



Community Connection

Licking Memorial Health Systems

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Measurably Different ... for Your Health!

Licking Memorial Hospital-11th in the State and 82nd in the Nation to Receive Chest Pain Center Accreditation

The Society of Chest Pain Centers has granted the designation of Accredited Chest Pain Center to Licking Memorial Hospital (LMH), Newark, OH, making it the 11th accredited Chest Pain Center in Ohio and the 82nd in the nation.

“This accreditation verifies the great care that we offer to the community,” said Renee Mallett, Vice President of Quality and Acting Emergency Department Director. “There is a team of specialists that includes the squads, LMH Emergency Department staff, cardiologists, nurses and the support staff working together with the same procedures. We all work together to provide the best possible care.”

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Licking Memorial Hospital, Emergency Department entrance.

Pataskala Health Campus Services Expanding



Rob and Lauren Montagnese are visiting the Pataskala Health Campus with their children.

community to find out what kind of care they would like to see offered at the Pataskala Health Campus. Taking into consideration the results of the survey responses, Obstetrics and Gynecology (OB/GYN) and Pediatric services will be offered at the Pataskala facility in early 2005. “It is impor-

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Licking Memorial Hospital Celebrates 107 Years of Caring

Licking Memorial Hospital has come a long way since that day on December 20, 1898, when the Newark Hospital Association was incorporated as a not-for-profit organization. The Association opened the area’s first hospital in a nine-room house at 154 North Third Street in Newark. 2005 marks the 107th anniversary of the establishment of Licking Memorial Hospital.

During the late 1890’s, a dozen or more women in Newark saw the need for a hospital. Their vision was a bit difficult since these women were in possession of neither property nor money. Soon, nine beds were donated, along with food, bedding and other supplies, and Newark residents pitched in with donations of 50 cents to \$50 each. In the days before PPO’s, HMO’s, Medicare and Medicaid, payment for treatment given didn’t include a check from the insurance company, but often items such as eggs, meat, and coffee.

Between 1905 and 1906, the hospital was moved and attached to a house at 22 Wyoming Street and it became a 20 to 22-bed facility. It also housed a school of nursing. In 1914, the hospital was moved to a newer and more modern structure at the corner of Buena Vista and Everett Avenues and named Newark City Hospital.

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Licking Memorial Hospital-11th in the State and 82nd in the Nation to Receive Chest Pain Center Accreditation(continued from front)

“We are extremely pleased to receive this accreditation and we want the community to feel confident that they will be assessed immediately and treated based on best practice by the American Heart Association and American College of Cardiology guidelines,” said Patty Merrick, Cardiac Nurse Practitioner and Chest Pain Center Coordinator. “If they arrive soon enough, we may be able to avoid unnecessary loss of heart muscle and associated problems such as death or chronic heart failure.”

“Time is heart muscle,” said Dr. Debra Heldman, Cardiologist and Chief of Staff at Licking Memorial Hospital. “The sooner the patient places a call that he or she is having chest pain, the quicker the appropriate treatment plan can be activated. Every minute that treatment is delayed, more damage is done to the heart.”

Heart attacks are the leading cause of death in the United States, with 600,000 people dying annually of heart disease. More than five million Americans visit hospitals each year with chest pain. The goal of the Society of Chest Pain Centers is to significantly reduce the mortality rate of these patients by teaching the public to recognize and react to the early symptoms of a possible heart attack, reduce the time that it takes to receive treatment, and increase the accuracy and effectiveness of treatment.

The Chest Pain Center’s protocol driven and systematic approach to patient management allows physicians to reduce time to treatment during the critical early stages of a heart attack, when treatments are most effective, and to better monitor patients when it is not clear whether they are having a coronary event. Such observation helps ensure that a patient is neither sent home too early nor needlessly admitted.

With the rise of Chest Pain Centers came the need to establish standards designed to improve the consistency and quality of care provided to

patients. The Society’s accreditation process insures centers meet or exceed quality-of-care measures in acute cardiac medicine.

The Chest Pain Center at Licking Memorial Hospital, Newark, Ohio, has demonstrated its expertise and commitment to quality patient care by meeting or exceeding a wide set of stringent criteria and completing on-site evaluations by a review team from the Society of Chest Pain Centers. Key areas in which a Chest Pain Center must demonstrate expertise include:

- Integrating the emergency department with the local emergency medical system
- Assessing, diagnosing, and treating patients quickly
- Effectively treating patients with low risk for acute coronary syndrome and no assignable cause for their symptoms
- Having a functional design that promotes optimal patient care
- Ensuring Chest Pain Center personnel competency and training
- Maintaining organizational structure and commitment
- Continually seeking to improve processes and procedures
- Supporting community outreach programs that educate the public to promptly seek medical care if they display symptoms of a possible heart attack

“Patient safety is our number one priority at Licking Memorial,” said Bill Andrews, Licking Memorial Hospital President. “We constantly strive to provide a safe environment and protect our patients. This accreditation is one more piece of evidence that we are providing the best possible care for the community. We are pleased with the quality and talents of the staff and their dedication to the patients and the institution.”

