



Community Connection

Licking Memorial Health Systems

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



Volume 4, Issue 9

September 2007

Measurably Different ... for Your Health!

The John & Mary Alford Pavilion Opens



Representatives of various departments, offices and special groups participated in the Ribbon Cutting Ceremony for the John & Mary Alford Pavilion on Sunday, July 22.

For more photos of the Community Open House and Ribbon Cutting Ceremony, see the photo gallery on pages 6 and 7.

Dr. Walther Retires After Two Decades of Service



John W. Walther, Jr., M.D.

Licking Memorial Health Professionals has announced that family medicine physician John W. Walther Jr., M.D., is retiring at the end of September. Dr. Walther currently practices at Licking Memorial Family Medical Center – East, located at 399 East Main Street in Newark.

Dr. Walther received his medical degree at Temple University in Pennsylvania. He first was a resident in obstetrics and gynecology, but switched to family medicine after being injured in the Vietnam War. He is a member of the American Medical Association, the American Association of Family Practitioners, the Ohio State Medical Association and the Licking County Medical Association.

Kathy Bradley, Licking Memorial Hospital (LMH) Director of Medical Staff Services, has known Dr. Walther since he first came to Licking County. “Dr. Walther has served Licking County for over 22 years,” she said. “He has served his patients well and he has certainly made a difference to patient care in Licking County. His patients love and respect him. He will definitely be missed!”

Dr. Walther Retires After Two Decades of Service (continued on page 2)

See Pages 8 to 10 for the Community Report Card Featuring Diabetes Care.

Community Education Programs:

MRSA in the Community

Date: Tuesday, September 25

Time: 6:00 p.m.

Location: Auditorium, The Reese Center on the Newark campus of The Ohio State University and Central Ohio Technical College

Speakers: Robert Seese, M.D., Inpatient Pediatrician, and Jeanne Emmons, BS, MT (AMT), Infection Control Manager, both of Licking Memorial Hospital

MRSA in the Community (continued on page 2)

Prostate Cancer Education & Screening

Date: Tuesday, September 25

Time: 6:00 p.m.

Location: Conference Rooms A&B, Licking Memorial Hospital

Speaker: William Stallworth, M.D., Licking Memorial Urology

Prostate Cancer Education & Screening (continued on page 3)

MRSA in the Community

(continued from front page)

Complications from a common skin infection took the life of football player Ricky Lanetti. We are all at risk. Learn how to protect your family and our community during this special event.



Attend the MRSA in the Community education program to learn how you can protect your family.

Ricky was a wide receiver at Lycoming College in Williamsport, Pennsylvania, in 2003, when he came down with flu-like symptoms. Less than a week later, Ricky was in a hospital emergency room with dangerously low blood pressure and erratic body temperature. Despite the work of many physicians and nurses, Ricky died of complications from community-acquired MRSA.

Community-acquired MRSA is a type of Staphylococcus bacterium that is resistant to many antibiotics. It can cause boils, abscesses or red, pus-filled bumps in healthy people. It can cause more serious infections such as pneumonia and joint or bloodstream infections. MRSA

is contagious and can be spread through skin-to-skin contact. Outbreaks of MRSA have been found among day care centers, schools, sports teams and health care facilities. MRSA is treatable. Consult your health care provider as soon as possible if any wound may be infected.

Simple steps to prevent MRSA:

- Do not share personal items, such as razors, clothing or towels.
- Keep all wounds covered.
- Disinfect sports equipment between uses.
- Practice good hand hygiene.

Registration to attend the session is required. To find out more information about this free community education program, or to register, call (740) 348-4102.

Dr. Walther Retires After Two Decades of Service (continued from front page)

LMH Chief of Staff Joseph Fondriest, M.D., pointed out that patients are not the only ones who are going to miss Dr. Walther's expertise. Dr. Fondriest said Dr. Walther provides a role model for the entire medical staff.

"Dr. Walther is always a pleasure to work with, either in regard to immediate patient care or on an LMH staff committee. I have enjoyed working with Dr. Walther on the physicians' Education Committee over the past 10 years, where he has earnestly contributed to the improvement of physician education at LMH. More recently, Dr. Walther has performed exemplarily as Chief of the Department of Family Practice. He is a man who is foremost concerned about the well-being of others, as is immediately evident in his interaction with patients, physician colleagues or staff members. He always brings a smile to those he meets."

LMH Vice President of Physician Services Christine McGee, R.N., B.B.A., said she will miss working with Dr. Walther when he retires, but is grateful that he devoted more than two decades of caring for the community. "I know his patients have appreciated that he'd always be there for them, giving them his full attention. In many cases, he cared for two or three generations of the same family. He is absolutely a huge component of how Licking Memorial Health Systems improves the health of the community."

"I have a very close and nurturing relationship with my patients," Dr. Walther said. He emphasizes that they have often influenced him in return. "Some have been a source

of inspiration to me. My last 10 years have been extra special due to my patients and the close relationship with my devoted staff."

Patients and colleagues like to joke with Dr. Walther about his extensive collection of neckties. "I started wearing the ties for the children in my practice," he explained. "They started out with the Looney Toons; then progressed to all different designs. I now have approximately 300 to 400 ties."

