



Licking Memorial
Health Systems

Community Connection

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measurably different for your health!

Women's Health Expo is Sept. 7

Come enjoy an evening of health information, various exhibitors and prizes! On Tuesday, September 7, the annual Women's Health Expo will be held from 5 p.m. to 9 p.m. at Cherry Valley Lodge, located at 2299 Cherry Valley Road in Newark.

The event is co-sponsored by Licking Memorial Health Systems, Cherry Valley Lodge, KOOL 101.7FM WNKO/Talk 790 WHTH, Park National Bank and Uniglobe Weekley Travel. The theme is "A Brand New You!" More than 35 exhibitor booths will be on display promoting women's health awareness and feeling good about yourself.

The purpose of the expo is to encourage healthier lifestyles through increased awareness. Positive health care information and expanded medical screenings are offered free of charge in a comfortable setting. Current information on fitness, nutrition, social services and safety will be included. Topics will appeal to women



of all ages and stages of life.

The keynote speaker for the evening will be Carol Price, a professional speaker who has contributed to three "Chicken Soup for the Soul" books, authored "Two-Minute Miracles" and works with top Fortune 500 companies on motivation and personnel improvement.

Additional presentation topics include: Zoe Guirlinger, MSPT, CPFT, on how to take care of your body and attain a healthy lifelong weight; and Annarino's Karate self-defense program. There

will be something for everyone. "This is such a wonderful evening – especially with the location, variety of exhibitors and the speakers. WNKO Radio DJs – who do a great job of keeping the evening moving – emcee the event. It's an all around great time for 'the girls!'" explained Anita Snow, a trainer in the LMHS Education Department and coordinator of the event.

To cap off the evening's festivities, each booth will have a door prize drawing. They include: a one-night stay at Cherry Valley Lodge – compliments of the lodge; a one-night weekend accommodation at the Sheraton Suites in Cuyahoga Falls, Ohio, and \$100 credit at the hotel – compliments of Uniglobe Weekley Travel; and a beautiful bouquet of flowers – compliments of Forever Flowers.

This event is free to all who attend. Light refreshments will be available. For more information please contact Anita Snow at ext. 1435.

LMH to Showcase Latest Orthopedic Treatments

Plan to attend a special open house and orthopedic educational session taking place at Licking Memorial Hospital (LMH) on Wednesday, September 15. The event will feature the Zimmer Mobile Learning Center, which is an 18-wheel expandable semi that houses a complete self-supporting training/educational facility. It is used to promote new products, conduct hands-on training, and educational programs for those individuals who want to learn more about arthritis.



Zimmer is a leading company in the development, production and global marketing of the highest quality orthopedic products and services that aid patients.

There will be presentations by orthopedists on the LMH Medical Staff who will discuss various joint replacement procedures. At 5 p.m., Robert Nowinski, DO, will present

information on total shoulder replacements. Then, at 5:30 p.m., Edward Westerheide, MD; John Quimjian, MD; and David Jackson, MD, will present information on total knee and hip replacement. All of these surgeons will be readily available to discuss any trauma-related procedures that do not require total joint implants. The educational sessions will be held in LMH Conference Rooms A&B, located across from Cardiology on the first floor of the hospital.

Attend this open house and enter the Mobile Learning Center from 12 noon to 5 p.m. to learn more about how these conditions are treated. Come and see firsthand how our innovative treatment procedures and products can improve quality of life and how individuals can become free of daily pain. This is a free community event, and light refreshments will be served. For more information, please call 740- 348-4222.

Local Family Grateful for ED Staff

Newark High School sophomore Bethany Stickradt was enjoying a warm summer day when a 120-pound dog attacked her. She sustained severe injuries, including penetrating trauma to the forearm, shoulder, back and leg. Horrified, her parents, Sheryl and Jack Stickradt, called 911. A Newark City Ambulance rushed Bethany to the Emergency Department (ED) at Licking Memorial Hospital (LMH).



When Bethany Stickradt (far right) was attacked by a dog earlier this summer, she received high quality care in the LMH Emergency Department. She is pictured with her parents, Sheryl and Jack Stickradt.

"Fortunately for Bethany, Dr. May-Lee Robertson was on duty in the ED," stated Mr. Stickradt in a letter to Bill Andrews, President of Licking Memorial Health Systems (LMHS). "Dr. Robertson was so kind, compassionate and professional that words cannot adequately describe the care she gave my daughter. Her heartfelt, almost angelic concern for Bethany was very comforting." Bethany completely

agrees. "Dr. Robertson communicated with me in a way I could understand and feel comfortable," Bethany said.

Bethany's mother, Sheryl, works at LMH as a registered nurse in the Maternity

Services Department. "I don't think anybody in the ED that day knew that I worked here [at LMH]. The treatment we received was excellent from the time we came through the doors until we left," she said.

Both Mr. and Mrs. Stickradt agree that the treatment they received was second-to-none. "Dr. Robertson and the entire ED staff should be commended for their fine efforts, and you are fortunate for having such dedicated caring individuals on your staff," Mr. Strickradt's letter continued. The couple stated that the staff was very professional and excellent to work with.

