



Community Connection

Licking Memorial Health Systems

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



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April 2005

Measurably Different ... for Your Health!

LMH Provides Program Concerning Alcohol and Drug Dependency



Alcohol and drug dependency can affect the whole family.

Licking Memorial Health Systems (LMHS) will offer an educational program concerning alcohol and drug dependency on Thursday, April 7, at 6:00 p.m. This program will be held in first floor conference rooms A & B of Licking Memorial Hospital (LMH). Richard Whitney, M.D., addictionologist with Shepherd Hill, a department of LMH, is the featured speaker.

At this program, you will learn how to recognize drinking and prescription drug dependence; the

distinction between chemical dependence, alcohol and drug abuse; and addiction, and physical dependence in regards to substance use. The phenomenon of addiction is confusing enough in its own right without the added confusion resulting from the imprecise and undefined usage of terms.

(continued on page 2)

LMH Community Case Management – Benefits Area Residents

The Community Case Management Department at Licking Memorial Hospital is a free service offered to individuals living in Licking County. The patients do not need to be homebound. The main difference between Community Case Management and Home Care is that Home Care is a billable service with reimbursement, and skilled nursing or physical therapy is a requirement. "Licking County is fortunate to have community



Ruth Coen, R.N., teaches diabetes education class.

(continued on page 2)

Why Donate Blood?

The plea is constant because the need is never-ending – give the gift of life; give blood. In fact, since you started reading this article, at least one person in the United State has needed blood. (Every two seconds, someone in America needs blood, the American Red Cross estimates.) Additionally, the Red Cross reports that despite the fact giving blood is easy, safe and takes less than an hour, only 5 percent of eligible Americans donate blood. Rod Cook, Executive Director of the Licking County Chapter of the American Red Cross, said the percentage of eligible Licking County residents who donate blood mirrors the national figure. "We are grateful for the regular donors that we do have, but it definitely would be wonderful to have a larger donor base," Rod said. "Most people think that they never will need donated blood or a blood product. Fact is, the need is great and constant and often comes about by complete surprise. Blood donors help us be prepared for the unexpected."

Volunteer blood donations help patients injured in accidents, having routine surgeries and suffering from serious diseases – such as cancer, heart disease and hemophilia. The American Red Cross requires that donors are in general good health, are at least 17 years old and weigh a minimum of 110 pounds.

(continued on page 3)

LMH Provides Program Concerning Alcohol and Drug Dependency (continued from front)

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

Chemical Dependency Treatment Philosophy

At Shepherd Hill, addiction is treated as a chronic, progressive and potentially fatal disease. Treatment of addiction is a complex process in which all parameters of a patient's life must be considered. Each patient's problems are addressed in an individualized treatment plan formulated by a multidisciplinary treatment team.

Shepherd Hill is available to help people recover in a dignified manner using four simple treatment goals:

Education – Through lectures, study and tutoring, patients become experts on their own disease. Shepherd Hill believes education on the various aspects of addiction empowers the individual to make educated choices that will aid in successful treatment.

Self-diagnosis – Self-diagnosis is a necessary ingredient in the treatment program for one simple reason – people do not treat what they do not believe they have. Patients are asked to determine whether they have addiction, based on the knowledge they have acquired through education.

Self-responsibility – Patients are asked to gradually assume increasing levels of responsibility for their ongoing treatment. Each level of care offers new responsibilities.

Self-treatment – Throughout treatment, patients are taught how to utilize the Alcoholics Anonymous (AA) program for continuing treatment of their life-long disease. Staff assists patients in learning to apply these principles in their daily lives.

Chemical Dependency Education

Families are crucial in successful recovery from chemical dependency. Shepherd Hill offers three ways for families to learn about chemical dependency and how they can help their loved one. All Chemical Dependency Education Programs are free and open to the public.

Wednesday Evening

7:00 to 8:00 p.m. Visitation followed by Al-Anon at 8:00 p.m. for all family members and friends.

Saturday “Ask the Doc” Sessions

9:00 to 10:00 a.m. every Saturday Patients, families and other interested people may ask questions of a physician knowledgeable in the field of chemical dependency. The goal is to help those attending increase their knowledge and understanding of the chronic, progressive nature of chemical dependency.

Family Education Day

9:00 a.m. to 12:00 noon two Saturdays each month. The Family Education Day further educates and informs patients' families about chemical dependency. The goal is to help families better understand the disease and how they have been affected by living with it. Families learn about 12-Step programs available to assist them in their recovery.

For more information about Shepherd Hill, please call (740) 348-4870 or toll-free (800) 223-6410 or visit online at www.ShepherdHill.net

LMH Community Case Management – Benefits Area Residents (continued from front)

case management since most other hospitals do not support this kind of work,” said Diana Strahler, Director of Community Case Management and Home Care at Licking Memorial Hospital.

The Community Case Management Department takes a team approach, promoting an independent, productive lifestyle through education and

prevention. The staff empowers patients with health care decisions and works closely with the inpatient case manager who works with the patient while he or she is in the hospital. The community case manager is available to help patients having psychosocial issues or to hook them up with community resources if they need further assistance in any area such as finances or special equipment, etc.

The community case managers focus mainly on patients diagnosed with the following diseases: acute myocardial infarction, chronic obstructive pulmonary disease, diabetes, heart failure, or pneumonia. Case managers help patients understand their disease and how to take care of themselves by developing a care plan and patient education. The community case managers work very closely with the patients' physicians for continuity of care.

