



# Community Connection

## Licking Memorial Health Systems

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



Volume 3, Issue 6

June 2006

Measurably Different ... for Your Health!

## Golf Gala 2006



The Golf Gala 2006 will be held June 19 - be sure to join in the fun.

The Licking Memorial Development Council will sponsor Golf Gala 2006 on Monday, June 19, at Moundbuilders Country Club, 125 North 33rd Street, in Newark. Check-in and lunch is at 12:00 noon, followed by a shotgun start at 1:00 p.m.

While the Development Council is the main sponsor for Golf Gala 2006, community-minded businesses and individuals are invited to help sponsor this

worthwhile event. Minimum donation amounts for sponsors are as follows: Red (event) – \$1,000, White (hole) – \$500 and Blue (cart) – \$250.

For more information about Golf Gala 2006, please contact the Licking Memorial Development office at (740) 348-4109.

**Golf Gala 2006 (continued on page 2)**

## Community Education Program: Skin Cancer Awareness & Screening

Most of the more than 1 million cases of nonmelanoma skin cancer diagnosed yearly in the United States are sun-related. Melanoma, the most serious type of skin cancer, accounted for about 59,600 cases of skin cancer in 2005 and most (about 7,800) of the 10,600 deaths were due to skin cancer each year. To learn more about your risks of skin cancer and ways that skin cancer can be prevented, plan to attend Licking Memorial Health Systems' Skin Cancer Awareness and Screening community education program.

**Date:** Tuesday, June 13, 2006

**Time:** 6:00 p.m.

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

**Speakers:** Bethany Wyles, D.O., and Laura Schaeffer, D.O., physicians with Licking Memorial Dermatology

This class includes information on different types of skin cancer, the harmful effects of tanning, the benefits of sunscreen in protecting against aging, and treatment alternatives. Mole and skin lesion screening by Dr. Wyles and Dr. Schaeffer will be available to the first 50 registrants. Registration is required for the education program. Please call (740) 348-1434 to register.

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

Now Accepting "Building A Healthier Community" Award Nominations

Licking Memorial Development Council is currently accepting nominations for the second annual "Building A Healthier Community" award. This award recognizes an individual, group of individuals, or an organization in Licking County that has undertaken a project or achieved a goal that improves the health of the community. The award winner will be recognized at the Lifetime Achievement Reception on Sunday, October 22, 2006.

For more information, contact the Development Department at (740) 348-4109.

(Application on pages 18 and 19.)



Be sure to apply sun screen every day!

## Golf Gala 2006 (continued from front)

Event sponsors will be included in banners, printed materials, advertising and other Golf Gala 2006 promotions. Logos for sponsors must be sent to [jfolden@LMHealth.org](mailto:jfolden@LMHealth.org) by June 5 to appear on printed material.

### Players and Prizes

Participation is limited to the first 100 players to register. Cost is \$125 per person or \$500 per team. A prize package will be awarded to the winning team. Other prize categories will include: Hole in One, Longest Drive and Closest to the Pin. Participants are invited to a buffet dinner and awards ceremony on the patio following the event.

Proceeds from Golf Gala 2006 will be utilized toward the purchase of state-of-the-art technology for the Critical Care Pavilion project.

# Licking Memorial Critical Care Pavilion Coming in 2007!



Licking Memorial  
Health Systems



Construction for Licking Memorial Hospital's (LMH) Critical Care Pavilion is under way!

The Emergency Department has a new entrance for squads and private vehicles.

Please follow the Emergency signs from West Main Street onto McMillen Drive to go to the LMH Emergency Department. All other Hospital visitors should continue to use the main entrance.

**To learn more about the construction going on at LMH, please visit our Web site at [www.LMHealth.org](http://www.LMHealth.org).**

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# Licking Memorial Health Systems Contracts with MediGold



Seniors with MediGold insurance now have increased coverage with LMHS.

Health Professionals (LMHP) physician offices to be included in their provider network.

Licking Memorial Health Systems (LMHS) has reached a contract with MediGold, a Medicare Advantage Prescription Drug Plan. Effective May 1, 2006, the contract enables MediGold enrollees to use Licking Memorial Hospital (LMH) for all Medicare-covered services; not just emergency and urgently needed care. MediGold is in the process of credentialing Licking Memorial

“We’re sure many beneficiaries in Licking County will be happy with this news, especially those who have traditionally received care from LMH,” said Mark Richardson, President and CEO for MediGold. “In addition to the Hospital contract, we’re working to include many LMH-affiliated physicians in our provider network. We currently have more than 1,900 enrollees in Licking County, and we anticipate that number to grow substantially as a result.”

“We are pleased to be in the MediGold network,” said LMHS Executive Vice President Rob Montagnese. “Adding Licking Memorial to the MediGold provider network will allow more Licking County residents greater access to high quality, close-to-home health care services.”

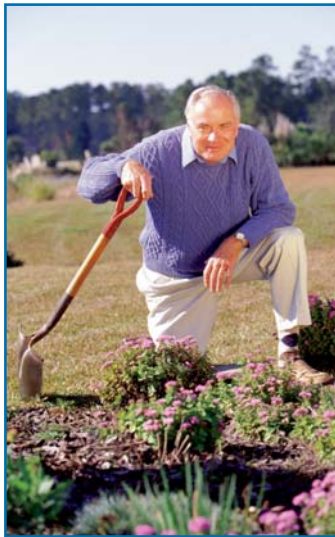
“At a time when Medicare can be very confusing, it’s our job to simplify the process. One way of effectively doing that is through benefit design and service. Another way is by increasing provider access. We felt a responsibility to the residents of Licking County to contract with their local hospital,” said Mark.

## Men’s Health Week – June 12 to 18, 2006

Father’s Day is fast approaching – Sunday, June 18. National Men’s Health Week, June 12 through 18, is celebrated each year the week leading up to Father’s Day. The purpose of Men’s Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases among men and boys. According to the Centers for Disease Control and Prevention (CDC), women are 90 times more likely to visit the doctor for annual examinations and preventive services than men.

The Men’s Health Network (MHN) reports that men die at higher rates than women from the top 10 causes of death – heart disease, cancer, stroke, chronic obstructive pulmonary disease, accidents, pneumonia, influenza, diabetes, suicide, kidney disease, chronic liver disease and cirrhosis. The MHN is a non-profit organization comprised of physicians, researchers, public health workers and other health care professionals committed to improving the health of men.

Men also die younger than women. In 1920, women outlived men only by one year. Today, the CDC figures



Staying active and exercising is one way men maintain a healthy lifestyle.

show the life expectancy gap has widened – on average, women survive men by six years.

### Talking with Your Doctor

Research has shown that patients who have a good relationship with their doctors tend to be more satisfied with their care – and to have better results. Here are some tips to help you and your doctor become partners.