Bethany and her parents reside in Newark. Mr. Stickradt has been with the Newark Fire Department for 25 years and Fire Chief since 1998. Mrs. Stickradt has been with LMH for 25 years.

Brahm's Lullaby

The Licking Memorial Hospital (LMH) Maternity Services Department celebrates each new life with the playing of Brahm's Lullaby overhead throughout the hospital with the birth of each baby. This familiar tune brings smiles of joy to the faces of staff and visitors when they realize a new life has just begun at LMH. The LMH Maternity Services Department is proud to provide quality patient-centered care to approximately 1,100 newborns and their families each year. The playing of the lullaby is our way of recognizing and celebrating each new life.

LMH Featured in Outpatient Surgery Magazine

Maintaining the highest of surgical standards in an extremely competitive health care environment can be a challenge for any hospital. Yet, Licking Memorial Hospital (LMH) Outpatient Surgery Department has succeeded with such an achievement. As a result of the hard work, dedication and teamwork of the surgical staff at LMH, the surgery department had the high honor of being featured in the industry's leading publication of *Outpatient Surgery* magazine. "I am very honored to share the information that makes our Hospital so successful," stated Sharyn Davis, RN, LMH's Director of Outpatient Services.

For the sixth consecutive year, Solucient named LMH one of the nation's 100 Top Hospitals[®], which contributed to the reason for the recognition. Inclusion on the 100 Top Hospitals[®] list is a highly coveted honor in the health care industry.

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LMHS Nationally Recognized for Patient Safety

Lorei Reinhard, BS, MT (ASCP) SH, Director of Laboratory Services for Licking Memorial Health Systems (LMHS) recently had the honor of presenting to the East Coast VHA, Inc. Lab Director's Council on May 21, 2004. The East Coast VHA is made up of hospitals from Pennsylvania and New Jersey. Reinhard presented her information from the Quest Business Center in Columbus while the attendees were in the New Jersey/Pennsylvania area as the presentation was given via two-way interactive video.

Reinhard received a request from the Manager of Performance Improvement from the VHA East Coast to speak to their Laboratory Council on Patient Safety. They had read an article that LMHS published on the VHA Clinical Knowledge Management Section of the VHA member's Web site. The article was part of the LMHS Patient Safety Newsletter that highlighted a project to eliminate specimen-labeling errors. LMHS was also entered in the VHA Central's compendium of innovative ideas for the project. In addition,

VHA representatives wanted LMHS' input as to how LMHS met the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) National Patient Safety Goals. Reinhard presented LMHS' process of creating a multi-disciplinary team and the steps taken to improve processes.

VHA, founded in 1977, is an alliance of not-for-profit hospitals, health systems and their affiliates. Member organizations range from single 50-bed facilities to large, integrated health care systems made up of multiple hospitals, physician clinics and support care sites. VHA provides products and services that help member health care organizations; physicians and other health care providers improve operational efficiency and clinical performance. "I was very flattered and proud that we were asked to present our experience and process improvements we have made in patient safety," Reinhard said, "Our community is very lucky to have a facility with employees so dedicated to patient safety."

Special Recognition



LMH President Bill Andrews presents a plaque to Bryce Morrice, MD, honoring his late father, George Morrice, MD. The plaque, which was presented on Monday, July 19, during a Medical Staff meeting. The plaque will hang in the Cardiology lobby at the hospital. Dr. George Morrice, who passed away earlier this year, was instrumental in establishing cardiology services at the hospital. He was an LMH Active Medical Staff member from 1951 to 1952 and from 1966 to 1984, as well as a Medical Staff Honorary Member from 1984 to 2004.

Camp Feelin' Fine

The sixth Annual Camp Feelin' Fine was held from 8:30 a.m. to 3 p.m. Friday, June 11, at Infirmary Mound Park. The program is a one-day camp for children with asthma staffed with a pediatric nurse practitioner, registered nurses and respiratory therapists. In spite of the rainy day, 35 children attended the camp this year. They learned about the warning signs of asthma, how to monitor their peak flow and when to take the proper medications. "We like to make this a fun learning experience by incorporating education with games and activities to increase the children's knowledge of asthma," said Polly Stamer, RRT.

Mark your calendar for the TWIGS 14
Tour of Homes — November 17



For more information, call 740-348-1569.

Outpatient Surgery ...

Outpatient Surgery is an outstanding publication and most highly regarded in the outpatient surgery industry. It is comprehensive and focused on outpatient centers but provides a balanced view of outpatient operations within a hospital as well," Davis said.

Initially, the editor of *Outpatient Surgery* magazine contacted the Public Relations Department of Licking Memorial Health Systems (LMHS) to gain permission for an interview with the LMH Surgical Services Director. It was then passed to Davis, who was Director of Surgical Services at that time. The feature focused on what a top 100 hospital does that is different or outstanding in outpatient surgery to make it competitive in today's health care market.

What does she attribute to their success? The answer is teamwork and self-evaluation, with patient safety at the forefront. Each day, the staff members focus on specific goals and tasks to make the operating room (OR) run efficiently and safely. To pinpoint and remedy inefficiencies, constant self-evaluation is performed by examining dashboard measurements.