The Society of Chest Pain Centers (SCPC) is an international professional society focused on

improving care for patients with acute coronary syndromes and related maladies. Established in 1998, the Society is dedicated to patient advocacy and focusing on ischemic heart disease. Central to its mission is the question,

“What is right for the patient?” In answer, the Society promotes protocol-based medicine, often delivered through a Chest Pain Center model to address the diagnosis and treatment of acute coronary syndromes, heart failure, and to promote the adoption of process improvement science by healthcare providers. SCPC is headquartered in Columbus, Ohio.

Pataskala Health Campus Services Expanding (continued from front)

tant that we listen to the community and take into consideration their needs when deciding on what additional services to provide at our health campuses,” said Christine McGee, R.N., Vice President Physician Practices of Licking Memorial Health Professionals.

Mary Testa, D.O., who is an OB/GYN physician, will be moving to the Pataskala Office, where she will focus on the health care needs of women. She cares for pregnant women before, during and after the birth of their babies and provides personal attention and maximizes continuity of care with a comprehensive and personalized approach to pregnancy. In addition, Dr. Testa provides broad gynecologic clinical services that focus on disease prevention, early diagnosis and comprehensive treatment. “I am very excited to move my practice to Pataskala. This is where I live, and I think it will be beneficial in building relationships with the community I will be serving,” said Dr. Testa.

These are just a few of the many changes that are going on at Licking Memorial Health Systems as we strive to provide measurably different health care.

Volunteer Spotlight: Tina and Guy Martin



Tina and Guy Martin

Tina and Guy Martin are a team of volunteers at Licking Memorial Health Systems (LMHS). Tina started volunteering in October 2001 and has more than 919 volunteer hours. She volunteers at the reception desk. Guy began volunteering in April 2002. He

has more than 792 volunteer hours in the messenger service - delivering flowers and cards to patients and running various errands and working at the LMHS flu shot clinics. "They are silent heroes of our program, always here and ready to work. They are a true plus to the program," said Carol Barnes, Director of Volunteers, TWIGS and Events at Licking Memorial Hospital (LMH).

Tina and Guy met in high school. During World War II, Guy quit high school and joined the Navy and was in the Naval Construction Battalion, where he was involved in the liberation of the Philippines. Upon his return to home, Guy went back to high school and graduated. Two weeks

after graduation, he married his high school sweetheart, Tina. In 1991, Guy retired from Denison University where he served as equipment manager for their 11 collegiate sports. Tina has always worked in the hotel business and she is now retired from her position as general manager of the Holiday Inn of Heath. "There is only so much quilting, knitting and crocheting you can do. I quilted comforters for the children. I just felt like I should be out doing something," said Tina. At the reception desk, Tina gets to meet a lot of the patients coming into LMH, while Guy meets more employees. "You get to meet a lot of really nice people," said both Guy and Tina.

Tina and Guy will be married 58 years in June and reside in Granville. They have four grown children, 10 grandchildren and two great-grandchildren.

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 Volunteer Services, TWIGS and Events at (740) 348-1569.

Healthy Eating Guide for 2005

It is that time of year again to begin thinking about our New Year's resolution. For many of us, this typically marks the beginning where we promise ourselves that this is the year we are going to get healthy. We resolve to begin to eat better and start exercising. Here at Licking Memorial Health Systems (LMHS), we care about your health as well and would like to offer you some tips for healthier eating habits and exercise in the New Year.

Be realistic – make small changes over time in what you eat and your activity level. Aim for gradual improvements in your eating habits, not a total overhaul. It may be helpful to make one change at a time until it becomes a habit. Eat fruit for an afternoon snack or go for a brisk walk in the morning before work to get your blood pumping. It is the small things that add up to big benefits.

Try something new – expand your tastes and enjoy a variety of food or try a new activity that you have always wanted to do. Always thought about taking a yoga class? Now is the time to jump in. Or, try to get a new type of fruit or vegetable while at the grocery store.

Everything in moderation – be sensible about your choice. One meal is not going to ruin your waistline, but be sure to trade off higher-fat food choices with lower-fat ones. Put an end to portion distortion, try one scoop of ice cream versus half a container and split your cheesecake dessert with a friend rather than eating the entire piece.