### Give information. Don’t wait to be asked!

- You know important things about your symptoms and your health history. Tell your doctor what you think he or she needs to know.
- It is important to tell your doctor personal information – even if it makes you feel embarrassed or uncomfortable. Sometimes it may be helpful to write down your questions, so you don’t forget to ask pertinent questions.
- Bring a “health history” list with you (and keep it up to date).
- Always bring any medicines you are taking, or a list of those medicines (include when and how often you take

Men’s Health Week – June 12 to 18, 2006 (continued on page 4)

them). Talk about any allergies or reactions you have had to your medicines.

- Tell your doctor about any natural or alternative medicines or treatments.
- Bring other medical information, such as X-ray films, test results and medical records.

If you are looking for a new physician, you can call the Licking Memorial Hospital Physician Referral Line at (740) 348-4014 or visit our Web site at [www.LMHealth.org](http://www.LMHealth.org).

## Pack a Healthy Picnic This Summer

Packing a picnic can be a healthy alternative to a fast-food meal on the run – if simple food safety tips are followed. “Even the healthiest of food choices can spell danger if they are not properly prepared and maintained,” Licking Memorial Hospital (LMH) Infection Control Manager Jeanne Emmons BS, MT (AMT) warns.

When planning for your Fourth of July picnic or other summertime outdoor eating, keep in mind the following food safety tips from the American Dietetic Association:

- Keep hot food hot, and keep cold food cold. This means hot foods should be kept at 140 degrees Fahrenheit (F) or hotter, while the temperature of cold foods should remain below 41 degrees. When reheating fully cooked items, heat to at least 165 degrees.
- Pack wisely. Keep raw foods separate from prepared foods and uncooked meats. When transporting food to your destination, stow in the back seat of your air-conditioned vehicle instead of in a hot trunk. Avoid frequently opening the cooler since this will cause the inside temperature to drop more quickly. Take out of the cooler only the amount of raw meat, fish or poultry that will fit on the grill at one time.
- Wash your hands frequently – before, during and after food preparation. Take along your own soap and water and/or hand sanitizer if you aren't certain that an ample supply of warm, running water and soap will be available on site.
- Don't forget the meat thermometer. “Food that looks done oftentimes actually hasn't been cooked long enough to ensure that any harmful bacteria are killed,” Jeanne said. For your safety and that of your fellow diners, follow these minimum temperature guidelines:
  - Fish, shellfish, lamb, beef and pork – 145 degrees F
  - Ground beef – 155 degrees F
  - Poultry and reheated items – 165 degrees F
- Watch the clock. Refrigerate leftovers as soon as possible. Discard any hot food items that have been off the grill or cold items that have been out of the cooler for two hours or more. When the outdoor temperature reaches 90 degrees F or higher, don't leave food outside for more than one hour. “When in doubt, throw it out,” Jeanne recommends.



Chef Jay Campbell

### Recipes from the Chef!

Licking Memorial Chef Jay Campbell is pleased to share some of his favorite summer recipes.

#### Rosemary Peppered Pork Chops

##### Ingredients:

- 4 pork chops, 1-inch thick
- 4 garlic cloves
- 2 tablespoons whole black peppercorns
- 3 tablespoons fresh rosemary leaves
- 1 tablespoon fennel seeds
- ¼ teaspoon red pepper flakes
- 1 tablespoon fresh lemon juice
- 3 tablespoons olive oil
- Lemon wedges

##### Method:

Trim excess fat from pork chops; cut slits into remaining fat. Place garlic, peppercorns, rosemary, fennel seeds, red pepper flakes, lemon juice and oil in food processor or blender pulse into a coarse paste. Rub the paste over both sides of the pork chops. Grill 8 to 10 minutes per side over medium heat until there is no pink around bone. Sprinkle with salt and serve with lemon wedges.

#### Sweet Chili Chicken Skewers

##### Ingredients:

- 4 boneless, skinless chicken breasts
- 1 fresh red chili
- 2 garlic cloves, crushed
- 1 tablespoon grated fresh ginger root
- ¼ cup honey
- 2 tablespoons soy sauce
- ¼ cup fresh lime juice

##### Garnish:

- 1 sliced scallion
- 1 fresh red chili, sliced thin
- 1 tablespoon fresh mint
- 1 tablespoon cilantro

##### Method:

Slice the chicken breast lengthwise into three strips. Combine chili, garlic, ginger, honey, soy sauce and lime juice – reserve ¼ cup of mixture. Add chicken into remaining mixture and toss to coat evenly. Cover and refrigerate for 30 minutes. Thread chicken strips onto

Pack a Healthy Picnic This Summer (continued on page 5)

skewers. Grill on medium heat for 8 to 10 minutes turning often. Drizzle reserved chili mixture over skewers, sprinkle with garnish and serve hot.

### Potato Salad

#### Ingredients:

4 pounds redskin potatoes  
6 hard-boiled eggs  
8 ounces diced celery  
1 bunch green onion, sliced thin  
6 ounces radish, coarsely chopped  
16 ounces mayonnaise  
4 ounces Dijon whole grain mustard  
1 ounce chopped parsley  
Salt and pepper, to taste

#### Method:

Cut potatoes to one-inch pieces. Steam over a pot of boiling water until able to poke with a fork with little resistance. (Do not boil the potatoes until over-cooked and mushy.) Peel and chop eggs. Combine mayonnaise and mustard and mix in the potatoes, eggs, celery, onion, radish and parsley. (Do not overmix, or the potatoes will get mushy.) Season with salt and pepper. Serve chilled.

**Chef's note** – The salad is best made the day before so the flavors can mix. Taste the next day and salt and pepper to taste.

## Branstool Joins LMH Board



Gene Branstool

Licking Memorial Hospital is pleased to announce that Utica, Ohio, grain farmer Gene Branstool has joined the Board of Directors.

Gene graduated from Utica High School in 1954 and earned a Bachelor of Science degree in Agriculture from The Ohio State University in Columbus, Ohio, in 1958. After serving as a United

States Naval officer from 1959 to 1962, Gene returned to Utica and formed a farming partnership with his brother, Ronald.

Gene has built an active life of political leadership. Beginning in 1974, Gene served four terms in the Ohio House of Representatives. He was then elected to the Ohio Senate in 1982, where he served as Minority Whip during his second term. He was the Democratic Party nominee for lieutenant governor of the state of Ohio in 1990. U.S. President Bill Clinton appointed him assistant

secretary of Agriculture in 1993 and chairman of the Board of Directors of the Federal Agricultural Mortgage Corporation, a position he held for eight years.

In addition, Gene has served on the North Fork Board of Education and on the Board of Trustees of The Ohio State University in Newark.

“A high-quality health care delivery system is important to any community,” Gene said. “That’s why I look forward to working with this dedicated group of individuals at Licking Memorial Hospital.”