A patient may be referred to community case management by:

- Physicians
- Nurses
- Inpatient case manager
- Home care
- Family member
- Community agencies

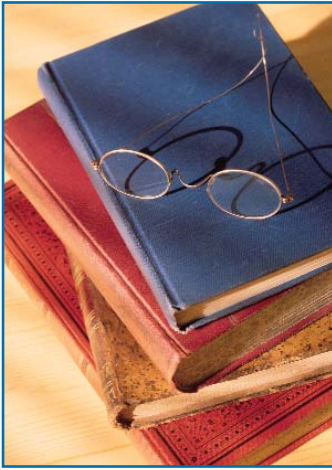
The Community Case Management team consists of:

- Five registered nurses
- One licensed practical nurse
- One social worker
- One pharmacist
- Two registered dietitians
- One wellness coordinator
- One administrative secretary

The Community Case Management Department contacts every patient who is discharged from Licking Memorial Hospital (average of 21 calls per day), and they assist with health fairs and do home visits. The staff coordinates a quarterly Healthcare Road Show that is held in various locations throughout the community. One was held last fall in Utica, and another one was held in the spring in Pataskala. These “road shows” promote diabetes awareness,

(continued on page 15)

TWIGS Seeking Donations for Used Book Sale



A wide variety of books will be available at the TWIGS Book Sale in June.

Licking Memorial Hospital (LMH) TWIGS are seeking donations for the annual Used Book Sale, which is set for June 23, 24 and 25 at Granville High School.

The TWIGS are seeking a wide variety of hard cover and paperback books, including cookbooks, novels, mysteries, travel books, romances, comic books, children's books, adventure, biographies and historical books. Other materials being sought for the sale include

classics/plays/poetry, sheet music, records/CDs/tapes, games, puzzles, selected magazines, collector's items, bid books and computer software.

Items also can be dropped off at the LMH reception desk in the Hospital's main lobby or call the LMH Volunteer Department at (740) 348-4044 for pick up. We will be accepting book donations until Monday, June 6.

Proceeds from the Used Book Sale will benefit LMH. For more information, call (740) 348-4044.

LMH to Host Daffodil Luncheon

Looking for a great way to show appreciation for your administrative assistant or secretary? Make plans to attend the Licking Memorial Hospital (LMH) TWIGS Daffodil Luncheon.

The LMH TWIGS organization sponsors the Daffodil Luncheon annually on Administrative Professionals Day. This year's event is set for Wednesday, April 27, from 11:30 a.m. to 1:00 p.m. at the Moundbuilder's Country Club. Tickets are \$20, with proceeds benefiting LMH.

Festivities include a spring style show and a raffle of various decorative items. For more information, call 348-4044.



The Daffodil Luncheon is a nice way to thank your Administrative Assistant or Secretary.

Why Donate Blood? (continued from front)

Donors can give blood every 56 days or up to six times a year.

An American Red Cross Blood Drive is scheduled from 7:00 a.m. to 1:00 p.m. Thursday, April 7, in Licking Memorial Hospital (LMH) Conference Rooms A & B, located on the first floor of the Hospital at 1320 West Main Street, in Newark. LMH Bloodmobile walk-ins are welcome. In addition to April 7, upcoming blood drives at the Hospital include July 14 and October 13. Following each blood drive, a door prize is awarded to a participant. Additionally, the American Red Cross will provide spring treat bags to participants at the April 7 blood drive at LMH.

LMH also welcomes the Red Cross between noon and 6:00 p.m. each Tuesday and between 8:00 a.m. and 2:00

p.m. each Friday at Licking Memorial Women's Health, 15 Messimer Drive, in Newark, to collect blood donations. For more information, please call (740) 348-1435. "As a health care facility, we understand the constant need for donated blood," said Vice President of Patient Care Services Debbie Young, R.N., M.S., C.C.M. "That is why we encourage our employees to give blood regularly. You never know when the person in need may be someone you know – or even you."

The American Red Cross annually collects more than 6 million units from volunteer donors and provides nearly half of the nation's blood supply to 3,000 hospitals through its national network of Blood Services regions. For more information about donating blood, please call the American Red Cross at 1-800-GIVE-LIFE, or visit www.givelife.org.

Child Abuse Prevention

The month of April is nationally recognized as Child Abuse Prevention Month.

Child abuse is not just a problem that happens in big cities – it is a problem that affects even our close-knit community of Licking County as well. In recent years, the number of child abuse cases has been steadily rising. If an effort to help combat this problem, Licking Memorial Kid's Place was established. The Kid's Place is a facility, which provides a comprehensive, multidisciplinary evaluation of children who are suspected victims of abuse and/or neglect. Services are provided in a comfortable and confidential environment and are available 24 hours a day and seven days a week, if needed.

The Kid's Place was established in 1999 as a coordinated community project. Community professionals identified a need to coordinate local resources to improve the identification, investigation, prosecution and treatment of child abuse in Licking County. Children seen at the Kid's Place are by referral from Licking County Children's Services and surrounding counties.

Community Members of the Licking Memorial Kid's Place Team

- Licking County Department of Jobs and Family Services/Children's Services
- Licking County Prosecutor's Office
- Licking County Sheriff's Office

- Licking County Adult Court Services
- Local law enforcement
- Moundbuilders Guidance Center
- Licking Memorial Health Systems

How Can I tell if a Child is Being Abused?

The behavior of children may signal abuse or neglect long before any change in physical appearance. Some of the signs may include:

- Nervousness around adults
- Aggression toward adults or other children
- Inability to stay awake or to concentrate for extended periods
- Sudden, dramatic changes in personality or activities
- Unnatural interest in sex
- Frequent or unexplained bruises or injuries
- Low self-esteem
- Poor hygiene

If you have concerns about a child who may be at risk of abuse or neglect, please call Licking County Job and Family Services/Children's Services at (740) 607-8888.

April is Cancer Control Month

Cancer Control Month – observed annually in April – highlights advances against cancer and serves as a nationwide pep rally for fighting this disease.

“Over the past decade, increased understanding of cancer and growing public awareness of risks and symptoms have helped reverse the upward trend in cancer rates,” said Licking Memorial Health Professionals physician Jacqueline Jones, M.D., who is in practice with Licking Memorial Oncology/Hematology.

