs and important admission information will automatically appear on the electronic health record in my office,” said Dr. Miller.

Through electronic medical records, the hospitalists and the primary care physician can exchange information about the care of the patient instantaneously. “I immediately know the patient was admitted as the information is transferred electronically to me in real time. When discharged, the patient is given an appointment to follow up with me. The hospitalist physician calls and gives me a verbal summary of the admission and any issues I need to address once the patient is out of the Hospital,” said Dr. Miller. Primary care physicians also receive a faxed copy of the discharge instructions for the patient. So, when the patient follows up at the recommended time, the physician is fully aware of the current plan and is able to continue care at that point.

This close partnership – both with the Hospitalists and primary care physician – helps us to provide more efficient, comprehensive health care for all of our patients

Development Council Spotlight: Melissa A. Pahoundis (continued from page 7)

The lifelong resident of Licking County is the daughter of Charles and Eleanor Johnston of Newark. She has resided in the Granville area for 15 years. Melissa is the mother of two daughters. The older daughter goes to college in Asheville, North Carolina, and the younger one attends Granville High School. They have been involved in numerous academic and sports activities in Granville schools, as well as with the Granville Recreation Commission.

Outside of work, Melissa enjoys horseback riding, running/walking, yoga and other fitness activities, as well as gardening. An avid fly fisher, she has taught several beginning fly fishing classes at Ohio Department of Natural Resources’ Outdoors-Woman programs.

LMHS Medical Staff Members Thanked For Generous Contributions

Four members of the Licking Memorial Health Systems (LMHS) staff were recently recognized for their increased level of contributions.

Eric Pacht, M.D.

Eric Pacht, M.D., recently joined the Caduceus Society. Dr. Pacht is the Medical Director of the Intensive Care Unit of LMH and serves as the primary physician of Licking Memorial Pulmonology and Sleep Medicine. He is board certified in critical care, pulmonology and internal medicine. He received his Medical Degree from the University of Wisconsin in Madison, Wisconsin. Dr. Pacht joined Licking Memorial in March 2001.



Licking Memorial Hospital Board of Directors member Robert McGaughy presented an engraved glass keepsake to Eric Pacht, M.D., to thank him for his financial support.

Gerald Ehram, M.D.

Gerald Ehram, M.D., has increased his level of giving to join the distinguished Alford Society. Dr. Ehram practices at Licking Memorial Internal Medicine and has been a member of Licking Memorial Health Professionals since February 1995. He earned his medical and undergraduate degrees from The Ohio State University in Columbus, Ohio and completed his internship and residency in internal medicine at Mount Carmel Medical Center in Columbus.

Mark A. Mitchell, M.D.

Mark A. Mitchell, M.D., also has increased his contribution to the Alford Society level. Dr. Mitchell practices at Licking Memorial Internal Medicine and has been a member of Licking Memorial Health Professionals since 1994. He received his Medical Degree from The Ohio State University College of Medicine and completed his residency in internal medicine at Mount Carmel Medical Center. He is board certified in internal medicine.

“We are fortunate that so many of our employees want to promote the Health Systems with their financial contributions as well as their time,” said LMHS President Bill Andrews. “The members of our Schaffner, Caduceus and Alford societies are showing great leadership with their generous gifts. They truly are part of what makes LMHS an outstanding community asset.”

For more information about ways the community can support Licking Memorial Health Systems, call the Development Office at (740) 348-4102.



Licking Memorial Health Systems President Bill Andrews presented an engraved glass keepsake to Gerald Ehram, M.D., and Mark A. Mitchell, M.D., as they have both joined the Alford Society with their increased contributions to Licking Memorial Health Systems.

Mammography Department Earns Re-accreditation

The Licking Memorial Hospital (LMH) Mammography Department has earned a three-year term of accreditation from the nationally recognized American College of Radiology (ACR).

“Re-accreditation is a lengthy process involving rigorous examination of a facility’s staff, equipment and images,” said LMH Mammography Team Leader Misty Bashore, RT(R)(M)(QM). “The LMH Mammography Department has proudly held this accreditation for more than 15 years.”

