



Community Connection

Licking Memorial Health Systems

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



Volume 1, Issue 7

December 2004

Measurably Different ... for Your Health!

Licking Memorial Pediatric Advanced Nurse Practitioner Named Ohio Chapter of NAPNP Nurse of the Year



Kelly Justus
RN, MS, CPNP

Congratulations to Kelly Justus, RN, MS, CPNP, who has been named the 2004 Pediatric Nurse Practitioner of the year award for the Ohio Chapter of the National Association of Pediatric Nurse Practitioners (NAPNP). This award goes to a pediatric nurse practitioner in the state of Ohio who has contributed to the association in one or more of the following areas: research in a related field, original publication, community involvement, interdisciplinary affiliations or innovative leadership. Kelly is being recognized for her contribution as a pediatric nurse practitioner to Licking Memorial Pediatrics and The Kid's

Place, which provides comprehensive, multi-disciplinary evaluation of children who are suspected victims of abuse. The program was started in 1999 and coordinated local resources to improve the identification, investigation and prosecution of child abuse in Licking County. Kelly was nominated by Janet McCleery, who says that Kelly was one of her students from January to June, 2001. Janet said, "She is such a caring and considerate person and a very effective nurse practitioner."

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LMHS Donated Vans to Arc of Licking County

Licking Memorial Health Systems (LMHS) has recently donated two vans to The Arc of Licking County. The Arc of Licking County is dedicated to all people with developmental disabilities and their families. According to Robin Reid, Executive Director of The Arc of Licking County, "These vans have been a blessing. Our others were getting so old (and had) so many miles. We are so appreciative."

The Arc travels more than 5,000 miles and serves more than 700 individuals per month. One of the donated vans will be used to transport clients to activities and events and help them perform everyday functions, such as taking them to



Pictured by the vans donated to Arc are William Andrews, LMHS President, Robin Reid, and Glenn Abel.

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LMH Plans to Construct Critical Care Pavilion

The Licking County Hospital Commission approved the construction of an approximately 90,000-square-foot Critical Care Pavilion. This two-story addition, providing both a new Emergency Department and Surgery Department, has an anticipated total project cost of \$35 million including construction, equipment and professional fees.

The Licking County Commissioners must approve the construction, as the Hospital lease for the ground requires it. The addition will be linked to the existing hospital with easy access to minimize walking. The new building will be built in front of the current hospital creating a new look to Licking Memorial Hospital.

The Emergency Department has outgrown its current space as it was originally designed to treat 32,000 patients per year and we are currently treating between 50,000 to 55,000 patients. The new space will permit us to grow to about 75,000 patient visits. The new Emergency Department will be one of the most convenient and efficient for community hospitals in the United States.

The current surgery area was constructed in 1960 and the rooms are too small. The surgery expansion will provide

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LMH Pediatric Advanced Nurse Practitioner Named Nurse of the Year (continued from front)

“I am so excited and honored to be recognized for something that I love to do everyday,” says Kelly. She works with seven pediatricians, one other pediatric nurse practitioner and collaborates primarily with Dr. Richard Baltisberger. As a recent graduate, Kelly joined the practice and helped out with The Kids’ Place when it came time for her mentor, Janet McCleery, to retire. Janet said, “As soon as I met her, I knew that she would be a perfect fit for our office, and everyone (there) loved her!” Shortly after taking her position, Kelly was diagnosed with Hodgkin’s Lymphoma, and Janet came back to help out with The Kids’ Place. “Throughout her illness, she was always in great spirits and determined to beat her illness,” said Janet. We are happy to report that after 18 months, Kelly’s health is great and the illness is in remission.

A nurse practitioner is a registered nurse with advanced academics and experience, which enables him or her to diagnose and manage most common illnesses and many chronic illnesses, either independently or as part of a health care team. “A nurse practitioner can see patients, diagnose and treat illnesses, order laboratory testing, see children for well-child visits and prescribe medication (there are some limitations on the prescriptive authority of a nurse practitioner),” said Kelly.

Kelly received her Bachelor of Science degree in Nursing and Master of Science from The Ohio State University. She is also involved in the Family Violence Committee, The Kids’ Team of Licking County, and teaches Sunday school for her church. Before joining Licking Memorial Pediatrics, Kelly worked as a nurse at Children’s Hospital Home Care Services for five years.

Kelly and her husband, Joe, have two children, Cassidy and Emily. They reside near Jacksontown.

LMHS Donated Vans to ARC (continued from front)

the laundry mat to do their laundry. The other van will serve as a maintenance vehicle, to aide in the upkeep of the 11 homes that The Arc is responsible for. The Arc of Licking County is affiliated both state and nationally and serves more people than those with mental retardation. They emphasize people first and the disabilities last.

“Licking Memorial Health Systems exists to improve the health of the community,” said Glenn Abel chairman of The Arc “but it also is an asset to the community in other ways. Many of the people that work for the hospital are involved in volunteer work throughout the community and they provide a better quality of life for Licking Countians. By donating equipment that the Hospital no longer can use to organizations like The Arc, the hospital helps stretch limited funds and adds to programs that provided for Licking County. As chairman of the board of The Arc of Licking County I want to thank the administration for their generous help not only to us but to all of Licking County.”