Dr. Jones warns the public not to be discouraged by American Cancer Society reports from earlier this year that cancer has surpassed heart disease as the leading killer of Americans younger than 85. “The truth is that the rate of such cancer deaths has actually gone down in recent years,” she said.

“However, the death rate from heart disease has decreased even more, moving heart disease out of the No. 1 spot and cancer into it.”



Tina Roberts, R.N., a research nurse with the Oncology Department of Licking Memorial Hospital, Jacqueline Jones, M.D., of Licking Memorial Oncology/Hematology, and Kenita Robinson-Keck, R.N., also a research nurse with the Hospital's Oncology Department, review a patient's chart and discuss treatment options.

Reasons for the decreased cancer death rate are improved prevention, detection and treatment of the disease. Lower smoking rates have helped decrease heart disease-related deaths. Although lower death rates from cancer and heart disease are good, there is still much room for improvement.

The American Cancer Society estimates that about a third of America's cancer deaths in 2005 will be a direct result of tobacco use and another third will be related to poor nutrition, being overweight or obese, and/or physical inactivity.

(continued on page 5)

“In observance of Cancer Control Month, take a look at your own lifestyle to see how you can improve your health and reduce your risk for developing cancer,” Dr. Jones advised. “If you smoke, stop. If you’re overweight, talk to your health care provider about how diet and exercise changes can lower your risk for certain diseases and improve your self-esteem.”

One way Licking Memorial Hospital (LMH) works every day toward fighting cancer is through membership in the Columbus Community Clinical Oncology Program, a consortium of 13 Central Ohio area hospitals and 100 participating physicians.

“The Hospital’s involvement in the Columbus Community Clinical Oncology Program gives our patients access to advanced cancer treatments through participation in the same clinical research studies that are conducted in large metropolitan hospitals,” said Kenita

Robinson-Keck, R.N., a research nurse with the Oncology Department of Licking Memorial Hospital.

LMH currently is participating in a national clinical trial known as STAR (Study of Tamoxifen And Raloxifene) which is comparing the effectiveness of two drugs for breast cancer prevention. Trained health professionals closely monitor all clinical trial participants through regularly scheduled health examinations.

“Because breast cancer is the most common type of cancer in North American women and is second only to lung cancer as the leading cause of cancer death, this study is extremely important in the fight against cancer,” said Tina Roberts, R.N., a research nurse with the Oncology Department of Licking Memorial Hospital. “More than 19,000 women nationwide are participating in hopes of improving their own health and paving the way for better breast cancer care in the future.”

Denison Basketball Player’s Surgery Tale



Denison University basketball player, Pete Harris, who had a laparoscopic appendectomy, warms up for a basketball game.

Pete Harris is your typical college student – goes to class, plays on the university basketball team, has a good time everywhere he goes. The sophomore at Denison University woke up one cold Monday in January and wasn’t feeling well, kind-of achy all over. He called his mom, Julia, and they thought he just had the flu – it was

going around. By Tuesday, Pete really wasn’t feeling well – he’d been vomiting, and his aches and pains were worse. Wednesday evening, his parents were on their way to Pete’s basketball game, “Pete called and wanted to know where his appendix was, because his pain was worse on his right side,” said Julia. “I immediately wanted him to go to the emergency room, but he wanted to play at his game.” After the Big Red defeated Earlham College Quakers, Pete and his parents went to the Emergency Department at Licking Memorial Hospital (LMH).

“The emergency room doctor that night was exceptional. He told us that he was fairly certain that it was Pete’s appendix but wanted a surgeon to look at him as well,” said Julia. While waiting on the surgeon to come and check out Pete, the Harrises were told about the tech-

nique that is used at LMH to remove the appendix.

“The laparoscopy method to remove the appendix, when feasible. It is less invasive and typically there is less recovery time.” In a laparoscopic appendectomy, three or four tiny incisions are made in the abdomen, near the naval. A surgeon inserts a viewing device (laparoscope) into one incision. The laparoscope is attached outside the body to a video monitor, allowing the surgeon to see inside the abdomen. Surgical instruments are inserted into the other incisions to remove the appendix. After a thorough check-up and testing by Dr. Taiganides, they decided that Pete had appendicitis and needed surgery. Dr. Taiganides performed Pete’s laparoscopic appendectomy.

Learning the information about the less invasive laparoscopic surgery, the Harrises decided that Pete would stay at LMH for the surgery instead of transferring him to a hospital close to his hometown in New Concord. “As soon as I heard about the (laparoscopic) surgery and the shorter recovery time, I wanted to do it right away,” said Pete. “He was able to get into surgery on Thursday, go home on Friday, and was able to start his second semester of classes on Monday,” said Julia. “Three weeks from my surgery, I was able to play basketball again,” said Pete.

“Everything went like a piece of cake,” said Julia, “We were very pleased with our experience at Licking Memorial Hospital; and we had a great experience. Pete appreciated all the great care that he received there. The doctors and nurses were great.”

Licking Memorial Aids Victims of Tsunami

On behalf of its employees, Licking Memorial Health Systems (LMHS) donated \$5,000 toward tsunami relief in Thailand. Judy Pierce, Chairman of the LMH Board of Directors, presented a check to the Newark Rotary Foundation in early February.

“Licking Memorial’s mission is to improve the health of the community,” Judy said, “Although our everyday focus is on Licking County, we at times reach out to a larger, even worldwide community.”

Immediately after the December 26, 2004, disaster that claimed hundreds of thousands of lives in more than 11 countries, LMHS employees began asking what they could do to provide aid. “We are proud of the care our employees provide locally and pleased that they think globally,” Judy said. “That is why we wanted to make a donation in their name.”