The ACR awards accreditation to facilities for the achievement of high practice standards after a peer-review evaluation of the practice. Evaluations are conducted by board-certified physicians and medical physicists who are experts in the field. They assess the qualifications of the personnel and the adequacy of facility equipment. The

surveyors report their findings to the ACR’s Committee on Accreditation, which subsequently provides the practice with a comprehensive report.

“Obtaining and maintaining accreditation for our Mammography Department is one example of how Licking Memorial Health Systems is committed to improving the health of the community,” said LMH Director of Radiology Leslee Arthur. “When patients are told they need to use mammography services, a bit of apprehension is a normal response. Knowing that LMH provides high-quality, accredited mammography services should put our patients more at ease.”

Outpatient Clinic Spotlight: Anticoagulation Clinic

Every 45 seconds, someone in the United States has a stroke. A stroke is an interruption of the blood supply to any part of the brain. A stroke is sometimes called a “brain attack.” One of the long-term treatments used after a person suffers from a stroke is the use of blood-thinning medication to help prevent another stroke. The Anticoagulation Clinic at Licking Memorial Hospital (LMH) is the clinic set in place to monitor patients on certain blood-thinning medication – such as Warfarin (Coumadin®), Lovenox®, or Heparin. Careful monitoring of these blood-thinning medications in particular is necessary because of possible serious risks associated with this type of treatment.

The LMH Anticoagulation Clinic is a service directed by a physician and staffed by clinical pharmacists and registered nurses with specific knowledge of these types of anticoagulation therapies. Established in 2003, the clinic exists to improve the health of the community by providing high quality care to patients who have been prescribed anticoagulation medications. This dedicated

team closely monitors the progress of anticoagulation therapy through results obtained by simple blood tests. The results are used to adjust the dosage of anticoagulation medication for optimum therapy and safety. Education is essential, and patients should report any active bleeding episodes or severe bruising. Expected length of therapy is determined by the primary care physician and is made on an individual basis.

Patients will receive information about their medication, diet and controlling other conditions such as diabetes, high blood pressure and heart failure. Prescriptions are called into the pharmacy of choice, and follow-up appointments will be scheduled. Good communication is also important to the pharmacist, nurses and physicians in order to best manage patient care.

The Anticoagulation Clinic is located on the sixth floor of Licking Memorial Hospital. For more information, call (740) 348-1898.

Physician Spotlight: Megan Miller, D.O.



Megan Miller,
D.O.

Megan Miller, D.O., specializes in family practice medicine at the Licking Memorial Health Professionals (LMHP) Hebron office. Family practice is a specialty that focuses on children, adolescent and adult patients and their illnesses. “My husband was promoted with the Ohio State Highway Patrol and works out of Columbus. After a long search of local job opportunities, I had

come across a position with Licking Memorial Health Professionals. I visited Licking Memorial Hospital and felt the rural practice setting in Hebron was an excellent fit for me. I grew up in a small town of no more than 500 people and felt right at home when opening the practice in Hebron. A year later, I can still say this has been a great decision,” said Dr. Miller.

Dr. Miller received her Bachelor of Science degree, summa cum laude, from The Ohio State University in Columbus, Ohio, and her Medical Degree from the Ohio University College of Osteopathic Medicine in Athens, Ohio. She completed her residency at St. Vincent Mercy Medical Center in Toledo, Ohio.

She is a member of the American Osteopathic Association, American College of Osteopathic Family Physicians and the American Medical Association. Dr. Miller and her husband, Kevin, have two children, Cody and Alexis.

Licking Memorial Family Practice – Hebron is currently accepting new patients at 96-H Integrity Drive. To make an appointment, please call (740) 348-7930.

Ask a Doc: Megan Miller, D.O.

Question: What is a urinary tract infection?

Urinary Tract Infection (UTI) is a common infection that occurs when bacteria enter the urethra and overtake the natural environment in the urinary tract, which includes the kidneys, the ureters (tubes from the kidneys to the bladder), bladder and the urethra (tube carrying urine out of the bladder). Each year, approximately 8 to 10 million people in the United States develop UTIs.

Symptoms include blood in urine, cloudy urine, inability to urinate despite the urge, frequent urination, painful uri-

nation, fever and low back pain. Children and elderly patients may have different symptoms, including fever with confusion or irritability, nausea, vomiting, or diarrhea, and even loss of appetite.