Get active – walk the dog, don't just watch him walk. Grab a friend and go for a walk, bike ride or in-line skating. Building up to 30 minutes of exercise a day is a great way to build strength and increase your metabolism.

These small changes in your life will add up to help you reach your long-term goal of becoming a healthier person. With these tips, you may actually be able to keep your New Year's resolution for 2005!



Certified Clinical Audiologist Joins Licking Memorial Otolaryngology



Cheryl Barker,
M.S., C.C.C.-A.,

Licking Memorial Otolaryngology is pleased to announce the addition of Certified Clinical Audiologist Cheryl Barker, M.S., C.C.C.-A., to its staff. Barker joined the staff in late October 2004.

Licking Memorial Otolaryngology is part of Licking Memorial Health Professionals, a group of more than 70 health care professionals dedicated to improving the health of the community. Otolaryngology is a specialty which focuses on the diagnosis and treatment of disorders of the ears, nose and throat.

“With the addition of Cheryl Barker to our staff, we are able to serve our patients more efficiently, which saves them time,” said Licking Memorial Health Systems Vice President of Physician Practices Christine McGee, R.N., B.B.A. “Because we now provide standard otolaryngolo-

gy services and audiology services in one location, patients may not need to make multiple appointments at different locations to have their health care needs met.”

Barker is a licensed and certified clinical audiologist in diagnostic audiology services. She has worked in Central Ohio for more than 10 years with ear, nose and throat physicians; in private practice; and in hospital settings.

Barker provides complete audiological evaluations for patients ages 4 and older. Her office is located at Licking Memorial Otolaryngology, 1865 Tamarack Road, in Newark, and her office hours are 9 a.m. to 5 p.m. Monday, Wednesday and Thursday.

To reach Audiology Services, please call (740) 348-4273 or (740) 348-4270. In addition to providing audiological evaluations, Cheryl also has relocated her hearing aid dispensing practice - Clear Choice Hearing Center - to 1865 Tamarack Road.

Physician Spotlight: Talya R. Greathouse, M.D.



Talya R.
Greathouse, M.D.

Talya R. Greathouse, M.D., marked her five-year anniversary with Licking Memorial Health Systems last summer. The board-certified family practice physician joined Licking Memorial Health Professionals and the Licking Memorial Hospital Active Medical Staff in August 1999.

“As a Columbus native, I wanted to practice medicine close to home with a high-quality health care system,” she said. “The high standards for patient care at Licking Memorial attracted me to the organization. I am happy and proud to be affiliated with Licking Memorial Health Systems.”

Dr. Greathouse is in practice at Licking Memorial Family Practice - Doctors' Park, 1272 West Main Street, Building 1, in Newark.

She earned her Doctor of Medicine degree from The Ohio State University (OSU) College of Medicine and

has a Bachelor of Arts degree in Chemistry from OSU. The Newark resident completed her medical training with Grant Family Practice Center, Manuel Family Practice Center, and The Doctors Office – Urgent Care, all in Columbus.

Dr. Greathouse is certified in Advanced Cardiac Life Support, Basic Life Support and Neonatal Resuscitation. She is a member of the American Medical Association, the American Academy of Family Physicians, the Ohio Academy of Family Physicians and the National Medical Association.

In her spare time, Dr. Greathouse enjoys spending time with her husband and infant son, listening to music, reading, traveling and being active in her church – United Faith Community Church.

Dr. Greathouse is accepting new patients. To schedule an appointment, please call (740) 348-1706.

Ask-A-Doc: Talya R. Greathouse, M.D.

Question: With the start of the new year quickly approaching, I am once again resolving to lose weight and get in shape. Of course, I have made these promises to myself for a number of years now. How can I keep these resolutions in 2005 so they aren't at the top of my 2006 list of New Year's resolutions?

Answer: I commend you for your commitment to lose weight and get in shape. Doing so can help you reduce your risk for heart disease, lower your blood pressure, and lessen your chance for developing diabetes – just to name some of the health benefits. You will also have more energy and improved self-esteem.

All of that being said, you know from past experiences that getting from a goal to an accomplishment is no easy task. Remember: You did not become overweight and get out of shape overnight; getting to where you want to be in terms of a healthy body weight and comfortable fitness level will not come about immediately either.

The best way to keep any New Year's resolution is to set smaller goals while keeping the big picture in mind. Don't try to completely change your diet and exercise habits all at once. Going from zero activity to 30 minutes a day of aerobic activity could cause you to burn out by mid-January!

Instead, please do the following:

1. Talk to your family physician. She or he can help you set realistic weight-loss and fitness goals based on your personal health history. Not seeking medical advice could actually be dangerous to your health.