Accepting the donation was Glenn Abel, Chairman of the Newark Rotary Foundation and Chairman of the Licking Memorial Health Systems Board of Directors. “Thanks in large part to Licking Memorial Health Systems, the

Newark Rotary Foundation made a total donation of \$11,000 to tsunami disaster relief in Thailand – one of the countries hardest hit by the December 26 catastrophe. The money was wired directly to the Thailand Rotary Foundation by Park National Bank, and the total amount will be dispersed directly to the relief efforts in Thailand without any service fees being charged by a secondary organization,” Glenn said.



Newark Rotary President Tom Marcelain is pictured with Chairman of the Licking Memorial Hospital Board of Directors Judy Pierce and Chairman of the Newark Rotary Foundation and Chairman of the Licking Memorial Health Systems Board of Directors Glenn Abel.

On February 17, Rotary International 2004 President Bhichai Rattakul, a native of Thailand, was presented an enlarged ceremonial check for \$11,000 from the Newark Rotary Foundation along with a letter of explanation that \$5,000 of the donation was from the concerned employees of LMHS. T. D. Griley, a member of Newark Rotary Club and a Director of the Rotary International Foundation, made the presentation at an international meeting of leaders of Rotary International in Anaheim, California. “We wanted to let past president Bhichai Rattakul know that Licking Memorial employees and his fellow Rotarians have heartfelt concern for people living in the aftermath of the massive tsunami,” Glenn said.

Donation Will Help Rotary Build Playground

This summer, Newark will be home to a new fully accessible playground that welcomes children of all physical ability levels. To celebrate the 100th birthday of Rotary International, the Rotary Club of Newark is constructing a large playground next to the Rotary Pavilion on The Ohio State University-Newark and Central Ohio Technical College grounds off Sharon Valley Road. “One of the things that children in wheelchairs have said they really wanted to be able to do is to play where other children play,” said Newark Rotary President-elect Mike Massaro. He further explained that there is no similar facility nearby. “According to the architects, it may be the first one in Ohio, if not just Central Ohio. For instance, instead of the traditional sandbox where you sit on the ground to play, this one will have a sand table where children can get right up to it in a wheelchair to play with the others.”

Recognizing that such a progressive outdoor recreation facility is a good fit with Licking Memorial Health Systems’ mission “to improve the health of the community,” Licking Memorial (LMHS) President Bill Andrews and LMHS Board Chairman Glenn Abel recently presented Massaro with a \$15,000 check to help offset the estimated \$635,000 project expense.

The playground – which will feature playground equipment, a rubberized surface, access to the bike path and restrooms – is expected to be open to the public the first week of July. “We’re excited about it,” Massaro said. “It’s an ambitious project—one that we thought was worthy of our club and good for the community.”



Licking Memorial Health Systems (LMHS) President Bill Andrews and LMHS Board President Glenn Abel presented Newark Rotary President Mike Massaro with a check to help fund the Rotary’s new accessible playground at the OSU – Newark and COTC campus.

Three Physicians Honored at LMH

Licking Memorial Hospital (LMH) recognized three of its own at the January medical staff meeting. President William Andrews presented plaques in honor of three physicians for their exemplary medical care to the community.

Larry N. Pasley, M.D., was honored as Physician of the Year for 2004. Dr. Pasley received his Medical Degree from The Ohio State University and joined LMH in 1981. He served as the Chief of Surgery from 1987 to 1988 and as the Chief of Staff from 1996 to 1997.

A plaque was presented in honor of Carl Petersilge, M.D., to recognize his 47 years of pediatric care at the Hospital. Dr. Petersilge received his Medical Degree from Western Reserve University. After beginning his career in Cleveland, Dr. Petersilge joined LMH in 1947 and retired in 1995. In that time he served as Chief of Staff from 1969 to 1970 and was named Physician of the Year for 1991. Dr. Petersilge was appointed to the honorary staff in 1995.

An amazing 12,000 deliveries are credited to the late Benjamin Zolo, M.D. Dr. Zolo received his Medical Degree from New York University College of Medicine

and his OB/GYN degree at Morrisania City Hospital in New York City in 1954. He then came to LMH in 1955 and was appointed to the honorary staff in 1991 upon retirement. His son, Brian Zolo, and daughter, Lori Anstine, attended the medical staff meeting to accept the plaque in his memory.



Licking Memorial Health Systems President Bill Andrews presented a plaque to Brian Zolo and Lori Zolo Anstine in memory of their father, former LMH obstetrician/gynecologist Dr. Benjamin Zolo.

LMH Helps to Revitalize Red Cross Funds

Unusually difficult winter weather conditions in December and January quickly used up money that the American Red Cross of Licking County had budgeted for disaster relief. "The Disaster Services Department budget was basically depleted," said Rod Cook, director of the American Red Cross branch. "Going into December, we had already depleted 75 percent of our funds." The local Red Cross branch, whose fiscal year runs from July through June, was facing an uncertain spring and summer.

When Licking Memorial Health Systems (LMHS) employees learned of the Red Cross' dire situation, they suggested that the Health Systems assist the community with a donation. Health Systems administrators eagerly agreed, and a \$5,000 donation was drafted to benefit the American Red Cross of Licking County.

"This is a major gift; it's very much appreciated," Cook said. "This helps to bolster our Disaster Fund so we can be prepared for the next time we need it in the county." Although the ice and flooding proved to be large expenses for disaster relief this winter, Cook explained that normally the Disaster Fund's main uses are to assist victims of house fires.



Rod Cook, director of American Red Cross of Licking County, and Lisa Perkey, president of the American Red Cross Board of Directors, accepted a \$5,000 check from American Red Cross Board of Directors members Walt Gemmell, Lorei Reinhard and Carol Hutchison, representing Licking Memorial Health Systems.