Diagnosis is made by evaluating the urine via a urinalysis (usually done at your physician’s office). A culture of the urine may be done to determine the type of bacteria and how to treat the infection. UTIs are usually treated with antibacterial drugs. Over-the-counter pain relievers like acetaminophen (Tylenol®) or ibuprofen (Advil®) may be used to relieve the discomfort caused by UTI. Also, there

Ask a Doc: Megan Miller, D.O. (continued on page 13)

are urinary tract analgesics available over the counter, such as Azo®. These can provide pain relief as well.

There are a few measures you can take to reduce the risk of a UTI. Avoid products that may irritate the urethra (e.g. scented feminine products, bubble bath). Take showers instead of baths. Cleanse the genital area before and after sexual intercourse. Urinate after sexual intercourse. Change soiled diapers in infants and toddlers promptly. Do not routinely hold urine or resist the urge to urinate. Women and girls should wipe from front to back after voiding to prevent contaminating the urethra with bacteria from the anal area. Drink plenty of water daily.

Many people wonder about the effects of drinking

cranberry juice on UTIs. Cranberries and blueberries are two fruits that may have protective properties. Researchers are finding that red pigments in these fruits, called proanthocyanadins “tannins,” prevent E. coli bacteria (the most common cause of UTI) from adhering to cells in the urinary tract, thus inhibiting infection. Fructose which is used to sweeten fruit juices may also interfere with bacterial adhesion. Thus, there is reasonable information out there that drinking cranberry or blueberry juice may be beneficial in helping the body rid itself of infection.

In the event you should develop symptoms of a UTI, you should always contact your physician for care regarding this issue.

Volunteer Spotlight: Mary Milhoan



Mary Milhoan

Mary Milhoan began volunteering for Licking Memorial Hospital (LMH) in May 1988. She has volunteered in various departments of the Hospital including: Emergency Room, Mammography and currently is volunteering in Messenger Service. As a messenger, Mary runs various errands for the Hospital including transporting specimens to the lab and

delivering flowers and cards to patients. Mary has volunteered more than 12,675 hours of service. “I really enjoy getting out and helping people. I try to smile and lend a hand wherever I can,” said Mary.

Mary got started volunteering at the Hospital when long-time friend, Betty Meyers (who has volunteered at the Hospital for 28 years) took her to the Hospital and introduced her to the Volunteer Department. “I just really enjoy working at the Hospital because the people are so nice,” said Mary.

Prior to volunteering for the Hospital, Mary worked at Larson Manufacturing as an inspector. “I retired from there after 34 years,” stated Mary. She said that her job was always very interesting. Mary has three grown children; six grandchildren and four great-grandchildren. In her free time, she enjoys crocheting. “I make afghans to give away. I have donated several to the Hospital,” said Mary.

Licking Memorial Hospital’s commitment to quality care is well known in the community and across the state. This recognition would be more difficult to achieve without the unwavering support and dedication of the outstanding volunteers.

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

Retiree Spotlight: Marilyn Yost



Marilyn Yost

When Marilyn Yost joined the staff of the Licking Memorial Hospital (LMH) Laboratory in 1973, she thought she might remain employed here for a few years. Thirty-one years later, in July 2004, Marilyn retired from LMH.

“I really liked the hospital environment,” Marilyn said. “The longer I worked there, the better I liked the patient-staff relationship in the lab. The staff and quality of care in the lab was outstanding.”

Over her three decades with LMH, Marilyn experienced a lot of change in delivery of patient care. “When I was

hired, work in the lab was done manually, and then, technology changed and instrumentation took over,” Marilyn said. “Next came protective coverings; we wore lab coats, gloves and various other protective gear. Then, computers came into the lab. At first, I wondered how to do my job with a computer. But, when the computers were down, I wondered how I could get the job done without one.”

One of her favorite job duties was going to inpatient floors to complete blood draws. “This was the personal touch I liked,” Marilyn said. “As phlebotomists were added to the laboratory staff, technicians no longer did blood draws,” she noted.

Retiree Spotlight: Marilyn Yost (continued from page 13)

Overall, Marilyn is happy with and proud of the time she spent with LMH. "It was a very good 31 years there," she said, noting that having a high-quality health care organization close to home encouraged her not to seek employment elsewhere. "Licking Memorial Hospital is local; that's a biggie for me."