Dr. Walther and his wife, Audrey, plan to move to Florida upon his retirement. His two sons, John Walther III, and Gavin Paul Walther, both live in Indiana, and his daughter, Laura Ann Moxley, lives in Granville. He also has nine grandchildren. In Florida, Dr. Walther expects to continue caring for patients through volunteer work at the Veterans Health Administration clinic in Port Charlotte, Florida.

Dr. Walther's retirement will be celebrated with a reception on Sunday, September 16, from 2:00 – 4:00 p.m., along with an open house to celebrate the 20th anniversary of the Licking Memorial Family Medical Center – East office. The 399 East Main Street building first opened in 1987. It is currently the location for Dr. Walther's family medicine practice, the family medicine practice of Katrina Timson, M.D., and the pediatrics practice of Diane LeMay, M.D., and Leslie Dieterich, M.S., P.N.P.

LMH Becomes Wedding Chapel for a Day

Jennifer Haas was born at Licking Memorial Hospital (LMH) on September 28, 1972, to a family who welcomed her with the emotions that surround a new life – a sense of wonder, nervousness about her welfare, and dreams of her future. On a wintry day approximately seven years later, the Vogelmeier family was celebrating the birth of a baby boy. Chris Vogelmeier began his life at LMH on February 20, 1979. The two families had no way of knowing at the time that they would gather at LMH again many years later, as two lives that had begun separately at the Hospital would join together as one.

Jennifer and Chris met where she worked at a restaurant in Newark. “She actually carded me,” Chris said with a laugh. “I had to, he looks so young,” she replied. Together, they now own and operate Rocky Fork Grocery & Pizza on Fallsburg Road.

After meeting, they fell in love quickly and it wasn’t long before a wedding was planned. “I really wanted to get married on Thursday, June 28 – that was my grandfather’s birthday,” Jennifer explained. The wedding was set to be a small, intimate ceremony at Chris’ parents’ home in Fallsbury Township with a larger reception planned a few days later to coincide with the Vogelmeier family reunion.

On the Tuesday before the wedding date, Jennifer began feeling ill. “I had pain across my entire stomach, and I was sick all day,” she recalled. On Wednesday, the symptoms had changed. “I had severe pain from my belly button to my right side. At that point I honestly thought the pain was from muscle strain.” Finally, at 4:45 a.m. on Thursday, Jennifer (who confesses to being a bit stubborn sometimes) drove herself to the Emergency Department at LMH without even calling any friends or family.

After a quick evaluation, Dr. Larry Pasley, a general surgeon on the LMH medical staff, determined that Jennifer had acute appendicitis and needed immediate



Jennifer Haas and Chris Vogelmeier were joined in marriage by Pastor Jeff Smith at Licking Memorial Hospital.

surgery. “She tried to talk the doctor into letting her go home first so we could get married, and then come back that evening for the surgery,” Chris said. Jennifer added, “He said ‘no’.”

As Jennifer recovered from surgery in her room on the sixth floor on Friday morning, LMH Director of Pastoral Care Jeff Smith knocked quietly on her door. “I was making rounds, and I just stopped in to see if she needed my help with anything,” Jeff explained. “Oftentimes, patients will ask me to help contact their clergy or to pray with them. But without any hesitation, Jennifer asked, ‘Will you marry us?’ Needless to say, my eyes got really big!”

The wedding took place approximately six hours later, at 3:30 p.m. on June 29, 2007. After quickly assembling flowers, cake and family, Jennifer and Chris were wed in a small, intimate ceremony, officiated by Pastor Jeff Smith in a sixth floor patient room at the Hospital. The bride’s white (hospital) gown and the groom’s green football jersey were a perfect complement to their shiny, new wedding rings.

Prostate Cancer Education & Screening

(continued from front page)



William Stallworth, M.D.

Urologist William Stallworth, M.D., a physician with Licking Memorial Health Professionals, will speak. Following the program, the first 40 male registrants will receive a free prostate cancer screening. Registration is required; call (740) 348-1434.

Located in the male pelvis, the prostate is a variable-sized gland, usually the size of a walnut measuring 3 to 5 centimeters long by 3 to 5 centimeters in width. On average, the gland weighs about 20 grams.

The prostate surrounds the urethra (which is the channel that carries urine from the bladder). An enlarged prostate can put pressure on the urethra, causing:

- Decreased force of the urinary stream
- A need to “push” the urine out
- A feeling as if the bladder is not emptying
- Increased urinating during nighttime
- Intermittent stopping and starting of urinary stream

Prostate Cancer Education & Screening (continued on page 5)

Resusci Anne Donated to LMH

John Hinderer, a member of the Licking Memorial Health Systems (LMHS) Board of Directors, presented the Education Department with a Resusci Anne manikin on behalf of the Ohio Automobile Dealers Association in June. The National Automobile Dealers Charitable Foundation, through their state chapters, regularly gives Resusci Annes to organizations that teach cardiopulmonary resuscitation (CPR). John, who owns John Hinderer Honda in Heath, is a past president of the Columbus Automobile Dealers Association and a member of the Ohio Automobile Dealers Association.

The manikin is used to teach advanced cardiovascular life support (ACLS) classes to physicians, nurses, paramedics, respiratory therapists and other health professionals. It includes a monitoring device that tells the trainees if they are doing CPR correctly.