2. Start gradually. One of the biggest challenges to meeting New Year's resolutions is the fact that we are just coming out of a season full of rich foods and sweet treats. Don't give up on yourself if you eat a leftover piece of holiday fudge in mid-January. Of course, it couldn't hurt to try to give away or toss out any temptations.
3. Share your resolution with family and friends. Loved ones often unknowingly add to temptation when they don't know you're trying to lose weight. They actually might be happy to follow your healthier eating habits and join you for walks or other exercise.
4. Give yourself a break! You will have good days and bad days. Try not to be discouraged if your goals are not being met as quickly as you would like.

Good luck!

Board Spotlight: Doug Hiatt



Doug Hiatt

When Indiana native Doug Hiatt moved to Licking County, Licking Memorial made him feel at home.

“One of the first community events I attended upon our arrival in Newark was a Licking Memorial Hospital Development Council program,” Doug said. “It was well-attended, informative, and everyone seemed to be engaged.

Being new to the community, I was looking for a way of giving back to Licking County and felt this would be a good way of getting involved, yet helping others.”

He has been a member of the Licking Memorial Development Council since 1999 and was appointed to the Licking Memorial Hospital (LMH) Board in 2003.

“I felt honored to be asked to serve with the other members of the Board, who represent various vocations across all of Licking County,” he said. “In addition, my nature of asking questions, getting involved, and concern for the community led to my decision to accept.” As an LMH Board member, Hiatt sees use of new technology and the establishment of strong relationships as being very critical for the Health Systems.

The American Electric Power (AEP) Newark District Manager for Operations holds a Bachelor of Science degree in Electronics Technology and a computer minor from Indiana State University in Terre Haute, Indiana; a Master of Business Administration degree from St. Francis College in Fort Wayne, Indiana; and training in management development from American Electric Power-Ohio State University/Fisher College.

In addition to his involvement with Licking Memorial, Hiatt is past chair and past member of the Newark/

Licking County Chamber of Commerce Board, a member of Newark Rotary Club, and member of the Boards of these organizations – Business Community Advisory Council for Licking County; Literacy Network of Central Ohio, Licking County; Junior Achievement of Licking County; and Par Excellence. Doug also looks out for the entire community as he works with the Licking County Emergency Management Agency in preparation for disaster plans.

He actively promotes Licking County youths – coaching girls' basketball, softball and soccer teams, and serving as a science fair judge for Licking Heights and Newark schools. Additionally, he and his wife of 25 years, Mary, attend Spring Hills Baptist Church, where they teach a preschool class. The couple has two daughters – Nicole, a junior at Ohio University, and Cherie, an eighth grader at Granville Middle School. In recognition of his extensive community involvement, Doug was honored with the Outstanding Leadership Award from the Ohio Educational Service Center Association in November 2004.

“I am happy to call Licking County ‘home’ and challenge others to give back to keep the community strong,” he said.

Board Spotlight: Lewis Mollica, Ph.D.



Lewis Mollica, Ph.D.

“For a community to be strong, there are two institutions that have to be strong – the school system and the hospital,” Lew Mollica said. Not only is this his belief, it also has been the primary motivation for his extensive community involvement for more than 20 years.

Mollica first became actively involved with Licking Memorial when he accepted an invitation to join the Licking Memorial Hospital (LMH) Board in 1984. “I was asked to join the Board, and I readily accepted,” Lew said. “I knew that it was important.”

He remained on the Hospital Board for nine years and was then appointed to the Licking Memorial Health Systems (LMHS) Board. “I am most proud of the fact that I was named Emeritus Director of the Licking Memorial Health Systems Board in 2002,” he noted. Over the years, Mollica has served as Chairman of both the Hospital and Health Systems boards.

“During my 20 years with Licking Memorial, one of the highlights about which I am most pleased is the adoption of the Health Systems’ mission to improve the health of the community,” he said. “Working toward that mission is an inherent focus of the administration, employees and volunteers.”

From continuously upgrading patient care technology to reaching out at health fairs, LMHS is improving the health of the community. “We’re on the cutting edge of many, many things that make the Hospital a safe place to be,” Mollica said. “There is a lack of appreciation as to the quality of the Health Systems and the services we provide and the people who provide those services. We are very good at what we do.”

While he has supported maintenance of a strong, progressive local health care system, Mollica has been equally busy promoting high-quality school systems in Licking County. Currently an educational consultant, Lew previously served as Granville Superintendent of Schools, Licking County Superintendent of Schools, a professor at Ashland University, and a consultant for the Ohio Department of Education.