LMH Surgical Department Donates Sutures to Veterinary Clinic

A recent contribution from the Surgical Department at Licking Memorial Hospital (LMH) will enable a Granville veterinary clinic to provide services to needy four-legged patients. LMH donated two large boxes filled with surgical sutures to All Creatures Animal Hospital on Columbus Road to use in its Good Samaritan Program, which treats unowned pets and pets whose owners cannot afford veterinary care. "It's sort of an informal program," Louis Bremer, D.V.M., explained. "When we're presented with a situation, we decide if there's something we can do." Good Samaritan services are often provided at the clinic staff's own expense, so LMH's offer of suture materials was eagerly accepted. "They said they had some suture material they couldn't use and they wanted to donate it," Dr. Bremer said as he recalled the initial contact. "Suture material is expensive."



Licking Memorial Hospital Vice President of Patient Care Debbie Young and Granville veterinarian Dr. Louis Bremer stand beside boxes of sutures that will help injured and neutered pets heal.

Just as Licking Memorial Hospital has received national recognition for quality care, All Creatures Animal Hospital has received national recognition by being accredited by the American Animal Hospital Association, an accomplishment that few veterinary clinics achieve. Dr. Bremer estimates that under the Good Samaritan Program the clinic treats up to 80 kittens and up to 20 dogs each year for injuries and neutering or spaying.

LMH Vice President of Patient Care Debbie Young said the Hospital was gratified to find a worthy use for their surplus supplies. "I think that's great if you can utilize this to help with

families who need assistance paying for their pets' care," she told Dr. Bremer.

"I appreciate it, I really do," Dr. Bremer replied. "We'll make good use of that material."

Development Council Spotlight: Bob Robbins



Bob Robbins

Although he has been a Licking County resident for less than a year, Bob Robbins is actively involved in the community. He joined Licking Memorial Hospital Development Council in February.

"I thought it would be a good way to be further involved in the community and also help promote the premier health facility in the area," Bob said. He also serves on the board of United Way of Licking County.

Bob came to Licking County in May 2004 from Wausau, Wisconsin, where he was president and publisher of Gannett Company's Wausau Daily Herald and vice president of the Midwest Newspaper Group. Gannett is a McLean, Virginia-based international diversified news and information company.

Bob – who has been in the newspaper business since 1969 – currently is president of Gannett's Newspaper Network of Central Ohio and publisher of The Advocate in Newark and The Pataskala Standard. He oversees 10 daily newspapers, two paid-circulation weeklies and several free weeklies.

The Richmond Indiana, native and his wife, Diana, now reside in Newark. They are the parents of three grown children.

As a new member of the Licking Memorial Hospital Development Council, Bob said he plans to "help however I can."

Donations:

Pride Cornerstone Gold

Amy Berry

Community Cornerstone

Mr. & Mrs. Doug Donaldson

Mr. Charles Johnston

Mr. Paul H. Keller

Mr. & Mrs. Noble B. Snow, III

John Alford Fellowship

Lois Pharis (Juli & Peter)

Memorial Gifts

TWIGS 11 in memory of Florence Reynolds

General Gifts

Welcome Wagon Club of Newark Area

Capital Improvement Fund

TWIGS 4 TWIGS 8

Licking Memorial Health Foundation Welcomes New Alford Member



New John Alford Fellowship member Lois Pharis and Licking Memorial Health Systems President William Andrews stand near a plaque bearing the names of Fellowship members.

A seven-year-old conversation inspired Lois J. Pharis to increase her family's level of giving to Licking Memorial. "When Burt was alive, we joined the Schaffner Society. In some of the talks I had with him when he realized he was terminal, he said maybe we should up our donation to the Alford level," Lois said.

Lois and Burt Pharis had been longtime supporters of Licking Memorial Hospital when Burt passed away in April 1998. As members of the Schaffner Society, the Pharises made a commitment to donate \$10,000 over a period of 10 years to the Licking Memorial Health Foundation.

The Schaffner Society was created in memory of William "Bill" Schaffner, who dedicated his life to assuring the availability of quality health care services to our community. Bill Schaffner was the first chairman of the Licking County Hospital Commission.

Recently recalling her husband's suggestion, Lois – along with her son, Peter, and daughter, Juli – joined the John Alford Fellowship. "I don't know why I didn't do it sooner," Lois said. "It has made me feel good."

Established in honor of the commitment and efforts of longtime Licking Memorial supporter John Alford, the

fellowship is comprised of members who pledge \$25,000 to \$49,000 over a 10-year period in support of Mr. Alford's efforts to ensure the availability of high-quality local health care. Mr. Alford served as Chairman of the Licking County Hospital Commission for several years and in 1989 became the first recipient of Licking Memorial's Lifetime Achievement Award.

"John Alford was a very personal friend of mine," Lois said. "I was very fond of him and am happy to make a contribution to Licking Memorial – both in John's name and on behalf of my family."

Lois, who will turn 90 in July, was a Licking Memorial Hospital volunteer, TWIGS member and Development Council member until health issues over the past few years have prevented her from remaining actively involved. Her service dates back to the 1960s when the Hospital was located on the corner of Buena Vista and Indiana (now Everett Avenue) streets in Newark. Lois recalls working in the current Hospital location when it opened in June 1966. "I have a lot of good memories about my time at Licking Memorial Hospital," she said. In addition to her involvement with Licking Memorial, Lois has been a "friend" of The Main Place, YES, Easter Seals, YWCA, YMCA, Twentieth Century Club and other community-minded organizations.

She has four grandchildren and eight great-grandchildren, with a ninth due in April.

Because Burt was so fond of Licking Memorial Hospital, Lois had a tree planted in his memory on the front lawn of the Hospital last summer. "Burt loved everybody who he came in contact with at the Hospital," Lois said. "Everyone was so kind and considerate. Licking Memorial Hospital has been a very important part of my life and was very important to Burt, too."

Hively Recognized for Alford Fellowship Commitment

Licking Memorial Physician Center manager Shari Hively was recently recognized for her financial contribution to the John Alford Fellowship. Hively has been a Licking Memorial Health Systems employee for 27 years. She began working in Registration at the Hospital. She said she is devoted to supporting LMH "because I want to give back to the community, and the Health Systems is a big part of the community. I think, as an employee, it's especially important for us to give our support."

