



Community Connection

Licking Memorial Health Systems

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



Volume 2, Issue 2

February 2005

Measurably Different ... for Your Health!

The Heart Truth Every Woman Needs to Know about Heart Disease

Thursday, February 3, 6 p.m.
Conference Rooms A & B, First Floor,
Licking Memorial Hospital, Newark, Ohio



The Red Dress is the national symbol for women and heart disease awareness. This is a sample of the pin you will receive at "The Heart Truth" event.

The Red Dress is the national symbol for women and heart disease awareness. It is a red alert that heart disease is the #1 killer of women – and an urgent reminder to every woman to care for her heart. The Red Dress is the centerpiece of The Heart Truth, a national awareness campaign that warns women about heart disease.

You and your friends are invited to attend this education program and receive a red dress pin to wear on Friday, February 4, National Wear Red Day. The program will feature "stories from the heart" and tell how heart disease has changed the lives and outlooks of women like you. They will explain why you should take steps now to protect your heart. A red dress style show will be featured with hor d'oeuvres served.

Speaker: Patty Merrick, C.N.P., Cardiology Nurse Practitioner at Licking Memorial Hospital Heart Care Center.

Pre-registration is required and there is no charge for the program. To register for the program or for further information, call (740) 348-1572.

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Cholesterol Awareness

The month of February is celebrated as American Heart Month. During American Heart Month, the American Heart Association and Licking Memorial Health Systems will focus on providing the community with information and education about your heart health. Cardiovascular disease is the number one killer of Americans, and according to statistics provided by the American Heart Association more than 64.4 million Americans have one or more forms of cardiovascular disease.

You can control some of the risk factors that may lead to heart disease, heart attack and stroke by simply making healthier lifestyle choices. A high level of cholesterol in the blood is one of the risk factors you can change or control. Too much cholesterol in the blood can lead to cardiovascular disease. Cholesterol is a waxy substance that is produced by the body and is needed for the body to function properly. The body uses cholesterol to produce Vitamin D, hormones and bile acids to digest fats. Only a small amount of cholesterol is needed to perform this function. You get cholesterol in two ways: your body makes some of it, and the rest comes from your diet.

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Licking Memorial Health Professionals Marks 10-Year Anniversary

Licking Memorial Health Professionals (LMHP) – a group of more than 70 medical professionals dedicated to improving the health of the community in Licking County and surrounding areas – is marking its 10-year anniversary in February.

LMHP is a not-for-profit physician organization developed in February 1995 by Licking Memorial Health Systems (LMHS) in response to changes in health care and in support of the Health Systems' commitment to providing accessible, high quality medical care. In addition to Licking Memorial Health Professionals, Licking Memorial Health Systems includes Licking Memorial Hospital and Licking Memorial Health Foundation.

"Access to affordable health care within our community was a challenge prior to the formation of the Health Professionals," said Licking Memorial Health Systems Vice President of Physician Practices Christine McGee. "The Health Professionals practices see all patients regardless of method of payment and provide continuity of care to folks who may not have been able to establish care with primary care physicians in the community."

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Cholesterol Awareness (continued from front)

Cholesterol travels through the blood stream in packages called lipoproteins. Low-density lipoproteins (LDL) are also known as “bad” cholesterol. LDL carries most of the cholesterol in the blood. It causes damage to the arteries and leads to the formation of plaque. The higher the LDL, the greater the risk of heart attack and stroke. High-density lipoproteins (HDL) are also known as “good” cholesterol. HDL carries cholesterol from other parts of the body back to the liver, where it leads to removal from the body. HDL helps prevent cholesterol build-up in the arteries. Triglycerides are a form of fat that is carried through the blood stream. High triglycerides increase the risk of heart attack. Your triglyceride levels can be increased by alcohol, too many carbohydrates, eating too much fat and your weight. When blood sugars are elevated, triglycerides will usually increase as well.

A healthy total cholesterol is less than 200 mg/dL (bad cholesterol) and HDL 40 mg/dL or higher (good cholesterol). (Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.) Eating a low-saturated fat, low-cholesterol diet and staying physically active will help maintain a desirable cholesterol level. If your cholesterol levels are not at a desirable level, be sure to take steps to modify your diet and increase your physical activity. Work with your doctor to help control your cholesterol and any other risk factors you may have.

What Can Affect Your Cholesterol?

- Diet - saturated fat and cholesterol will raise LDL
- Weight - increased weight raises LDL and triglycerides
- Smoking - lowers HDL
- Alcohol - in moderation can raise HDL
- Exercise - raises HDL and lowers LDL

- Heredity - family history may be a reason for high or low cholesterol
- Age and sex - after menopause, HDL decreases and LDL increases (may need to consider estrogen-replacement therapy)
- Stress - long-term stress increases LDL
- Medication - take all medications prescribed by your physician

Learning the facts about cholesterol, have regular cholesterol screenings, and if you need to reduce your cholesterol level, work with your physician to establish a plan. Licking Memorial Health Systems also provides cholesterol screenings and education classes available to the community – be sure to check the community education calendar for dates and times. If you have any further questions about cholesterol and your levels, be sure to talk with your physician. Knowledge is power, and it can help you reduce your risk for heart disease, heart attack and stroke!

Licking Memorial Health Professionals Marks 10-Year Anniversary (continued from front)

Additionally, LMHP is on the leading edge in health care technology. “We’ve had the electronic medical record for four years and found that it has helped us meet many of the challenges faced in medicine today and improved our ability to provide excellent care to our patients,” McGee said.

LMHP offices are located in Newark, Granville, Hanover, Johnstown, Pataskala, Utica and Heath. Licking Memorial Family Practice - Heath is the newest addition to the LMHP family. The practice, with Ramon Barcelona, M.D., opened in December 2004 at a temporary location. Also new to the Health Professionals is Licking Memorial Women’s Health - Pataskala. Mary Testa, D.O., relocated her practice from Newark to the Licking Memorial Health Campus in Pataskala to better

serve women’s health needs in that area of the county.

Approximately 15 primary care physicians in Newark and Granville comprised the first members of LMHP. The organization has since grown to include more than 70 physicians and advanced practice nurses offering care under multiple specialties throughout Licking County.

Medical specialties represented by LMHP physicians now include: addictionology, anesthesiology, dermatology, emergency medicine, family practice, gastroenterology, inpatient medicine, internal medicine – for both pediatric and adult patients, obstetrics/gynecology, occupational health, oncology/hematology, otolaryngology (ENT), pathology, pediatrics, psychiatry, pulmonology, sleep medicine, surgical services and urology.

This includes 10 family practice/ internal medicine practice locations, with a Hebron site opening in the near future. Pediatrics has three locations, with a fourth opening soon. Women’s Health has locations in Newark and Pataskala, and there are nine specialty practices and four Hospital-based practices. “In total, we soon will have 23 practice locations scattered throughout the county, in addition to the Hospital-based groups of emergency physicians, pathologists, hospitalists and anesthesiologists,” McGee said.