He holds a Bachelor’s degree in Education from Defiance College, a Master’s degree from Bowling Green State University and a Doctorate degree from Ohio University. Both post-graduate degrees are in Education Administration.

In addition to his support of the Hospital and schools, Mollica is past president of the Newark Area Chamber of Commerce, the Granville Board of Education and Granville Rotary. He has served as chairman of the Heath-Newark-Licking County Port Authority and on the cabinet of United Way of Licking County, as well as been active with the Licking County Boy Scout Council, Leadership Tomorrow, the Private Industry Council and the Granville Development Commission.

Lew and his wife, Janice, are the parents of four grown children – Anthony, Bettina, Lewis and Stephanie – and have five grandchildren. The Granville couple is proud of where they live. “Licking County truly is a strong community,” he said.

Licking Memorial Hospital Celebrates 107 Years of Caring (continued from front)

In 1966, eighty-one patients were moved into the innovative and technologically advanced health care facility we know today as Licking Memorial Hospital. “It was a thrill for me when we moved (to the new hospital),” said Ann Howard, retired Vice President of Nursing/Administrative Services. “We had a lot newer equipment, and everything was laid out in bigger space.”

“We have seen a tremendous amount of growth at this facility,” said Carol Barnes, Director of Volunteers, TWIGS, and Events. Carol has worn several different hats since she began working as a Patient Care Tech in 1964. “Over the years, we’ve seen a trend from inpatient to outpatient care. Licking Memorial has been able to keep up with those changes. We’ve learned to adapt with change, but have always kept patient care and patient safety our number one priority.”

Employees will be treated with a complimentary meal and fun in January in honor of the 107th Hospital Anniversary. And, of course, no birthday would be complete without a cake. “We are extremely grateful to everyone, past and present, who has helped us reach this distinct plateau of service to the community,” said Bill Andrews, Licking Memorial Health Systems President. “Today, we share many of the same ideals, aspirations and challenges as the founding members. We remain indebted to all of those who laid the groundwork for who we are today, and who we will become tomorrow.”

Development Spotlight: Karen Burger



Karen Burger

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.

When she was asked to join the Licking Memorial Hospital Development Council 13 years ago, Karen Burger quickly accepted. “I saw it as an opportunity to provide community service and use my medical background,” she said.

Karen, a licensed broker and Realtor, is owner of Burger & Rector Real Estate Inc. in Newark. She also has a nursing degree from Cincinnati University.

“As a member of the Hospital Development Council, I want to help educate the community about just how much Licking Memorial is involved with and gives back to the community,” she said. As an example, she cited the Health Systems’ recent donation of care packages to members of the Newark-based 211th Maintenance Unit as its 215 members were en route to Iraq. She also noted that numerous Licking Memorial employees serve on local civic, non-profit and church boards and act as volunteers for such organizations.

“There are so many positive things going on throughout Licking Memorial Health Systems,” Burger said. “I think it’s important to keep the community informed about the good that we do so that the community outlook on Licking Memorial is positive.”

In addition to serving on the Licking Memorial Hospital Development Council for more than a decade, Karen said she has “been on everything” over the years in reference to boards and/or committees of local community organizations. Among the groups with which she has been affiliated are Newark Rotary, Par Excellence, and the Licking County Board of Realtors. “I have enjoyed being involved with my community, especially with fund-raising projects,” she said.

Karen is the mother of two grown daughters and has one grandson. She likes to stay physically active – playing golf and tennis and riding bikes. Her other interests include “cars, clothes and coffee. I’m a car nut,” she noted. “While I definitely like to play, I take community involvement very seriously,” Burger said. “When you’re active in the community, you give and get something in return; you receive the merits of giving of yourself. That’s a great feeling.”

Community Cornerstone

Mr. & Mrs. Gary Baker
Mr. & Mrs. Roger McClain
Mr. & Mrs. Russell Suskind
Mr. & Mrs. William Acklin
Packaging Corporation of America

General Gift

Thrivent Financial for Lutherans

Generators Back Up Our Technology



Generators provide back-up power to the Hospital during area power outages.

Hospitals are full of high-tech equipment and technology. Licking Memorial Health Systems (LMHS) uses state-of-the-art machines and equipment to care for our patients, X-ray machines and CAT scans to provide preventa-

tive care for our patients, and computers to tend to the day-to-day operations of the Hospital. These all require electricity. When a storm or something else knocks out

electricity to the Hospital, we cannot just stop working. We have to keep running, as patients may be in the middle of tests that cannot be stopped or life-saving equipment may be in use.