The "dashboard" contains performance indicators that have been developed with specific benchmarks for the OR to measure itself in 25 categories of cost, quality, performance, safety and customer satisfaction. Dashboard measurements are used in setting goals for the OR. When one goal is met, another is set.

As an example, to make the OR more efficient, extra effort was made to decrease "turnover" times between surgeries. The average time between surgical procedures at LMH was 25 minutes to 30 minutes. That has been reduced to just 16 minutes. However, results must be sustainable over time, and therein lies the challenge the staff must meet each day to maintain that efficiency.

Patient safety is a top priority. In addition to instituting an electronic documentation system to avoid handwriting errors, two safety initiatives have been implemented. The first is the marking of the surgical site to be operated on.

The second is to pause for a "time-out" prior to starting an operation to confirm that

the correct patient, correct site and correct procedure is being performed. This involves active communication among all members of the surgical/procedure team, initiated by a designated member of the team, conducted in a "fail-safe" mode.

For example, the procedure is not started until any questions or concerns are resolved. This is in accordance with one of the Joint Commission on Accreditation of Healthcare Organization's national patient safety goals.

Licking Memorial Hospital has a combined volume of approximately 5,700 surgeries per year in outpatient procedures and inpatient stays. Closely monitoring costs is essential to the success of the unit. "Increased revenue allows us to utilize additional resources for technology, which allows us to have the latest equipment available," Davis said. To strictly monitor supply levels and spending, LMH has instituted computerized inventory. This has enabled the hospital to better track the cost and usage of supplies and accurately collect charges incurred.

"Most importantly, what sets LMH apart from other health care facilities is the fact that we are willing to share our data," Davis said. On a monthly basis, LMHS publishes a "Community Report Card" that communicates the quality of care in different service lines and how it compares to state and national standards. LMHS believes that as consumers of health care, members of the community have a right to know about the Health Systems' quality of care.

The Outpatient Surgery Department is proud of the quality of care they provide. High patient satisfaction is another reason for the impeccable reputation earned within the community by the Outpatient Surgical Department.

"It's not hard to find patients who have had positive experiences as they move through the surgical department and return home," Davis said. When the surgical team at LMH treats patients and their families, they are treated as family and cared for with skill and compassion.

For more information about the Outpatient Services at LMH please call 740-348-4795.

Ask-A-Doc: **Mary C. Testa, DO,** Licking Memorial Health Professional Family Practice Physician

Q: I am a healthy woman in her mid-40s who has a gynecological exam and Pap smear performed on an annual basis. All testing has come back normal. I also perform monthly breast self-exams. However, there is a history of cervical cancer in my family. Are there any additional precautions that I should be aware of to keep myself healthy and cancer free?

A: First I want to commend you for maintaining your health through monthly and annual exams. Your knowledge of your family history of cervical cancer is also good to be aware of. More than

80,000 women per year in the United States are diagnosed with gynecological cancer. Early detection and appropriate treatment are keys in treating and surviving gynecological cancer – including ovarian, endometrial and cervical cancers.

Risk factors associated with gynecological cancer are: family history, failure to receive regular Pap tests, age (menopause or advanced age), not bearing children, infertility, obesity, hypertension, diabetes, unopposed estrogen use, and Tamoxifen use.

Some warning signs and symptoms include:

unusual vaginal bleeding or discharge, a sore that does not heal, pain or pressure in the pelvic area, a persistent change in bowel or bladder habits, frequent indigestion or abdominal bloating, and/or a thickening or lump that either causes pain or can be seen or felt.

To maintain your gynecological health, there are four things you can do: know your family history, ask your physician questions about your gynecological health, educate yourself about gynecologic cancers and make annual appointments for your annual gynecologic exam.

Physician Spotlight: **Mary C. Testa, DO**

Approaching her one-year anniversary practicing medicine with Licking Memorial Health Professionals (LMHP), Mary C. Testa, DO, is enjoying life in Newark. Dr. Testa is an LMHP OB/GYN physician who practices at Licking Memorial Women's Health. A desire to work in a small community drew Dr. Testa to the area.

Born and raised in California, her family moved to Charleston, West Virginia, when she was a teenager. Living in a small, rural area feels like home to Dr. Testa. "I'm used to small communities, and it's where I am most comfortable," she said. The community has been very welcoming, and people are very friendly, she added. She moved to Ohio in 1999 to complete her residency.

Dr. Testa earned her medical degree from West Virginia School of Osteopathic Medicine in Lewisburg, W.Va., after receiving a bachelor's degree in biology at West Virginia State College in Institute, W.Va. She completed an internship with Logan General Hospital in Logan, W.Va., and an obstetrics and gynecology residency with Cuyahoga Falls General Hospital in Cuyahoga Falls, Ohio.

Dr. Testa is a member of the American Osteopathic Association, the American College of Osteopathic Obstetricians and Gynecologists and the American College of Obstetricians and Gynecologists.

Dr. Testa has found that working with the LMHP has helped her achieve some of her goals as a physician. "I really enjoy my work as an OB/GYN physician. Taking care of women and their



Dr. Testa

health care issues is very gratifying. I like the support of the LMHP because it allows me to focus solely on my patients rather than an overload of administrative items."