The donation brings the number of Resusci Anne manikins available for training to two, said Ronda Stegman, a trainer in the Education Department. "I'll be able to divide the students in my classes between the two manikins, giving each person more practice," Ronda said. "That will improve providers' competency, enhancing patient care and safety."

"The Education Department became an American Heart Association ACLS training center this year," said Debbie Young, R.N., Vice President of Patient Care. Since May, eight Licking Memorial Hospital (LMH) staff members have been trained as ACLS instructors. "There is a huge demand for ACLS training," Debbie said. "This type of



LMH trainer Ronda Stegman, LMHS Board of Director John Hinderer and LMH Vice President of Patient Care Debbie Young look over the new Resusci Anne donated by the Ohio Automobile Dealers Association.

training directly impacts patient care, especially since we are seeing more patients who are very ill enter the Emergency Department and the Hospital."

"We appreciate John facilitating this donation as it will help our staff with hands-on training," said Rob Montagnese, President and Chief Executive Officer of Licking Memorial Health Systems. "This equipment will also be used when training individuals in the LMH Community Training Center for CPR and ACLS classes."

Parents Should Beware of Choking Game

Until the tragic death of a local 12-year-old boy in January, many Licking County parents were unaware of a dangerous activity that is cropping up in their adolescents' whispered conversations. Medically known as youth asphyxia activity, teens and preteens refer to it as the "choking game," among other nicknames. It involves a child being choked or hanged, either by himself or another child, until passing out. Assuming breathing can be restored, the child may experience a temporary "rush" or "high" as oxygen returns to the brain.

"The choking game is a dangerous activity practiced by a growing number of adolescents and children in the United States and internationally," reported Robert Seese, M.D., of Licking Memorial Pediatrics. "It is difficult to estimate how many children have participated, but a recent estimate states that between 250 and 1,000 adolescents die in the United States each year from the choking game. The exact number is difficult to determine since some of these deaths have been ruled as suicides. This dangerous activity is more popular among males and can result in long-term nerve damage and death."

Dr. Seese continued, "Pediatricians and emergency room physicians have seen a sharp increase in the choking game across the country and the world. Parents should be alert for signs of the choking game in their children. Such signs include neck abrasions or wounds, the possession of multiple ropes or plastic bags, and some physical complaints. Children who practice the choking game tend to have chronic headaches as a result of oxygen deprivation to the brain. They also may have chronically bloodshot eyes due to pressure on the veins of the neck and capillaries of the face and eyes. Finally, adolescents who practice the game may spend a lot of Internet time reading about the game and learning new ways to perform it. Parents with concerns for the above should also monitor computer time."

Adolescents of all social levels and family structures are at risk. Since the children are often secretly receiving false information from friends or the Internet, Dr. Seese urged parents, guardians and other adults, such as teachers, to bring up the subject of how dangerous the activity is. "Preventing adolescents from practicing the choking game requires frank discussions from the parents and

Parents Should Beware of Choking Game (continued on page 5)

school administrators," Dr. Seese said. "These discussions should focus on the high rates of death from the game as well as the increased risk of brain damage. Care should also be taken to point out that there is no safe amount of time for suffocation and even a brief experimentation can be fatal."



Although all adolescents are at risk for experimenting with the "choking game," more 12- and 13-year old boys have died from it than any other group.

According to The DB Foundation (named after an 11-year-old boy who died from playing the choking game in Florida), Ohio had the highest rate of reported youth asphyxia activities in the first six months of 2006, the most recent date of compilation. The highest concentration of choking game deaths in the U.S. is among 12- and 13-year-olds.

Warning signs that a child may be experimenting with the choking game

Signs on the child:

- Frequent, often severe headaches
- Inexplicable bruising or red marks around the neck
- Bloodshot eyes and/or tiny red dots on the face
- Changes in attitude (overly aggressive)
- Disorientation and/or grogginess after being alone
- Unusual demands for privacy
- Curiosity about asphyxiation (e.g. "How does it feel?" or "What happens if...?")

Signs in the home:

- Locking or blocking bedroom/bathroom doors
- Bed sheets, belts, t-shirts, ties, ropes, etc. tied in strange knots or found in unusual places
- Internet history of Web sites or chat rooms mentioning asphyxiation or the choking game
- Wear marks on furniture and fixtures, such as bunk beds or closet rods

Other slang terms for the choking game

Parents should be advised to watch for these terms in their children's conversations and Internet activity:

- | | |
|-----------------------|----------------------|
| 7 Minutes 'Til Heaven | Hyperventilating |
| Airplaning | Knock-Out (Game) |
| America Dream(ing) | Lions and Tigers |
| Black Out | Pass(ing) Out |
| Black Hole | Purple Dragon |
| Breath Play | Natural High |
| California High | Rising Sun |
| Choke Out | Rush |
| Cloud Nine | Sleeping Game |
| Dream (Game) | Sleeper Hold |
| Elevator (Game) | Snuff (Game) |
| Fainting Game | Something Dreaming |
| Flatline Game | Space Cowboy |
| Flatliner (Game) | Space Monkey |
| Funky Chicken | Speed Dreaming |
| Gasp(ing) (Game) | Suffocation (Game) |
| Hang(ing) (Game) | Suffocation Roulette |
| Hangman (Game) | Teen Choking Game |
| Harvey Wallbanger | Tingling Game |
| High Riser (Game) | Twitching Game |

Prostate Cancer Education & Screening (continued from page 3)

Several key factors are:

- Age and general health of the patient
- Severity of symptoms
- Evidence of kidney or bladder damage from benign enlargement of the prostate

For more information about prostate cancer, plan to attend the community education event or visit the Licking Memorial Web site at www.LMHealth.org and click on the "Health Information" tab.