“The hospital recently purchased and installed three new generators to provide back-up power to the Hospital during area power outages. If the Hospital would lose electric from the local utilities, the generators will start and supply full power until the utility power is restored,” said David Landis, Director of Facilities Management at LMHS. “The new generators allow us to maintain 100 percent work capacity – even in the event of an area-wide power outage.”

LMHS Appointments



Terri LoPresti

Terri LoPresti

Terri LoPresti has recently been named Director of Safety at Licking Memorial Health Systems (LMHS). Before coming to LMHS, Terri served as the Director of Safety

Services for The Community Hospital in Springfield, Ohio, and as the Assistant Director of Public Safety for the Rochester General Hospital in Rochester, New York.

Terri has a Bachelor of Science and a Master's degree in Public Administration from the State University of New York at Brockport.

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



Darlene King

Darlene King

Darlene King, R.N., recently was named Manager of Registration and Central Scheduling at Licking Memorial Hospital (LMH). Darlene had worked at LMH as an

Advanced Beneficiary Notice (ABN) coordinator and as an emergency department nurse. Before joining LMH, Darlene worked at St. Joseph Hospital in Savannah, Georgia, as an operating room nurse; Community Mutual BCBS in Columbus, Ohio, as a medical research analyst; and Doctor's Hospital North in Columbus as an assistant coordinator of the mother and infant unit.

Darlene has earned an Associate degree in Science and Nursing from Central Ohio Technical College (COTC) and a Medical Office Technology certificate from the Licking County Joint Vocational School.

Darlene resides in Newark and has two daughters.



Debora Briggs

Debora Briggs

Debora Briggs, R.T.T., has recently been named Manager of the Radiology Department of Licking Memorial Hospital (LMH). Debora began her

career at LMH in 1985 working with Dr. Sheila Hodgson in the Radiation Therapy Department and then as a staff radiographer.

Debora has earned an Associate degree in Science and Nursing and Associate degree in Radiology Science from Central Ohio Technical College (COTC) and a Graduate certificate in Radiation Therapy from the Arthur G. James Cancer Hospital/The Ohio State University in Columbus. She is ARRT (American Registry of Radiologic Technologists) certified and a member of the American Society of Radiographic Technologist and a clinical instructor for the COTC radiology program.

Debora and her husband, Mike, reside near Jacksontown with their two sons.



Melanie Allen

Melanie Allen

Melanie Allen, C.C.S., recently was named Revenue Cycle Manager at Licking Memorial Hospital (LMH). Melanie has worked for OhioHealth Corporation as a

senior coding coordinator for the documentation department, which served Riverside, Grant, Doctor's hospitals and all OhioHealth Affiliates. She also is an instructor for the South-Western Career Academy in medical insurance coding and billing.

Melanie has an Associate degree in Health Information Technology from Hocking College in Nelsonville, Ohio, and currently is completing her Bachelor of Arts at Ohio Dominican University in Columbus. She is a certified coding specialist and a member of the American Health Information Management Association and the Ohio Health Information Management Association. She has also written articles for publication and presented seminars and education sessions on documentation and coding.

Melanie resides in Grove City.



VP Spotlight: Craig Cairns, M.D., M.P.H.



Craig Cairns,
M.D., M.P.H.

our best for our patients,” said Dr. Cairns.

Dr. Cairns joined Licking Memorial Health Professionals in 1999. He has been affiliated with Licking Memorial Hospital since 1977 as a member of the Senior Active Staff. Over the years, Dr. Cairns has served on numerous medical staff committees and held a variety of titles, including Chief of the Medical Staff and Chairman of the Executive Committee of the Medical Staff. Prior to joining LMHS, he was physician-owner of Newark Family Physicians for more than 20 years.

Dr. Cairns received his Medical Degree from The Ohio State University College of Medicine and a Master of Public Health Degree from the Medical College of Wisconsin. He earned a Bachelor of Science degree in Zoology from The Ohio State University.

Dr. Cairns is board certified by the American Board of Family Practice and the American Board of Preventive Medicine. He is a fellow of the American Academy of Family Physicians, the American College of Occupational and Environmental Medicine, the American College of Preventive Medicine, and is a member of various area, state and national medical associations. Dr. Cairns is a member of the Newark/Heath Rotary and is active in his church.

Dr. Cairns is the father of three children and resides in Heath with his wife, Karen.



Licking Memorial Health Systems Supports the 211th Maintenance Unit!



Van Donated to Local Aging Program

On a cool autumn day, winter already was on the minds of Licking Memorial Health Systems President Bill Andrews and Licking County Aging Program Executive Director Dave Bibler.