As a special interest, Dr. Testa is continually educating young women and teenagers on the practices of safe sex and the dangers of sexually transmitted diseases.

"I am counseling teenagers quite often. I want them to fully understand that their actions now can affect not only their gynecological health but also their general health in the future," she said. She also deals with other obstetrical and gynecologic issues – such as abnormal Pap smears and cervical abnormalities – on a regular basis.

Her focus on patient care is obvious when you meet her. She particularly enjoys the obstetrical side of her practice. "This is generally a happy specialty. It is very fulfilling to help bring babies into the world and be a part of the start of a new life. For me, it can't get much better than that," she said. In her practice, she emphasizes optimal patient care and compassion. Dr. Testa wants to combine professionalism with sensitivity to each of her patient's unique health history and current concerns. She achieves this through getting to know them and building a trusting relationship.

Dr. Testa is currently accepting new patients. Her office is located at Licking Memorial Women's Health Center 15 Messimer Drive in Newark. Her office hours are 9 a.m. to 4p.m. Monday through Friday. To schedule an appointment, please call 740-348-4689.

Tree Planted in Loving Memory

Burt and Lois Pharis, longtime residents of Licking County, have been avid supporters of Licking Memorial Hospital (LMH) in its mission to improve the health of the community. In recent years, both Burt and Lois have needed the care and services of the caring, compassionate staff of LMH. Regrettably, Burt Pharis passed away in April 1998.

In honor of his memory, Mrs. Pharis donated a Sugartyme Crab Apple tree to be planted in the front lawn of the hospital. "Burt loved everybody that he came in contact with at the Hospital," Mrs. Pharis said. "Everyone was so kind and considerate."

Mrs. Pharis thought of the idea of planting a tree in Burt's memory when she noticed some Dogwood trees planted on the

Hospital grounds. She initiated a conversation with Jennifer Cook, LMH Lead Landscaper. Cook explained that the trees were planted in memory of a gentleman who was a longtime supporter of LMH. Mrs. Pharis thought to herself that Burt really enjoyed his involvement at LMH and appreciated the exceptional care he received. Since she had donated two trees in Burt's memory at Dawes



Arboretum, "I thought it was only fitting to plant one at the Hospital, too," she said.

Burt Pharis dedicated his time to the Hospital, which included being a member of the Schaffner Society. He was also actively involved with various events, both for the Hospital and the community. Over the years, Mrs. Pharis has volunteered at LMH in a variety of ways. She has been part of the TWIGS organization and has served the LMH Development Council. She no longer volunteers her time to the Hospital due to some health issues, but she has never lost contact with the friends she has met there.

Trees have long symbolized life and hope. The tree planted in Burt Pharis' memory will always remind us of the kind man who was very loyal and supportive of LMH.

Volunteer Spotlight: Katie Shannon

Since 1971, Katie Shannon has supported Licking Memorial Health Systems (LMHS) with her bright smile and many hours that she has given unselfishly – not for a paycheck or recognition, but because she truly cares for the patients and supports the hospital.



Katie Shannon

Since her first day in January, 33 years ago, Katie has donated more than 15,679 hours. She has worked in the Outpatient Surgery Waiting Room and at the LMHS Company Store. "I just loved working in the outpatient surgery and really enjoyed talking with everyone and meeting so many wonderful and dear friends," said Katie, with a smile on her face. For the past 15 years, she has donated her volunteer time to the Company Store, which is where Licking Memorial Hospital-branded clothing and accessories are sold.

As part of her volunteer membership, she is part of an exclusive group called the "90s Club" – volunteers who are 90+ years old. Katie is 92 years old and still drives. In 2003, she was honored as Volunteer of the Year by the Newark Rotary Club. "I'm really not worthy of the honor," Katie said humbly, "but they thought that I deserved

it." The award was presented as a surprise to Katie. "That was the biggest astonishment to me," Katie said, "I thought, 'Why do I need to go to a Rotary meeting?' Then, they gave me the award and it all made sense."

Known as a legend around LMHS, Katie says her favorite thing about volunteering has been seeing all of the people and making so many friends over the years. "The two most important things to me are my family and volunteering," she said. "The employees, no matter who they are, treat us [volunteers] with respect. We really appreciate that."

LMHS' commitment to quality care is well known in our community and across the state. This recognition would be much more difficult to achieve without the unwavering support and dedication of the outstanding volunteers LMHS employees have the privilege to work with everyday.

If you have been thinking about volunteering your time and talents, why not consider volunteer opportunities available at Licking Memorial Hospital? Please contact Carol Barnes, Director of Volunteers, TWIGS and Events at 740-348-1569.

Retired Employees

Licking Memorial Health Systems (LMHS) is proud to honor our retirees for their service to the Licking County community with a dinner each year. This year's event brought together more than 80 of our retired employees for an evening of great food and wonderful home-grown entertainment. Each year this dinner provides the opportunity for old friends to reconnect and be recognized for their personal and professional accomplishments. Several special awards are given, and our retirees enjoy the opportunity to share stories of their days on the job and pictures of grandchildren and great-grandchildren.