Gene is a member of Highwater Church of Christ, Land of Legend Fly Fishing Club, Utica Masonic Lodge and Ohio Farmers Union. He and his wife, Mary Jo, are the parents of five children, Mary Martha Radabaugh, Marshall Branstool, John Branstool, David Branstool, and Chuck Branstool. They also have 13 grandchildren.

## Promoting Childhood Literacy

At just one day old, Noah Gettys, son of Amanda and Jeremy Gettys of Frazeytsburg, recently became the first beneficiary of a new childhood literacy program in Newark. Licking Memorial Hospital (LMH) and Newark Public Library have joined forces to present “Rhyme, Rattle & Read,” a program that hopes to put books in the hands of hundreds of new mothers and babies this year.

Through Rhyme, Rattle & Read, each new mother will receive an application for a library card, a certificate for a sturdy children’s board book, and an opportunity to dedicate a library book in honor of the baby’s birth.

According to Newark Public Library staff, parents can help to promote their children’s literacy long before they are actually capable of reading and writing. The library offers the following tips:



Newark Public Library’s Head of Children’s Services Sadie Smith and Assistant Director Babette Wofler presented the first Rhyme, Rattle and Read materials to Amanda and Noah Gettys as big sister, Alyssa Gettys, and LMH Vice President of Patient Care Debbie Young looked on.

## Promoting Childhood Literacy (continued from page 5)

- Read books together with your new baby and you both will benefit! Get your baby a library card right away, and use it often. Let your baby see you reading and visiting the library.
- Talk to your child, even when you know he/she does not understand you yet. Use the tone of your voice to spark the baby's emotions – to generate excitement, urge quiet, be cautious, and ask questions. The baby's understanding of what you are saying will grow and will delight you both.
- Speak in short sentences to your baby, and let him/her watch you while you speak. Watching your lips move while forming words will be fascinating.
- Repeat yourself! Your baby does not think that you are boring. Have your child hold and look at board or cloth books from an early age. It's okay for the baby to put the books in the mouth. Use nursery rhymes and finger plays to teach the sounds of words.
- Sing repetitive songs. Your baby loves the sound of your voice, so sing away!
- Listen to your child, and pay attention to the vocalizations. It may sound like meaningless nonsense at first, but you will soon discover that your child is imitating you, with a purpose – communicating.

## LMHS Is Raining Pennies for Operation Feed Campaign



Janine Shipley, Pharmacy Department at Licking Memorial Hospital, celebrates winning the Operation Feed challenge.

Licking Memorial Health Systems (LMHS) employees are helping to fight hunger in Licking County by contributing \$11,504 to the local 2006 Operation Feed campaign. Health Systems employees completed donation cards and deposited their spare change in a container in the Licking Memorial Hospital cafeteria to raise the charitable donation. "Our goal this year was to raise participation in the campaign from 38.57 percent in 2005 to 40 percent for 2006 – we surpassed this goal with 43.35 percent total employee participation," said LMHS Communications Manager Steve Schlicher, who serves as co-chair for the Health Systems' portion of the countywide Operation Feed campaign.

"We are pleased with the strong response from our employees," said Steve. "These funds will allow personnel with the Food Pantry Network of Licking County to purchase food at a discounted rate from the

Mid-Ohio Food Bank later in the year when the local pantry's shelves are near empty."

LMHS Director of TWIGS, Volunteers and Events Carol Barnes served as Steve's co-chair for the annual fund-raising project. Other committee members included Brenda Kendall, Director of Surgical Services, Jay Campbell, Director of Food Services, and Beth Anderson, Director of Development. "The success of this campaign shows that the caring our employees provide extends well beyond our Hospital walls," Carol said. "We are proud to have such generous, thoughtful workers who look out for those who are less fortunate." Food Pantry Network Executive Director Chuck Moore said that the 17th year of the local Operation Feed campaign was a strong success – thanks to numerous Licking County businesses, organizations, schools and churches.

"These funds will allow us to purchase food at a heavily discounted rate later in the year when our warehouse empties out. Thank you so much," Chuck said. "The Food Pantry Network feeds a large community, and we require the support of all of Licking County to serve anyone who lacks sufficient resources for food. Again this year, we appreciate the thoughtfulness of Licking Memorial Health Systems employees for contributing funds for use at our discretion. The great abundance of canned goods and non-perishable food items we have received during the Operation Feed campaign will diminish quickly. The LMHS monetary donation will help us restock our shelves."

# Current Licking Memorial Hospital Building Turns 40

For its 40th birthday, Licking Memorial Hospital (LMH) is in the midst of a major makeover – construction of a Critical Care Pavilion. The project began in July 2005 and is expected to be completed in late 2007.

“We are proud of the high level of health care Licking Memorial Hospital has been able to provide to the community over the years,” said Judith Pierce, LMH Board Chairman. “With the addition of the Critical Care Pavilion, we will offer improved patient-care services in a comfortable, close-to-home environment.”

Consisting of approximately 83,000 square feet of new construction and 7,000 square feet of renovation, the two-story Critical Care Pavilion will house new Emergency and Surgery departments. Additionally, technological and aesthetic improvements are under way throughout the 40-year-old Hospital building.

Although LMH turns 40 in July, the local Hospital actually has a much longer

history in Licking County. The Newark Hospital Association was incorporated as a not-for-profit organization on December 20, 1898, and opened its first hospital in a nine-room house at 154 North Third Street in Newark. Between 1905 and 1906, the building was moved and attached to a house at 22 Wyoming Street in Newark – resulting in a facility with up to 22 patient beds and a school of nursing. In 1914, the Newark hospital relocated to a more modern structure at the corner of Buena Vista and Everett Avenues and was named Newark City Hospital.

In 1966, a total of 81 patients were transferred to an innovative and technologically advanced health care facility known today as Licking Memorial Hospital. Located at 1320 West Main Street, LMH has 227 registered beds including medical/surgical care, nursery, coronary care, obstetrics, intensive care, psychiatric care and chemical dependency. LMH retiree and Development Council member Clarissa Ann Howard remembers fondly the move of Newark Hospital to Licking Memorial Hospital from Everett Avenue to its current West Main Street location in July 1966. “That was an exciting time,” Ann said, noting that many people lined the route from Everett Avenue to West Main Street to watch the move.

LMH Director of Contract Management Chris Keck has seen a number of changes – both physical and technological – at LMH during his 20 years with the organization. Among the most noteworthy completed facility change was the 1988 Renovation and Addition project. It included a new front lobby, emergency room, intensive care unit, surgery recovery area, outpatient surgery area, labor and delivery area, and gastrointestinal/endoscopic-diagnostic services area.

“Other significant historical projects were the creation of various medical offices throughout the area, which

included Women’s Health Center, the development of the Pataskala Health Campus, Licking Memorial Family Practice – East, Heath, Hebron, Hanover, Utica and Johnstown,” Chris said.

