



Community Connection

Licking Memorial Health Systems

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



Volume 2, Issue 3

March 2005

Measurably Different ... for Your Health!

Facts About Colorectal Cancer

Colorectal cancer is a term used to refer to cancer that develops in the colon or rectum. Excluding skin cancers, colorectal cancer is the third most common type of cancer diagnosed in both men and women in the United States. The American Cancer Society estimates that about 104,950 new cases of colon cancer (48,290 men and 56,650 women) and 40,340 new cases of rectal cancer (23,530 men and 16,810 women) will be diagnosed in 2005.

Colorectal cancer is the third leading cause of cancer-related deaths, causing 10 percent of all cancer deaths. It is expected to cause more than 56,290 deaths during 2005. It is often mistaken as a disease that affects only men, but it affects both men and women equally. Some people believe that colorectal cancer is fatal – but it can be prevented, and if detected early, can be treated.

Because symptoms of colorectal cancer are often silent, it is important for both men and women to be screened for colorectal cancer regularly starting at the age of 50. Screening tests can detect polyps (grape-like growths on the lining of the colon or rectum) that can trigger cancer. Risk factors that increase the risk of colorectal cancers are colorectal polyps, cancer elsewhere in the body (patients with breast cancer have a slightly increased risk of developing colorectal cancer), a family history of colorectal cancer, and ulcerative colitis (inflammatory bowel disease).

It is important that both men and women talk to their health care provider about colorectal cancer and screening tests.

[\(continued on page 2\)](#)

Thrift Shop Donates to LMHS

The old saying “what is one man’s trash, is another man’s treasure” is the underlying principle of the TWIGS 6 Thrift Shop located in Granville.

The Granville Thrift Shop is a consignment store, which takes donated consigned items and then resells them. Sixty percent of the proceeds go back to the original consigner, and 40 percent goes to the shop. The TWIGS 6 Thrift Shop was founded in 1950 as the main project of TWIGS 6. The TWIGS groups participate in projects that raise money to donate to the general fund for Licking Memorial Health Systems (LMHS). “The Thrift Shop has been open for more



Donna Tegtmeier, chairwoman of TWIGS 6, is holding a designer suit, and Robin Lantz, Manager of the TWIGS 6 Thrift Shop, is holding a girl's dress and matching purse. These items and many more are available at the Granville Thrift Shop.

[\(continued on page 2\)](#)

You Are Invited!



Podiatrist Ralph Napolitano, D.P.M.; and certified wound specialist Terri Hazlett, R.N., C.W.S.; consult with patient Bruce Waite at the Licking Memorial Hospital Wound Care Clinic.

The Licking Memorial Hospital (LMH) Wound Care Clinic is having an open house!

Date: Thursday, March 24, 2005

Time: 2:00 to 4:00 p.m.

Location: Wound Care Clinic, Sixth Floor of LMH

Refreshments and door prizes will be available.

This event is free and open to the public.

The open house is in celebration of the Wound Care Clinic’s positive patient outcomes of wound healing with appropriate wound treatment. It also will be used to introduce new technology available and the aggressive therapies that are coordinated with the patient’s care.

The LMH Wound Care Clinic has the ability to assist patients in the community who require

[\(continued on page 2\)](#)

Facts About Colorectal Cancer (continued from front)

March is recognized throughout the health care industry as Colorectal Cancer Awareness Month.

LMHS Colorectal Cancer Awareness Program

Date: Tuesday,
March 15, 2005

Time: 6:00 p.m.

Location: Conference Rooms
A & B, First Floor,
Licking Memorial
Hospital, Newark, Ohio

Pre-registration required. No charge for the class. To register for the class or for further information, call (740) 348-1434.

This program will be an excellent opportunity to learn about colon and rectum cancer, risk factors, prevention, treatment and more. Attendees of this educational program will receive a free EZ Detect Home test, as a potential detector of colorectal cancer, which allows you to take a quick test at home to send to your primary care physician.

David Subler, M.D., a physician with Licking Memorial Gastroenterology, will speak at this event.

Thrift Shop Donates to LMHS (continued from front)

than 53 years. And, some of the ladies involved in the beginning are still volunteering," said Donna Tegtmeier, chairwoman of TWIGS 6.

The Granville Thrift Shop takes many items – such as clothing, like-new shoes, books, housewares, electric appliances and toys (supply batteries, if needed). Consigners may take up to 12 clothing items and are limited to three pairs of shoes each week. Also all clothes need to be cleaned and on wire hangers. The shop does not take items such as wedding dresses, bags of miscellaneous toys or kid's meal toys, bicycles, pillows or infant

exercisers, jumpers or walkers. Please stop by the shop for a complete list of items that are/are not accepted.

"Weekly, we take in more than 2,500 items and sell more than three-quarters of these things," said Robin Lantz, Manager of the TWIGS 6 Thrift Shop.

Hours of Operation:

Sunday: CLOSED

Monday: CLOSED

Tuesday: 1:00 to 7:00 p.m.
Consigning 1:00 to 6:00 p.m.