Individuals who joined the ranks of our retired employees since last year's dinner include: **Sarah Albert, Helen N.**

Anderson, Hinda Ardrey, Jeanne Bishop, Jean Buchanan, Ruth Carson, Phyllis Colwell, Judy Deaver, Sandy Ellison, Linda Emmert, Sheila Fandrey, Charlotte Fitzgerald, Mary Flyer, Nancy Fohl, Nasie Gallagher, Elliott Gerber, Lois Grimm, Nan Hendershot, Roberta Hoover, Liz Kaercher, Al Kanuch, Barbara Lechner, Carol McClain, Cheryle Milner, Zelinda Owens, Irene Porter, Judy Potts, Holly Schumaker, Diane Sherrard, Joe Snively, Mary Tebben, Pamela Walker, Ive Winsch and Nancy Young.

Managerial Appointments

Licking Memorial Health Systems (LMHS) is proud to announce the appointments of several key individuals to its management staff.

Patty Banks-Chester

Patty Banks-Chester was appointed Patient Care Manager in Oncology in June. She came to LMHS with 22 years experience in health care, including 19 years in oncology. From 1982 until 2001,



Patty Banks-Chester

she was the credit and collection manager for Dana-Farber Cancer Institute in Boston, Massachusetts. She then moved to the Newark area shortly after her marriage in 2001. Since then, she has worked as the billing manager for Columbus Neighborhood Health Centers and as an office manager at a physician's office before settling at LMHS.

Banks-Chester has an associate's degree from Bunker Hill Community College in Charlestown, Massachusetts. She and her husband, Thomas, reside locally.

Sharyn Davis

Sharyn Davis, RN, RVT, has been appointed Director of Outpatient Services. Davis began employment full time with LMHS in 1975 as a medical-surgical staff nurse. She was manager of GI Endoscopy, Vascular, EEG and Sleep Laboratories from 1992 to 2001, when she was named Director of Surgical Services. Additional responsibilities now

included the planning, organization, safety and clinical direction of the operating room, Outpatient Surgery, Post Anesthesia Care Unit and Pain Management Center. In her new role as Outpatient Services Director, she focused on Endoscopy and special procedures, with various other outpatient clinical operations.

Davis earned her nursing degree from Grant Hospital School of Nursing and also attended Franklin University.



Sharyn Davis

She is nationally certified by the American Registry of Diagnostic Medical Sonographers as a registered vascular technologist. Most recently, she was featured in the June 2004 *Outpatient Surgery* magazine and was invited to serve on their editorial board. Also, on Thursday, Sept. 16, she will present at the VHA Operating Room Council's annual Tri-State regional conference in Indiana on "Surgical Services Balanced Performance Dashboard."

Davis resides in Newark with her husband, Fred, and they are the parents of two grown children.

Diana Ermlich

Reynoldsburg resident Diana Ermlich has been appointed Health Information Systems Manager. She joined LMHS in June 2004. Prior to joining the LMHS

family, she worked at Northwestern Memorial Hospital in Chicago for the past four years as the transcription and systems resource coordinator.

She earned a bachelor's degree from The Ohio State University. Ms. Ermlich also has certification as a Registered Health Information Administrator (RHIA).



Diana Ermlich

Brenda J. Kendall

Brenda J. Kendall has been appointed Director of Surgical Services. Joining LMHS in June of 2004, Kendall previously was employed at Mt. Carmel Health Systems in Columbus.

There she held various positions, including operations coordinator, surgical staff nurse and oncology staff nurse.

Kendall earned a master of science degree in non-profit management from Franklin University and a bachelor of science degree in nursing from Capital University, both in Columbus.

She and her husband, Larry, have one son. They reside in the Hanover area.



Brenda J. Kendall

Joining in A Day of Caring

With caring hearts and lots of extra energy, employees from 18 different companies and agencies in Licking County joined together for the 10th annual United Way of Licking County (UWLC) Day of Caring on Saturday, June 26. Licking Memorial Health Systems (LMHS) employees gave up time out of their busy personal schedules to help those agencies in need of repairs or sprucing up that otherwise would not have been done. LMHS employees painted a kitchen in a group home for women with mental illness that is operated by Moundbuilders. "It was nice to be able to do something for people who really need it," said Debbie Murphy, Director of Process Improvement at LMHS. UWLC Allocations and Agency Coordinator Sylvia Friel said that the agencies expressed heartfelt gratitude for the work that was done that day. "This year's event was very successful," she said. "We had 18 projects at 12 agencies. A lot of work was done, and the agencies were very pleased with the help of the volunteers. Most of this work would not have been done if it weren't for the volunteers that day."



LMHS employees (from left) Debbie Murphy of Process Improvement and Jennifer Johnson of Environmental Services participate in United Way of Licking County Day of Caring in June.

LMHS Reaches Out to Children in Peru

For some people, traveling to worlds and cultures far from the United States is a very frightening thought. The opportunity to help others in need was more than enough inspiration for Pam Wheeler of Licking Memorial Health Systems (LMHS) Information Systems and her husband to make such a journey. From July 2 to 13, they visited people of Lima, Peru, to build beds for Peruvian youths and give them goody bags filled with toys, pens, pencils, coloring books, crayons and toiletries donated by LMHS. This was Pam's second trip to Peru, the first taking place in 2002.