All Licking Memorial Health Professionals physicians are on the Active Medical Staff of Licking Memorial Hospital, a 231-bed facility with the distinction of being named one of the 100 Top Hospitals in the nation for 1998, 1999, 2000, 2001, 2002 and 2003.

Licking Memorial Internal Medicine physician Gerald R. Ehrsam, M.D., is impressed with the Health Systems’ commitment to keeping its physicians up to date with advances in medical technology. “We have a financially strong health system and a forward-

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Go RED for Women!

In celebration of American Heart Month, Friday, February 4, is National Wear Red Day, dedicated to raising awareness of heart disease in women. The primary message of “The Heart Truth” is that heart disease does not care what you wear; it is the number one killer of women in the United States. Wearing red helps to reinforce the fact that heart disease isn’t only a problem for men.

Currently 8 million women are living with heart disease, and more than 500,000 women die from it each year. That is five times the number of women who die from breast cancer. National Wear Red Day provides an opportunity to promote heart health.

Heart disease is typically considered a man’s disease, but it is the number one killer of women in the United States and also the leading cause of disability among women. However, you can take steps to control heart disease and improve your heart health.

What is Heart Disease?

According to the U.S. Department of Health and Human Services, heart disease (coronary heart disease) is a disorder of the blood vessels of the heart that can lead to a heart attack. A heart attack occurs when a blood vessel is blocked, preventing oxygen and nutrients from getting to the heart. Heart disease is a lifelong condition. Once you have it, you will always have it. And, the condition of your blood vessels will steadily worsen unless you make changes to your daily habits.

Your lifestyle choices (daily habits) affect many of the risk factors (habits that increase the chances of developing heart disease). Some risk factors, such as age (55 and over for women) and family history, cannot be controlled. However, there are many risk factors that can be controlled.

Risk Factors of Heart Disease

- Smoking - Cigarette smoking increases the risk of heart attack and stroke as well as lung cancer. Just one year after you stop smoking, your risk of heart disease will drop by more than half.
- High Blood Pressure - High blood pressure can lead to heart disease, congestive heart failure and kidney disease. Blood pressure is considered high when it is 140/90 mmHg (millimeters of mercury) or above.

- High Blood Cholesterol - Too much low-density lipoproteins (LDL), “bad” cholesterol in your blood can lead to blockages in the arteries – and possible heart attack. An LDL level of 160 or above increases your risk of heart disease. The higher your LDL number, the higher your risk of heart disease. High-density lipoproteins (HDL), “good” cholesterol helps remove cholesterol from your blood, an HDL level of less than 40 increases your risk of heart disease. If you would like to learn more about cholesterol, see page 1 in this issue of Community Connection.

- Overweight/Obesity - If you are overweight or obese, you are more likely to develop heart disease, even if you have no other risk factors.

- Physical Inactivity - Not getting regular physical activity increases your risk of heart disease as well as other heart disease risk factors including: high blood pressure, diabetes and being overweight.

- Diabetes - Diabetes is a major risk factor for heart disease, stroke, kidney failure and other disease. Adults most commonly develop Type 2 diabetes.



Wearing a red dress shows your support in raising awareness of heart disease in women.

It is important to protect your heart health. By learning the risk factors and seeing your physician for a thorough checkup, you are taking a step toward a healthier heart. According to research from the American Heart Association, women can lower their risk of heart disease by 82 percent by leading a healthy lifestyle. Following the Dietary Guidelines for Americans, which has a Food Guide Pyramid, helps you make healthy food choices. While incorporating physical activity, such as walking, lifting hand weights or carrying groceries, and taking off extra pounds if you are overweight, can decrease your risk of heart disease. However, there are no quick fixes to beginning an exercise routine and losing weight. You may need to seek the help of your physician, a registered dietitian or a qualified nutritionist for help. Your physician may also help you control your high blood pressure, high cholesterol and diabetes through a combination of diet, exercise and medication. It is important to follow your plan in order to achieve maximum results. Controlling these risk factors will help you keep your heart healthy.

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Cardiac Rehabilitation Dinner Enjoyed by All!



Patty Merrick, C.R.N.P., welcomes guests to the Cardiac Rehabilitation Dinner.

The Licking Memorial Hospital (LMH) Cardiology Department held its annual Cardiac Rehabilitation Dinner on December 2, 2004, for individuals who participate in cardiac rehabilitation. Individuals who completed their first year with the program were honored following the dinner.

The evening's festivities concluded with a slide show that centered on the Beatles' theme. Guests were treated to highlights from the past year featuring patients and staff. Each year, the Cardiology Department staff serves dinner to the patients and presents them with a unique Christmas ornament. "We look forward to attending this annual event each year and visiting with the friends we have

made in the cardiac rehabilitation program," said Jack Crockford, a patient who regularly exercises at the cardiac rehabilitation center. "It's nice to celebrate our victory with others who understand what it takes to make changes for a healthier heart."

Cardiac Rehabilitation is a medically supervised program of exercise and education that will help you return to and lead a healthy life after a cardiac event. The more patients know about heart disease, the more they can contribute to favorable outcomes of treatment.

This medically supervised program of exercise and education helps patients increase endurance, strength and flexibility while reducing the risk of another heart attack. "We meet with patients and develop an individually tailored education and exercise program based on their medical history and cardiovascular needs," said Patty Merrick, C.R.N.P., Cardiac Registered Nurse Practitioner.

Cardiovascular disease affects more than 50 million Americans. LMH is committed to providing quality heart care ... a heartbeat from home! For more information about the LMH Heart Care Program, call (740) 348-4176.

Living with Diabetes - Education Is the Key!

I have just been diagnosed with diabetes - what do I do next? What can I eat? What type of diabetes do I have? What does this mean for the rest of my life? It is important for people with diabetes to take care of themselves - to help take the initial steps in learning to live with diabetes. The Community Case Management Department of Licking Memorial Hospital (LMH) provides a diabetes education program, "Putting the Pieces Together," which is recognized by the American Diabetes Association. This recognition is significant for the community as national standards set by the American Diabetes Association are met, which means a quality program is available for the public.

"Putting the Pieces Together" is a Diabetes Self-Management Class, which is a series of four two-hour classes providing information on the following topics:

- nutrition management
- blood glucose monitoring
- exercise
- problem solving
- dining out
- sick day management
- reducing risks of diabetes complication
- living with diabetes

Overall, this class will teach you how to live a healthy life with diabetes. The American Diabetes Association recognizes this education class for its quality and high standards of education that is provided to patients. To date, more than 131 people have completed the diabetes class series.



Ruth Coen, R.N., Certified Diabetes Educator, teaching a community education class.

"Putting the Pieces Together" is coordinated and presented by registered nurses who are certified diabetes educators by the American Association of Diabetes Educators. Nurses involved as instructors include - Ruth Coen, R.N.; Loretta McCollum, R.N.; Sandy Gienger, R.N.; and Teresa Knicely, R.N. The dietitian, Liz Kaercher, R.D., L.D., also a certified diabetes educator, teaches nutrition management. John Lieberth, Registered Pharmacist (R.Ph.), discusses medications.