John & Mary Alford Pavilion Photo Gallery

(continued from front page)

Licking Memorial Hospital was pleased to celebrate the opening of the John & Mary Alford Pavilion earlier this summer. A Community Open House gave the public an opportunity to tour the Pavilion on July 21. Staff was available to discuss equipment, processes and special areas of interest. A Ribbon Cutting Ceremony on July 22 heralded the beginning of a new health care era in Licking County.



Licking Memorial Health Systems President and Chief Executive Officer Rob Montagnese welcomes a guest at the John & Mary Alford Pavilion Community Open House on July 21.



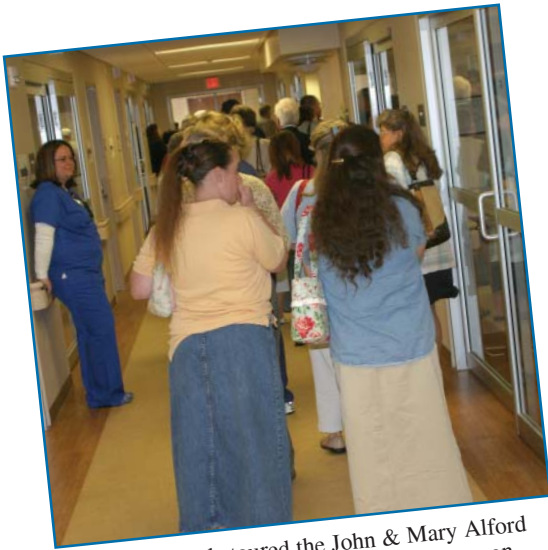
Guests were greeted in the John & Mary Alford Pavilion Surgery lobby for the Community Open House on July 21 and the Ribbon Cutting Ceremony on July 22. Tours of the Pavilion were offered on both days.



Barb Cantlin received a corsage shortly before the Ribbon Cutting Ceremony held on Sunday, July 22.



The Classic Brass Trio provided lively entertainment for the Ribbon Cutting Ceremony held on Sunday, July 22.



Many individuals toured the John & Mary Alford Pavilion during the Community Open House on Saturday, July 21. Staff was available to discuss special points of interest in the Emergency Department and the Surgery Department.



Surgical Services Director Mary Reid and Manager Greg Wallis explained the layout of the new Surgery Department.



The up-close Community Open House tours provided a glimpse of the new bi-plane equipment in the Pavilion's Surgery Department.



Chef Jay Campbell carved meat at the brunch served to dignitaries and other guests during a special reception held on Sunday, July 22.



A ribbon-cutting ceremony on Monday, July 23, opened the Emergency Department



The Pavilion's Surgery Department opened with a separate ribbon-cutting ceremony on August 10.



Community Report Card

Licking Memorial Health Systems

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A Community Report on Diabetes Care

Health Tips – Exercise Regularly

Regular physical activity has a variety of health benefits for individuals with diabetes, including:

- Burning calories, which aids with weight loss
- Improving the body's response to the hormone insulin
- Making oral diabetes medications and insulin work better, which helps control blood glucose levels

Your physician can help you decide how much activity is safe and whether certain types of activities should be avoided.

Patient Feature – Linda Amore

Linda Amore cried after she was diagnosed with diabetes. She already had survived breast cancer. She wondered how she would cope with another major disease. “One disease was more than enough for a person to handle,” she explained.

The diagnosis of diabetes came after months of illness. “I was very sick for a long time – probably longer than I had realized,” Linda said. She had been treated for a bladder infection for nearly three months, but things were only getting worse. At least once an hour – day and night – she was using the rest room. She couldn't sleep. She didn't want to go out of the house. “I was continuing to eat my daily dose of chocolate and drink cranberry juice. Now, I realize I was only making things worse.”

Richard Walters, D.O., who recently retired from the Licking Memorial Hospital (LMH) Active Medical Staff, diagnosed Linda with diabetes in late 2006. Her HbA1c levels, as measured by the glycosylated hemoglobin test, were above 10.0. The test shows a person's average blood sugar level over the past three months. The more sugar a person has in her blood, the higher the results of the test. Research has shown a direct link between high blood sugar levels and complications from diabetes. By reducing blood sugar levels to near normal, a person with diabetes can reduce the risk of eye problems, nerve damage and severe kidney problems.



Linda Amore has learned how to live a healthy lifestyle after being diagnosed with diabetes.

“I was in shock. I really didn't know the signs of diabetes even though I had all of the obvious symptoms,” Linda said. She was immediately prescribed medication and limited eating food with carbohydrates or sugar. “I cried the most when I thought that I couldn't eat chocolate any more. Anything chocolate makes my eyes light up.” Her primary care physician quickly enrolled her in LMH Diabetes Self-Management classes. She had tears in her eyes the first time she went to the

self-management class when Teresa Knicely, R.N., a case manager in Community Case Management, and an old family friend, walked over to say hello. “Teresa told me I would be fine. She was right. In class, I've learned how to read labels, what to eat and how to manage this disease. They are just so upbeat,” Linda said.