They distributed about 200 goody bags the first Sunday they were there. On the second Sunday, they provided the children lunch with a birthday cake for dessert. Having complete meals is not a daily event for these children. Quite often, the children don't get to eat, as was explained by Pam's pastor, Ruben Cabanillas of Pataskala United Methodist Church (PUMC). It is through Reverend Cabanillas and his family that the mission trips are organized and accomplished.

Pam and several members from PUMC and other community churches not only delivered the goody bags but also constructed beds



Pam Wheeler of LMHS Information Systems is pictured at right with some of the children she and others on a church mission trip to Peru aided in July. In the above photo, the children display thanks for goody bags Pam delivered on behalf of LMHS.

for the area children. Through donations from various church organizations and sponsors, supplies for the beds were purchased in Peru and built on site. The beds were

delivered to the children's homes, and the youngsters were very excited.

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Board of Directors Spotlight: **Bill Mann**

In his role as Vice Chairman of the Licking Memorial Health Systems (LMHS) Board of Directors, Bill Mann has very definite ideas about what the Hospital means to the community. Mr. Mann has served on the LMHS Board of Directors since 1998.

"The Hospital is vitally important to the citizens of Licking County, and it provides valuable community benefits not only through health care but also by offering a variety of programs and services that are often overlooked. These programs significantly enhance the overall health status and welfare of the community," Mann said.

He added that the quality of the people within the organization is what makes LMHS a success. "Having been involved with the Board, it's obvious to see the quality of people and the continual emphasis placed on excellence and caring. The awards that have been bestowed upon the Hospital are well deserved." He stresses that he is continually impressed with the organization's commitment to high-quality, skilled medical care.

As an LMHS Board Member, he feels it is their role to provide support to continue the high quality programs that LMHS is able to provide. He also feels that the Board plays an important role



Bill Mann

in bridging the communication gap between the community and the Hospital. "I do get frustrated with the misconceptions that I hear about the Hospital, as many supporters do," Mann said. "Effectively informing the community about the benefits and progressive programs the Hospital implements is key to the future success of LMHS."

In addition to his role as Vice Chairman of the LMHS Board of Directors, Mr. Mann is a member of the Newark Rotary Club. He has served on the Newark Kiwanis Club, Food Pantry Network Board of Directors, Private Industry Council, CORC Joint Policy Board, and Newark Chamber of Commerce, and was the Education Chair for Operation Feed.

Mann earned bachelor's and master's degree in education and completed a post master's study, all from The Ohio State University in Columbus. Mann, who is the retired Superintendent of Licking County Vocational Schools, is now the Principal for Newark High School.

A 37-year resident of Licking County, Mann and his wife, Barbara, live in Hebron. They are the proud parents of two grown children, Tani and Bill, and have three grandchildren.

Additions to the LMH Medical Staff

Thomas E. Baker, M.D.

Licking Memorial Health Professionals (LMHP) announces the addition of Thomas E. Baker, MD, to its staff at Licking Memorial Emergency Medicine, the Emergency Department of Licking Memorial Hospital (LMH), 1320 West Main Street, in Newark.



Dr. Baker

Dr. Baker received his medical degree from Wright State University School of Medicine in Dayton after completing his bachelor's degree in zoology at Miami University in Oxford. He completed his emergency medicine residency at Christ Hospital and Medical Center in Oak Lawn, Illinois.

Dr. Baker is a member of the Society for Academic Emergency Medicine and the American College of Emergency Physicians. In 1999 and 2000, he earned a Top Ten Class Rank Scholarship for Medical Education.

David E. Subler, M.D.

LMHP announces the addition of gastroenterologist David E. Subler, MD, to its staff at Licking Memorial Gastroenterology, the Gastroenterology Department of Licking Memorial Hospital.



Dr. Subler

Dr. Subler earned his medical degree from The Ohio State University in Columbus. He completed an internship and residency in internal medicine at the University of Michigan Medical Center in Ann Arbor. He also completed a fellowship in gastroenterology at the University Hospitals of Cleveland, Case Western Reserve University School of Medicine. Most recently, he was in private practice in Columbus.

Dr. Subler is board certified as a diplomate with the National Board of Medical Examiners, and with the American Board of Internal Medicine with a subspecialty in gastroenterology.

Sanjay Yadav, M.D.

LMH welcomes oncologist and hematologist Sanjay Yadav, MD, as part of its Active Medical Staff. Dr. Yadav recently joined Hematology Oncology Consultants, Inc. of Columbus. He earned his medical and surgical degree from the Maulana Azad Medical College, Bahadur Shah Zafar Marg, in New Delhi, India. Dr. Yadav completed residencies at the VP Chest Institute at Delhi University in Delhi, India; in internal medicine at Grant Hospital in Chicago, Illinois; and in internal medicine at Westlake Community Hospital in Melrose Park, Illinois. He also completed a hematology oncology fellowship at Louisiana State University in Shreveport. Dr. Yadav is board certified in internal medicine by the American Board of Internal Medicine and is board eligible in hematology and oncology.