"We are fortunate to have so many qualified educators at one hospital who are experts in the field of diabetes management," said Diana Strahler, Director of Case Management.

Your physician will need to refer you to the diabetes class series. Pre-registration is required. For more information about this class, please call (740) 348-1450. Your physician can register you for the class by calling Central Scheduling at (740) 348-4722.

In the Know About Diabetes

Diabetes is a disease that you may hear a lot about but not fully understand, until it is too late. According to the American Diabetes Association more than 18.2 Americans have diabetes – that is 6.3 percent of the United State’s population. So what exactly is this disease that afflicts so many Americans? A person has diabetes when their body is not able to produce or properly use insulin (a hormone needed to convert sugars, starches and other foods into energy). The Fasting Plasma Glucose Test (FPG) or the Oral Glucose Tolerance Test (OGTT) is used to diagnose diabetes. If a person has a blood glucose level reading between 126 mg/dl or higher with the FPG test or 200 mg/dl or higher with the OGTT test, then they have diabetes.

The major types of diabetes include: Type 1 diabetes, Type 2 diabetes, Gestational diabetes and pre-diabetes. Type 1 diabetes is when the body fails to produce insulin, while Type 2 diabetes is when the body fails to properly use insulin. Gestational diabetes occurs when women who are pregnant and have never had diabetes before, but experience high blood sugar (glucose) levels during pregnancy. Gestational diabetes starts when your body is not able to make and use all the insulin it needs for pregnancy. Pre-diabetes is a condition that occurs when a person’s blood glucose level is higher than normal but not high enough to be Type 2 diabetes.

An Old Favorite - Still Available

Now that you have diabetes, did you think that you would have to forget about eating an all American favorite - Chocolate Chip cookies? Following is a recipe approved by the American Diabetes Association for this classic.

Ingredients:

1-1/2 C all-purpose flour
½ tsp baking soda

¼ tsp salt
½ C stick margarine
½ C powdered sugar
¼ C firmly packed light brown sugar
1 egg
¼ unsweetened applesauce
2 Tbsp low-fat 1% milk
2 tsp vanilla extract
½ c chocolate chips

Instructions:

Preheat oven to 350 degrees Fahrenheit. Spray two baking sheets with non-stick cooking spray. In a small bowl whisk together the flour, baking soda and salt. In a large bowl, with an electric mixer at medium speed, beat the margarine until fluffy. Add the sugar, brown sugar, applesauce, milk and vanilla and beat one minute. Slowly add the flour mixture and beat until combined about one minute. Stir in the chocolate chips. Drop the dough by teaspoonfuls onto the prepared baking sheet. Bake until lightly browned about 14 to 16 minutes. Remove and cool on a baking rack. Serves 36 (one cookie per serving).

Nutritional Information

Per serving
Calories 72 (31 calories from fat)
Total fat 3 grams (saturated fat 1 gram)
Cholesterol 6 mg
Sodium 66 mg
Total Carbohydrate 10 grams (Dietary Fiber 0 grams, Sugars 6 grams)
Protein 1 gram

Exchanges

Per serving
½ Carbohydrate
½ Fat

Licking Memorial Health Professionals Marks 10-Year Anniversary (continued from page 2)

thinking Health Systems’ Board that has invested heavily in technology for the future. This organization’s philosophy is that quality is the top priority, and we are dedicated to making our organization the best in the state,” Dr. Ehram said.

Licking Memorial Hospital combines state-of-the-art technology, compassionate care by highly trained staff members, and a spirit of innovation in pursuit of its goal to become the best hospital in the state of Ohio. As a result of commitments in these areas, the Hospital continually improves and expands its services for the ultimate benefit of the patient.

Licking Memorial Surgical Services general surgeon Gregory Boone, M.D., joined the Health Systems and Licking Memorial Health Professionals in June 2003. “I

was looking for a new opportunity that would both allow me to have a better life for me and my family and also give me the chance to contribute something new to the community,” Dr. Boone said. “This organization allows me to be free to do what I’m trained to do and what I ought to be concentrating on - and that is patient care.”

Licking Memorial Health Professionals and Licking Memorial Health Systems in general focus on providing quality health care. Growth is dependent upon the changing needs of the community, as well as the forces in the health care industry.

“The Health Professionals are here to meet the needs of the community,” McGee said. As the population grows in different sectors of the county or there is a need identified for services, the Health Systems, including the Health Professionals, will respond.”

Pacht ICU Medical Director

Eric Pacht, M.D., is the Medical Director of the Intensive Care Unit (ICU) of Licking Memorial Hospital (LMH). As Medical Director, Dr. Pacht is responsible for working with the physicians, as well as overseeing the patients' care while in the Intensive Care Unit of LMH. "I will be helping with the critically ill and working with the nursing staff and respiratory therapists in coordinating a patient's care, and establishing the best treatment to get them better and out of ICU," said Dr. Pacht.

Dr. Pacht is a certified Intensivist, which means he is certified in critical care medicine. Since assuming the role of Medical Director, Dr. Pacht has incorporated a multidisciplinary approach to morning rounds. At 7:30 a.m., Dr. Pacht meets with a patient's care team consisting of a registered nurse, respiratory therapist, pharmacist, dietitian and a member of case management to see the patient. At that time, any questions or concerns about the patient are addressed and Dr. Pacht is able to assess how long a patient is on a ventilator and when they can be transferred out of ICU. "This community is fortunate to have an Intensivist and someone who is so highly skilled and compassionate as Dr. Pacht. He listens to what the care team has to say and helps them feel that they have ownership of their patient's care. He is very well respected in this

department and throughout the Hospital," said Lynda Curry, R.N., B.S.N., C.C.R.N., and Patient Care Manager of Critical Care.



One of the ICU teams that work with Dr. Pacht includes: (pictured right to left) Jason Sturgeon, Pharmacist (P.Rh.); Eric Pacht, M.D.; Jane Tolliver, R.N.; Kathryn Epong, R.N.; Rita Allen, C.R.T., R.C.P.; and Bruce Campbell, R.N.

In addition to his duties as Medical Director, Dr. Pacht also serves as the primary physician of the Pulmonary and Critical Care department and for the sleep laboratory of LMH. The adult pulmonary services focus on diseases of the lung, including: chronic obstructive pulmonary disease (COPD), asthma, chronic cough, chronic bronchitis, emphysema, pneumonia and lung cancer. The sleep laboratory offers comprehensive services, where patients are evaluated for a variety of sleep and breathing disorders, including obstructive sleep apnea (OSA). If detected, most sleep disorders can be corrected, providing patients with a better nights rest and improving quality of life.

Dr. Pacht received his medical degree from the University of Wisconsin. He received his Bachelor of Arts degree in Chemistry from Lawrence University in Appleton, Wisconsin. Prior to joining the staff of LMH, Dr. Pacht completed his residency and then joined the medical staff of The Ohio State University Medical Center. Dr. Pacht is married and has two children.

Physician Spotlight: James Nelson III, M.D.



James Nelson III, M.D.