Marilyn gets together about every other month with former co-workers for lunch. "I made a lot of friends at the Hospital," she said. "It's nice to get together with them from time to time."

In addition to seeing friends, Marilyn keeps busy with her hobbies: scrapbooking, traveling, baking, cooking and walking. Her favorite travel destination is Myrtle Beach, South Carolina, and she looks forward to taking an Alaskan cruise this summer. Marilyn's scrapbooking interest is focused on her grandchildren. She and hus-

band, Kenneth Yost, each have two children, and together the couple has seven grandchildren. "I've got at least one scrapbook for each of our grandchildren," Marilyn said.

She is a member of Vintage Voices in Granville and Central Christian Church in Newark. Marilyn serves as an elder of the church, as well as chairman of its Christian Education Committee and is a member of the choir. Additionally, she regularly gives of her time at Cherry Valley Elementary School in Newark by assisting third graders with reading.

Marilyn is also an unofficial cheerleader for Licking Memorial Hospital. "I've always supported the Hospital," she said. "I've always been sure 100 percent that LMH is a good place to go for health care."

Employee Spotlight: Annette Corl, R.N.



Annette Corl, R.N.

Annette Corl, R.N., has been employed at Licking Memorial Hospital (LMH) for 19 years. "I just love working at the Hospital. That is why I have been here so long!" said Annette. She began her career at LMH as a technician; once she graduated from nursing school, Annette worked as a nurse in the GI lab and the Emergency Department. "I have worked in the Emergency Department for seven

years and recently was promoted to Clinical Supervisor," said Annette.

"Annette is truly an asset to our department and the Hospital. She is always willing to help wherever needed and goes the extra mile," said Penny Tylka-McCort, R.N., Director of the Emergency Department for Licking Memorial.

Annette received her Associate Nursing Degree from Central Ohio Technical College (COTC) located in Newark. She also serves as a clinical instructor for the

nursing program at COTC. "Licking Memorial has been a great place to put my skills to work. The Hospital is very patient-oriented and technology driven," said Annette.

Annette and her husband, Stephen, have three sons: Sam, Kevin and Daniel. In her free time, Annette is busy with activities for the boys and enjoys gardening and yard work. "I am very involved with my sons and their sports. And, I really enjoy these activities," said Annette.

Are you interested in joining the LMH team? Our employees are among the best in the industry and provide the highest level of care for our patients. LMH offers all the tools to help you reach your highest potential and the opportunity to work with some of the latest cutting-edge technologies and techniques.

We have immediate needs for full-time Registered Nurses in the Emergency Department. For more information or to apply, visit our Web site at www.LMHealth.org. LMH is proud to be an equal opportunity employer.

Boykin Promoted to Quality Manager



Cathy Boykin,
L.P.N.

Licking Memorial Health Professionals (LMHP) is pleased to announce that Cathy Boykin, L.P.N., has been promoted to the position of Quality Manager. She was previously employed as a staff nurse in the Licking Memorial Internal Medicine office in Newark since 1999.

Cathy, a Zanesville, Ohio, native, graduated from West Muskingum High School. She earned a Licensed Practical Nursing degree from the Muskingum Area Joint Vocational School of Adult Practical

Nursing in Zanesville. She also earned an Associate of Science Degree in Nursing from Hocking Technical College.

She is active in many community organizations, including Friends of Dawes, Christ Pantry, Operation Feed, United Way of Licking County, AmVets, and Friends of the Library. She is a member of Ohio Nurses Association, American Nurses Association and Friends of Ohio Hospitals.

Cathy's family includes her husband, Howard, children, Staci (Glenn) and Brent (Tiffany), and three grandchildren. Her hobbies include scrapbooking, sewing, quilting and music.

Annarino Named LMHS Director of Human Resources



Phil Annarino

Licking Memorial Health Systems is pleased to announce that Phil Annarino has been named Director of Human Resources.

Phil, a life-long Newark resident, served for more than 15 years as the human resource manager at Communicolor/RRD Direct in Hebron, Ohio. Just prior to joining LMHS, he served as the executive director for the Licking Metropolitan Housing Authority. He earned an Associate's degree in Accounting at Central Ohio Technical College in Newark. He is currently working toward a Bachelor's degree in Human Resources at Franklin University in Columbus. Phil was certified as a senior professional in human resources (SPHR) in 1999.