Members of the community are also invited to share in contributing to the Hospital. Tax-deductible contributions may be given to honor friends, family members or physicians on special occasions. Loved ones who have passed

away may be remembered with memorial contributions. For more information about charitable giving to Licking Memorial Health Foundation, a not-for-profit organization, please contact Veronica Link, Vice President of Development and Public Relations, at (740) 348-4101.



Bob McGaughy, Development Council Chairman and Licking Memorial Hospital Board Member, thanked Shari Hively for her Alford Fellowship level of contribution.

Baltisberger Joins Caduceus Society

Richard Baltisberger, M.D., FAAP, has joined the Caduceus Society. During the February 2005 Licking Memorial Hospital (LMH) Board of Directors meeting, Baltisberger was recognized for his generous contribution to Licking Memorial Health Foundation.

The Caduceus Society is made up of Licking Memorial Health Systems (LMHS) physicians who maintain a high level of charitable giving to the Hospital. Licking Memorial Health Foundation, a not-for-profit organization, receives no federal, state or local tax funds. All donations from medical staff, employees and the community are used specifically toward new medical equipment and expanded services. They



Bob McGaughy, Development Council Chairman and Licking Memorial Hospital Board Member, congratulated pediatrician Dr. Richard Baltisberger as he became a Caduceus member.

do not assist with general operating expenses.

Dr. Baltisberger, an LMHS Pediatrician since 1998, said he thinks it is important for physicians to offer their financial support as well as their services. "I feel that beyond the revenues the Hospital generates from patient care, these funds support projects that benefit the community. I believe that if more physicians would do this, it would improve development of projects."

Board Spotlight: Gordon Wilken



Gordon Wilken

"The medical health of our community affects us all, so it's something we all should try to educate ourselves more fully about," Gordon Wilken said. A member of the Licking Memorial Health Systems (LMHS) Board since summer 2003, Gordon first became actively involved with the organization when he was appointed to the Licking Memorial Hospital (LMH) Board in spring 2002.

The auto claims manager for State Farm Insurance said he wanted to "give back to the community in a service-related way and hopefully somehow make a difference in the quality of life for Licking County residents who use the Hospital or Licking Memorial Health Professionals services."

An Illinois native, Mr. Wilken is a graduate of Illinois Wesleyan University, Bloomington, Illinois. He is an active member of the First United Methodist Church, a regular participant in the annual Mike Radabaugh Relay for Life, and a member of the American Institute of CPAs and Illinois Society of CPAs. Gordon is a chartered property and casualty underwriter, a chartered life underwriter, and chartered financial consultant. He previously served on the board of The Griffith Foundation for Insurance Education in Columbus, Ohio.

"When I first began my term on the Health Systems board, I knew very little about its functions," Gordon

said. "As I've learned about the quality programs, technology and numerous good people who make up LMHS, the more impressed I've become with the foresight of the organization."

Mr. Wilken said LMH and LMHS are "ahead of the curve" in many aspects of technology, government compliance and reporting, and quality. "As a Board, we need to make sure we stay ahead of the curve by not only executing well today the mission of the Health Systems but by looking at what medical issues are on the horizon and making sure we are 'skating to where the puck is going' as technology, procedural protocol, facility needs, etcetera, change so quickly," he said.

Gordon and his wife of 28 years, Ellen – a math teacher at Granville Middle School, have two sons: Matthew and Paul. A University of Michigan graduate, Matthew lives in Ann Arbor, Michigan. Paul, who earned a degree from Illinois Wesleyan University, resides in Colorado. Gordon notes proudly, "We also have a 6-year-old golden retriever – still at home!"

Board Spotlight: Gus Andrews



Gus Andrews

Licking Memorial Hospital (LMH) Board member Gus Andrews has quickly learned that the Hospital's mission is at the forefront of all decision-making. "I have been pleasantly surprised in my first year on the Board to see how many decisions are driven by the desire to provide the very best possible patient care," he said. "My goal is to see that desire continue and never get lost in the shuffle."

Licking Memorial's mission is, "to improve the health of the community."

Mr. Andrews gladly accepted an invitation to join the Hospital Board in the fall of 2003. The Licking County minister was familiar with the Hospital setting, having spent much time here consoling and celebrating with his parishioners. "Over the past 16 years, I have spent many hours ministering at LMH – waiting, praying and reading scripture with so many families experiencing births, deaths, surgeries, tests, broken bones and other countless emergencies," he said. "Some families receive the most wonderful news while they are at the Hospital; others hear words nobody wants to hear. I was honored to be asked to represent them as a member of the Board."

Gus earned a degree in communication and ministry from Kentucky Christian College in Grayson, Kentucky, in 1979, and a Master of Ministry degree from that college in 1988.

He has served on the staff of several churches in Kentucky and Ohio.

The Coal Mountain, West Virginia, native was called to preach for Licking Valley Church of Christ in Newark on April 1, 1989, a day he sometimes refers to as "God's little April Fool's joke on the Valley." "It's been a wonderful 16 years. The Church has always encouraged me to extend my ministry to the whole community. Whether that meant presiding over the Central Ohio Preacher's Association, serving on the Licking Valley School District Planning Committee, chairing the Licking County Jail Ministry, or now serving on the Hospital Board of Directors, the church family has always proudly supported me," Gus said, adding that his biggest supporter is Lynn, his wife of 28 years.

The couple has two children: Ginny, a Columbus, Ohio, resident who is a registered nurse at Children's Hospital and a graduate of The Ohio State University; and J.W., a student at Central Ohio Technical College in Newark and a youth minister in Frazeysburg. Lynn trains customer service representatives for the Newark-based Longaberger Company. "She often questions me on both our church's and the Hospital's customer care to make sure high standards are set and kept," Gus said.