Wednesday: 1:00 to 4:00 p.m.
Consigning 1:00 to 3:00 p.m.

Thursday: 1:00 to 4:00 p.m.
No Consigning

Friday: 1:00 to 4:00 p.m.
Consigning 1:00 to 3:00 p.m.

Saturday: 1:00 to 4:00 p.m.
Consigning 1:00 to 3:00 p.m.

When donated items are unable to be sold, they are then given to other organizations for distribution. Some of the places that receive these goods include: Veterans Service Group, Seventh Day Adventist Church, Hospice of Central Ohio, Ohio Quilters Association, Camp O'Bannon Tennis Shoe Project, Meigs County Distribution Project, and Salvation Army, just to name a few.

"We invite you to come out and look around. We have great buys for everyone. Sometimes we (the volunteers) are our best customers," said Donna. For more information about the Granville Thrift Shop, or if you would like to sell some of your old treasures, please call (740) 587-3047 or visit the shop at 454 South Main Street, Granville.

You Are Invited! The Licking Memorial Hospital (LMH) Wound Care Clinic is having an open house! (continued from front)

care and treatment for chronic or complicated wounds – including but not limited to diabetic and venous stasis ulcers, burns, wounds due to injury or surgery, open and/or infected wounds, bedsores, and other types of wounds that are having difficulty healing. Since opening in May 2004, there has been a steady increase in the number of patients seen. "During the first month we were open, we saw seven patients. In December 2004, we saw 132 patients with wounds that needed our attention," said Sharyn Davis, R.N., R.V.T., Director of Outpatient Services.

The wound care team at LMH is dedicated to providing their patients with the highest quality of wound care available. Terri Hazlett, R.N., C.W.S., is a Certified Wound Specialist by the American Academy of Wound Management. The American Academy of Wound Management is a national interdisciplinary certifying board for health care professionals involved in wound care. "We are busy growing as a service of the Hospital, and while we are growing, we are continuously attending education classes and seminars about wound care," said Terri.

Podiatrists Ralph Napolitano, D.P.M., C.W.S.; and Catherine Chiodo, D.P.M., board certified in foot surgery, and wound care and general surgeon Paul Taiganides, M.D., F.A.C.S.; serve the Wound Care Clinic at Licking Memorial Hospital.

Licking Memorial Hospital Did Not Miss a Heartbeat



David Landis

While tens of thousands of Newark and surrounding area residences were without power because of hazardous weather in December 2004, Licking Memorial Hospital (LMH) never missed a heartbeat of providing high-quality medical care.

“In fall 2004, we completed installation of three new back-up generators to supply the Hospital in the event of a power outage,” said Licking Memorial Health Systems (LMHS) Director of Facilities Management David Landis. “The new generators allow us to maintain 100 percent work capacity – even when there is an area-wide power outage.”

Because of the back-up generator system, use of state-of-the-art machines and equipment, X-ray technology, CAT scans and computers were not disturbed by the multi-day power outage in Licking and surrounding counties.

“In January 2005, Licking Memorial Hospital marked 107 years of providing high-quality health care in our community,” LMHS President William Andrews said. “Investing in a high-tech back-up power generation system is another example of how Licking Memorial Hospital is measurably different. Installation of this system allowed the Hospital to not miss a heartbeat of meeting medical needs in Licking County.”

Hospice Patients Benefit from Generators

Newark-based Hospice of Central Ohio President and Chief Executive Officer Michele McMahon said new generators at Licking Memorial Hospital (LMH) benefited the community late last year in a way that might not have been anticipated. Hospice of Central Ohio is a not-for-profit community-based organization offering professional-quality palliative and end-of-life care to patients and families residing in Licking, Muskingum, Perry, Knox and Fairfield counties.

“Needing Hospice care is tough for any family, but it’s especially difficult at the holidays,” McMahon said. “It’s a challenge at a time when people are already stressed. The power outage was an added burden people didn’t need.”



A recently installed back-up generator system in place as of fall 2004 allowed Licking Memorial Hospital to not miss a heartbeat during a widespread holiday-time power outage in Licking County.

Housed on the sixth floor of LMH, Hospice has private rooms available for seven terminally ill patients. When a weather-related widespread power outage hit in December 2004, Hospice patients receiving home care were at high risk for not receiving proper care. McMahon contacted LMH for assistance. “The Hospital was very gracious and loaned us extra beds and equipment so we could expand the capacity of our unit to 14 patients,” she said. “We could then care for more patients in comfort and safety and provide them with the warmth, comfort and equipment that was so vital. We were really grateful for the Hospital’s new generators.”

In addition to Licking Memorial Hospital, Hospice patients were transported to family members’ homes and to hotels where power was intact. “We were moving people everywhere,” McMahon said. “Our staff pulled together beautifully; the whole community did – from the ambulance service to oxygen and hospital bed providers.”

Hospice’s extended unit at the Hospital was in use for the duration of the power outage. “We had some individuals there for eight or nine days,” McMahon said. “For most of our patients, this was to be their last Christmas at home with their loved ones, but this became a minor point as their houses got colder.”