He serves as the vice president of funds development for United Way of Licking County, vice chair of the Licking County Community Development Advisory Commission, a member of the Licking County Jobs and Family Services Planning Committee, and is chairman of St. Francis de Sales Parish Council. He also is a member of the Society for Human Resource Management and the Licking County Human Resource Management Association.

Phil and his wife, Kathy, are the parents of two grown children – Eric and his wife, Angie, live in Australia, and Emily lives in Chicago, Illinois.

Administrative Spotlight: Beth Anderson



Beth Anderson

Licking Memorial Hospital (LMH) Director of Development Beth Anderson assumed her current position in March 2006. "In this capacity, my focus is on extending Licking Memorial's mission well beyond our Hospital walls," she said. "Our mission is to improve the health of the community."

Included among Beth's duties is working closely with the LMH Development Council. Comprised of approximately 75 community volunteers, the Council is divided into three committees: Education and Membership, Annual Support and Community Relations.

"The community leaders who serve on the Development Council have diverse backgrounds and areas of expertise," Beth said. "It is a pleasure to work with each of them. These are truly caring individuals who are interested in what is best for the residents of Licking County – including having a strong, close-to-home health care system in Licking Memorial Health Systems."

The Council was established in 1987 to increase charitable giving to LMH and to enhance and promote meaningful community relations for the Hospital. It falls under the auspices of the Licking Memorial Health Foundation – a nonprofit corporation established in 1984 for the purpose of conducting fund-raising activities for the benefit and support of Licking Memorial Health Systems.

"LMH is financially sound, but it is not immune to today's financial challenges – including government cutbacks in Medicare reimbursements, revenue shortfalls, and the continuing cost of charity care," Beth said. "As

Development Director, my goal is to work with the Development Council in an effort to create greater awareness of charitable giving to Licking Memorial Hospital."

Donations to the Licking Memorial Health Foundation pay for capital needs, services and programs that may otherwise go unfunded. "We recently enjoyed our 2006 Golf Gala, which provided funding for purchase of state-of-the-art technology for our Critical Care Pavilion project," Beth said. The approximately \$39 million Critical Care Pavilion project at LMH includes nearly 83,000 square feet of new construction and 7,000 square feet of renovation. It will provide new Emergency and Surgery departments for the Hospital. Construction completion is projected for late 2007.

Currently in her twentieth year with Licking Memorial Health Systems, Beth joined LMH in November 1986 as an administrative assistant in Executive Administration. From 1999 to 2004, Beth served as administrative assistant for Licking Memorial Health Professionals. She was promoted to the position of Director of Food Service in August 2004.

Beth holds an Associate's Degree in Business from Central Ohio Technical College and resides in Newark with her son, Mitchell. "As a lifelong resident of Licking County, I take special pride in being able to work for an organization that is so community-minded," Beth said. "Licking Memorial is a great place to work, and Licking County is a wonderful place to call home."



**Licking Memorial
Health Systems**

Upcoming Dates

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

Dining With Diabetes

July 10, 13 and 18, 2006
5:30 to 7:30 p.m.

Licking Memorial Hospital Conference Rooms A&B.

Speakers: AnnMarie Thacker, R.D., C.D.E., an LMH registered dietitian and certified diabetes educator, and Shari L. Gallup, M.S., C.F.L.E., educator and extension agent with the OSU Newark Extension Office.

Advance registration is required; call (740) 670-5315. Cost of \$5 for seniors (60 and over) and \$20 for all other registrants – is due with registration. Deadline to register is Monday, July 3. Spaces are limited, so enroll soon!

First Impressions – Maternal Child Classes

Childbirth Education Classes

Stork Tours

Infant and Child CPR

Parenting Class

Maternity Tour

Breast-feeding Class

Sibling Preparation Class

Diabetes Self-Management Classes

Tuesday Class

9:00 to 11:00 a.m.

Licking Memorial Health Systems, 1865 Tamarack Road, Newark

Wednesday Classes

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

Licking Memorial Health Systems, 1865 Tamarack Road, Newark

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

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



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