Chris lists the addition of the computed tomography (CT) and magnetic resonance imaging (MRI) units in the LMH Radiology Department as two of the most significant changes and advancements to

medical technology at LMH over the years.

“At the time, bringing CT in-house was very significant,” Chris said. “Originally, this service was provided by a mobile unit. Essentially, a semi-truck was brought in on certain days of the week and the patient was transported outside of the building and into the truck for the scan.” Mobile CT was available on the LMH campus from 1982 to 1985, and the first in-house CT unit was installed in 1985.

To add the MRI unit, a significant amount of demolition construction was necessary for the removal of the thick concrete walls that were required for the use of cobalt therapy. Additionally, a crane was required to transport the huge MRI magnet through an opening in the roof and into the Hospital. Mobile MRI was available on the LMH campus from 1994 through 1997, and the first in-house MRI unit was installed in 1997.

Other major projects have included the cardiac catheterization addition, replacement of an old telephone system, implementation of an electronic medical record in the physician offices, implementation of a Picture Archiving Communication System (PACS) in Radiology, the generator equipment and building addition, and the addition of oncology and dialysis services within the Hospital.



Construction at Licking Memorial will nearly double its size.



# Community Report Card

## Licking Memorial Health Systems

(740) 348-4000 (phone) • [www.LMHealth.org](http://www.LMHealth.org)



## Behavioral Health Care ... A Community Report on Patient Care Quality

### HEALTH TIPS

#### How do I know if I have a drinking problem?

Chances are if you're even asking the question, you have a drinking problem. But here are some other warning signs:

- Inability to control your drinking – it seems that regardless of what you decide beforehand, you often wind up drunk
- Using alcohol to escape your problems
- Changing from your usual reserved character into the “life of the party”
- A change in personality – Does drinking turn you from Dr. Jekyll to Mr. Hyde?
- A high tolerance level – You can drink just about everybody under the table
- Blackouts – Sometimes you don't remember what happened when you were drinking
- Problems at work or in school as a result of drinking

If you have a drinking problem, or if you suspect you have a drinking problem, there are many others out there like you, and there is help available. Talk to your family, a counselor or your doctor or contact Shepherd Hill at (740) 348-4870 or toll-free at (800) 223-6410.

## A Patient's Story

Recovery from alcohol abuse is not easy. It's an ongoing battle, every day—every night. One tiny lapse in a recovery plan can be a setback, but there is always hope.

“Janet” (a name used here to protect the person's identity) is an area resident who is a recovering alcoholic and drug addict. She battled alcohol abuse and addiction for 10 years of her life, and can attest to the day-to-day trials associated with them. Janet has maintained complete abstinence since she was 23 years of age. She is now 29 and still sober.

Janet began drinking alcohol while in high school and then began to drink more heavily and regularly while attending college. She continued to drink heavily for several years until entering treatment.

“I was drinking on a daily basis and also started experimenting with drugs. I used marijuana on a daily basis and I used many other drugs including cocaine, LSD, mushrooms, and various narcotics.” Drinking and smoking pot soon became a daily occurrence for Janet. “I was a very good student in a high school that was academically competitive. But, while in college my grades suffered because of my addiction,” said Janet. My life was consumed by partying and more partying. Janet had her first realization that her life was falling apart when she was a Junior in college. Janet became involved with Alcoholics Anonymous (AA) at this time. She was able to stop drinking for nine weeks at that time; however, Janet continued to smoke marijuana. “I didn't follow any of the suggestions of AA and I didn't have any structure in my life – that is why it didn't work for me,” continued Janet.

About three years after her first attempt to get sober, Janet hit rock bottom. “Nothing major happened, not legal consequences or pressure from anyone to quit drinking, just the physical side effects had taken their toll on me,” said Janet. As a fifth year senior in college, she began to become aware of the the physical damage caused by her addiction. “I was about 40 pounds underweight and due to my daily alcohol intake, I could barely eat. I started to have the shakes when in withdrawal and would have to drink earlier in the day or smoke pot to be able to function. One morning after a several day bender, I woke up to find the left side of my body partially numb. I also had pins and needle sensations in my feet and fingers which is known as polyneuropathy. On one occasion, I lost my vision while sitting in a class hung over. It was really scary because for several minutes everything went black and I was afraid to tell anyone. Finally, I came to a time when I wasn't sure if I wanted to live. I went back to AA because I was desperate for help.”

After returning to AA meetings for several weeks, Janet realized she needed to be in a safe environment to stay sober. Janet asked her parents for help with treatment, and through a friend from AA, Janet found Shepherd Hill. Janet spent 4 months in residential treatment. After successfully completing her treatment, Janet left Shepherd Hill and immediately began drinking again. “At that time, I just wasn't convinced that I was a true alcoholic. I needed to do some more research to prove to myself that I really could not control the way I drank. My relapse was not reflective of Shepherd Hill, just of my unwillingness to accept my alcoholism.”

**A Patient's Story (continued on page 16)**

# Behavioral Health 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** Behavioral health is a broad term that refers to psychiatric and/or chemical dependency illnesses. Inpatient hospitalization for either condition is often necessary for effective intervention. Licking Memorial Hospital provides a wide range of services for people with behavioral health illnesses at its Shepherd Hill facility. One goal of the psychiatric treatment program is to have the patient complete all of the treatment and not leave the hospital against medical advice (AMA). Another goal is to transition patients into outpatient settings where they can continue treatment, decreasing the need for readmission.

	LMH 2003	LMH 2004	LMH 2005	Benchmark (1)
% of psychiatric AMA discharges	2.0%	1.4%	0.6%	2.0%
% of psychiatric readmissions	6.8%	2.6%	3.3%	5.6%

**2** Chemical dependency, also called addiction, is treated as a chronic, progressive and potentially fatal disease. Although Shepherd Hill staff members work with patients to develop individual treatment goals that will meet the patients' needs, the Shepherd Hill program is built around four consistent treatment goals: education, self-diagnosis, self-responsibility and self-treatment. Recovery is dependent upon completion of all goals; therefore, Shepherd Hill monitors when treatment is incomplete. When patients leave Shepherd Hill, staff members encourage continuity of care by referring them to other health care professionals as needed.

	LMH 2003	LMH 2004	LMH 2005	Goal
% of people with complete treatment	42%	49%	59%	greater than 75%

Of those people with complete treatment, 58% went through the residential treatment program (offered in the Central Ohio Recovery Residences (CORR), located on the Shepherd Hill campus and consists of a therapeutic environment in which patients can address complex recovery issues including severe protracted withdrawal, a history of multiple relapses and dual diagnosis issues complicating recovery) and 42% went through the outpatient treatment program (offered four times each week from 8:00 a.m. to 4:30 p.m., Monday through Friday).

**3** Outcome studies are conducted to monitor and measure the success of chemical dependence treatment. Our data tracks how patients are doing up to two years after completing the program. Information regarding abstinence one year after completing the program is self-reported by patients.