In addition to making room for more Hospice patients, Licking Memorial also welcomed their families. “Hospice tries to serve the whole family,” McMahon said. Family members could take showers, cook in the Hospice kitchen and purchase food from the Hospital cafeteria. “Many of our families had their last Christmas with a loved one at LMH, she said. Although they weren’t in their own homes, they did have some of the comforts of home.”

Become a Mall Walker - Reap the Rewards!



Local residents sign up at the Indian Mound Mall to be part of the Licking Memorial Health Systems Mall Walker Program.

What could be a more comfortable and friendly place to walk than your neighborhood shopping mall? Licking Memorial Health Systems (LMHS) has joined with Indian Mound Mall to offer the LMHS Mall Walker program. This program is available to anyone who enjoys

walking for fitness and fun. The recommended mall walking hours are from 8:30 to 10:00 a.m., although you are welcome to walk during regular mall hours.

Mall walking makes good sense. The mall gives you built-in security, a climate-controlled environment and a level surface for walking. Total mileage around the inside perimeter of Indian Mound Mall is three-quarters of a mile.

To join the LMHS Mall Walker Program, complete a registration form at the Indian Mound Mall Office. You must be 18 or older to participate. You will receive a free T-shirt and pedometer with your registration packet. Free membership includes monthly education and screening sessions. Walkers record their mall laps on a log sheet for personal tracking.

Almost anyone, at any age, in almost any physical condition, can walk; however, you should check with your doctor before beginning any walking program, especially

if you have a heart problem, have had severe bone or joint problems, or if you are a male over 45 or a female over 50 who is not accustomed to exercise.

Contact the Public Relations Department at Licking Memorial Health Systems at (740) 348-1572 or Indian Mound Mall at (740) 522-6620 for more information or if you have questions about the LMHS Mall Walking Program.

Why Walk?

Whatever your age, walking can benefit you by improving your overall health and quality of life. Walking is considered the safest and most natural way to improve health and fitness. Some of the benefits of walking are:

Healthier Heart

Walk your way to a healthier heart. Walking is an excellent form of aerobic exercise that increases your heart health by making your heart stronger.

Weight Loss

Brisk walking helps burn fat.

Reduced Stress

Walking can help you better handle stresses in your life and increase your overall sense of well-being.

Increased Energy

Exercise is an energy booster. Walking increases the strength of your heart, decreases body fat, increases self-esteem and well-being, and relieves tension. All of these benefits add up to more energy!

Heath Mother Teaches Children Lesson in Caring

A lesson in compassion for others brought a Heath family to Licking Memorial Hospital (LMH) in January. Denise Morris wanted to make sure her five children learn to care for others. "I felt like teaching them to do things – not only for our family, but for others," she said.

The children – ranging from a baby to a 9-year-old – helped assemble a dozen gift baskets for LMH patients. "I thought it might be nice to give them to someone who might be lonely or need a little uplift," Denise said.

The Morris family originally were going to donate the gift baskets just before Christmas, but a widespread weather-related power outage forced them to postpone their plans. "It may have been a blessing in disguise for someone to get something after Christmas," Denise said.



The Morris family – Denise, Summer, Brooklyn, Cassidy, Zachary and Tiffany – recently met with Licking Memorial Hospital Director of Public Relations Carol Hutchison (seated in rear) to donate cheerful homemade gift baskets.

LMHS Gives Hospital's Birthday Gift to Salvation Army



Employees enjoy birthday cake at a celebration for 107 Years of Caring.

Licking Memorial Hospital (LMH) turned 107 on January 18, but the local Salvation Army received a birthday present. To celebrate the occasion, Licking Memorial Health Systems (LMHS) employees donated gifts to keep people warm – including:

new blankets, coats, gloves, hats, scarves and more.

In all, 176.4 pounds of items were collected on LMH's birthday and delivered to the Salvation Army on January 24. "This is quite helpful – especially with the weather," said Salvation Army Major Ron DeMichael.

LMHS President William Andrews said the donation reflects Licking Memorial Hospital's commitment to actively serve the community – even beyond meeting health care needs. "Licking Memorial Hospital has been a strong community partner for 107 years," Andrews said. "We are proud of the work that we do and wanted to somehow share our celebration with those in need in Licking County."

Also in celebration of the Hospital's birthday, mothers of babies born at LMH on January 18 each were given a \$100 gift certificate to Toys 'R Us. "Since these newborns share their birthday with Licking Memorial Hospital, we wanted to give them a special gift," Andrews said.



LMHS Mascot Scrubs joins President Bill Andrews in congratulating (from left) Mary Reid, Jayme Merrick and Cindy Kilkeli. The three are Operating Room staff members and part of the team of employees, which contributed 36.6 pounds of items to the birthday gift.