Physician Spotlight: Jacqueline Jones, M.D.



Jacqueline Jones, M.D.

Jacqueline Jones, M.D., joined Licking Memorial Health Professionals (LMHP) in 1992 and was selected by her peers as the Licking Memorial Hospital (LMH) 2002 Physician of the Year. Dr. Jones is in practice with Licking Memorial Oncology/Hematology and chairs the Hospital's Comprehensive Cancer Care Committee.

She and her husband, Eugene, are the proud parents of three young ladies.

Dr. Jones earned her Medical Degree from the University of Florida in Gainesville, Florida. She completed her medical residency in internal medicine at St. Louis University Hospitals in St. Louis, Missouri; and a fellowship in hematology/oncology at the University of Florida.

A highlight of her medical career with Licking Memorial has been the cancer program approval by the Commission on Cancer of the American College, which has been granted twice to LMH since she joined the organization. Most recently received in March 2004, the approval recognizes that LMH's cancer program con-

forms to standards set forth by the American College of Surgeons, which established the Approvals Program in 1932. Recognizing that cancer is a complex group of diseases, the LMH program promotes consultation among surgeons, medical oncologists, radiation oncologists, diagnostic radiologists, pathologists, and other cancer specialists. "This multidisciplinary cooperation results in improved patient care and demonstrates LMH's commitment to provide high-quality services to our patients," Dr. Jones said.

The Commission on Cancer designates approval to facilities that voluntarily commit to undergo a rigorous evaluation process and a performance review. In order to maintain approval, facilities with approved cancer programs must have an on-site review every three years.

Dr. Jones is proud that Licking Memorial Health Systems offers cancer patients the following services:

- Quality care close to home
- Comprehensive care offering a range of state-of-the-art services and equipment
- A multi-specialty team approach to coordinate the best treatment options available to cancer patients

(continued on page 12)

- Information about cancer clinical trials, education, and support
- Lifelong patient follow-up through a cancer registry that collects data on type and stage of cancers and treatment results

- Ongoing monitoring and improvement of care

“It is an honor to be a part of such a patient-focused health care organization,” Dr. Jones said. “Licking Memorial Health Systems truly is measurably different.”

Ask A Doc: with Jacqueline Jones, M.D.

Q: I am a 45-year-old woman who regularly does breast self-examinations (BSEs). Since I have never felt any lumps and do not have a family history of breast cancer, I have not had a mammogram. When should I start getting mammograms, and how often should I have one?

A: While I applaud you for regularly performing BSEs, I urge you to call your gynecologist or primary care physician today to schedule a clinical breast examination (CBE) and request a mammogram. A CBE will familiarize your physician with your breast tissue and other pertinent health information. A mammogram – an X-ray of the breast tissue – can show abnormalities long before they can be felt through a BSE or CBE.

Regardless of family history, all women are at risk for breast cancer, and the risk increases with age – especially after 40. Consequently, the American Cancer Society

recommends that women age 40 and older have a screening mammogram annually and continue to do so as long as they are in good health.

Additionally, women ages 40 and older should have a CBE by a health professional every year. Regular BSEs and CBEs will allow you and your health care provider to become more familiar with your breasts and more readily aware of changes.

Should you note any changes to your breasts – such as development of a lump or swelling, skin irritation, dimpling, nipple pain, retraction (turning inward), redness or scaliness of the nipple or breast skin, or a discharge other than breast milk – contact your physician immediately. She/he will determine the next step for providing appropriate care.

Additions to the LMH Active Medical Staff

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



Michelle Barcelona,
R.N., C.N.P.

Michelle Barcelona, R.N., C.N.P.

Licking Memorial Health Professionals announces the addition of certified nurse practitioner Michelle Barcelona, R.N., C.N.P., to its staff at Licking Memorial Emergency Medicine – the emergency department of Licking Memorial Hospital.

The southern Ohio native earned a Master of Science degree from Winona State University in Rochester, Minnesota, to become a family nurse practitioner. She holds a Bachelor of Science degree in nursing, also from Winona State, and an Associate Degree in nursing from Shawnee State University in Portsmouth, Ohio.

Prior to joining Licking Memorial, Michelle was a family nurse practitioner with Albert Lea Medical Center Regional Clinics, which is part of the Mayo Health Systems in Albert Lea, Minnesota. She is a member of the American Academy of Nurse Practitioners and Sigma Theta Tau International Honor Society of Nursing.

Michelle and her husband, board-certified family practice physician Ramon L. Barcelona, M.D., of Licking Memorial Family Practice – Heath, are the parents of a 6-month-old baby boy. The family resides in Newark.



Shin S. Kang, M.D.

Shin S. Kang, M.D.

Licking Memorial Health Professionals announces the addition of board-certified anesthesiologist Shin S. Kang, M.D., to its staff at Licking Memorial Anesthesiology – the anesthesiology department of Licking Memorial Hospital.

Dr. Kang most recently served as an attending anesthesiologist and pain consultant at Eisenhower Medical Center in Rancho Mirage, California. He completed a fellowship in cardiac anesthesia and pain management and a residency in anesthesia, both at Georgetown University in Washington, D.C. He also was a director of the pain clinic and instructor in anesthesia at Georgetown University.

Dr. Kang served as house surgeon of Sommerset Medical Center in Sommerset, New Jersey, and as a surgical

(continued on page 13)

Additions to the LMH Active Medical Staff (continued from page 12)

resident of Middlesex General Hospital in New Brunswick, N.J. He earned his Medical Degree from Yonsei University College of Medicine in Seoul, Korea.

He is board certified by both the American Board of Anesthesiology and the American Academy of Pain Management.



Kaye A. Linke, M.D.

Kaye A. Linke, M.D.

Licking Memorial Health Professionals announces the addition of medical oncologist Kaye A. Linke, M.D., to its staff at Licking Memorial Oncology and Hematology. She is board certified in internal medicine and board eligible in oncology.