Dr. Yadav

Dr. Yadav and his wife are looking forward to settling in the Columbus area with their daughter.

Co-sponsor for Annual Relay for Life

On a peaceful June evening, numerous people came out to support those in the fight against cancer, honor those who have survived cancer, and memorialize those who have lost the battle against this disease.

At Watkins Memorial High School, Licking Memorial Health

Systems (LMHS) co-sponsored the annual Relay For Life event hosted by the American Cancer Society (ACS). This is a unique event that offers communities the opportunity to participate in the fight against cancer.

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Children ...

The mission group also included an emergency medical technician and a nurse who took along various medications – including cold and allergy medicines, antibiotics and medicated lotions – which were donated for future distribution as needed.

The supplies donated by LMHS are greatly appreciated by the people who received them, said Reverend Cabanillas. “We are very, very appreciative to the Hospital for providing the supplies and goodies for the children. They were so excited to get them,” Cabanillas stated. “On behalf of the church and the mission group, we thank the Hospital for their support.”

The mission trips are inspirational to Pam. “We go there to give material items and bring blessings into their lives, but instead they always give us more back than we bring,” she said. “They are truly more of a blessing to us than we are to them.”



The children sent this thank-you card to Pam to share with her co-workers at Licking Memorial Health Systems.

Development Council Spotlight: **Eschol Curl** and **Orville Varasso**

Eschol Curl

Involved with Licking Memorial Hospital (LMH) for more than 10 years, Eschol Curl is a vital member of the Education and Membership Committee of the LMH Development Council.

Having been involved with the Hospital for so many years, Mr. Curl has seen many changes both in the organization and the community. He firmly believes in the mission of LMH and its employees. "Knowing the administration and a number of employees and physicians, I see that the Hospital takes pride in the quality of people that are associated with the organization," stated Curl. "That is often overlooked by some members of the community. The Hospital is a tremendous asset to the area we all call home. Our Hospital needs and deserves the support of its community members." He also added that his family, friends and many acquaintances have used the Hospital for various health care needs in the past and have had positive experiences with the care and service received.

Curl has been involved with a variety of community organizations – including OSU-Newark Board of Trustees, Newark Rotary Club, Griffith Foundation Board of Trustees, Co-Finance Chair of The Works, Chairperson – Major Gifts Division of 2004 Endowment/Capitol Campaign of The Works, and Big Brothers/Big Sisters Advisory Council. Currently, Curl is the Vice President of Operations for State Farm Insurance. A 17-year Licking County resident, Mr. Curl holds a bachelor's degree from Berry College in Rome, Georgia.

He and his wife, Dorothy, reside in Granville. They have three children: Shelley Evans, who is married to Robert Evans, Leigh Ann, and Ashley. They also have two grandchildren: Ryleigh and Alex.



Eschol Curl



Orville Varasso

Orville Varasso

Italy native Orville Varasso is a valued member of the Education and Membership Committee of the LMH Development Council.

Mr. Varasso has been associated with the Hospital since construction of the current building in 1964. He was the Architectural Supervisor of that building and the architect of the current radiology department. "I've supported the Hospital since its beginning of this location," stated Varasso, "and was proud to help raise funds for Licking Memorial Hospital through the Schaffner Society because I saw their constant effort to give excellent service to the community and to stay current in hospital medical technology."

He founded the architectural firm of Varasso, Wachtel and McAnally Architects in 1957 and is now retired. Varasso has been active in various community, civic and service organizations – such as Licking County Ohio State University Alumni Association Development Fund, and chairman and vice president of the Boards of YMCA, United Way, Catholic Social Services, Licking County Symphony, and the Chamber of Commerce.

In addition to the Licking Memorial Hospital Development Council, the Licking County resident is currently active in the Newark Rotary Club and the Board of Trustees of Moundbuilders Country Club.

Mr. Varasso resides in Newark with his wife, Vi. They have four daughters. Mr. And Mrs. Varasso are members of the St. Edwards Church in Granville.

Relay for Life ...

According to Renee Tschudy, Income Development Director for ACS, Lancaster office, 10 teams participated in this year's event. Each team consisted of eight to 15 walkers and/or runners. She reported that approximately \$10,000 was raised, which is a significantly higher amount than in years past.

LMHS co-sponsored the event. "We appreciate LMHS coming in as a Relay for Life corporate sponsor," Tschudy said. "Participation from organizations like LMHS and other local businesses makes research and cancer programs through the ACS possible. LMHS' support of the ACS and these events go hand in hand with their cancer care program and what it can provide to the community."

The cancer care program provides extensive support to the patient and their loved ones – including comprehensive cancer care, a cancer resource center, a patient navigator and support groups. For more information about the Cancer Care Program at LMHS, please call 740-348-4475.



LMHS President Bill Andrews is pictured on the LMHS Pataskala Health Campus with local Relay for Life Chair Noelle Gremling and her children. This was the second year for Gremling to chair the event.

Licking Memorial Health Foundation Donor List

Following is the list of donors who in July pledged support to the Licking Memorial Health Foundation. We thank these donors – some of whom are Licking Memorial Health Systems employees – for their commitment to the success of our Health Systems.