Glenn Abel is also chairman of the Licking Memorial Health Systems Board and has been a member of the Licking Memorial Development Council since 1987 serving as its chairman in 1998 & 1999.

LMH Plans to Construct Critical Care Pavilion (continued from front)

private rooms and allow for the most up-to-date technology, even in 2007. The new Surgery Department is being designed to promote healing, improve staff performance, maximize energy efficiency, and respect patient privacy and dignity.

The Hospital has already approved a construction manager, Turner Construction, and an architect, Trinity Health Group. Construction for this project could begin as early as spring 2005, and the anticipated completion of this project is mid-2007. A groundbreaking ceremony will be planned to mark the event.

Cornerstone Members

Abbott Laboratories
Glenn and Alice Ann Abel
Mary Albright and Bernard Lukco
George and Sandra Andrews
Marjorie K. Andrews
Lowell S. and Barbara G. Anstine
James Atkinson
Bruce Baird
Ralph and Margaret Baldwin
Robert Barclay
Steve and Mary Kay Barickman
Frank and Susan Bentz
Boyd and Margaret Black
John and Dorothy Brown
Buckeye Linen Service
Karen Burger
E. Julian Caldwell, D.D.S.
Thomas and Margaret Caw
Mark and Meredith Cherubini
Edward and Barbara Cobb
Jim and Julie Cooper
Robert and Corinne Dixon
Doug and Beverly Donaldson
Jonathon and Marcia Downes
Mr. and Mrs. G. Leonard Feightner
Mr. and Mrs. G. Robert Frame
Judy Franklin
Pam and Dave Froelich
Richard and Ann Fryman
Nasie Gallagher
John and Elaine Gard
Walt and Angie Greenfield
Harold and Nancy Greten
Mr. and Mrs. Theodore Griley, II
Dan Guanciale
Don Gunnerson
John Leslie Hicks, Jr.
Tracie Hill
Houston Plumbing and Heating, Inc.
Judith A. Hunkins
Opal K. Hurd
James J. Isenberg
Jeffrey James
Mr. and Mrs. Johnny John
Fred and Eileen Johnson
Shirley Johnson
Charles Johnston
Paul Keller
Mr. and Mrs. Scott Kennedy
Mr. and Mrs. Robert Kent
Joni King
Mr. and Mrs. David Klauder
John and Susan Kozak
Jeffrey Lawyer
Mr. and Mrs. Donald Mandich, Sr.
Charles and Polly Manning
George and Bonnie Manning
Dean and Grace Markle
Geraldine Marston
Garry and Kathy McAnally
Nelson McCray
Mary Jane McDonald
Patricia and Robert McGaughy
Ann C. McKinney
Connie Mears
Dr. and Mrs. Lewis Mollica
Tom and Ann Mullady
Terry and Beverly Myers
Jack and Ann Oberfield

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Community Members Thanked with Cornerstone Reception



Community Cornerstone Campaign Chair Ashley Wade - discussing the Main Street collection.

The Licking Memorial Development Council hosted an annual Community Cornerstone reception on Wednesday, September 29, 2004, to thank those who have supported Licking Memorial Hospital (LMH) by pledging an annual gift of \$100 or more.

- Purchase a second mammography unit for the Radiology Department.
- Renovate the Maternal-Child, Coronary Care, Intensive Care and Outpatient Surgery units.
- Purchase a state-of-the-art color digital imager for the Cardiology Department.
- Propel LMHS into the age of advanced communications by developing a system, which will utilize voice, data, images and video technology to enhance patient care.
- Implement Phase One of a communications system that connects all entities of Licking Memorial Health Systems by computer and telephone.
- Purchase a third mammography machine so that services would be expanded at Licking Memorial Women’s Health.

This year’s community Cornerstone Committee was chaired by Ashley Wade. Other committee members consisted of: Judy Franklin, Nasie Gallagher, Roanne Gottschalk, Polly Ivan, Shirley Johnson, Erin Kennedy, Shari Ley, Eric Mason, Mary Jane McDonald, Angie Ryan, Doris Spriggs, Tony Tanner, Chuck Walker, Omar Whisman, and Julie Wright.

The Licking Memorial Development Council founded the Community Cornerstone Club in June 1987 to recognize their deep appreciation for Licking Memorial supporters. Individuals who reach different giving levels receive various pieces from the “Main Street Collection.” Each building, which can be seen in the above figure represents different giving levels:

- Front Entrance View of LMH (New Member)
- 1906-1914 Newark City Hospital (\$500 Level)
- 1914-1966 Newark City Hospital (\$1,000 Level)
- West Main Street View of LMH (\$1,500 Level)
- Licking Memorial Family Practice East (\$2,000 Level)
- Caduceus Fountain (\$2,500 Level)

“We appreciate the work that Ashley and her committee did for this year’s campaign. These gifts given by members of the community provide the vital margin, which enables Licking Memorial Hospital to provide new medical equipment and expanded services,” said Veronica Link, Vice President, Development and Public Relations. These donations do not assist with general operating expenses. In the past, the Cornerstone Club funds have helped to:

- Renovate the Emergency Department and Outpatient Testing areas.

The Licking Memorial Health Systems (LMHS) employees participate in a similar program called PRIDE, Providing Resources in Dedicated Employees. Earlier this year, the LMHS management staff entertained employees in various skits during the PRIDE campaign. Over \$300,000 was pledged over three years to help decorate the lobby of the new Critical Care Pavilion, which is in the design stage.