James Nelson III, M.D., joined Licking Memorial Health Professionals (LMHP) in July of 2004. He specializes in Urology and as an Aerospace Medicine Specialist.

"I moved to Granville in January 2003 and continued to commute to Mount Carmel East and St. Ann's for a year and a half. The driving got to me finally, and I decided to retire from my old practice and work closer to home. I haven't looked back - I love practicing at Licking Memorial Hospital," said Dr. Nelson.

Dr. Nelson is in practice at Licking Memorial Urology at 120 McMillen Drive in Newark. "I do still work at Children's Hospital and at the Kidney Stone Center in Columbus, where I am the medical director," said Dr. Nelson. Prior to joining LMHP, Dr. Nelson founded Buckeye Urology and Andrology, Inc. in Columbus, Ohio, in 1981, where he was able to practice at all of the Columbus hospitals.

Dr. Nelson received his undergraduate degree at Hamilton College in Clinton, New York. He attended medical school at the State University of New York College of Medicine in Brooklyn, graduating in 1971. He did his internship and residency at The Ohio State University (OSU) Medical Hospital and the Medical University of South Carolina, where he spent three years in General Surgery and three years in urology. He served as full-time faculty member at OSU where he was teaching students and residents. Dr. Nelson went into private practice but stayed on the clinical faculty at OSU. Dr. Nelson is also a senior flight surgeon and colonel in the Ohio Air National Guard, where he commands the 121st Medical Group at Rickenbacker Air National Guard Base.

Dr. Nelson is active in the National Guard and is on the National Board of Managers of the Kidney Stone Center. In his spare time, he enjoys playing the ukulele and flying, and is currently building a kit plane in his garage.

Dr. Nelson and his wife, Emily, have been happily married for almost 14 years and have four children and five grandchildren.

Ask-A-Doc: James Nelson III, M.D.

I have an elevated PSA - what does that mean and what do I do next?

Contrary to popular belief, an abnormal PSA (Prostate Specific Antigen) doesn't mean cancer. The PSA is simply a very sensitive indicator that something is wrong with the prostate. It means that your doctor needs to look more closely at the prostate for infection, enlargement, inflammation and, in some cases, cancer. Talk to your doctor about further testing. He or she may do a more accurate version of the PSA to help clear up any confusion. Your physician may also want you to see a

urologist for evaluation and possibly an ultrasound examination of the prostate. The urologist can obtain biopsies of the prostate at the time of the ultrasound examination and can also develop a plan for follow-up if the biopsies are positive for cancer. Underlying benign diseases of the prostate may need treatment as well.

If you have any further questions about PSA readings, be sure to ask your physician, who can answer your questions and tell you what steps will be taken next in your care.

Medical Staff Addition



Ramon L.
Barcelona, M.D.

Ramon L. Barcelona, M.D.

Licking Memorial Health Professionals announces the addition of board-certified family practice physician Ramon L. Barcelona, M.D., to its staff at Licking Memorial Family Practice - Heath.

Dr. Barcelona completed his residency in family practice through the Department of Family Practice of The Brooklyn Hospital Center in Brooklyn,

New York, after receiving his Doctor of Medicine degree from De La Salle University College of Medicine in Cavito, Philippines. Prior to joining Licking Memorial, he was an employee of the Mayo Health System and practiced at their Albert Lea Medical Center in Albert Lea, Minnesota.

Dr. Barcelona is a member of the American Academy of Family Physicians and the American Medical Association. He and his wife, Michelle Barcelona, C.N.P., a family nurse practitioner, will be relocating to Licking County. She is a native of southern Ohio and earned her Associate Degree in nursing from Shawnee State University in Portsmouth, Ohio, and both her Bachelor of Science and Master of Science degrees from Winona State University in Rochester, Minnesota.

Dr. Barcelona's office is temporarily located at 150 McMillen Drive in Newark. In February, he is scheduled to move to his permanent practice, located at 687 Hopewell Drive, Building 2, in Heath.

Licking Memorial Health Professionals to Open Family Practice in Heath

Licking Memorial Health Professionals (LMHP) is pleased to announce the opening of Licking Memorial Family Practice - Heath. A mid-February ribbon-cutting is anticipated.

The practice, with board-certified family practitioner Ramon Barcelona, M.D., is temporarily located at 150 McMillen Drive in Newark. He is scheduled to move in February to his permanent practice, located at 687 Hopewell Drive, Building 2, in Heath.

LMHP is a group of more than 70 medical professionals dedicated to improving the health of the community in Licking County and surrounding areas. The organization marks its 10-year anniversary in February. In addition to the Heath practice, LMHP offices are also located in Newark, Granville, Hanover, Johnstown, Pataskala, and Utica, with a Hebron site expected to open in the near future.



Licking Memorial Family Practice - Heath is located at 687 Hopewell Drive, Building 2.

Granville Office Hosts Meet & Greet

More than 100 well-wishers were present at Licking Memorial Family Practice – Granville on December 14 to welcome a physician who is new to the community and to bid farewell to one who had recently retired.

Licking Memorial Family Practice - Granville hosted a Meet & Greet for Kevin Finley, M.D., who joined the practice in September, and Michael Ratterman, M.D., who retired from the practice on October 1. Their fellow Licking Memorial Family Practice – Granville physicians Michael Barth, M.D., and Lawrence “Pete” Dils, M.D., were also in attendance.

“What a splendid event!” Dr. Ratterman said. “I saw so many old friends. It’s nice to get to say hello and good-bye to them. I think they really enjoyed getting to say something to me, too.”

Numerous handshakes and hugs were shared with the physician who had served on the Licking Memorial Hospital Active Medical Staff for 32 years, including nine years as a Licking Memorial Health Professionals (LMHP) physician. Dr. Ratterman joined LMHP upon its inception. LMHP is a not-for-profit physician organization developed in 1995 by Licking Memorial Health Systems and created in response to changes in health care and in support of the Health Systems’



Michael Ratterman, M.D., (pictured at left, wearing boutonniere) and Kevin Finley, M.D., (pictured at center, wearing boutonniere) visit with well-wishers in attendance at a Meet & Greet event held in December at Licking Memorial Family Practice - Granville.

commitment to providing accessible, high-quality medical care.

While the Meet & Greet event allowed Dr. Ratterman to say good-bye to patients, colleagues and friends, it was an opportunity for Dr. Finley to become better acquainted with the Granville community. “It was amazing,” Dr. Finley said. “There are very gracious people in this community. It is really a doctor-appreciative area.”

Dr. Finley earned his Doctor of Medicine degree from Wright State University School of Medicine in Dayton, Ohio, after graduating cum laude from Bowling Green State

University in Bowling Green, Ohio, with a Bachelor of Science degree in psychology. He completed the Barberton Citizens Hospital Family Practice Residency Program in Barberton, Ohio, serving as Residency Recruiting Chief for his final year.

The board-certified family practice physician is certified in Advanced Cardiac Life Support, Advanced Trauma Life Support, Basic Life Support and Pediatric Advanced Life Support.