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Radiographers Wanted



Licking Memorial Hospital is hiring radiographers for day or evening shifts. Must be AART certified and licensed by the Ohio Department of Health. Excellence benefit package to include Free Family Health Insurance and competitive salary. We are a smoke-free environment, EOE. Please contact Recruiter Janene Thomas at 348-1553 or jthomas@LMHealth.org.



for a sixth consecutive year!



Licking Memorial
Health Systems

LMH Promotes Open Visitation

Licking Memorial Hospital (LMH) recognizes the importance and the rights of patients to have visitors. A supportive visitation policy enhances the cohesiveness of the family unit and the patient's support systems.

The presence and nurturing of a loved one can dramatically improve the response rate of healing and recovery time for patients.

LMH also recognizes that its primary purpose is to help improve the health of the patients entrusted to its care. To accommodate the needs of our patients, the Hospital offers open visitation. So what does this mean to the families and loved ones of patients? It means a visitor may visit the patient at any time and is welcome to spend the night, with the patient's permission.

There are policies and procedures set in place to accommodate both patients and their visitors in the best possible way for a pleasant experience for all involved.

Visiting hours are available 24 hours per day, every day. Between the hours of 8 a.m. and 8 p.m., visitors should enter through the Hospital's main entrance. After hours, visitors should enter through the Emergency Department entrance, located on the south side of the building. An adult should accompany children under the age of 12 who visit the Hospital.

If there are special circumstances surrounding a patient's care, health care providers may temporarily limit visitation if it is determined to be in the patient's best interest. Open visitation will resume as soon as the patient's situation permits. If a patient is in isolation, we ask that

visitation is kept to two visitors at a time and that visitors follow isolation guidelines, if applicable. Requests for support persons during surgical procedures will be handled on an individual basis.

To ensure a quiet, healing environment, all visitors should follow the safety and visitation guidelines in order to ensure

All persons entering LMH must wear appropriate clothing – including shoes and shirts. Cellular phones may be used in the Hospital. However, please adjust ringer volumes to a quiet level so all patients can rest peacefully. All visitors should be free from symptoms of contagious diseases and known exposures. For infection control purposes, visitors should not sit or lie on a patient's bed. In the same regard, visiting should be avoided if a visitor is experiencing any signs or symptoms of illness. For potential health reasons, live plants and flowers are not permitted in critical care. Visitors are welcome to bring cards, mylar balloons and silk flowers.

LMH recognizes the important supportive role that loved ones and family play in patient care. It is LMH's goal to create a partnership with patients and their families and ensure that they receive sensitive, comprehensive, compassionate and family-inclusive services. LMH seeks to accomplish this by educating staff on family care issues and educating families on health care issues, reviewing family concerns and providing recommendations to the Hospital. LMH strives to promote a positive relationship between the Hospital and the community.

Dr. James Nelson has joined Licking Memorial Health Professionals



Licking Memorial Health Professionals is pleased to announce that James Nelson, M.D., will continue to serve patients in Newark at his new urology practice, Licking Memorial Urology. The office is located at 120 McMillen Drive in Newark. Dr. Nelson specializes in male fertility and microsurgery, female incontinence, urinary stones, and prostate cancer. Effective immediately, call 740-348-1750 to schedule an appointment.



Licking Memorial Health Systems



Licking Memorial
Urology

Licking Memorial Health Systems. Measurably Different ... for Your Health!



SEPTEMBER 2004

Licking Memorial Health Systems

For more information about any LMHS event, please call 740-348-4000, or visit www.lmhealth.org.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Ask The Doc 9-10 am at Shepherd Hill
5	6	7 Diabetes Class 1-3 pm at LMH Women's Health Expo 5-9 pm at CherryValley Lodge	8 Diabetes Class 1-3 & 7-9 pm at LMH Breast-feeding Class 7-8:30 pm at LMH	9 Childbirth Education (two-day session) 6-9 pm at LMH	10 Childbirth Education (two-day session) 9 am-12 noon at LMH	11 Childbirth Ed. (two-day session) 9 am-12 noon at LMH Ask The Doc 9-10 am at Shepherd Hill
12	13	14 Diabetes Class 1-3 pm at LMH Stork Tour 6:30 pm at LMH	15 Orthopedic Mobile Learning 12 noon-6 pm at LMH Diabetes Class 1-3 & 7-9 pm at LMH	16 Childbirth Education (two-day session) 6-9 pm at LMH	17	18 Ask The Doc 9-10 am at Shepherd Hill Sibling Preparation 10 am-12 noon at LMH
19	20	21 Diabetes Class 1-3 pm at LMH	22 Diabetes Class 1-3 & 7-9 pm at LMH	23 Prostate Cancer Education and Screening 6 pm at LMH	24	25 Ask The Doc 9-10 am at Shepherd Hill
26	27	28 Diabetes Class 1-3 pm at LMH	29 Diabetes Class 1-3 & 7-9 pm at LMH	30		



Licking Memorial Health Systems

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You'll once again see why Licking Memorial Health Systems is measurably different for your health!

Visit us at www.LMHealth.org

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



Mark your calendar for the TWIGS 14 Tour of Homes – November 17