Dealing with diabetes has been as difficult as raising two children, Linda said. Her persistence has paid off. She has learned how to read food labels, has dropped weight and reduced her HbA1c levels to 6.0 by June.

“I appreciate everyone who works in the Diabetes Education Center,” Linda said. “They made me feel like a person again. They have shown me that I can go out to eat and have the sweets that I love. I really want to live a healthy life.”

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

	LMHP 2nd Qtr. 2005 ⁽¹⁾	LMHP 2nd Qtr. 2006 ⁽¹⁾	LMHP 2007 ⁽²⁾	National ⁽³⁾
% LMHP diabetes patients receiving eye exam	N/A	N/A	71%	68%
% LMHP diabetes patients having HbA1c test	98%	99%	90%	85%
% LMHP diabetes patients having lipid profile	98%	98%	92%	88%
% LMHP diabetes patients having microalbuminuria test	92%	92%	90%	57%
% LMHP diabetes patients having foot exam	N/A	N/A	89%	65%

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

	LMHP 2nd Qtr. 2006 ⁽²⁾	LMHP 2007 ⁽²⁾	Goal ⁽⁴⁾
% LMHP diabetes patients with HbA1c less than or equal to 7%	56%	54%	greater than or equal to 40%

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

	LMHP 2nd Qtr. 2006 ⁽²⁾	LMHP 2007 ⁽²⁾	Goal ⁽⁴⁾
% LMHP diabetes patients with LDL less than or equal to 100 mg/dL	60%	60%	greater than or equal to 36%

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

	LMH 2005	LMH 2006	LMH 2007	Benchmark ⁽²⁾
% CCM diabetes patients who obtained an HbA1c	93%	84%	87%	85%

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

	LMH 2005	LMH 2006	LMH 2007	Goal
% Goals met by diabetic education graduates – within six weeks	92%	99%	96%	greater than 75%
% Goals met by diabetic education graduates – within six months	92%	96%	92%	greater than 80%

Data Footnotes:

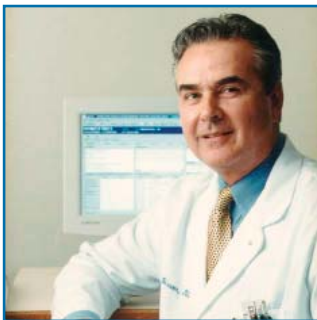
(1) Data reflects only those patients seen during that quarter.

(2) Data reflects the entire LMHP active patient population at year end 2006 and as of July 1, 2007. Active patient population is defined as patients seen within the last three years.

(3) National Committee for Quality Assurance

(4) Diabetic Physician Recognition Program (National Committee for Quality Assurance/American Diabetes Association)

Facts about Diabetes



Gerald Ehram, M.D.

Diabetes is the sixth leading cause of death in the United States. Nearly 21 million Americans have the disease, but an estimated one-third has not been diagnosed.

“Oftentimes, individuals with diabetes are unaware of the illness because they ignore the symptoms,” said Gerald Ehram, M.D., of Licking Memorial Internal Medicine.

“While they may seem relatively harmless, symptoms of diabetes are a red alert to a serious, yet treatable, disease.”

Diabetes is a disease in which the body does not produce or properly use insulin – a hormone that is needed to convert sugar, starches and other food into energy. Although the cause is officially unknown, genetics, obesity and lack of exercise appear to be factors in its development, according to the American Diabetes Association.

Symptoms include: frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and/or blurry vision. If you have any of these symptoms, contact your physician immediately. “Early detection and treatment of diabetes can decrease the possibility of developing complications,” Dr. Ehram said. Complications can include: heart attack, stroke, poor circulation, kidney disease, vision problems/blindness, nerve damage, foot problems, skin disorders, gastroparesis – a disorder in which the stomach takes too long to empty its contents, and depression.

“When you are in doubt about any symptoms you may be experiencing, please contact your physician,” Dr. Ehram said. “Health care providers need your input to give you

the best possible treatment. You know your body better than anyone.”

If you are in need of a primary care physician, please call the Licking Memorial Hospital Physician Referral Line at (740) 348-4014, or click on the “Find a Doctor at LMH” link on the Licking Memorial Web site, located at www.LMHealth.org.

John & Mary Alford Pavilion is NOW OPEN!

- The Pavilion is the new home of the Licking Memorial Hospital (LMH) Emergency and Surgery departments.
- The project includes surgery suites with the latest technology and has been designed to promote healing, to improve staff performance, to maximize efficiency and to respect patient privacy and dignity.
- The 100,000-square-foot Pavilion is the single largest expansion of LMH since the Hospital moved to our West Main Street location in 1966.



Walk for Arthritis

Join the fight against arthritis by participating in the Arthritis Walk held Saturday, September 29, 2007, at Dawes Arboretum, 7770 Jacksontown Road SE, Newark. The walk is hosted by the Licking County Chapter of the Arthritis Foundation. Licking Memorial Health Systems (LMHS) is a sponsor of the event.