Prior to joining Licking Memorial, Dr. Finley served as the Chief Physician of the Red Team in Primary Care at Wright-Patterson Air Force Base Hospital in Dayton, Ohio.

Board Spotlight: Richard Reed



Richard Reed

As a Licking Memorial Hospital Board member, Richard Reed said his personal goals are to “continue to keep Licking Memorial Hospital with high standards of high-quality medical care that Licking County and Central Ohio deserve,” as well as “continue with our mission.” The mission of Licking Memorial Health Systems is to improve the health of the community.

The president of Reed-Egan Funeral Home in Newark has been on the Licking Memorial Hospital Board of Directors since 2003 and has served on the Hospital's Development Council since its inception in 1987. “When I was invited to join the Hospital Board, I readily accepted,” he said.

In addition to his involvement with Licking Memorial, Mr. Reed is a member of Newark Rotary, Knights of Columbus and St. Francis De Sales Church. He has been active with Newark Catholic High School, St. Francis School, and Jaycees.

Among numerous other examples of his community involvement, Richard is past president of Knox-Licking Goodwill Board, the local American Cancer Society campaign, and Central Elementary PTA, as well as a past board member of Par Excellence School. He is also a member of the Ohio Funeral Directors Association and the National Funeral Directors Association.

Richard and Kathleen, his wife of 42 years, are the proud parents of four grown children – Monica (Tom) Mathews, John (Alissa) Reed, Mary Angela (James) Riffle and Agnes Ann (Mike) Windholtz. The couple has eight grandchildren. Kathleen has been an educator with St. Francis School for more than 35 years.

“One of the two most important things to entice people to Licking County is the Hospital,” Reed said. “The other is the school system. I want to keep both in excellent condition.”

LMH Uses Modern Tool for Disease Diagnosis

Licking Memorial Hospital (LMH) is proud to be able to provide patients with quick and accurate hematological disease diagnosis to the patients we serve. Flow cytometry is one example of how we use advanced technology to assist in laboratory diagnoses.

“The use of flow cytometry allows us to provide quicker and more accurate hematological diagnosis,” said Don Domenico, M.D., a Licking Memorial Health Professionals (LMHP) physicians with Licking Memorial Pathology.

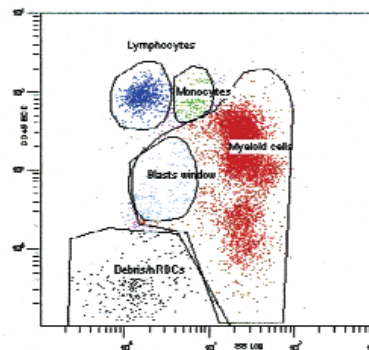
How does it work?

When a family physician or an emergency room doctor sees a patient with physical signs or symptoms of a hematological disease – such as leukemia or lymphoma – blood testing is ordered. A blood count and blood cell examination are performed in the laboratory. If leukemic blasts (either acute lymphocytic leukemia or acute myelocytic leukemia) are detected, then the physician will call in a hematologist. The hematologist will perform a bone marrow aspiration/biopsy to confirm diagnosis. According to the American Cancer Society, flow cytometry is the technique used to examine the cells from the bone marrow, lymph nodes and blood samples. It is very accurate in determining the exact type of leukemia or lymphoma. The cells being examined by flow cytometry are treated with selected antibodies and passed in front of a laser beam and light detectors.

Each antibody sticks only to certain types of leukemia cells. If those cells are present, they will give off light, which is measured and analyzed by a computer.



Flow cytometry computer used to measure and analyze cells.



Sample histogram

Once the bone marrow aspiration/biopsy is taken at LMH, the cells are sent overnight to a virtual flow cytometry lab in California while maintaining viability of the cells. Monoclonal antibodies are applied to the living cells, which are then analyzed. The data is transferred to the pathologist, Dr. Domenico, here at LMH in Newark, via a secured site on the Internet in the form of a histogram. With specialized training, Dr. Domenico and the pathologists are able to analyze the population of cells with the use of these computer-generated histograms. “We are then able to accurately classify the type of leukemia or lymphoma within 24 hours,” said Dr. Domenico.

“Although we do not have the expensive flow cytometry equipment here at Licking Memorial Hospital, we are able to make use of the equipment in California to provide our patients with a quick, accurate diagnosis,” said Dr. Domenico. “Giving patients an accurate and quick diagnosis, allows them to begin treatment similar to a larger medical center and be on their way to recovery faster.”

Hollis Welcomed at LMHP as Physician Relations Manager



Patrick D. Hollis

Patrick D. Hollis has recently accepted the Physician Relations Manager position at Licking Memorial Health Professionals (LMHP). In this position, he has dual responsibilities:

- To persuade physicians of high caliber into becoming a part of the Health Professionals group of more than 70 medical professionals
- To retain the physicians currently on staff

“This is a great opportunity to be working for a wonderful and forward thinking hospital. Licking Memorial Hospital has a reputation for being very patient focused and dedicated to the community in which it serves. I was

especially impressed with the commitment to technology and the electronic medical record database, a technology that is only being used in 5 percent of the nation's hospitals. It was an easy decision for me to come to Licking Memorial Health Professionals,” said Patrick.

Prior to coming to Licking Memorial Hospital, Patrick was the physician recruiter for Premier HeartCare Network an affiliate of Miami Valley and Good Samaritan Hospitals in Dayton, Ohio.

Patrick is certified in medical staffing and has a Bachelor of Science degree in Business Administration from Wright State University in Dayton.

Patrick resides in Pataskala.

Development Council: New Members

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.

Late last year, Licking Memorial Hospital Development Council was pleased to welcome five new members: Holly Campbell, Tom Cummiskey, Stephen Fowler, Bill Kuhlwein, and Michele McMahon.



Holly Campbell

Holly Campbell

Newark resident Holly Campbell is hoping that her involvement with Licking Memorial Hospital (LMH) Development Council will be beneficial to both LMH and her employer. Holly is vice president of clinical services of Hospice of Central Ohio.

“I think we partner really well as a hospice organization with Licking Memorial,” Holly said. “I accepted the invitation to join the Development Council because as a Hospice organization we are always looking at how we can better partner with organizations that we work closely with.”

Campbell has an Associate’s degree in nursing from Ohio University in Athens, Ohio; and Bachelor’s and Master’s degrees in nursing, both from Otterbein College in Westerville, Ohio.

She is a member of Vineyard of Licking County, Ohio Nurses Association, Licking-Knox District Nurses Association, Sigma Theta Tau National Honor Society of Nurses and Ohio Hospice and Palliative Nurses Association.

Holly and her husband, Russ, are the parents of a daughter, Shiree, who is a student at Miami University in Oxford, Ohio.



Tom Cummiskey

Tom Cummiskey

When Tom Cummiskey moved to Licking County in August, he immediately wanted to become active in the community. Since he had been involved with hospitals in Columbus and because his wife, Kate, is a nurse, Tom was quickly drawn to Licking Memorial Hospital.

“A hospital is an important part of the community, so I thought the Development Council would be a good group to get involved with,” the Vice President and Trust Officer of Park National Bank said.