	LMH 4Q 2004	LMH 2005	Goal
% patients remaining abstinent	89%	81%	greater than 85%
% improvement in quality of relationships	100%	96%	greater than 85%
% improvement in overall physical and mental health	92%	96%	greater than 85%
% improvement in overall quality of life	100%	94%	greater than 85%

**4** 4. Detoxification – the safe, medically supervised elimination of addictive substances from the body – is the most intensive care offered for chemical dependency patients. Acute withdrawal symptoms are managed by medications such as Librium®, Subutex® and Phenobarbital®. The length of stay for detoxification depends upon the drug of use and the severity of the withdrawal.

	LMH 2003	LMH 2004	LMH 2005	Goal
Average length of stay-alcohol treatment	2.0 days	2.3 days	2.1 days	less than 3 days
Average length of stay-opiate treatment	2.4 days	2.4 days	2.5 days	less than 4 days
Average length of stay-tranquillizer treatment	2.1 days	1.6 days	2.6 days	less than 5 days

**5** Family participation is an important component in patients' recovery. For continuity of care, Shepherd Hill patients are encouraged to invite their family members to meet with them and a social worker during treatment. (This applies to psychiatric inpatients only.)

	LMH 2003	LMH 2004	LMH 2005	Goal
% attempted to contact family within 24 hours for initial social work meeting	87%	97%	97%	greater than 95%
% with a social worker meeting occurring within 24 hours	84%	85%	87%	greater than 90%

**Data Footnotes:** (1) National benchmark from fourth quarter 2004 data, The Association of Maryland Hospitals & Health Systems QI Project. These data do not represent a rating by either the QI Project or MHA. Data are supplied by individual facilities and aggregated by the QI Project. Aggregate QI Project data represent the averages of all rates and are not meant to be considered as standards or thresholds. The data are intended for internal use by QI Project participants.

# Dr. Whitney Receives Gubernatorial Appointment



Richard Whitney, M.D.

Governor Bob Taft recently appointed Richard Whitney, M.D., to the Ohio Chemical Dependency Professionals Board (OCDPB). The OCDPB is responsible for licensure of chemical dependency counselors, chemical dependency counselor assistants, and chemical dependency prevention specialists. Dr. Whitney was appointed to the Chemical Dependency Professionals Board for a term ending December 2008. Board members serve three-year terms and cannot be reappointed after two consecutive full terms. Board responsibilities include: regulating the licensure and certification process, issuing and renewing licenses and certificates, investigating ethical complaints, approving educational coursework, and acting as a catalyst for positive change in the field.

Richard Whitney, M.D., serves as Medical Director of Addiction Services at Shepherd Hill, the behavioral health Department of Licking Memorial Hospital (LMH). Dr. Whitney received a Bachelor of Science in Zoology from Texas A&M University. He then attended the University of Texas Southwestern Medical School in Dallas, Texas, where he received his Doctor of Medicine degree. He completed a residency in Emergency Medicine in 1981, and subsequently a fellowship in Addiction Medicine in 1991. Dr. Whitney has practiced Addiction Medicine since that time. He joined the staff of Shepherd Hill in August 2001. He has been certified by examination by the American Society of Addiction Medicine, and has also been certified by the American Academy of Pain Management and the American Board of Emergency Medicine.

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## Current Licking Memorial Hospital Building Turns 40 (continued from page 7)

Chris said, “I think that throughout the course of time – whether by bricks and mortar, with patient-related medical equipment, or with equipment that supports the delivery of care – these efforts continue to illustrate the commitment of the Hospital to fulfill its mission statement: “LMH exists to improve the health of the community.”

In February 1995, LMH underwent a different renovation of sorts: establishment of Licking Memorial Health Professionals (LMHP). Now a group of more than 70 medical professionals dedicated to improving the health of the community in Licking County and surrounding areas, LMHP is a not-for-profit physician organization developed by Licking Memorial Health Systems (LMHS) in response to changes in health care and in support of the Health Systems’ commitment to providing accessible, high quality medical care.

“The Health Professionals practices see all patients regardless of method of payment and provide continuity of care to folks who may not have been able to establish care with primary care physicians in the community,” said Licking Memorial Health Systems Vice President of Physician Practices Christine McGee. Licking Memorial Health Professionals have offices conveniently located throughout Newark and in Granville, Heath, Hebron, Johnstown, Licking Valley, Pataskala and Utica.

Over the years, LMH and its employees have served the community well. The Hospital has the distinction of being named by Solucient Leadership Institute as one of the 100 Top Hospitals in the nation for 1998, 1999, 2000, 2001, 2002, 2003 and 2005. Additionally, in late 2005 LMH became one of the few hospitals nationwide to earn ISO 9001:2000 certification. This certification serves as a basis to improve quality awareness and employees’ understanding of roles and responsibilities.

“Licking Memorial has served Licking County for 108 years – with four of those decades centered at 1320 West Main Street in Newark,” said LMHS President Bill Andrews. “Various facility and technological improvements over the years have kept us at the forefront of patient care.”

LMHS Executive Vice President Rob Montagnese said residents should expect some degree of change as the norm at Licking Memorial. “Delivery of high-quality health care involves frequent adaptations to our physical environment, addition of new technologies and other changes to best meet the needs of our community,” he said.

# Clinic Spotlight: Wound Clinic

The Licking Memorial Hospital (LMH) Wound Clinic exists to provide and coordinate accessible, comprehensive and cost-effective wound management services in the community. Our clinic is primarily an outpatient service and is under the guidance of the physicians specifically trained in the management of chronic wounds. The LMH Wound Clinic is celebrating its second year of service to the Licking County community.

Podiatrists Cathie Chiodo, D.P.M., and Ralph Napolitano, D.P.M., along with Licking Memorial Health Professionals medical staff general surgeon, Christopher Madison, M.D., all support and serve the Wound Clinic at LMH.

The purpose of the clinic is to assist patients in the community who require care and treatment for chronic or complicated wounds including, but not limited to, wounds such as diabetic and venous stasis ulcers, burns, wounds due to injury or surgery, open and/or infected wounds, bed sores, and other types of wounds that are having difficulty healing. We also help patients try to prevent complications from wounds, and we provide education and instruction to patients and family members about wound management and care at home.

The approach to wound management is varied, and many new types of dressings and treatments are now available. The LMH Wound Clinic fulfills a need in the local community, as it has various elements that are utilized for complete care. The Wound Clinic staff designs an individual program based upon each patient's needs working with the physician, surgeon, diabetic educators, dietitians, physical therapists or home care therapists as needed. Wound Clinic patients may also be referred for X-rays, vascular testing for circulatory problems, blood tests and other types of testing that will assist the doctor in better managing their disease. Patients should continue to receive periodic medical follow-ups by their primary care physician (PCP) or referring physician. For more information about the Wound Clinic, please visit the Licking Memorial Web site at [www.LMHealth.org](http://www.LMHealth.org).