Walkers are asked to create teams of four people and to collect pledges of a minimum of \$25 each to participate. Proceeds benefit the Arthritis Foundation, which provides home assessment services at no charge,



The 2007 Arthritis Walk for Licking County will be held at Dawes Arboretum, Newark, Ohio.

exercise and aquatics programs, emergency medical assistance, education programs, and a free summer camp for children with arthritis.

Walkers may choose from a one-mile or a three-mile course. Registration begins at 9:00 a.m. The walk begins at 10:00 a.m. Participants receive a free T-shirt. For more information, contact Linda Murphy at (740) 349-3876 or by e-mail: arthritishelp@hotmail.com.

Development Spotlight: Cara Riddel



Cara Riddel

Newark City Schools Director of Certificated Personnel Cara Riddel has career-related and personal reasons for accepting an invitation to join the Licking Memorial Hospital (LMH) Development Council. "I have always known that having a local hospital is an asset that sets our community apart from other communities our size," she said. "I share information about Licking

Memorial Health Systems (LMHS) as I recruit teachers to join Newark City Schools. It is always my hope that they will come to live and raise a family here in Licking County."

Cara joined the LMH Development Council this past spring. "On a more personal note, my father had a medical emergency and was transported to Licking Memorial Hospital," she said. "I am happy to say that the team at Licking Memorial was successful in saving his life. I appreciate what LMH and its highly skilled and caring staff members add to the quality of life in Newark and the surrounding communities." The Fredonia resident has two primary goals as a member of the Council:

- To gain knowledge as Licking Memorial changes and grows as a community organization
- To help spread the word in her own organization about wellness opportunities available through LMHS

Cara, a Granville High School graduate, has a Bachelor of Arts degree in Elementary Education from the University of Cincinnati (Ohio) and a Master of Arts degree in Early and Middle Childhood Education from The Ohio State University in Columbus, Ohio. She holds licensure as an elementary teacher, a school principal and a school superintendent. She is a member of the Newark Rotary Club, the American Association of School

Personnel Administrators and the Ohio Association of School Personnel Administrators, as well an associate member of the Buckeye Association of School Administrators.

Her hobbies include running, reading, cooking, traveling and spending time with her husband, Jim, and their two dogs. A community-minded individual, Cara said her interests include "anything related to Licking County."

Donors

COMMUNITY CORNERSTONE

Mr. and Mrs. Patrick Jeffries
Mr. Willard Kuhlwein
Chris and Sharman Meyer
Michael and Connie Morris
Lew and Sue Henry Mounts

GENERAL DONATION

Newark Area Club of Zonta
International 704
Donation to Oncology
Department

HONORARY GIFTS

Mr. and Mrs. Patrick Jeffries
In honor of Jeff Smith

Mr. Charles (Bob) Norman
In honor of Betty Gebhart

MEMORIAL GIFTS

Licking Memorial Hospital
In memory of Mary Sorrell

Mr. and Mrs. Robert McGaughy
In memory of Don Mike Jeffries

PRIDE CORNERSTONE BRONZE

Denise Beichler
Shelly Bragg
Jamie Hartman
Susan Jacks
Selu Jallow
Richard Lieggi
Sue Maier
Renee Mason
Aundrea Parker
Lenetta Peck
Jennie Rine
Janet Wells

PRIDE CORNERSTONE SILVER

Cheryl Baker
Pamela Baughman
Kristin Casebolt
Kimberly Evans
Nhung Samantha Pham, M.D.

PRIDE CORNERSTONE GOLD

Deborah Acord

Physician Spotlight: Dr. Jonathan Hollister



Jonathan Hollister,
M.D.

Jonathan Hollister, M.D., encourages his patients to be as active as they can, no matter their age. “Get out and get moving,” the geriatrician said. “Eat balanced meals. Don’t cut out the cake and cookies; just don’t eat them every day.”

As a geriatrician, Dr. Hollister focuses on caring for older people. He visits patients in 13 nursing homes and assisted living centers in Licking County. He is in the office one day each week. He also makes house calls on his hospice patients.

“I try to see my patients at least once a month, more if they have a problem or illness such as pneumonia,” he

said. “I monitor their medications, taking them off some when their health improves.”

Dr. Hollister received his Doctor of Medicine degree from Wright State University in Dayton, Ohio. He completed his family medicine residency at Grant Medical Center and a geriatric fellowship at Riverside Family Practice, both in Columbus, Ohio.

Dr. Hollister is a member of the American Geriatric Society, American Medical Directors Association and Ohio Academy of Family Practice. The Marietta, Ohio, native and his wife, Lanie, have a daughter, Meridian, and a son, Jaxson. His practice, Licking Memorial Geriatric Medicine, is located at 120 McMillen Drive in Newark, and can be reached at (740) 348-7935.

Ask a Doc

Question: How is osteoarthritis diagnosed and treated?

Answer (Jonathan Hollister, M.D.): Osteoarthritis is more common than rheumatoid arthritis. It is the cartilage in joints breaking down and bones rubbing on bones. Many people describe it as waking up in the morning and “creaking.” It most often starts in the knees and hips. Osteoarthritis can be diagnosed by medical history and X-ray. Physicians look for a narrowing of the joint – the space between two bones.