The two met in a Licking Memorial Hospital (LMH) parking lot for donation of an LMH vehicle to the Aging Program. While restructuring its fleet of vehicles, Hospital administration had decided to donate the Ram truck and attached snowplow to a local service agency in need of such a resource.

“Licking Memorial’s mission is to improve the health of the community,” Andrews said. “Donating a truck and snowplow to the Licking County Aging Program is an example of how we keep that mission in mind in non-traditional ways.”

Bibler readily accepted the keys to the truck, saying that the plow will clear the agency’s parking lot and will help workers reach homebound seniors. Licking County Aging Program serves nearly 3,500 meals weekly to Licking County seniors, and through its Homes Services

program, provides professionally trained and supervised homemakers and home health aides to homebound senior citizens. Additionally, through its transportation program, wheelchair-bound seniors are transported to medical and other necessary appointments throughout Licking County, as well as in Columbus and Zanesville.



Licking Memorial Health Systems President Bill Andrews (from left) and Licking County Aging Program Executive Director Dave Bibler meet for donation of an Licking Memorial Hospital vehicle to the Aging Program.

Through its Meals on Wheels program, the Aging Program feeds homebound seniors throughout the county and at 11 congregate meal sites – five in Newark and one each in Heath, Buckeye Lake, Pataskala, Johnstown, Utica and Hanover.

“We’ll get a lot of good use out of it,” Bibler said of the truck with a snowplow. “Any time that we can partner with a business in the community to make our job a little easier, we are happy. We truly appreciate the support of Licking Memorial to make our job a lot easier.”

TWIGS 14 - Great Year and Still Improving



TWIGS 14 Tour of Homes committee – pictured left to right: Susan Fantini, Valerie Van Winkle, Kim Dawson, Mel Rimmel, Cindy Price, Maura Urban.

This past year ended on a positive note for TWIGS 14 with another successful Tour of Homes. In 2004, the TWIGS Tours of Homes was more successful than past tours. Valerie Van Winkle, President of TWIGS 14, believes that it

was, in part, due to moving the date of the tour to November and the advertising blitz done by Licking Memorial Health Systems (LMHS). “During December, people are so busy with holiday events and obligations that I think the November date helped attendance,” said Valerie. Due to the success of this year’s tour, the tentative date for next year is also in November.

TWIGS 14 was established in 1958. Their total membership is 21 members, with 10 new members joining in the

past two years. “This is a young and fun group, but we still need more members,” said Valerie. They meet monthly and usually take the summers off. “There is not a lot of a time commitment involved, but we are able to accomplish a lot. And, it is a fun time to get together and see everyone,” she said.

The Tour of Homes is the main fundraiser for TWIGS 14. Their first tour was held as a springtime tour conducted in May 1963. The tour was held each spring for approximately 19 years until moving to December in 1982. The event was moved to November in 2004. Five to six homes are decorated for the holiday season to be enjoyed by the community.

The TWIGS Organization of Licking Memorial Hospital was established in May 1950. Currently there are eight active TWIGS groups. The word TWIGS stands for: Togetherness, Willingness, Imagination, Giving and Sharing.

If you are interested in joining TWIGS 14, please call Valerie Van Winkle at (740) 587-7080.

Help for Hurricane Victims

“Sometimes we had people 50 deep waiting for a can of water and a meal,” Licking Memorial Hospital Radiology Imaging Specialist Debbie Matesich said. She provided aid to victims of Hurricane Ivan from late September through early October 2004 as part of American Red Cross National Disaster Relief Operations. “For the first week following the hurricane, people were desperate to replace clothing, personal toiletries, Clorox, clean-up supplies, diapers, formula and medicines. The number one items in demand were water, chainsaws and generators.”

Red Cross of Licking County Executive Director Rod Cook had contacted Debbie on September 21 to let her know to expect a Disaster Relief assignment shortly. Less than 24 hours later, she received orders to call an 800 number for further instructions. It wasn't until she checked in at command headquarters in Montgomery, Alabama, that Debbie learned she was assigned to Red Cross Disaster Relief 017, Hurricane Ivan.

“The Red Cross is run like the armed services. You sign in and take your papers to be approved at miscellaneous designated areas. These areas include personal health, logistics, accounting, personal information, attendance at a briefing session describing the disaster situation and a remedial training session for your assigned discipline. Then, you wait for your assignment location,” Debbie said.

Red Cross Disaster volunteers must give a minimum of two weeks service time. The Red Cross pays for plane fare and some incidental expenses. Relief volunteers at Hurricane Ivan worked 14 to 16 hours per day for at least two weeks.