## Foot Care

It is important to take care of your feet to prevent wounds, especially if you are diabetic. Be sure to inspect your feet every day, and seek care early if you do get a foot injury. Make sure your health care provider checks your feet at least once a year – more often if you have foot problems. Your health care provider should also give you a list and explain the do's and do not's of foot care.

Your health care provider should perform a complete foot exam at least annually. Remember to take off your socks and shoes while you wait for your physical examination.

Call or see your health care provider if you have cuts or breaks in the skin, or have an ingrown nail. Also, tell

your health care provider if your foot changes color, shape, or just feels different (for example, becomes less sensitive or hurts).

If you have corns or calluses, your health care provider can trim them for you. Your health care provider can also trim your toenails if you cannot do so safely. Because people with diabetes are more prone to foot problems, a foot care specialist may be on your health care team.



Joann Claypool receives wound care from Ralph Napolitano, M.D., and Terri Hazlett, R.N., C.W.S., at the Licking Memorial Wound Clinic.

# Development Council Spotlight: Tony Adams



Tony Adams

Licking Memorial Hospital (LMH) Development Council member Tony Adams is happy to be back. He rejoined the Council in March, having previously served from 1986 through 1989 before moving to Connecticut. “I thoroughly enjoyed the time that I was involved before,” Tony said. “I’m excited about once again being involved in the many worthwhile projects that support Licking Memorial Hospital and the quality of services we provide to the people in our community.”

Preserving LMH’s high quality of care is his main objective. “I intend to help maintain the focus on and constant evaluation of the Hospital’s quality of care and the proper support that is necessary to achieve the desired results,” Tony said. “I can do my part by being a public advocate for all of the positive changes that have and will continue to take place at LMH. There is such a strong story to tell and there are so many reasons why LMH is consistently ranked among the top hospitals in the country.”

He listed the currently under way Critical Care Pavilion project and the Hospital’s use of the Pyxis Veri5 medication delivery system as two reasons the Hospital is highly ranked.

The Coshocton, Ohio, native moved to Newark in 1979 and attended The Ohio State University – Newark campus. As area manager of the Midwest Division of Adelphia Media Services, Tony is responsible for the company’s day-to-day operations in Ohio, Kentucky and West Virginia.

His involvement in LMH Development Council is just one example of how Tony is an active contributor in the Licking County community. “I have been blessed in so many ways because of the lessons I’ve learned, the experiences that I’ve had and the many friendships that have been created all because of being involved in my community,” Tony said. “I am a firm believer in giving back whenever and however possible.”

He is currently involved in Newark Rotary, Area Six Special Olympics, Operation Feed, Babe Ruth World Series, the Midland Theatre, The Works and the Newark City School District Strategic Planning Committee. In addition, Tony serves on the boards of the United Way of Licking County, The Arc of Licking County (serving those with disabilities), the Food Pantry Network of Licking County, Business and Community Advisory Council and Crime Stoppers of Licking County.

He is also an active member of St. Francis DeSales Parish and volunteers regularly at St. Francis School and Newark Catholic High School. “In addition, I have a

passion for coaching and teaching basketball, and I am an OHSAA Class 1 varsity basketball official,” Tony said. “Last, but not least, I provide disc jockey and music services for many area non-profit organizations.” He formerly served on Newark City Council.

In June, Tony and wife, Rita (Keck), will celebrate 22 years of marriage. They have two sons: Nick, 19, a Newark Catholic graduate who attends the University of Dayton; and Nathan, 14, will enter Newark Catholic High School in the fall. “The things that I enjoy most are family time, cooking and entertaining friends at our home,” Tony said.

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## Retiree Spotlight: Marge Miller



Marge Miller

It has been nearly 15 years since Marge Miller retired from Licking Memorial Hospital (LMH), and she misses her former co-workers. “I had so many very, very nice close friends,” Marge said. “I love Licking Memorial.”

The former Billing Department employee joined the Hospital in 1971 and retired in July 1991. “I worked with a fine bunch of people,” Marge said. “My supervisors were the best.” She does get together with friends from LMH from time to time but would enjoy seeing more of her former co-workers.

Although she doesn’t work there anymore, Marge continues to spend time at LMH – typically in the cafeteria. When her husband died 10 years ago, Marge said she found comfort in dining occasionally in the Hospital cafeteria instead of eating at home. “I’m very fond of the cafeteria,” she said. “The food is delicious.”

Office holiday parties and other celebrations are among her favorite work-related memories. Marge is happy to

see, through past issues of this publication – Community Connection, that LMH employees continue to mark special occasions together. There was a birthday party in January to mark the Hospital’s 108 Years of Caring, a free meal in February to celebrate LMH being named to the nation’s 100 Top Hospitals list by Solucient for a seventh time, National Hospital and Health Care Week events, and more. “I really enjoy the Community Connection,” she said.

Nowadays, Marge’s time is focused on her family, church and gardening. “My hobbies are my yard, my children and grandchildren,” Marge said. “I’m very fortunate; I have them under my thumb,” she said, noting that she doesn’t have to travel to visit family. She has four children and six grandchildren.

Marge is a member of the local Elks Ladies Auxiliary, First United Methodist Church in Newark and the church’s women’s club.

This time of year, Marge looks forward to working in her yard. “As long as I can get out in the summer and be in my flowers, I’m happy,” she said.

## Physician Spotlight: Garth A. Bennington, M.D.



Garth A. Bennington, M.D.

Garth A. Bennington, M.D., joined Licking Memorial Family Practice in 2005. “Having grown up in Newark, it was exciting for me to return to the area to practice medicine. I felt compelled to join Licking Memorial because I believe it provides the foundation for health care in Newark and the surrounding area,” said Dr. Bennington. He believes that the benefits of working in his hometown are

twofold. “First, it gives me the opportunity to assist in the medical care of many familiar faces that have helped shape my life while growing up in the community. Second, I feel it fulfills a sense of duty to participate in volunteer activities locally and become an active member within the community. I have had the opportunity to participate in several volunteer activities already and am looking forward to providing care to a football team locally this fall,” stated Dr. Bennington.

Dr. Bennington earned a Bachelor of Science degree at Ohio University in Athens, Ohio. He attended The Ohio State University in Columbus, Ohio, and then received his Doctor of Medicine degree from The Ohio State University College of Medicine and Public Health. He served a family practice residency at Grant Medical Center in Columbus.

Dr. Bennington has special interests in dermatology and sports medicine. As an undergraduate, he played on the Ohio University golf team. He later served as team

physician to the Whitehall (Ohio) High School football team.

Dr. Bennington resides in Granville with his wife, Marci, and their two children, Avery and Hunter.