The following list reflects members of the Community Cornerstone Club. All donations are appreciated, large or small, as they make a difference. Many lives have been touched and many more will be helped in the future because of many individuals’ generosity and compassion.

To make a gift or support one of our programs, please contact Veronica Link, Vice President, Development and Public Relations at (740) 348-1568.

Thank you for making a difference at Licking Memorial Hospital!

Cornerstone Members (continued from page 2)

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| <ul style="list-style-type: none"> Packaging Corp. of America Fred and Diane Paetz Stephen Papanek Mr. and Mrs. Stuart Parsons Sarah Phillips Judith and Robin Pierce Thomas Powell Clara and Cal Prine Fred and Roberta Pryor Reed-Egan Funeral Home Andrew and Angela Ryan Gary and Diane Ryan Edward and Anne Shilling Donna and Phillip Shipley Mr. and Mrs. P. David Shull Janet Slater | <ul style="list-style-type: none"> Mr. and Mrs. Noble B. Snow, III Doris Spriggs David and Joan Trautman Mr. and Mrs. Richard Urevis Robert and Ashley Wade Mr. and Mrs. Charles Walker Mrs. Janet Walker Dr. and Mrs. John H. Wallace Mr. and Mrs. Clyde Warrick Marjorie and John Weaver Omar and Pattye Whisman Mr. and Mrs. Fred B. Wollins Mr. and Mrs. Barry Wood Wayne and Judy Wright Verna Zelein |
|--|---|

Holiday Treats!

With the hustle and bustle of the holiday season in full swing, sometimes it's difficult to enjoy the sights and sounds, let alone get a healthy meal. According to AnnMarie Thacker, a registered dietician with LMHS, "On average, people tend to gain five to ten pounds during the holiday season."

Below are a few tips for healthier eating during the holiday season.

- Be realistic – trying to lose weight during the holidays may be a self-defeating goal. Instead, try to maintain your weight.
- Balance party eating with other meals – eat small, lower calorie meals during the day so in the evening you can enjoy the party food without overdoing your calorie intake for the day.
- Take the edge off your hunger – eat a small, low calorie snack, such as a piece of fruit or bagel. If you go to a party hungry, even the best willpower might be tempted.
- Ask for sparkling water with a lime twist – sparkling water doesn't add calories and is a good substitute for wine, champagne or mixed drinks.
- Move your socialization away from the buffet table - conversations take your attention away from food and unconscious nibbling.
- If you are bringing a dish, make it a healthy one - that way you will know there is something more healthful you can munch on.
- Have fun! – enjoying a traditional holiday meal or party foods with family and friends doesn't need to destroy the healthy food habits you have followed all year long.

As mentioned before, if you are bringing food to a party, make it a healthy one. That way, you know there is something there for you to eat. We hope you enjoy this recipe for a healthy holiday treat!

Volunteer Spotlight: Jeanne Jones



Jeanne Jones

Jeanne Jones has been a volunteer at Licking Memorial Hospital (LMH) since March 1962. Throughout her years of service, she has volunteered more than 7,916 hours. Jeanne began her volunteer service at the Newark City Hospital in the emergency room and admitting. Once the current hospital was built, she volunteered in admitting and substituted in outpatient surgery. Currently, she spends her volunteer hours in messenger service – delivering flowers and cards to patients and running various errands. "I can't think of a time when Jeanne hasn't been here with a smile on her face," said Carol Barnes, Director of

Turkey with Cranapple Sauce

- 1 pound boneless skinless split turkey breasts
- Nonstick cooking spray
- 2 teaspoons thyme
- Pepper to taste
- 2 medium onions, quartered
- 2 garlic cloves, minced
- 2 cups coarsely chopped red apples

- 1 tablespoon low-fat margarine
- 3 cups unsweetened cranapple juice
- 1/4 cup cornstarch
- 1 cup whole berry cranberry sauce
- 1 tablespoon orange peel

Preheat oven to 350 degrees. Coat surface of turkey breast with cooking spray. Rub one teaspoon of thyme inside and outside of each turkey breast and sprinkle with pepper. Place onion and garlic inside each breast cavity. Place the breasts skin side up on the rack in a roasting pan. Bake for 2-1/2 to 3 hours or until the internal temperature reaches 170 degrees and the turkey is tender. Let the turkey stand for 15 minutes before slicing.

To make the Cranapple Sauce, sauté apples in margarine in a skillet and set aside. Add the cranapple juice to the cornstarch in a medium saucepan, and blend well. Add the cranberry sauce and orange peel. Cook over medium heat until the mixture boils and thickens, stirring constantly. Add the apples and stir until thoroughly heated. Serve with turkey. Serves eight.

* Healthy eating tips and recipe are provided by American Dietetic Association's Complete Food & Nutrition Guide, by Robeta Larson Duyff, MS, RD, CFCS

Volunteer Services, TWIGS and Events at LMH. "We all smile so much because when we smile, we get one back," said Jeanne.

Jeanne is also a member of the 90's Club, a group of volunteers who are at least 90 years of age. They get together to celebrate birthdays and spend time together. "I really enjoy volunteering, you get to see people you don't see very often and everyone (at LMH) treat us volunteers great," said Jeanne. She has one son, two grandsons, six great-grandchildren and three great-great-grandchildren.