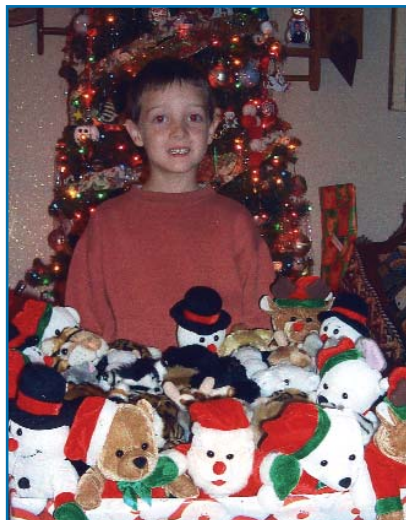
First-Grader Makes Holiday Season Brighter for Youngsters at LMH

Garfield Elementary School first-grader Trent White has started a special holiday tradition which Santa himself would applaud.

For Christmas 2004, Trent donated 60 stuffed toys to the Licking Memorial Hospital (LMH) Emergency Department for distribution to youngsters in the Hospital at Christmastime. In 2003, Trent – with the help of his mom, Vicki – delivered 52 toys to LMH during the holiday season.

"I do it because I want the kids to be happy, and it makes me feel good," said the youngster who will turn 7 in March. He also wants to make sure that children who aren't home for Christmas still will receive a gift.

Vicki is proud of her son and his generosity. "It was all his idea," she said. "And, he



Trent White poses with some of the stuffed animals he donated to the Emergency Department of Licking Memorial Hospital during December 2004.

wants to grow the number of toys every year." Trent said he hopes to collect "85 or 90" new stuffed animals in time for the holiday giving this year. He and his mom go shopping at discount stores for the toys, which he puts in a large gift-wrapped box for donation to LMH.

Trent plans to continue to share the holiday spirit with hospitalized children at LMH for decades to come. "I'm not sure how many years I'll do it," he said, "maybe not when I'm 85 or 90. Maybe I'll stop then."

Celebrate National Nutrition Month®



Eating a nutritious breakfast is a healthy way to start the day.

Is lunch typically your first meal of the day? No, a cup of coffee does not count as breakfast. In celebration of National Nutrition Month® in March, vow to start each day a healthier way.

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association (ADA). The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

According to the ADA, 30 years of breakfast-related studies show that starting the day with a healthy meal is beneficial for all ages. Bedtime to breakfast typically is the longest period of time that the body goes without food. Think of breakfast as a morning fuel-up when your body's energy supply is low. Breakfast replenishes your glucose (or blood sugar) level, immediately increasing your energy level.

"Unfortunately, breakfast seems to be the most ignored meal of the day," said Licking Memorial Health Systems registered and licensed dietitian Liz Kaercher, R.D., L.D., C.D.E. "Some people mistakenly think that skipping breakfast is a good way to cut calories. That just isn't the case."

She warns that people who skip breakfast may actually end up having a higher daily caloric intake than breakfast-eaters do. "The tendency is to try to make up for what was missed," Liz said. "By late morning, breakfast-skippers may find themselves heading to the vending machine for a quick – and oftentimes unhealthy – pick-me-up." Schoolchildren do not usually have the

option of going to a vending machine when hunger sets in but must wait for lunch.

"The brain requires food to provide energy for any sustained mental work – whether it is by an adult in the workplace or a child in the classroom," said Licking Memorial Health Systems registered and licensed dietitian Annmarie Thacker, R.D., L.D., C.D.E. "Without eating a healthy breakfast, a person can feel both mentally and physically drained."

A balanced breakfast – which includes carbohydrate, protein and fat – leads to a more gradual release of energy. "This also means that hunger takes longer to return, making over-eating later in the day less likely," Annmarie said. One of the biggest challenges to eating breakfast often is fitting it into a busy schedule. The ADA suggests keeping healthy cereals, bagels, yogurt, milk, cheese, cottage cheese, fruit, instant breakfast mixes, peanut butter and other breakfast staples on hand to encourage healthier eating. The association also offers these ideas for quick-to-make breakfasts:

- cereal topped with sliced banana and yogurt;
- bran muffin and yogurt topped with berries;
- peanut butter on whole wheat toast, served with milk;
- oatmeal topped with raisins and grated cheese;
- blended breakfast shake of milk, fruit and a teaspoon of bran; and
- slice of pizza with orange juice.

If taking even a few minutes for breakfast seems too much to ask, try starting the day with a mini-meal and adding a nutritious snack later in the morning.

"A glass of juice or a piece of toast is a start," Liz said. "Enjoy cheese chunks, a hard-boiled egg, or a bagel a couple of hours later to complete the meal."

To learn more healthy eating habits, call the Licking Memorial Hospital Community Case Management Department at (740) 348-1440 and ask to speak to a registered dietitian.

National Social Work Month

In observance of National Social Work Month in March, Licking Memorial Health Systems (LMHS) salutes its licensed social workers – Chris Ault, L.I.S.W.; Betty Gebhart, L.I.S.W.; Lori Hughes, L.P.C.; Mary Klark, L.I.S.W.; Judith Melchert, L.I.S.W.; Victoria Spring, L.S.W.; and Stephanie Tomlinson, L.I.S.W.