I treat my patients in a step-wise approach. First, I recommend that a person starts an exercise program and loses weight. This often entails something as simple as becoming more active. If pain is an issue with activity, then water aerobics is an option as it will take the weight off the joints and promote weight loss. If the person still has pain, I often recommend taking acetamino-

phen (Tylenol) on a schedule. For continued or more debilitating pain, a patient may be prescribed a stronger pain medication or narcotic in addition to their acetaminophen. Additionally, a joint injection by an orthopedic surgeon may be an option for pain that is unmanageable. These are often temporary options, and ultimately I often recommend they have the joint replaced through surgery.

Of course, the best thing anyone can do is to be at a healthy weight and to exercise regularly. Keeping off excess pounds helps the weight-bearing joints such as the hips and knees. Studies have shown that weight-bearing exercises stimulate joints to produce more cartilage. Patients should talk with their physicians about taking glucosamine, an over-the-counter supplement that has been shown in studies to help some people with arthritis.

Retiree Spotlight: Mary Rodgers



Mary Rodgers

Former Licking Memorial Health Systems (LMHS) employee Mary Rodgers has a unique responsibility in retirement – caring for a marmoset monkey. Her son, Andrew Queen, purchased the animal, named Drake, from a breeder in Fort Lauderdale, Florida. “Because I was retired, Andrew asked me to care for Drake during the day,” Mary said. “It’s really quite an interesting job.”

Mary notes that 1-year-old Drake likes to whistle and sing. His favorite foods are popcorn and watermelon. “When he is 3, he’ll have the brain capacity of a 5-year-old child,” Mary said. As much as she enjoys Drake’s

company, it doesn’t compare to the time she now has for her two grandsons and husband. Mary, who is recovering from a stroke, cares for 13-year-old Dylan and 10-year-old Austin, as well as her husband, Meredith, who has had a variety of medical problems over the past decade. “It is good to be home with them,” she said.

Mary’s nursing career began in September 1983. In December 1987, she joined Licking Memorial Hospital (LMH) as a nurse on the Surgical Unit on 5-South. She later transferred to the LMH Coronary Unit and then to the Children’s Unit on 4-South before returning to 5-South. Mary worked in the Psychiatric Unit/Behavioral Health from May 1994 until she retired on August 1, 2006. “I served on several committees at Licking Memorial and was a preceptor and a CPR instructor,”

Retiree Spotlight: Mary Rodgers (continued on page 13)

Mary noted.

Although she has many fond memories of working at Licking Memorial, Mary said the best came when she met the couple who helped make her dream of a nursing career reality. “The most important time in my career was when I was able to thank the people who made my life as a nurse possible by donating the scholarship I received,” Mary said. “Mr. Price was one of my patients on 5-South. He told me to thank his wife for the donation, and I did!”

Mary attended the annual LMHS Retiree Dinner in July and frequently gets together with former coworkers for dinner or breakfast. “We have a good time reminiscing,” she said.

Volunteer Spotlight: Tom Simkins



Tom Simkins

Forty years ago, Tom Simkins wanted to be a police officer. Although he turned to a career in the broadcasting business, he is now volunteering with the Licking Memorial Police Department. He answers phones, completes paperwork and files while keeping an eye on the security cameras.

Tom got his first taste of police work in the 1960s when he rode with a police officer for an evening. He explained, “I was 24 years old then, and I did not know exactly what I wanted to do. They saw a lot of action and I knew that was for me.”

Instead, Tom spent 19 years working at WCOL and 21 years at North American Broadcasting Company, which owns three local radio stations. He retired in 2004 as the vice president and director of sales at North American Broadcasting Company. Tom volunteered his time fundraising for the Ohio Association of Chiefs of Police and also served on the Columbus Zoo’s Executive Board of Directors for several years.

When Tom retired to a home on the shores of Buckeye Lake, the executive director of the Ohio Association of Chiefs of Police called Ken Hinkle, Director of the Licking Memorial Police Department, asking if he could use a volunteer. “It is great to have Tom working with us,” Ken said. “He has developed some great relationships with the officers.” Tom also is helping with the department’s application for accreditation from the Commission on Accreditation for Law Enforcement Agencies.

“I enjoy working for Ken and with the people in the Police Department,” Tom said. In addition to volunteering at the Licking Memorial Police Department, Tom and his wife, Barb, have three grown children who live in the Columbus, Ohio, area, and one grandchild. Tom is a member of the Buckeye Lake Yacht Club’s antique boat show committee, and he enjoys working in the yard. The couple also has an Australian shepherd named Molly.

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

Employee Spotlight: Nancy Davis



Nancy Davis

Nancy Davis, R.N., has been employed by Licking Memorial Health Systems (LMHS) for more than 24 years. She has worked in the medical/surgical and pediatric units at Licking Memorial Hospital (LMH). She spent 14 years working in the Maternal-Child Unit at LMH before moving to Licking Memorial Health Professionals (LMHP) in pediatrics.

She is now a nurse for LMHP physician Shelley Gittens, M.D. “Dr. Shelley and the entire Licking Memorial Pediatrics staff are wonderful to work with,” Nancy said. “It is a joy to come to work in this office.”

“I love helping people, especially teaching them,” Nancy said. “I knew I wanted to be a nurse since I was young.”

Nancy graduated from Central Ohio Technical College in Newark in 1974.