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LMHS Community Partner Reception

Licking Memorial Health Systems (LMHS) held a special recognition ceremony on Tuesday, October 19, 2004, to honor five new community partners. The roster of LMHS Community Partners reflects the names of individuals and businesses who have helped to improve the health of the community through their generosity and partnership with the Hospital.

Each of the following Granville businesses contributed greatly to the success of the LMH All TWIGS Book Sale held in June 2004.

- Granville High School donated the use of the high school commons area and provided the environmental services staff for the four-day event.
- Granville Public Library donated used books.
- Granville Lumber Company donated, delivered, setup and picked up plywood and saw horses to make tables for the event.
- Ross' Granville Market donated bags for the sale and served as a drop-off, collection point where books could be donated by the community and picked up by the TWIGS members.

- Taylor's Drugs served as a drop-off, collection point where books could be donated by the community and picked up by TWIGS members.

Thank you to all of LMHS' Community Partners, who help us to provide measurably different health care to the community we serve.



Dave Rutledge accepts the Community Partnership Plaque from William Andrews, LMHS President, on behalf of Granville Lumber Co.

Electronic Medical Record Allows for Quick Response



Mark Mitchell, MD

In September 2004, Merck & Co., Inc. announced a voluntary worldwide recall of VIOXX (rofecoxib), its arthritis and acute pain medication. This form of pain relief medication was used by millions of Americans, and was now being taken off the market.

On that September evening, Edgar Knowlton heard on the evening news about the VIOXX recall. He was taking VIOXX. Just as he was watching the news, the nursing staff of Dr. Mark Mitchell, an Internal Medicine physician with Licking Memorial Health Professionals (LMHP), called telling Edgar about the recall, taking him off the medication and prescribing a new medication. "I couldn't believe it. I was watching the news story about the VIOXX recall when Dr. Mitchell's office called," said Edgar. To say the least, he was very impressed with how quickly Dr.

Mitchell was able to respond. "My new medicine is working well, and I was so glad they got me off (VIOXX)," he said.

Dr. Mitchell and other physicians with the LMHP were able to respond quickly to the VIOXX recall - thanks to the availability and access of an Electronic Medical Record (EMR). Licking Memorial Health Professionals used EMR to generate a list of 1,300 patients who were actively taking VIOXX prescribed by their primary care physician. They were able to notify patients within 24 hours and prescribe them new medication. A letter was sent to those patients that couldn't be reached by telephone.

Thanks to the EMR, patients were contacted quickly and notified about the recall. The community can rest assured that Licking Memorial Health Systems is providing quality health care, both quickly and accurately. "It was just wonderful to have them call so quickly," said Edgar.

Volunteer Spotlight: Jeanne Jones (continued from page 4)

Jeanne is a member of the Alpha Pi Sigma sorority and belongs to several area card clubs, enjoys bowling, and loves to read. LMHS' commitment to quality care is well known in our community and across the state. This recognition would be more difficult to achieve without the unwavering support and dedication of the outstanding volunteers.

If you are interested in volunteering your time and talents at Licking Memorial Hospital, call Carol Barnes, Director of Volunteers, TWIGS and Events at (740) 348-1569.

Celebrating 25 Years of Emergency Medicine

The specialty of emergency medicine celebrated its 25th year this fall. Today, more than 110 million people seek care in the nation's emergency departments annually – making the emergency department America's health care safety net. Licking Memorial Emergency Medicine – the emergency department of Licking Memorial Hospital – is proud that all 12 of its physicians are emergency room residency trained. Eleven are board certified, with the twelfth – a recent residency graduate – preparing to take his boards.

Origins of the Specialty

During the conflicts in Korea and Vietnam, physicians practicing on the "home front" recognized that timely triage and beginning treatment in the crucial first minutes after an injury or onset of illness also could be used to help save the lives of thousands of Americans each year. But, as late as the mid 1960s, emergency care in the United States was inconsistent. Inadequately equipped emergency rooms were frequently staffed only by non-specialized nurses and interns or on-call physicians. Pre-hospital care was almost non-existent. As a result of the public's growing demand for access to medical services, emergency visits almost tripled between 1954 and 1964. The increased demand focused attention on improving emergency care.

Evolution of the Specialty

In 1966, the landmark report, *Accidental Death and Disability: The Neglected Disease of Modern Society*, described the deficiencies in the emergency care system and sparked public awareness of the importance of emergency medicine. It became clear that emergency care required skills uniquely different from general medical

practice, but there simply were no training programs for young doctors interested in practicing emergency medicine. Then, on August 16, 1968, a group of eight physicians who shared a commitment to improve the quality of emergency care met in Lansing, Michigan, to form the American College of Emergency Physicians (ACEP).

The ACEP worked to establish standards for educating and training emergency physicians and develop a certification exam, which it achieved by 1975. These accomplishments led to the American Medical Association's recognition of emergency medicine in 1979 as the twenty-third medical specialty and to the establishment of 132 fully accredited emergency medicine residency programs and 30 osteopathic emergency medicine programs in the United States today.