Chris, Mary, Victoria and Stephanie work in the Case Management Department of Licking Memorial Hospital (LMH), and Betty, Lori and Judith work at Shepherd Hill, the Behavioral Health Services Department of LMH.

"Our social workers complete a variety of tasks each day," said LMHS Director of Case Management and Home Care Diana Strahler. "They provide discharge planning and crisis intervention, make referrals to various agencies, and help patients' families face bereavement issues."

Licking Memorial Director of Behavioral Health Services Anna Rehl said that although the social workers at Shepherd Hill have similar responsibilities, they are more involved with clinical issues and direct patient care.

(continued on page 7)

National Social Work Month (continued from page 6)

Patients admitted to the Shepherd Hill inpatient unit receive individual and group therapy from a social worker or professional counselor. “Our social workers and professional counselors play a very important role in terms of educating patients and their families,” Anna said. When a patient at Shepherd Hill receives a diagnosis, a social worker or professional counselor explains to the patient and/or family the diagnosis, what it means, how it impacts the family, and much more. “Sometimes, there are long-standing issues between patients and their families,” Anna noted. “A social worker or professional counselor may hold additional family meetings to address these issues.”

They also assist with discharge planning and get inpatients connected with the appropriate community agencies to further assist patients with their mental health needs, schedule follow-up appointments with physicians, the psychiatrist and/or therapist and case management. “They also meet with patients and families upon discharge and emphasize the importance of complying with discharge recommendation,” Anna said.

Betty Gebhart, L.I.S.W., is on staff with the Licking Memorial Health Professionals Outpatient Psychiatric Office located at Shepherd Hill to provide outpatient counseling to individuals, couples and families. Some patients only require a few visits, but others may require ongoing counseling.

Chris Ault did not plan to go into social work, but she is now glad that she has chosen that career path. “Honestly, I started out in psychology and never intended to become a social worker,” Chris said. However, while working on

her bachelor’s degree, she developed a strong interest in the social environment, as well as basic clinical psychology.

Based on a supervisor’s suggestion, Chris decided to try social work. “I did my master’s in social work rather than psychology. It did seem to be a better fit, as it allows for more advocacy on the part of clients/patients and takes the client’s social situation into account a bit more than psychology seemed to,” she said. “I’ve found a master’s in social work is a versatile degree that has allowed me to work in a variety of fields of interest, and I’m glad I made the change.”

Similarly, Lori Hughes did not initially plan to pursue social work-focused work. “After starting as a pharmacy major at The Ohio State University, I took an introductory psychology course and found it much more interesting and changed my major to psychology,” Lori said.

The theme for the National Association of Social Workers-sponsored National Social Work Month is “Social Workers. Help Starts Here.” It reinforces the fact that social workers can connect people to a variety of resources in their community. This year, the Social Work Celebration in March is also the beginning of a multi-year national social work public education campaign to educate people about the breadth and depth of the profession. For more information, please visit www.naswdc.org.

Wilson Receives Manager of the Year Award



Angel Wilson

With her infectious laughter and optimistic attitude, it is easy to understand why the peers of Angel Schneider-Wilson nominated her for the Licking Memorial Health Systems (LMHS) Manager of the Year Award. Angel was surprised to be honored as Manager of the Year at the 2004

Lifetime Achievement Award reception held at the Reese Center on the campus

of The Ohio State University – Newark and Central Ohio Technical College on Sunday, December 19, 2004.

“When Vice President, Christine McGee, asked me to attend the ceremony. I thought I was going to help represent Licking Memorial Health Professionals,” said Angel. “I was so surprised when they announced my name.”

“Angel was instrumental in facilitating a smooth transition to the new Pataskala Health Campus,” said LMHS President Bill Andrews, noting that she is always willing “to accept and embrace change.” She serves as the Physician Center Manager for Licking Memorial Family Practice offices in Pataskala, Granville and

Johnstown and has been assisting with the Licking Memorial Oncology/Hematology office. Angel joined LMHS more than two years ago. “This is a wonderful place to work. I’m very impressed with the advanced level of technology and the high standards of care we provide to our patients.” said Angel “It makes me proud to be part of the organization.”

Prior to joining LMHS, Angel worked at University Otolaryngologists in Columbus, Ohio for eight years. She has an Associate’s degree in Accounting from Columbus State. Angel is a Certified Professional Coder with the American Academy of Professional Coders.

Angel and her husband reside in Alexandria. They have four children, ranging in ages from 6 to 19 years old.

Additionally, during the ceremony, the following honorees from 2004 were recognized: Lifetime Achievement Award – Robert “Bob” N. Kent; Volunteer of the Year – Don Day; Nursing Award for Clinical Excellence winner – Linda Crothers-Hurst; and Physician of the Year – Larry Pasley, M.D.

Board Spotlight: Robert 'Bob' McGaughy



Robert "Bob"
McGaughy

Robert "Bob" McGaughy sees serving on the Licking Memorial Hospital (LMH) Board of Directors as a debt he is glad to repay.