Dr. Bennington is accepting new patients. Appointments can be made by calling (740) 348-4676. His practice is located at the 150 McMillen Drive location in Newark.

# Ask a Doc: Garth Bennington, M.D.

**Question:** What should I know about my prostate and prostate cancer?

**Answer:** The prostate is a gland found only in men and is about the size of a walnut. It is just below the bladder and in front of the rectum.

Male hormones cause the prostate gland to develop in the fetus. The prostate keeps growing as a boy becomes a man. If male hormone levels go down, the prostate gland will not grow to full size or it may shrink. In older men, though, the part of the prostate around the urethra often keeps growing. This causes BPH (benign prostatic hyperplasia), which can result in problems with urination. Although there are several cell types in the prostate, nearly all prostate cancers start in the gland cells. This kind of cancer is known as adenocarcinoma.

Most of the time, prostate cancer grows slowly. Autopsy studies show that many older men who died of other diseases also had prostate cancer that neither they nor their doctor were aware of. In other words, most of the time older men die with prostate cancer rather than from prostate cancer. One should be aware, however, there are aggressive forms of prostate cancer that can grow and spread rapidly. Even with the latest methods, it is hard to tell which prostate cancers will grow slowly and which will grow quickly.

Prostate cancer is the most common type of cancer found in American men, other than skin cancer. The American Cancer Society estimates that there will be about 234,460 new cases of prostate cancer in the United States in 2006. About 27,350 men will die of this disease. Prostate cancer is the second leading cause of cancer death in men, second only to lung cancer. While one man in six will develop prostate cancer during his lifetime, only one man in 34 will die of this disease. The death rate for prostate cancer is going down.

Currently, screening for prostate cancer is done through a digital rectal exam and a blood test called a PSA (prostate specific antigen). If you are over the age of 50 or have a family history of prostate cancer, it is important to discuss this with your doctor. There are many new and alternative forms of treatment. As with all forms of cancer, early detection is critical.

For more information about prostate cancer, talk to your primary care physician or visit the Licking Memorial Web site at [www.LMHealth.org](http://www.LMHealth.org).

## Snow Is Named LMH Volunteer of the Year



Noble Snow

Noble Snow of Newark was named Volunteer of the Year at the annual Licking Memorial Hospital (LMH) Volunteer Recognition Dinner on April 18, 2006.

Noble works in the mailroom at the Hospital and has served more than 7,600 hours since he joined the volunteer organization in 1987. He received nominations from three LMH staff members.

LMH Mailroom attendant Theresa Wollenberg described Noble as a dedicated volunteer. "He always goes beyond the call of duty to help provide his services so that the mail is delivered promptly," she said.

LMH Development Director Beth Anderson agreed that Noble's loyal service deserved recognition. "He is responsible for delivering the interoffice and regular mail throughout the Hospital," she said. "I have watched over the years as Noble has provided training to the new volunteers and he is always patient and kind."

LMHS Executive Vice President Rob Montagnese wrote, "Much like the U.S. Postal Service, it seems that rain nor sleet nor snow nor dark of night can stop Noble from his

appointed rounds. I nominated him because of the impact he has on our organization in helping us fulfill the mission of Improving the Health of the Community."

In the past, Noble has served on the LMH Safety Committee and as past president of the Volunteers. He has also reached out to the community to recruit new volunteers.

The LMHS Volunteer of the Year Award recognizes a volunteer with a positive and professional attitude who regularly demonstrates a level of care that goes beyond expectations. To be eligible, a volunteer must have been registered with LMHS for at least one year.

There are currently 125 volunteers registered in the LMH Volunteer Department, which is celebrating its 50th anniversary of service. To learn more about volunteering opportunities at LMH, call (740) 348-4044.

# Volunteers Are Golden at LMH

The staff and patients at Licking Memorial Hospital (LMH) always appreciate the support of the Volunteers. Now that the program is in its 50th year, the Volunteer Department is especially golden. LMH celebrated Volunteer Week from April 16 through 21 with a special focus on the program's golden anniversary.

The LMH volunteer program was originally founded in the spring of 1956 by 42 women representing 27 Licking County church and civic organizations. Marybelle "Terry" Miller is the sole remaining charter member of that group. She currently works in the Oncology Department.

"Volunteering at the Hospital has been a part of my life since 1956 – that's what it says on my badge, 1956. Those 50 years have gone fast." Terry said.

Terry has seen many changes in patient care in her 50 years at LMH. "Back then, children could not come in at all. They had to be 12 years and older. Visitors were limited to two at a time," she said. Terry was 34 years old when she began volunteering at the old Newark Hospital on Buena Vista Street. "We were taught to make beds and feed patients on the Surgery Floor," she recalled. "Back then, we wore pink pinafore jumpers with pockets."

Terry, who also donates time at her church food pantry, said her dedication to helping the community was deeply influenced by her family's values. "It's a part of my life,



Terry Miller received recognition at the Volunteers' annual dinner from LMHS President Bill Andrews for her 50 years of service.

has always been, and will be as long as I can walk. My grandmother taught me to help others. During the Great Depression, even though times were hard we did things for other people," she said.

In 2005, volunteers at LMH donated 44,181 hours of service. "The average cost savings per month from volunteer hours was \$66,740," cited Carol Barnes, Director of Volunteers, TWIGS and Events. "I am so grateful our volunteers share their time and talents," Carol said. "They are vital to Licking Memorial with their dedication, loyalty, friendships and also serve as ambassadors for our hospital culture."

At the annual LMH Volunteer Dinner on April 18, Licking Memorial Health Systems President Bill Andrews praised the volunteers' influence on health care. "Your presence in the Hospital is a blessing. You teach us how to heal. Your eyes, your posture, your voice all give a message to the patient. You teach us what service is really about. You teach us how not to be selfish. You teach us selflessness."

Volunteers at LMH commit to working approximately one shift per week for a minimum of six months. They help in departments throughout the Hospital. To learn more about volunteering opportunities at LMH, call the Volunteer Department at (740) 348-4044.

## Volunteer Spotlight – Janet Cook

Janet Cook has volunteered at Licking Memorial Hospital (LMH) since 2002. She has volunteered more than 4,000 hours for the Hospital. She currently volunteers three days per week – one day in the Oncology Department and two days in Messenger Service. "I really like doing things for people – especially at the Hospital I feel like I am helping people," said Janet. "Janet is a pleasure to have around. She is always in good spirits, which is great for the employees and patients she encounters every day," said Carol Barnes, Director of Volunteers, TWIGS and Events for Licking Memorial.

Janet has two children – a son and a daughter – and two grandchildren, who attend Licking Valley Schools. "They keep me busy, I love it when they come to visit," said Janet. In her spare time, she enjoys exercising – riding her bike and walking. "When the weather is warm, I ride my bike to the Hospital to volunteer," said Janet.