In 1985, Congress enacted the Emergency Medical Treatment and Labor Act which mandated that all patients who come to emergency departments be given

a medical screening examination and be stabilized, regardless of ability to pay or insurance coverage. This regulation places great responsibility on emergency physicians to serve as the health care safety net for the nation's most vulnerable populations, including the uninsured.

Congratulations to the Licking Memorial Emergency Medicine physicians: Thomas Baker, MD; Jeff Bare, DO; Terrill Burnworth, DO; Amy Cohagan, DO; Randy Jones, MD; Scott Jolly, DO; May Lee Robertson, DO; M. Jane Scott, MD; Stephen Sigrist, MD; Gary Sutliff, MD; John Wells, DO; and Thom Wood, MD.



Current view of Licking Memorial Hospital Emergency Department entrance.

Ask-A-Doc

What is Chemical Dependency? And, where can I get treatment locally?

Chemical dependency is a primary, chronic disease with genetic, psychosocial, and environmental factors influencing its development and associated problems. The disease is often progressive and fatal. It is characterized by continuous or periodic: loss of control over chemical use, preoccupation with the use of alcohol or other drugs, continued use of chemicals despite adverse consequences and distortions in thinking, most notably denial.

Locally, a person can get help with chemical dependency at Shepherd Hill, the Behavioral Health department of Licking Memorial Hospital (LMH). Shepherd Hill has specialized in the treatment of chemical dependencies since 1985.

For more information about the services provided at Shepherd Hill, call (740) 348-4870 (toll-free 800-223-6410) or Cindy Barbour, RN, at (740) 348-4877.

Physician Spotlight: Dr. Richard Whitney, MD



Richard Whitney, MD

Richard Whitney, MD, serves as Medical Director of the Chemical Dependency Services at Shepherd Hill, the Behavioral Health department of Licking Memorial Hospital (LMH). At Shepherd Hill, addiction is treated as a chronic, progressive, and potentially fatal disease. Each patient's problems are addressed in an individualized treatment plan formulated by a multidisciplinary treatment team composed of Dr.

Whitney, the Shepherd Hill chemical dependence counselors, and when appropriate, a psychiatrist and/or individual therapist.

Prospective patients are initially assessed by Cindy Barbour, RN, CARN, a certified addictions registered nurse. Dr. Whitney then will review this assessment and make an appropriate diagnosis and recommendations as to the best level of treatment. This may include inpatient detoxification or entry into outpatient treatment, day treatment, residential treatment or referral to a more specialized program.

Treatment of a chemical dependency by Dr. Whitney and the Shepherd Hill team is based upon the goals of education, making a self-diagnosis, self-responsibility,

and ultimately self-treatment. Shepherd Hill also incorporates the principles of 12-step programs, such as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA), in treatment and as a part of the life-long recovery process. Shepherd Hill also provides a family program that meets twice a month to teach family members how to be supportive and provides education about their loved one's disease.

Dr. Whitney received a Bachelor of Science in Zoology from Texas A&M University. He then attended the University of Texas Southwestern Medical School in Dallas, Texas, where he received his Doctor of Medicine degree. He completed a residency in Emergency Medicine in 1981, and subsequently a fellowship in Addiction Medicine in 1991. Dr. Whitney has practiced Addiction Medicine since that time, most recently at Vista Health in Fayetteville, Arkansas before joining Shepherd Hill in August 2001. He has been certified by examination by the American Society of Addiction Medicine, and has also been certified by the American Academy of Pain Management and the American Board of Emergency Medicine.

Dr. Whitney is married to Carol S. Whitney, Ph.D., an author and educator. They reside in Dublin, Ohio. Dr. Whitney also has three teenage daughters.

2004 Physician of the Year



Larry N. Pasley, MD, FACS

General surgeon Larry N. Pasley, MD, FACS, was named Licking Memorial Hospital (LMH) 2004 Physician of the Year during the Annual LMH Medical Staff Reception, held Tuesday, October 5. His peers selected him for the honor.

"To be selected as Physician of the Year from a group of more than 130 doctors is quite an honor," he said.

"At Licking Memorial Hospital, we have quite a talented Active Medical Staff. That my peers chose me as Physician of the Year is especially gratifying."

Dr. Pasley's name will be added to a commemorative board located in the Doctors' Lounge on the first floor of Licking Memorial Hospital.

Dr. Pasley joined the staff of Licking Memorial Surgical Services in December 2003. Since June 1981, he has been on the Active Medical Staff of Licking Memorial Hospital, where he has served as Chief of Staff, Vice Chief of Staff, Chief of Surgery and Chairman of the Intensive Care Unit.

Dr. Pasley earned his Medical Degree from The Ohio State University in Columbus and Bachelor's and

Master's degrees from Purdue University in West Lafayette, Indiana. He completed a general surgery internship at Duke University Medical Center in Durham, North Carolina, and a general surgery residency at The Ohio State University.

The Memphis, Tennessee, native is board certified in general surgery, is a member of the Ohio State Medical Association and the Licking County Medical Society, and is a fellow of the American College of Surgeons (FACS). He has served as a cancer liaison to the American College of Surgery and as an instructor at The Ohio State University. Dr. Pasley has been in practice for 23 years.

In addition to Dr. Pasley, nominees for Physician of the Year were radiologist Joseph Fondriest, MD, and family practice physician Michael Ratterman, MD. Dr. Ratterman retired from Licking Memorial Family Practice – Granville, on October 1.