Shortly before retiring as LMH Vice President of Human Resources and Development in 2000, Bob received a diagnosis that saved his life. "The diagnostic capabilities we have at Licking Memorial Hospital showed

that I had a pair of cerebral aneurisms," the Newark resident said. "I enjoyed my years of working at Licking Memorial, and I feel like I even owe my life to the Hospital. Being a Board member is an opportunity for me to give back."

Bob joined Licking Memorial Hospital as Director of Human Resources in January 1977 after serving in an administrative capacity at The Ohio State University – Newark campus for 11 years. "I have respect for the Hospital," he said. "I spent most of my working career at either the Hospital or the OSU campus in Newark." He was appointed to the LMH Board in 2002. "I see it as the culmination of a career – a pleasant, successful, enjoyable career," Bob said.

Because the availability of high-quality diagnostic services at LMH saved his life a few years ago, Bob pays close attention to what is offered today. "Licking Memorial Hospital Administration has set high standards for the level of medical care available in our community," he said. "As a Board member, I am privileged to help ensure that those standards are not compromised. We never know when we will need medical attention, and having a first-class, nationally recognized health care facility in our community is reassuring to me and should, in fact, help reassure the entire community."

In addition to serving on the Hospital Board, Bob is Chairman of the LMH Development Council and sits on the OSU-Newark Board. He also has been active with Licking County Leave a Legacy, Par Excellence School, Campus View Village, Newark Rotary and Newark Rotary Club Foundation. In June 2004, he completed a busy and rewarding year as district governor of Rotary International.

"I really don't have time for retirement," the graduate of Newark High School and The Ohio State University said with a laugh. When he does have time to spare, Bob especially enjoys spending it with his family and Golden Retriever, Shalimar. Bob and his wife, Patricia, are the parents of two grown children – Patrick and Meredith – and have four grandchildren.

Development Council Spotlight: Thomas J. Hall, M.D.



Thomas J.
Hall, M.D.

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.

Licking Memorial Hospital (LMH) Development Council member Thomas J. Hall, M.D., joined the Council mid-way through his 22-year career at Licking Memorial Hospital.

"When I joined the Development Council more than 10 years ago, I was an emergency physician and was very interested in supporting Licking Memorial Hospital (LMH)," Dr. Hall said. "The Hospital had a good story to tell to the community."

He initially served as Chairman of the Council's Caduceus Society – a group of physicians who generously support the Hospital through charitable contributions. Dr. Hall currently serves on the Council's Executive Committee and is employed by Anthem Insurance as medical director.

A graduate of The Ohio State University (OSU) College of Medicine in Columbus, Ohio, Dr. Hall received his specialty training from Methodist Hospital of Indiana. He was board certified in emergency medicine and served on the Active Medical Staff of LMH as an emergency medical physician from July 1979 through December 2001.

Dr. Hall serves as vice chairman of the recently established Licking County Medical Reserves Corps, vice president of the board of Weathervane Players, a trustee on the board of OSU-Newark, and is a member of Newark Rotary.

He and his wife of nearly 30 years, Mary Beth Hall, M.D., are the parents of two grown children – Mike and Jessica. Dr. Mary Beth Hall is a member of the LMH Active Medical Staff and is a family physician with Cherry Westgate Family Practice in Newark.

Volunteer Spotlight



Bob Norman

Charles “Bob” Norman is a dedicated volunteer at Licking Memorial Health Systems (LMHS). Bob began volunteering in May 1997 and has more than 2,647 volunteer hours in messenger service. He delivers the mail and interoffice mail, as well as flowers and cards to patients, and runs various errands. “I just like knowing that what

I am doing will help someone in some way,” said Bob. In 2003, Bob was nominated by his peers in the volunteer department as Volunteer of the Year.

Bob has always been involved in helping people. He retired from the Federal Civil Service in November 1984 after 33 years of service working in various civilian positions including: Veterans’ Affairs in Columbus, Ohio and St. Petersburg, Florida; Air Force in Georgia and Michigan; and DCSC in Columbus, Ohio. Bob also served in World War II – in the Second Infantry Division in France, Belgium, Germany and Czechoslovakia.

Bob also volunteers as a driver for the Red Cross. He will pick up the donated blood from community blood drives and deliver it to the laboratory in Columbus. In his spare time, Bob enjoys taking train rides. Most recently,

he took a trip from Ashland, Kentucky, which made stops in Virginia, Atlanta, New Orleans and Chicago. “My father was a railroader for 43 years ... I think it is just in my blood to enjoy trains,” stated Bob.

Bob has three grown daughters: Judith, Dianne and Roberta. He also has six granddaughters, one grandson, four great-granddaughters and five great-grandsons.

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: Renee Mallett, R.N., J.D., M.S.N., M.B.A.



Renee Mallett,
R.N., J.D.,
M.S.N., M.B.A.

Renee Mallett, R.N., J.D., M.S.N., M.B.A., joined Licking Memorial Health Systems (LMHS) in August 1999 as legal counsel. In July of the next year, she was promoted to Vice President of Quality Improvement. In this position, her responsibilities include overseeing operations for the Process Improvement Center, Shepherd Hill, Safety and Security and serving as Director of the Emergency Department.