In addition to Licking Memorial, Tom is active with Newark Rotary and serves on the United Way of Licking County Allocations Committee and the Finance Committee of St. Edward’s Church in Granville.

Tom earned his undergraduate degree from The Ohio State University and his law degree from Capital Law School, both in Columbus. He and Kate are the parents of 6-year-old John and 2-year-old Emma.



Stephen Fowler

Stephen Fowler

Last year, City of Newark Economic Development Director Stephen Fowler was on a panel of civic leaders that heard a presentation by Licking Memorial Health Systems President Bill Andrews. “It was refreshing to hear him talk about Licking Memorial Hospital,” Stephen said. “He is a candid, knowledgeable speaker.”

That experience piqued Stephen’s interest in the Hospital – both as a civic leader and as a Licking County resident. He was honored to be asked to join the LMH Development Council. “The Development Council is a fine group of people,” Stephen said. “I see some of them as my mentors.”

In addition to providing high-quality health care, Licking Memorial is a strong employer. Stephen noted, “I want to help spread the good word about the Hospital, and it’s nice for the city to have a seat at the Development Council table and to be involved in the community like that.”

Stephen is a member of the boards of Greater Licking County Convention & Visitor’s Bureau and Newark Midland Theatre Association, and he has served on Welsh Hills School Board of Trustees and Centenary United Methodist Church Council. He is a member of the Economic Development and Downtown Newark committees of Newark and Licking County Chamber of Commerce.

Among numerous other examples of his community involvement, Stephen has served on the Cultural Alliance of Licking County, the 2005 Moonrise Celebration Committee, and as secretary of 1000 Friends of Central Ohio Board of Directors. He is a member of Newark Rotary, is an American Youth Soccer Organization coach and a Newark Ice Hockey Association coach.

The graduate of the Community Leadership Program of Licking County was an elected Pataskala City Councilman and vice chairman and a member of the Pataskala Planning and Zoning Board.

Stephen has a Bachelor of Business Administration degree in finance and real estate from Kent State University in Kent, Ohio; and Master of Public Administration and Master of Environmental Science degrees from Indiana University in Bloomington, Indiana.

He is the father of three grade school-age children – Hannah, Nathaniel and Owen.



Willard "Bill" Kuhlwein

Willard "Bill" Kuhlwein

As a new member of the LMH Development Council, Bill Kuhlwein is "learning the ropes" and looks forward to "helping out any way I can."

"I didn't want to lose all contact with the Hospital when I retired," the Newark resident said. Bill retired from the Process Improvement Department

in April 2003 with more than 32 years of service with the Hospital.

He and his wife, Joan, are the parents of three grown children: Lee, Lance, and Karen Winegardner.

In addition to Licking Memorial, Bill is actively involved with Hanover Presbyterian Church.



Michele McMahon

Michele McMahon

Hospice of Central Ohio President and Chief Executive Officer Michele McMahon, R.N., B.S.N., had heard a lot about the LMH Development Council in the community and was happy to be invited to join the group.

"The Hospital administration is very supportive of Hospice of Central Ohio, providing us with space in the Hospital building and having members who serve actively on the Community Coalition for Respecting End-of-Life Choices," she said. "By joining the Development Council, I hope to learn more about the Hospital and how LMH and Hospice can promote mutual goals."

Michele serves on the local Leave a Legacy Steering Committee and is a member of Newark Rotary and Zanesville Euclid Avenue Methodist Church. She is a former vice president of the Nashport Parent-Teacher Organization and a former secretary of the McIntire Elementary School Parent-Teacher Organization in Zanesville.

Michele is a member of the National Hospice and Palliative Care Organization; the American Branch of the World Health Organization Collaborating Centre for Palliative Cancer Care Board of Trustees, where she is Chairwoman of Development and Planning; Hospice Alliance of Ohio and Hospice Network of Ohio.

She has an Associate's degree and a Bachelor of Science degree in nursing, both from Ohio University in Athens, Ohio. Michele is the mother of 16-year-old Meghan and 12-year-old Connor.

Reception Held to Honor Award Recipients

Licking Memorial Hospital (LMH) Development Council honored Granville resident Robert "Bob" N. Kent as winner of its 2004 Lifetime Achievement Award during a special reception on December 19 at The Reese Center on the campus of The Ohio State University - Newark and Central Ohio Technical College.

"Bob has used his talents to establish new and lasting programs that influence our community," said Licking Memorial Health Systems (LMHS) President Bill Andrews. "Anyone who has worked with Bob on



Past Lifetime Achievement Award winners join the 2004 honoree during the December 19, 2004, reception at The Reese Center. Pictured in the front row (from left) are: Dr. Raymond G. Plummer, Robert N. Kent and Clarissa Ann Howard. In the back row (from left) are: Bill McConnell, Jane McConnell, Mary Jane McDonald and John H. Weaver.

community projects or with organizations knows the intensity and creativity he brings with him. Not content to do the same old things, Bob has used his talents to establish new and lasting programs that benefit our community greatly."

Mr. Kent's wife, Joan, knew months in advance that her husband had been selected for the sixteenth annual honor, but it was a "total shock" to him, he said, following the announcement. In addition to being surprised with the award, Bob was delighted to be joined on The Reese Center

(continued on page 12)

Reception Held to Honor Award Recipients (continued from page 11)

stage with 21 family members who had been assembled off-stage until the award was announced.

“It was really fun to have my family here,” he said. “All I was thinking was I hope I don’t cry.”

The Lifetime Achievement Award is presented each year to a citizen in our community who has given volunteer service for the overall betterment of the community and who has helped to fulfill the mission of LMHS by helping to improve the health of the community. This special recognition was created to honor those whose vision, inspiration and leadership have touched and enriched many lives.

“Bob’s leadership within Licking County is so extensive that it is fair to say that there are few others who have accomplished as much,” Andrews said. “A longtime resident of Granville, Bob has been a dedicated community advocate for decades, participating in many community organizations and events and providing extras - such as sponsoring Fourth of July fireworks for the enjoyment of all the townspeople.”

Mr. Kent has served in leadership roles for a variety of local community and civic organizations. “Bob’s involvement in many community activities – such as United Way, Granville Village Council, 20-30 Club - and a combined 20 years of service on the Boards of Licking Memorial Health Systems – illustrate his commitment to improving the quality of life in the communities in which he lives and works,” Andrews said.

Bob is credited with founding the Licking Memorial Development Council. The Council is a group of community volunteers who help LMH raise funds for worthwhile projects and offer valuable input from the community to the Health Systems’ leadership.

While president of the Newark & Licking County Chamber of Commerce, Bob established the Greater Licking County Visitors and Convention Bureau, as well as the Licking County Community Leadership program. Community Leadership identifies, educates and inspires Licking Countians interested in increasing their leadership roles in the community in order to advance the welfare of the community.

Additionally, during his term as president of the Newark Rotary Club, Bob started the local Camp Enterprise program - a weeklong summer camp experience for high school seniors on the benefits and workings of our economic system. The former owner and president of Newark Concrete and Granville Inn is currently president of and a partner in Granville Golf Course.