According to award criteria, nominees must excel in the following areas:

- care and concern for patients,
- clinical knowledge,
- relationships with peers, and
- relationships with hospital staff.

Additions to the LMH Active Medical Staff

Licking Memorial Hospital welcomes the addition of the following physicians to its Active Medical Staff.



Ann V. Govier, MD

Ann V. Govier, MD

Licking Memorial Health Professionals announces the addition of board-certified anesthesiologist Ann V. Govier, MD, to its staff at Licking Memorial

Anesthesiology, the Anesthesiology Department of Licking Memorial Hospital.

Dr. Govier earned her Doctor of Medicine degree from University of Nebraska Medical Center in Omaha, Nebraska. She received her nursing diploma from Nebraska Methodist School of Nursing in Omaha.

Dr. Govier completed both her residency and internship with the Department of Anesthesiology of University of Washington Medical Center in Seattle, Washington. She completed a fellowship in cardiac anesthesia with the Department of Cardiovascular Anesthesiology of University of Alabama Medical Center in Birmingham, Alabama.

She is a member of the American Society of Anesthesiologists, the American Society of Critical Care Anesthesiologists, the Society of Cardiovascular Anesthesiologists, the Society for Ambulatory Anesthesia, and the International Anesthesia Research Society.



Laura J. Schaeffer, DO

Laura J. Schaeffer, DO

Licking Memorial Health Professionals announces the addition of dermatologist Laura J. Schaeffer, DO, to its staff at Licking Memorial Dermatology.

Dr. Schaeffer earned her Doctor of Osteopathic Medicine degree from Ohio University College of Osteopathic Medicine in Athens, Ohio, after receiving a Bachelor's degree in biological sciences from Ohio University. She earned honors from the American Medical Women's Association for ranking first among the women in her medical school graduating class.

Dr. Schaeffer completed her dermatology residency with Pontiac Osteopathic Medical Center in Pontiac, Michigan, and an internal medicine residency and an internship with Doctors Hospital in Columbus, Ohio.

She is a member of the American Osteopathic College of Dermatology, the American Osteopathic Association, and the American Medical Association.



Hints A. Tewolde, MD

Hints A. Tewolde, MD

Licking Memorial Hospital (LMH) is pleased to announce that nephrologist Hints A. Tewolde, MD, has joined its Active Medical Staff. He is board certified in internal medicine.

Dr. Tewolde earned his Doctor of Medicine degree from Addis Ababa University in Addis Ababa, Ethiopia. He completed a rotating internship at Black Lion Hospital and an ophthalmology residency at Menelik II Hospital, both in Addis Ababa.

Dr. Tewolde then completed a clinical externship with the Department of Medicine of Beth Israel Medical Center in New York City, followed by a clinical observership with the Department of Neurology of Queens Hospital Center in Jamaica, New York; an internal medicine residency with Beth Israel Medical Center; and a nephrology fellowship with University of Kansas Medical Center in Kansas City, Kansas.

Dr. Tewolde is a member of the American Medical Association, the American Society of Nephrology, the Society Against HIV/AIDS in Ethiopia and the Renal Physicians Association.

Managerial Appointments



David Landis

David Landis

David Landis has recently been hired as Director of Facilities Management at Licking Memorial Health Systems (LMHS). Before coming to LMHS, David worked at Meridian Management Corporation as General Manager.

David has an Associate Degree from Central Texas in General Studies/Business and has attended the University of Central Florida, where he studied engineering. He has a Universal CFC Certificate.

David is married and lives in Newark with his wife and their three children.

A Mothers Choice



Betsy Hall and her baby with maternal child nurse Kim Darnes.

When a woman has a baby, there are many decisions that need to be made – naming the baby, decorating the nursery, deciding whether to breast or bottle feed and where and with what physician to deliver the baby. When Betsy Hall became pregnant with her second child, she decided to have Loretta Long, Certified Nurse-Midwife, RN, BSN, MS, with Licking Memorial Health

Professionals, deliver her baby and care for her during the prenatal and postnatal checkups.

A certified nurse-midwife is a trained professional with expertise in supporting women to maintain a healthy pregnancy and a low-risk birth, offering individualized care, education, counseling and support. A midwife works with women to determine their unique physical, social and emotional needs for the birth. The individualized care was very important to Betsy. “Loretta allowed me to make the decisions about the birth of my baby. It was important that she spent a lot of time with me during my pregnancy to get to know me and understand what I wanted,” said Betsy. Loretta echoes Betsy’s importance on spending time with her patients, she says “I like to spend a lot of time with my patients (during prenatal care) and provide them education and options for their

birth plan. I am also there to provide support during the labor, not just the delivery of the baby.”

By working with a midwife, Betsy was able to decide on what positions to make her comfortable during her labor, how many people to have in the room with her, and the option of using pain relief, if needed. “It was also very important that the person who cared for me during my pregnancy was also there in the delivery. A midwife sees the patient for every visit and is present for every delivery,” said Betsy.

When considering a midwife, you may want to ask the following questions:

- Where did you receive your education? Are you certified?
- How long have you been practicing? Where do you practice now?
- Describe your approach to midwifery, including, the role of the patient, expectations, and collaboration with physicians.
- Do you attend the entire labor process?
- If complications occur, what is the procedure?
- Do you encourage families to be present during labor and the birth?
- What are your fees? Do you accept insurance?