“While working at the Ohio Hospital Association, I was exposed to many hospitals and their executives throughout the state of Ohio,” said Renee. “After learning about Licking Memorial Health Systems, I was impressed by its many achievements, visionary efforts to transform health care and to make it the best health system in the state. At Licking Memorial, I am able to blend my nursing and law education and experiences.”

Prior to joining LMHS, Renee was a staff attorney and health policy analyst for the Ohio Hospital Association. She served as the legal intern for the Ohio Department of Insurance in the managed care division and property and casualty division. She also worked as the medical and

legal assistant for Dean G. Reinhard, C.O., L.P.A., in Columbus, Ohio. Renee has also worked as a critical care staff nurse in Columbus and in Zanesville, Ohio.

Renee received a Master of Business Administration degree from Capital University in Bexley, Ohio, in July 2001. In May 1998, she became the first student to graduate from Capital University’s dual degree Juris Doctorate/Master of Science in nursing program and was admitted to the Ohio Bar Association. Renee also holds a Bachelor of Science degree in Nursing and an Applied Associate degree in nursing, both from Ohio University in Athens. She has written several articles for various legal and nursing publications and lectures at several universities and organizations.

Renee is licensed as a registered nurse in Ohio. She is also active in Licking County Honoring Choices at the End of Life Coalition and the State of Ohio End of Life Coalition.

Managerial Appointments

Licking Memorial Health Systems is pleased to announce the appointments of two key individuals to its management staff.



Brenda Holman

Brenda Holman

Licking Memorial Health Systems is pleased to announce that Brenda Holman has been promoted as Purchasing Supervisor, effective in January.

Brenda joined the Health Systems in October 1988. The Newark resident previously served as director of environmental services and laundry for Best Western in Newark (now known as The Place on the Square.)

Brenda is a Lakewood High School graduate. She and her husband, Carl, are the parents of three grown children – Tom, Bob and Deb.



Christine Scarberry-Peters

Christine Scarberry-Peters

Licking Memorial Health Professionals welcomes Christine Scarberry-Peters as Physician Center Manager over Licking Memorial Dermatology and Licking Memorial Women's Health Center. She joined the organization in January.

Christine has more than 13 years experience in medical office management. Prior to coming to Licking Memorial, she worked as an administrator and business office manager for an anesthesiology group. The Baltimore, Ohio, resident also has experience managing cardiology and podiatry practices.

Christine and her husband are the parents of three children – Sara, Nick and Abbey.

Physician Spotlight: David Subler, M.D.



David Subler, M.D.

David Subler, M.D., joined the staff of Licking Memorial Gastroenterology and the Gastroenterology Department of Licking Memorial Hospital in the summer of 2004. "I was impressed with the Hospital and the Endoscopy facilities, the electronic medical record technology, the great staff and their commitment to providing quality health care to the community," said Dr. Subler.

Dr. Subler received his undergraduate degree from the University of Dayton. He earned his Medical Degree from The Ohio State University College of Medicine in Columbus, Ohio. He completed his internship and residency in internal medicine at the University of

Michigan Medical Center in Ann Arbor, Michigan. Dr. Subler completed his fellowship training in gastroenterology at the University Hospitals of Cleveland and Case Western Reserve University in Cleveland, Ohio.

Prior to joining Licking Memorial, he was in private practice at Riverside Hospital in Columbus. Dr. Subler is board certified as a diplomat with the National Board of Medical Examiners and the American Board of Internal Medicine with a subspecialty of gastroenterology.

Dr. Subler and his wife, Pam, have been happily married for 16 years. They have four children ages 14, 11, 9 and 4.

Ask-A-Doc: David Subler, M.D.

I just turned 50; do I need a colonoscopy? How do I schedule one and with whom?

Screening colonoscopy is recommended for anyone age 50 or older. It may be recommended at a younger age if you have a family history of colon cancer or colon polyps. Your family doctor can refer you for the procedure, which is performed at the Gastroenterology Lab at Licking Memorial Hospital (LMH).

Colonoscopy is a procedure that enables a gastroenterologist to evaluate the appearance of the inside of the colon (large bowel). This test may be done for a variety of reasons. Most often it is done to investigate the finding

of blood in the stool, abdominal pain, diarrhea, a change in bowel habits, or an abnormality found on colon X-ray or a CAT scan. Certain individuals with previous history of polyps or colon cancer and certain individuals with family history of particular malignancies or colon problems may be advised to have periodic colonoscopies because they are at a greater risk of polyps or colon cancer.

Laboratory Department Accreditation

The Laboratory Department of Licking Memorial Health Systems (LMHS) has demonstrated compliance with the Joint Commission on Accreditation of Healthcare Organization (JCAHO) national standards for health care and safety and has earned the Joint Commission's Gold Seal of Approval. Accreditation is awarded to a health care organization that is in compliance with all standards at the time of the on-site survey or has successfully addressed requirements for improvement in Evidence of Standards Compliance (ESC) within 90 days following the survey.