Between her time in the Maternal-Child Unit at LMH and 10 years at Licking Memorial Pediatrics, Nancy has cared for many newborns and has watched some of them grow up, seeing them when they visit their physicians for sick or well-child visits. “Some mothers remember that I cared for them after they delivered their babies. That’s neat,” she said. “I enjoy answering the questions moms and dads have about their kids, and watching these babies grow up.”

Kim Dennis, physician center manager for Licking Memorial Pediatrics, said, “Nancy is just one of those all-around good people. She is easy to get along with, helpful to her coworkers and is all about improving the health

Employee Spotlight: Nancy Davis (continued on page 14)

of children.”

Nancy enjoys spending time with her family and working outdoors in her yard. She also walks after work and during her lunch time with her colleagues at Licking Memorial Pediatrics. Most days, she logs more than an hour of walking. “It is relaxing,” she said.

In recognition of her hard work and dedication, Nancy received a Licking Memorial MVP award in 2006. The award is given to employees who consistently demon-

strate the organization’s values of communication, attitude, respect and excellence. “Licking Memorial has always been good to us. They are committed to improving the health of the community,” Nancy said.

Nancy and her husband, Rob, live in Granville. They are the parents of three children: Joshua (deceased), Brian, 26, of Pataskala; and Katy Buckenbuger, 25, of Utica.

Administrative Spotlight: Mary B. Reid, B.S.Ed., R.N.



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

Mary Reid, B.S.Ed., R.N., has three primary goals as the new Licking Memorial Hospital (LMH) Director of Surgical Services:

- To pursue new and innovative technologies and procedures to bring to our facility
- To strive to continually improve the quality of care delivered to our patients
- To make our Surgery Department the best of its kind in the state of Ohio

Mary was named Director of Surgical Services in June after serving as LMH Patient Care Manager of 5-South. She has been employed at LMH since 1992 and has been a home health aid, staff nurse on 5-South, staff nurse in the Surgery Department, and a sexual assault nurse examiner at the Hospital.

Mary, a lifelong Licking County resident, graduated from Newark Catholic High School. She attended The Ohio State University in Columbus, Ohio, earning a Bachelor of Science degree in Education. She then received an Associate of Applied Science degree in Nursing from Central Ohio Technical College in Newark.

To show her support of LMH, Mary is a member of Providing Resources in Dedicated Employees (PRIDE), a group that gives back to LMH each payday. Her professional memberships include the Association of Operating Room Nurses, the Ohio Organization of Nurse Executives, American Nursing Informatics Association, and the Licking County Pandemic Flu Preparedness/ Planning Committee.

Additionally, Mary is an American Red Cross-certified Basic Life Support (CPR/First Aid) instructor. She attends church at the Vineyard of Licking County, and enjoys playing and watching hockey, gardening, traveling and reading.

Because her efforts have reflected Licking Memorial Health Systems’ (LMHS) core values, Mary earned an LMHS CARES Award in 2002. “Providing quality care to my patients is my greatest accomplishment at Licking Memorial,” she said. “My greatest accomplishment at LMH that is not related to direct patient care would be implementation of the Big Board patient tracking system. The Big Board allows visitors to track their loved ones through the surgery process. I am proud to be able to care for patients, as well as assist their families and friends.”



**Licking Memorial
Health Systems**

Employment Applications Now Completed Online!

If you are interested in joining the LMHS team, check out our Web site to see the latest opportunities.

Visit www.LMHealth.org and click the “Careers” tab.



Women's Health Expo 2007

Tuesday, September 4

5:00 to 9:00 p.m.

J. Gilbert Reese Center

The Newark Campus of The Ohio State University

and Central Ohio Technical College

1209 University Drive, Newark

Browse more than 50 exhibits, each offering a door prize. Participate in health screenings. Enjoy light refreshments and special entertainment.

- 5:00 to 9:00 p.m. – Exhibits Open (various locations)
- 7:00 to 8:00 p.m. – Barbara Smith, Keynote Speaker presents: **Hats Off**
- 8:15 to 9:00 p.m. – Door Prize Drawings

2007 Co-sponsors: Licking Memorial Health Systems and
KOOL 101.7FM WNKO/Talk 790 WHTH

Corporate Sponsor: Park National Bank

Registration is not required for this free annual event.
For more information, please call (740) 348-1572.



**Licking Memorial
Health Systems**



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Upcoming Dates

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

MRSA in the Community

Date: Tuesday, September 25, 2007

Time: 6:00 p.m.

Location: Auditorium, J. Gilbert Reese Center on the Newark campus of The Ohio State University/Central Ohio Technical College

Speakers: Robert Seese, M.D., Inpatient Pediatrician, and Jeanne Emmons, BS, MT (AMT), Infection Control Manager

Registration is required. Please call (740) 348-4102.

Prostate Health

Date: Tuesday, September 25, 2007

Time: 6:00 p.m.

Location: LMH Conference Rooms A and B, First Floor

Speaker: William Stallworth, M.D., Licking Memorial Urology

Registration is required. Please call (740) 348-1434.

First Impressions – Maternal Child Classes

Childbirth Education Classes

Stork Tour

Infant and Child CPR

Parenting Class

Maternity Tour

Breast-feeding Class

Sibling Preparation Class

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

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 on insurance coverage.



**Licking Memorial
Health Systems**

1320 West Main Street
Newark, OH 43055

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

You'll once again see why

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

Visit us at www.LMHealth.org

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