On July 30, after a few hours of labor, Betsy had a beautiful baby boy named Carson. She is very happy with her decision to use a midwife.

For more information about midwife services and other obstetric services available at LMHS, call Women’s Health information line, (740) 348-4677.

VP Spotlight: Anne Peterson



Anne Peterson

Anne Peterson is the Vice President of Human Resources for Licking Memorial Health Systems (LMHS). She oversees the operations of the Human Resources Department as well as the Education Department, which provides employee orientation, continuing education for employees and community education.

Anne joined LMHS in 2001 as the Director of Human Resources and was promoted to Vice President of Human Resources in 2003. In a sense her career has come full circle, as she worked as an intern in the LMHS Human Resources department while in college. After college, she worked for Wendy’s Corporation, where she was a Compensation Analyst. Anne then moved to New York and spent 12 years with Wegmans Food Markets, a regional grocery chain based in Rochester.

It was a stroke of luck when Anne ran into an LMHS staff member who mentioned that there was a human resources position available. The timing couldn’t have been better, according to Anne, because she wanted to move back to this area. “I enjoy being part of an organization that provides such a critical service within the community” Anne said.

She is a graduate of DePauw University in Indiana, where she received her Bachelor of Arts degree in English. She serves on the Goodwill Board and is a member of the First Presbyterian Church in Granville, where she also works with the youth group and the personnel committee.

Anne and her husband John reside in Granville with their two children.

Board Spotlight: John Hinderer



John Hinderer

Licking Memorial Health Systems (LMHS) Board member John Hinderer said civic responsibility made him accept a request to become involved with Licking Memorial.

“I just feel that as someone working in the community, I am obligated to repay it by supporting community services,” the Owner of John Hinderer Honda in Heath said. “Licking Memorial Hospital is a valuable community resource that provides important services to Licking County.”

As examples of these services, he referred not only to health care but also to the donation of several thermal imaging cameras for local fire departments and the purchase of the Reserve Grand Champion Market Steer at the 2004 Hartford Fair. The Health Systems had the animal processed and gave the meat to the local Salvation Army.

Mr. Hinderer was appointed to the Licking Memorial Hospital (LMH) Board in 1999 and transferred to the

LMHS board in 2003. “The mission of Board members is to understand and be able to respond to all activities of the Hospital in regard to patient care and patient safety,” he said. “This is a community-focused organization, and the community should be aware of what we provide.”

Hinderer is President of the Columbus Auto Dealers Association and a Director of Newark Rotary. He is a member of the Central Ohio Honda Dealer Association, Ohio Auto Dealer Association, National Auto Dealer Association, Columbus YMCA, Columbus Touchdown Club and the Athletic Club of Columbus.

The Newark resident is the father of three adult children - Justin, Lindsay and Jonathan -all of whom work at John Hinderer Honda. He and his wife, C. Lynn, are happy to have relocated to Licking County from Marysville in 2003.

“Licking County is a great place to work and live,” Hinderer said. “Having a strong, award-winning local Hospital is definitely an added bonus.”

Community Members Share Talents and Gifts

Mary Scarberry and friends from the Second Church of Christ in Newark on Williams Street get together to make headscarves and donate them in the name of the church to the oncology patients of Licking Memorial Hospital (LMH). The headscarves are made of cotton with quilting on the front so they don't slip off. The group began making the headscarves with the initial plan of selling them on the Internet. Shocked by the price of selling them on the Internet, they decided to forget that idea, but they had several headscarves and didn't know what to do with them. Mary sees Dr. Jacqueline Jones, and a visit with Dr. Jones sparked their idea of donating them for cancer patients at LMH.

More than 40 headscarves have been donated to the hematology/oncology unit at LMH. Mary and her friends plan to continue making them for the patients. When the supply is low, the group will make more scarves and donate them. The staff at LMH greatly appreciates the donation and the patients are always grateful. The ability to provide these headscarves to patients and the fact that people like Mary and her friends share these gifts show that LMH provides measurably different care.

PRIDE Cornerstone Bronze

Chuck Rine

Rena Payton

Community Cornerstone

Dr. & Mrs. George Andrews

Mr. & Mrs. James Atkinson

Mr. Bruce Baird

Dr. & Mrs. Steve Barickman

Ms. Karen Burger

Dr. E. Julian Caldwell

Mr. & Mrs. Mark Cherubini

Contour Forming, Inc.

Mr. & Mrs. Jonathon Downes

Ms. Judy Franklin

Mr. & Mrs. Dave Froelich

Mr. & Mrs. Dick Fryman

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Mr. & Mrs. Walt Greenfield

Mr. & Mrs. Harold Greten

Mr. Tracie Hill

Ms. Shirley Johnson

Mr. & Mrs. Robert Kent

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Mr. & Mrs. William Mann

Mr. Nelson McCray

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National City Bank

Mr. & Mrs. Stuart Parsons

Ms. Sarah Phillips

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Ms. Doris Spriggs

Mr. & Mrs. David Trautman

Mr. & Mrs. Richard Utrevis

Mr. Charles A. Walker

Mrs. Carol Wollenburg

Mr. & Mrs. Barry Wood

Mr. & Mrs. Wayne Wright

John Alford Fellowship

Shari Hively

Memorial Gifts

TWIGS 11 in memory of Thelma Gualtieri, Janet Mallett and Betty White

Cindy Kikeli in memory of Dorothy Wright

Development Council and LMH Board Spotlight: Pat Jeffries



Pat Jeffries

Established in 1987, the Development Council exists to increase charitable giving to Licking Memorial Hospital (LMH) and to enhance and promote meaningful community relations for the Hospital. When the Development Council was reorganized in January 2004, it was decided that it would maintain a three-committee structure - Education and Membership, Annual Support and Community Relations.