The LMHS laboratory participated in a three-day comprehensive survey that uses the Tracer Methodology, which is used to track patients and their specimens through the

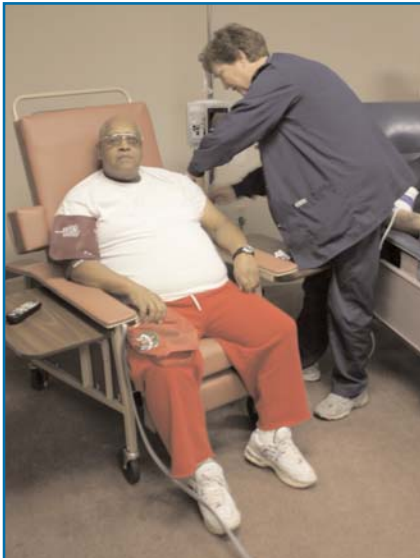
continuum of laboratory services. This system randomly selects patients and follows the patients' record to assess compliance with JCAHO standards and effectiveness and safety of our process. Licking Memorial did very well during the survey. This means that patient records and specimens are properly maintained and in the most effective manner. This assures patients they are receiving the highest quality of health care.



Lorei Reinhard, Director of Laboratory, stands with medical technologists in background.

The JCAHO accreditation is just one more way LMHS provides measurably different health care.

Improving Kidney Health at LMH



Licking Memorial Hospital (LMH) pre-renal patient Ben Price sits comfortably as Carol Dondrea, R.N., prepares his epogen treatment in the outpatient clinic.

Although Gambro Dialysis of Newark provides all in-patient dialysis services for Licking Memorial Hospital (LMH) patients who require the kidney treatment, the outpatient clinic is able to offer many services to improve patients' health and prolong independence from dialysis.

"We provide an array of renal services," said Rhonda Maddern, LMH Director of Acute Care Nursing Services. "We have patients who come for injections, treatment alternatives and diet information. The goal is to hopefully postpone, as much as possible, dialysis," she explained.

Community Cornerstone

Ms. Marjorie Andrews
Mr. & Mrs. Lowell Anstine
Buckeye Linen Services
Mr. Fred Costaschuk
Mr. & Mrs. Andrew Crawford
Mr. & Mrs. Robert Frame
Mr. Theodore D. Griley, II
Mr. Don Gunnerson
Mrs. Opal Hurd
Mr. James Isenberg
Mr. Stephen Papanek
Mr. & Mrs. Fred Wollins

Memorial Gifts

TWIGS 22 in memory of Dorothy Rife

General Gifts Capital Improvement Fund

TWIGS 6, TWIGS 11, TWIGS 13, TWIGS Executive Board



**Licking Memorial
Health Systems**

Upcoming Dates

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

Ask the Doc

Saturday, March 5, 12, 19, and 26, 9:00 to 10:00 a.m.
Shepherd Hill Auditorium, 200 Messimer Drive, Newark, Ohio, No cost
Registration required, call (740) 348-4878

Colorectal Cancer Awareness

Tuesday, March 15, 6:00 p.m., Conference Rooms A & B, First Floor,
Licking Memorial Hospital, Newark, Ohio, No cost
Registration required, call (740) 348-4722

Diabetes Self-Management Training

Tuesday Classes, Tuesday, March 8, 15, 22, and 29, 1:00 to 3:00 p.m.
Location: Licking Memorial Education Center, 1915 Tamarack Road,
Newark, Ohio, No cost, Registration required, call (740) 348-4722

Wednesday Classes, Wednesday, March 9, 16, 23, and 30,
1:00 to 3:00 p.m. OR 7:00 to 9:00 p.m., Licking Memorial Education Center,
1915 Tamarack Road, Newark, Ohio, No cost, Registration required,
call (740) 348-4722

First Impression Programs

Childbirth Education Classes

Two Day Sessions, Monday, March 14 and 21,
6:00 to 9:00 p.m., Cost is \$52.00

Two Day Sessions, Thursday, March 24 and 31
6:00 to 9:00 p.m., Cost is \$52.00

Two Day Session Weekend, Friday, March 11 and Saturday, March 12
Friday, 6:00 to 9:00 p.m., Saturday, 9:00 to Noon, Cost is \$52.00

Infant & Child CPR

Tuesday, March 8, 6:30 to 8:30 p.m., Cost is \$5.00

Stork Tours

Tuesday, March 29, 6:30 p.m., No cost

Parenting Classes

Tuesday, March 15, 6:30 to 9:00 p.m., No cost



**Licking Memorial
Health Systems**
1320 West Main Street
Newark, OH 43055

Non-Profit Org.
U.S. Postage
PAID
Newark, Ohio
Permit No. 39

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

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

Visit us at www.LMHealth.org

A publication of the LMHS Public
Relations Department at 740-348-1572.

Please contact the Public Relations
Department to receive future mailings.



1998, 1999, 2000,
2001, 2002, 2003