He was instrumental in the purchase of the Bryn Du Mansion and development of Bryn Du, the land adjacent to the mansion, as well as preservation of the Alligator Mound as a historic site.

Mr. Kent expressed pride in his involvement with Licking Memorial and gratitude for the Lifetime Achievement Award. “I think that it has always been the most satisfying community endeavor that I’ve been part of,” he said, referring to LMHS. “I find myself in very good company, and I am pleased to be here,” he said about past award honorees.

Lifetime Achievement Award winners and the years they were honored are as follows:

- Dr. Raymond G. Plummer - 2003
- Bill and Jane McConnell - 2002
- Mary Jane McDonald - 2001
- John J. Kutil - 2000
- Calvin E. Roebuck - 1999
- Rev. Dr. Charles W. Noble Sr. - 1998
- Clarissa Ann Howard - 1997
- Dr. Carl L. Peterslidge - 1996
- Robert H. Pricer - 1995
- Norman R. Sleight - 1994
- John H. Weaver - 1993
- J. Gilbert Reese - 1992
- Ernestine W. Spencer - 1991
- Howard E. LeFevre - 1990
- John W. Alford - 1989

In addition to Bob Kent as the 2004 Lifetime Achievement Award winner, Angel Schneider-Wilson was surprised and delighted to be named the 2004 Manager of the Year. She manages Licking Memorial Family Practice offices in Pataskala, Granville and Johnstown and has been assisting with the Licking Memorial Oncology/Hematology office.

“Angel was instrumental in facilitating a smooth transition to the new Pataskala Health Campus,” Andrews said, noting that she is always willing “to accept and embrace change.”

Andrews also honored a trio of Licking Memorial Hospital Radiology Department members with a President’s Award. Given at his discretion, the President’s Award honors employees for exceptional, extraordinary service. The trio of Director of Radiology Leslee Arthur, Project Coordinator Diane Swain and Team Leader Jason Black became the tenth recipients of the award since Andrews began giving it in 1986.

“Leslee has successfully led the Radiology Department through two years of major change,” Andrews said. The department is in the process of becoming completely filmless. “We’re one of only a handful of hospitals in the

(continued on page 14)

Volunteer Spotlight: Bev Crockford

Beverly (Bev) Crockford has been a longtime volunteer of Licking Memorial Hospital (LMH). She began volunteering in the surgery lounge in 1982 and then moved to the front reception desk and has volunteered more than 5,427 hours at LMH. “I started volunteering after we moved here from Virginia. I wanted to make a connection in the community and meet other people so I checked out the hospital volunteer department and have been here ever since,” said Bev.

“The people, both fellow volunteers and others you come across everyday are great. I enjoy helping people ... and sometimes when patients are at the Hospital, they are under stress and that is when I can help,” said Bev. She served as President of the Volunteer Board in 1988. When Bev isn’t at the hospital, she might be found volunteering her time reading and working with the students at Ben Franklin Elementary. She is also active in her church, Trinity Episcopal Church in Newark, working on events and projects for their women’s group and other activities. Bev enjoys embroidery, knitting and crocheting while at home. “When ever I sit down to watch television, I have to do something with my hands,” said Bev.

Bev and her husband, Jack, reside in Newark, Ohio. They have two sons and seven grandchildren, including a set of triplets.



Beverly Crockford, longtime friend and volunteer of Licking Memorial Health Systems.

LMHS’ commitment to quality care is well known in the community and across the state. This recognition would be more difficult to achieve without the unwavering support and dedication of the outstanding volunteers.

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

Vice-President Spotlight: Christine L. McGee, R.N.



Christine L. McGee, R.N.

Christine L. McGee, R.N., has served as Licking Memorial Health Systems (LMHS) Vice President of Physician Practices since September 2000. As Vice President of Physician Practices, Christine is responsible for all aspects of operations for the Licking Memorial Health Professionals including primary care practices, specialty care practices, surgical practices and hospital-based practices. She is also responsible for all physician recruiting for the Licking Memorial Health Professionals.

Christine was working for Newark Internal Medicine at the time Licking Memorial Health Systems created Licking Memorial Health Professionals (LMHP). LMHP is a not-for-profit physician organization started in 1995 by Licking Memorial Health Systems, and is a group of more than 70 physicians and advanced practice nurses who serve on the medical staff of Licking Memorial Hospital. The creation of LMHP was in response to changes in health care and in support of the Hospital’s commitment to provide accessible, high quality medical care to our community. “I was overwhelmed by the Hospital’s commitment to our community, the resources

available, and the spirit of innovation displayed in pursuit of its goal to improve the health of our community,” said Christine.

While working at Licking Memorial Health Systems (LMHS), Christine has also served as Director of Operations, Physician Center Manager and Clinical Care Coordinator for Licking Memorial Health Professionals. Prior to joining LMHS, Christine served as Nurse Manager at Newark Internal Medicine and registered nurse with chemotherapy certification and charge nurse at St. John Hospital in Detroit, Michigan.

Christine has a Bachelor of Arts in Business Administration from Mt. Vernon Nazarene College, Associate degree in Nursing from Macomb Community College and certification from Dorsey Business College. She is a member of the Newark-Heath Rotary, serves as a board member of Catholic Social Services and cabinet member of Licking County United Way.

Christine and her husband, Jim, have one son, Kevin, who is a second-year orthopedic surgery resident at the University of New Mexico in Albuquerque, New Mexico.

LMH Physician Available 24/7

In an effort designed to improve patient safety and satisfaction, Licking Memorial Hospital (LMH) provides in-hospital physicians, (Hospitalists), 24 hours, seven days a week, for its hospitalized patients.

A hospitalist is an Internal Medicine, or Family Practice physician, who specializes in the care of hospitalized adult patients. The hospital also has a similar service for pediatric patients. The specialty is about eight years old, and is the fastest growing specialty in medicine, with about 10,000 hospitalists at this time.

“Numerous studies have demonstrated that the hospitalist model of providing patient care is safer, and more effective, than the traditional model, and 24/7 coverage allows for this care around the clock”, according to Dr. Peter Nock, a hospitalist at Licking Memorial for three years. “Our availability to patients and their families is unprecedented in this community.” What this means to patients is having a doctor at their bedside when needed to determine what their problem is, and to obtain appropriate testing or initiate appropriate therapy, while often avoiding more serious complications. With the traditional model of hospitalized patient care, patients wait until their primary care doctor is available to see them. Hospitalists are able to eliminate this delay. Additionally, hospitalists through repetition, become experts in treating and anticipating common diseases of hospitalized patients, which improves the patients’ chances for a favorable outcome, and for a shorter hospital stay.



Peter Nock, M.D., Hospitalist with Licking Memorial Hospital working on patient charts.