“I was asked to drive a 15-foot, open-bay U-Haul truck to Maple Grove Baptist Church in Pensacola, Florida. This is where kitchen number five had been in existence for four days,” Debbie said. Before she could assist at the kitchen, though, Debbie and her fellow Red Cross volunteers had to figure out how to get there. “The command center was out of maps, so we found a gas station in Montgomery, Alabama, filled up our gas tank and purchased a map. We were instructed to fill up again as soon as we got close to Pensacola because of fuel shortages,” Debbie said. “We began our journey, truly not knowing what to expect from the recent wrath of Mother Nature. The closer we got to Pensacola, the devastation became a reality.”

She drove a Red Cross ERV (Emergency Response Vehicle) – a vehicle capable of providing mass food

delivery, serving more than 1,000 meals daily – for two weeks. The National Red Cross' entire approximate 350-ERV fleet was operating in Florida during this past year's hurricane season. Debbie's ERV was part of a fleet of 10, each one manned by two Red Cross volunteers and a local assistant.

“It was so important to have a local volunteer ride with you because there were no street signs or lights; trees, debris, phone and electric lines were down everywhere,” she said. “What amazed me most about the local angel volunteers is that, in the midst of their own personal loss and that of those close to them, they sought to provide assistance to their neighbors each day.”

The Arkansas State Baptist Church Association provided food for the Red Cross in Florida. “This organization provided 10,000 meals per day! These beautiful people had it down to a science,” Debbie said. “It was pretty incredible to watch a group of people in the Florida heat under tarp tents feed so many so tirelessly for 18 hours a day. Their day began at 3 a.m. Our kitchen served more than 170,000 meals from September 16 through October 8, when I departed.”

In addition to dealing with the physical aftermath of a hurricane, Debbie said criminals also challenged volunteers. “We had to keep our doors and windows secure.

The day I arrived, two Red Cross ERVs were stripped for parts. Luckily, the volunteers weren't harmed. Chaos within chaos requires security, in certain situations, and people become desperate.”

Toward the end of Debbie's assignment, crews had gotten electricity and cable lines replaced in several areas. “I left Pensacola physically and mentally exhausted,” she said. “It saddens me when I think of the obstacles these families, the elderly, the handicapped and already poverty-stricken people must fight to rise above in the immediate and long-term recovery.”

Nevertheless, Debbie also left with restored faith in humanity. “It was an honor to meet and work with so many kind and generous people,” she said. She describes her recently ended first-time Red Cross disaster experience in a required volunteer mental health exiting interview with one word, “hope.” “Somehow, on a very small scale, we did good together,” she said, explaining her word choice. “We met a basic need - food and water.”



Licking Memorial Hospital Radiology Imaging Specialist Debbie Matesich, pictured on assignment in Florida, provided aid to victims of Hurricane Ivan last year as part of American Red Cross National Disaster Relief Operations.



**Licking Memorial
Health Systems**

Upcoming Dates

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

Raising Healthy Children in an Overweight World

Conference Rooms A & B, Licking Memorial Hospital, First Floor
No Charge, Phone: (740) 348-1434 • Thursday, January 27, 6 p.m.

Blood Donations

Conference Rooms A & B, Licking Memorial Hospital, First Floor
Phone: (740) 348-1435 • Thursday, January 13, 7 a.m. to 1 p.m.

Cardiopulmonary Resuscitation Classes

Phone: (740) 348-1434

First Impressions Classes

All Classes Held at Licking Memorial Hospital, Third Floor
Phone: (740) 348-4988

Parenting Class, No Charge

Tuesday, January 25, 6:30 - 9 p.m.

Childbirth Education Classes, Cost \$52

Mondays, January 10 and 17, 6 - 9 p.m. • Thursdays, January 20 and 27, 6 - 9 p.m.
Friday, January 7, 6 - 9 p.m. and Saturday, January 8, 9 a.m. - 12 noon

Stork Tours, No Charge

Tuesday, January 4, 6:30 p.m.

Maternity Tour, No Charge

Sunday, January 30, 2 - 4 p.m.

Breast-feeding Class, \$15

Tuesday, January 11, 7 - 8:30 p.m.

Ask the Doc

Shepherd Hill, 200 Messimer Drive
No Charge, Phone: (740) 348-4878
Saturday, January 8, 15, 22 and 29, 9 - 10 a.m.

Diabetes Self-Management Training

Licking Memorial Education Center, 1915 Tamarack Road
Phone: (740) 1450, Requires Physician Referral
Tuesdays, January 4, 11, 18 and 25, 1 - 3 p.m.
Wednesdays, January 5, 12, 19 and 26, 1 - 3 p.m.
Wednesdays, January 5, 12, 19 and 26, 7 - 9 p.m.



**Licking Memorial
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