Newark resident Pat Jeffries sees Licking Memorial Hospital (LMH) as a valuable community asset. "I think a lot of the Hospital," the LMH Development Council and LMH Board member said. "It's a great part of the community, and I want to be part of it."

Jeffries has been active with the Development Council since its inception in 1987. "There was a close circle of community-minded individuals involved with the Development Council from the start. They invited me to take part, and I was eager to do so," Jeffries said.

He was appointed to the LMH Board this past summer. "I've been on a lot of different boards in Newark," Jeffries said. "Being on the Hospital Board is especially satisfying because Licking Memorial is known for having active boards that are focused on the community."

He is also Vice President of the local Goodwill Board and serves on the Land of Legend Phil Harmonic Board and as Chairman of the Babe Ruth World Series. Jeffries

is Past President of Newark Rotary, Past President and former Campaign Chairman of United Way of Licking County, and Past President of the Newark School Board.

The father of three grown children - sons Corey and Mikal and daughter Jennifer - Jeffries has been married for 37 years. His wife, Linda, is a 10-year volunteer at the Hospital, where she donates her time in the gift shop.

Upon retiring from State Farm Insurance after 38 years as Manager of Learning and Development, Jeffries joined Central Ohio Technical College (COTC) as Academic Director. After retiring from COTC in June, he served as Interim Director of Licking County Convention and Visitors Bureau.

His attention is now focused on promoting Licking Memorial Hospital. "As our primary duty, the Board needs to make sure that people in our community understand what a terrific facility we have here," Jeffries said. He referred to use of state-of-the art technology, quality leadership, quality staff, and the Hospital's current six-year run as a 100 Top Hospital in the nation as reasons for the success of the organization.

"Licking Memorial Hospital is a well-kept secret," Jeffries said. "I want the secret to get out."

LMHS Giving Back to the Community



Licking Memorial Health Systems Administration delivering meat to the Salvation Army.

Licking Memorial Health Systems recently donated beef to The Salvation Army. This is the fifth consecutive year for such a donation. In all, LMHS has given more than 2,000 pounds of meat to The Salvation Army.

"Licking Memorial Health System and The Salvation Army have a shared commitment of serving the community," said LMHS Director of Public Relations Carol Hutchison. "Licking Memorial is pleased to continue the tradition of purchasing, processing and donating hundreds of pounds of ground beef to support the efforts of The Salvation Army."

Major Ronald DeMichael of The Salvation Army said the meat will be used to feed shelter residents and participants in the organization's community dinners. "I've often said that no one should go hungry in Licking County thanks to the community's generosity," said DeMichael. "Licking Memorial Health Systems has been a great friend to The Salvation Army, and we appreciate their support."

The beef donation came from the Hartford Fair 4-H Junior Fair Sale of Steer, where LMHS purchased the Reserve Grand Champion Market Steer from Chase Moore, of Johnstown. The steer weighed in at 1,260 pounds and was purchased for \$3,500.



**Licking Memorial
Health Systems**

Upcoming Dates

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

First Impressions Classes, Phone: (740) 348-4988

All Classes Held at Licking Memorial Hospital, Third Floor

Infant & Child CPR, \$5.00 / person

Tuesday, December 7, 6:30 p.m. - 8:30 p.m.

Stork Tours

Tuesday, December 14, 6:30 p.m.

Childbirth Education Classes, \$52.00

Thursdays, December 2 & 9, 6 p.m. - 9 p.m.

Friday and Saturday, December 3, 6 p.m. - 9 p.m. &

December 4, 9 a.m. - 12 noon

Diabetes Class, Phone: (740) 348-1440

Licking Memorial Hospital, Education Center, 1915 Tamarack Road

Tuesdays, December 7, 14, 21, 28, from: 1 p.m. - 3 p.m.

Wednesdays, December 8, 15, 22, 29, from: 1 p.m. - 3 p.m. & 7 p.m. - 9 p.m.

Ask-A-Doc, Phone: (740) 348-4878

Shepherd Hill, Messimer Drive

Saturday, December 4, December 11, & December 18, 9 a.m. - 10 a.m.

**Cardiopulmonary Resuscitation (CPR) Classes,
Phone: (740) 348-1420**

Licking Memorial Hospital, Education Center, 1915 Tamarack Road

Heartsaver CPR, \$25.00 / person

Monday, December 6, 8:30 a.m. - 10 a.m.

Health care Provider CPR , \$35.00 / person

Wednesday, December 15, 8 a.m. - 12:00 noon



**Licking Memorial
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Licking Memorial Health Systems is
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Visit us at www.LMHealth.org

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