Licking Memorial’s hospitalists remain in contact with the patient’s primary care doctor, conveying essential information through the patient’s hospital stay, and at discharge. The hospitalist also has access to the patient’s records in the hospital, in the form of an Electronic Medical Record, (EMR), compiled by the primary care doctor in his office. The EMR has been designated by many public and private agencies as the most desirable format for patient information, with several advantages over paper charts, the most critical being ready availability and legibility. “If it’s not in my hand or I can’t read the writing, it’s of no use to me or the patient,” added Dr. Nock, referring to the old system of paper charting. “With the EMR, I have that vital information in less than a minute before I introduce myself to the patient and their family.”

“With the staff of LMH, the EMR, and our 24 hour availability, we have an outstanding framework in place to provide safe and effective care to the people of Licking County, which I believe really sets us apart. Relatively few hospitals, especially of this size, are able to provide this high level of service. LMH is constantly measuring its methods and outcomes, which provide ongoing opportunities for improvement in patient care, which is really what we’re ultimately aiming for,” said Dr. Nock.

Reception Held to Honor Award Recipients (continued from page 12)

entire state that has accomplished what Leslee and her team have accomplished,” he said.

Along with working toward becoming a filmless Radiology Department, the development of a Picture Archival and Communication System (PACS) is underway. PACS allows multiple consultants the ability to view the same image at the same time, providing improved communication for diagnosis and treatment. With PACS, images can be examined as soon as they are captured and delivered to the point of care, enabling clinicians to make decisions quickly.

In October 2004, a total of 27,500 films were recorded in the LMH Radiology Department. For the first two weeks of November, there were 17,400. Over the past two weeks, only 53 films were taken. “We will have gone from \$10,000 a week in laser film costs to \$0,” Andrews said.

Additionally, during the December 19 ceremony, the following honorees from 2004 were recognized: Volunteer of the Year - Don Day, Nursing Award for Clinical Excellence winner - Linda Crothers-Hurst, and Physician of the Year - Larry Pasley, M.D. Also recognized was LMHS mascot Scrubs, who opened the award ceremony by dancing to Baha Men’s “Who Let the Dogs Out.”

Community Cornerstone

Mr. and Mrs. Jerry Billman	Mr. and Mrs. Chris Cohagen
Mr. and Mrs. Jim Cooper	Mr. and Mrs. Earl Hawkins
Mr. and Mrs. Fred Johnson	Mr. and Mrs. David S. Klauder
Mr. and Mrs. Dean Markle	Ms. Janet Walker

Capital Improvement Fund

TWIGS 14, TWIGS 21, TWIGS 22, TWIGS 24

Memorial Gifts

TWIGS 22, in memory of Dorothy Rife

LMHS Joins The Works in Presenting...Brain Matters

Do you ever stop to think about how you think? Licking Memorial Health Systems (LMHS) is proud to collaborate with The Works Museum in presenting Brain Matters. This highly interactive exhibit will open on Saturday, January 22 at The Works Museum located at 55 South First Street, Newark, Ohio.



Brain Matters exhibit

Brain Matters is a traveling exhibit that allows visitors to learn more about the brain and its importance through a variety of activities and colorful graphics. The exhibit provides information in an understandable language, and invites participation by all ages from preschool through adults.

The purpose of Brain Matters at The Works is to increase knowledge and pique curiosity and interest in the brain: What is the brain? What does it look and feel like? How does it work? How is it connected to other parts of the body? How does it develop? What can go wrong?

Visitors learn about the fundamentals of the healthy brain, the consequences of brain damage, and how neurotoxins (substances such as alcohol, legal and illegal drugs) and other environmental toxins can impact the brain. Understanding the brain's complexity, along with the consequences of damage, could have a positive influence on the choices people make. Visitors can also view actual preserved human brains, identify parts of the brain

and learn how messages are sent to and from the brain.

Brain Matters was created and is circulated by the Oregon Museum of Science and Industry in Portland, Oregon, and is sponsored in part by Licking Memorial Health Systems (LMHS), The Community Mental Health and Recovery Board of Licking and Knox Counties, The Ohio State University-Newark and Central Ohio Technical College.

The Works is a non-profit organization in Licking County that provides exhibits and activities about art, science, technology and history for the whole family to enjoy. For more information about The Works or if you would like to see the Brain Matters exhibit, please call The Works at (740) 349-9277 or visit their Web site at www.attheworks.org.



Interactive exhibit

Go RED for Women! (continued from page 3)

Heart Attack Warning Signs

Some attacks are sudden and intense - the "movie heart attack," in which a person dramatically gasps, clutches her heart and drops to the ground, and no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people aren't sure what's wrong and wait too long before getting help. This is especially true for women. Here are some of the signs that might indicate a heart attack is in progress.

Chest discomfort

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath

May occur with or without chest discomfort.

Other signs

These may include breaking out in a cold sweat, nausea or lightheadedness. If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than a few minutes (no more than five) before calling for help.

Call 911 ... Get to a hospital right away.

Calling 911 is almost always the fastest way to get life-saving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive - often sooner than if someone gets to the hospital by car. The staff is also trained to revive someone whose heart has stopped. You'll also get treated faster in the hospital if you come by ambulance.

If you can't access the EMS, have someone drive you to the hospital right away. If you're having symptoms, don't drive yourself unless you have absolutely no other option.

Source: American Heart Association



**Licking Memorial
Health Systems**

Upcoming Dates

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

The Heart Truth: Every Woman Needs to Know about Heart Disease

First Floor Conference Rooms A and B, Licking Memorial Hospital
No charge for class, pre-registration required. Phone: (740) 348-1572
Thursday, February 3, 6:00 p.m.

Cardiopulmonary Resuscitation Classes

Phone: (740) 348-1434

CPR Friends and Family

First Floor Conference Rooms A and B, Licking Memorial Hospital
No charge for class, pre-registration required. Phone: (740) 348-1434
Wednesday, February 2, 6:00 to 8:30 p.m.

First Impressions Classes

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

Childbirth Education Classes, Cost \$52

Thursdays, February 17 & 24, 6:00 to 9:00 p.m.
Friday, February 11, 6:00 to 9:00 p.m. and
Saturday, February 12, 9:00 a.m. to 12 noon

Stork Tours, No Charge

Tuesday, February 15, 6:30 p.m.

Breast-feeding Class, Cost \$15

Tuesday, February 22, 7:00 to 8:30 p.m.

Infant CPR, Cost \$5

Tuesday, February 1, 6:00 to 8:30 p.m.

Sibling Preparation Class, Cost \$10

Saturday, February 5, 10:00 a.m. to 12 noon

Ask the Doc

Shepherd Hill, 200 Messimer Drive
No Charge, Phone: (740) 348-4878
Saturday, February 5, 12, 19 and 26, 9:00 to 10:00 a.m.

Diabetes Self-Management Training

Licking Memorial Education Center, 1915 Tamarack Road
Phone: (740) 348-1450, Requires Physician Referral
Tuesdays, February 1, 8, 15 and 22, 1:00 to 3:00 p.m.
Wednesdays, February 2, 9, 16 and 23, 1:00 to 3:00 p.m.
Wednesdays, February 2, 9, 16 and 23, 7:00 to 9:00 p.m.



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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.



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2001, 2002, 2003