In the warm weather months, long-time volunteer Janet Cook rides her bike to the Hospital.

**Volunteer Spotlight – Janet Cook (continued on page 16)**

## Volunteer Spotlight – Janet Cook (continued from page 15)

“I really enjoy volunteering at the Hospital and helping people. I think that volunteering does more good for me getting me out of the house than I can do for the Hospital. The people are great!” said Janet.

Licking Memorial Health Systems’ (LMHS) 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.

## Employee Spotlight: Traci Dupler



Traci Dupler

Traci Dupler has been a speech therapist with Licking Memorial for the past six years. Traci spends one day per week working with Hospital patients. “I really like working at Licking Memorial Hospital (LMH) because I enjoy having the opportunity to work with the different therapy disciplines – occupational and physical therapies,” said Traci. She also spends her week working at various local schools as a speech therapist.

Traci received her Bachelor of Science and Master degrees in Speech and Hearing Science from Ohio University in Athens, Ohio. “Right now the speech therapy market is in demand – with graduate degree requirements changing, there are not a lot of therapists and a high demand for them,” stated Traci.

Traci and her husband, Roger, have two children – Chelsey, who is 11, and Reece, who is 9. In their free time, they raise pumpkins and sell them in the community.

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 speech, occupational and physical therapy positions. For more information or to apply, visit our Web site at [www.LMHealth.org](http://www.LMHealth.org). LMH is proud to be an equal opportunity employer.

## Sedor Is New Director of Therapy Services at LMHS



Mark Sedor

Mark graduated from Shadyside High School in Shadyside, Ohio. He earned a Bachelor of

Licking Memorial Health Systems (LMHS) is pleased to announce that Newark resident Mark Sedor has been appointed Director of Therapy Services. His areas of responsibility include the departments of Physical, Occupational, Speech and Respiratory Therapy.

Mark graduated from Shadyside High School in Shadyside, Ohio. He earned a Bachelor of

Science degree in Respiratory Therapy from Wheeling Jesuit University.

For 13 years, he was employed as a branch manager at Apria Healthcare, a home health care equipment supplier, where he also served as a branch manager mentor and on the nationwide training committee. He is a member of St. Leonard Catholic Church and the Knights of Columbus. Mark and his wife, Carrie, have two daughters, Catey and Caroline.

## A Patient’s Story (continued from page 8)

She entered the outpatient program at Shepherd Hill after her relapse. She now believes that the treatment and education she received at Shepherd Hill have equipped her with a recovery plan that will help her stay sober one day at a time. “The staff there, they’re just very skilled and caring people,” Janet said. “The amount of care for each individual patient is astounding. They are highly dedicated to what they do,” said Janet.

“The education on chemical dependency I received at Shepherd Hill was critical to my recovery. If you go to any of the lectures with Dr. Whitney or other counselors, they stress that alcoholism is a disease. They focused on the

disease model of addiction; how to treat it, and how as an individual we are responsible in treating our disease. When you fail to treat yourself, that’s when you relapse.”

Janet said the staff at Shepherd Hill will always hold a special place in her heart. Janet said, “I am forever in debt to the counselors for all the care and support. Since I have been sober, I have received my college degree. Currently, I am seeking my Masters Degree in a helping profession, have a great job that I love, and most importantly have a healthy relationship with my family. I would not have the life I live today without Shepherd Hill’s involvement in my life.”

# Stuart Is Named Materials Manager at LMH



Scott Stuart

Scott, born in South Berwick, Maine, received a Bachelors of Arts degree in Business Administration from Gordon College in Wenham, Massachusetts. He served in the U.S. Army for four years.

Licking Memorial Hospital is pleased to announce that Heath resident Scott Stuart has been named Materials Management Manager. Among other responsibilities, his duties include purchasing and inventory control for the Hospital.

Scott and his wife, Lynn, are the parents of six children, 14-year-old Alexandra, 13-year-old Meaghan, 10-year-old Owen, 9-year-old Devin, 5-year-old Kayleigh, and 4-year-old Keilan. Scott also serves as an elder at First Presbyterian Church in Newark, and as a 4-H advisor.

## Administrative Spotlight: Terri LoPresti



Terri LoPresti

Terri joined LMHS in late 2004. She has Bachelor of Science and Master degrees in Public Administration from the State University of New York at Brockport, New York.

At LMHS, Terri serves as the Safety Committee Chairperson, is an ISO Auditor and is the Health Systems' representative to the Regional Hospital Emergency Preparedness Committee. Additionally, she is a member of the National Fire Protection Association and Licking County Local Emergency Planning Committee.

Since joining LMHS, Terri has expanded the scope of the organization's White Glove Survey. During the unannounced surveys, she visits departments to check policy compliance as related to safety issues. These include, but are not limited to, room set-up and cleanliness, proper storage and the absence of spills and other potential physical hazards.

"Every on-duty LMHS employee is required to wear an ID badge and must display it properly. Violators and their supervisors are reminded that their lack of identification can be a potential safety hazard," Terri said.

"Additionally, I verify that electrical equipment is plugged in properly, equipment is checked as scheduled,

Naturally, Licking Memorial Health Systems (LMHS) Director of Safety Terri LoPresti is concerned with safety issues. LMHS' focus on safety attracted her to the organization. "At Licking Memorial, there is an impressively strong commitment to safety – both patient safety and the safety of our staff," Terri said. "The various environments in

which patient care is provided, our employee work areas and places where visitors congregate – such as waiting areas, lobbies and the cafeteria – are all regularly evaluated for potential safety hazards."

and that computer screens that could potentially contain confidential information are not readily visible by the public. Any non-compliances are reported, and I follow up to make sure compliance is reached as soon as possible."

Terri has added methods of recording information to provide aggregated listings by department, issue and other groupings. "It provides a mechanism to track and trend occurrences over time," she said.

A highlight of Terri's job at LMHS is preparing for and educating staff regarding disaster preparedness. "The Boy Scout motto says it all, 'Be prepared,'" Terri said. "Although we can't predict exactly what disasters will occur and when, we can and do have measures in place to promote favorable outcomes."

Before coming to LMHS, Terri served as the Director of Safety Services for The Community Hospital in Springfield, Ohio, and as the Assistant Director of Public Safety for the Rochester General Hospital in Rochester, New York.

Terri has a brother in San Antonio, Texas, a brother in Baltimore, Maryland, and a brother and sister in Johnson City, New York.







**Licking Memorial  
Health Systems**

# Upcoming Dates

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

## Community Education Program: Skin Cancer Awareness & Screening

Date: Tuesday, June 13, 2006

Time: 6:00 p.m.

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

Speaker: Bethany Wyles, D.O., and Laura Schaeffer, D.O., physicians  
with Licking Memorial Dermatology

Screenings are available to the first 50 registrants. Registration is required for the education program. Please call (740) 348-1434 to register.

## 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 Training 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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