Prior to joining Licking Memorial, Dr. Linke was affiliated with Maricopa Medical Center in Phoenix, Arizona; St. Luke's Medical Center in Phoenix; Tempe St. Luke's Medical Center in Tempe, Arizona; and Phoenix Indian Medical Center in Phoenix.

The Toledo, Ohio, native earned her Medical Degree from The Ohio State University (OSU) College of Medicine in Columbus, Ohio, after completing a Bachelor of Science degree in microbiology at OSU.

Dr. Linke completed her general medical internship and internal medicine residency with Riverside Methodist Hospitals in Columbus and a fellowship with M.D. Anderson Cancer Center in Houston, Texas.

Dr. Linke is a member of the American Medical Association and the American Society of Clinical Oncology.



Donald W.
McBride, M.D.

Donald W. McBride, M.D.

Licking Memorial Hospital announces the addition of board-certified radiologist Donald W. McBride, M.D., to the Active Medical Staff of Licking Memorial Hospital.

Dr. McBride earned his Medical Degree from the University of Oklahoma College of Medicine in Oklahoma City, Oklahoma, after completing his undergraduate studies at The University of Oklahoma. He completed an internship with Medical College of Ohio in Toledo, Ohio, and his residency in diagnostic radiology with Michigan State University Affiliated Hospitals in Flint, Michigan. During the third year of his residency, Dr. McBride served as chief resident of diagnostic radiology.

Dr. McBride is certified by the National Board of Medical Examiners and the American Board of Radiology. He is a member of the American College of Radiology and the Clinical Magnetic Resonance Society. The U.S. Navy veteran was a medical officer.

Misti Staggers, R.N., B.S.N.,



Misti Staggers,
R.N., B.S.N.,
M.S.N., C.N.P.

M.S.N., C.N.P.

Licking Memorial Health Professionals announces the addition of certified nurse practitioner Misti Staggers, R.N., B.S.N., M.S.N., C.N.P., to its staff at Licking Memorial Emergency Medicine – the emergency department of Licking Memorial Hospital.

Misti has been a registered nurse at Licking Memorial Hospital (LMH) since 1998. As a CPR instructor, she educated all LMH Emergency Department employees from 2002 through 2004. Misti also serves as a first aid instructor and is certified in Pediatric Advanced Life Support (PALS) and Advanced Cardiac Life Support (ACLS). She has been a member of the Hospital's Infection Control Committee, Non-blood Specimen Collection Committee and Urinary Tract Infection Committee.

Misti earned her Family Nurse Practitioner training and Master of Science in nursing degree from Otterbein College in Westerville, Ohio, after completing a Bachelor of Science degree in nursing at Wright State University in Dayton, Ohio, from where she graduated magna cum laudi.

The Hanover resident enjoys spending time with her husband, Richard, boating and scuba diving.



TWIGS OF LMH Officers for 2005 are (left to right): front row—Chair Doris Ann Sprigs of TWIGS 8 and Co-chair Arlene Newman of TWIGS 8. Middle row—Treasurer Jean Heitmann of TWIGS 4 and Assistant Treasurer Delores Dovjak of TWIGS 4. Back row—Corresponding Secretary Shirley A. James of TWIGS 24 and Recording Secretary Cindy Price of TWIGS 14.

Volunteer Spotlight – Betty Meyer

Betty Meyer has been a volunteer at Licking Memorial Hospital for more than 24 years. She has volunteered more than 7,882 hours of service. She volunteers in the Emergency Department training other volunteers. Betty does anything from getting medical records, delivering blood to the lab, caring for patients' children if they come to the emergency room with them, making beds and putting away clean bedding to providing coffee or soft drinks to patients and family members.

"I always try to put footies on the patients when I see their bare feet sticking out of the bed. I know that when your feet are cold, you are cold all over," said Betty. Betty also serves on the Volunteer Executive Board.



Betty Meyer still volunteers after 24 years of services at Licking Memorial Hospital.

has walked on the Great Wall of China, rode a camel in Egypt, saw sharks in Bora Bora, ridden a glass train in Alaska, and visited her granddaughter at school in France. "I love to travel and get out there and see new things," said Betty.

Betty has always enjoyed helping people. She was a certified prevention specialist with the Licking County Alcohol Prevention Program. Betty worked closely with seniors who were addicted.

Betty has two daughters – Sharon Harlan of Houston, Texas, and Sandra Byers of Columbus, Ohio. She also has five grandchildren and nine great-grandchildren. "There are twins on the way!" said Betty.

Betty is a member of the Silver Club at Zerger Hall. She has sparked the interest of this club to help the Hospital as well. They make cards and meal tray decorations for the holidays in hopes of lifting the spirits of the Hospital patients. They also provide the Hospital with 15 to 20 lap throws a month. "On the first floor at Licking Memorial Hospital, you can see our club name on a plaque, that is something we are very proud of," said Betty. She is also involved in many other clubs and enjoys traveling. Betty

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 Ann Hubbuch



Ann Hubbuch

Ann Hubbuch, J.D., R.H.I.A., has served as Licking Memorial Health Systems (LMHS) Vice President of Corporate Compliance since August 2001. She previously served as Director of Corporate Compliance for the Health Systems. "As a resident of the area, I was pleased when I was able to obtain a position with LMHS where I could combine my health care administration

experience with my legal education. I considered LMHS to be a respected, progressive and successful organization offering a challenging opportunity," said Ann.

Before joining LMHS, Ann was senior consultant for Quadramed Corporation, headquartered in Seal Beach, California. She has also served as legal extern for the Ohio Attorney General's Office, Division of Health and Human Services, and has held various administrative positions at several Columbus area hospitals.

Ann holds a Juris Doctorate from Capital University in Columbus, Ohio, and a Bachelor of Science degree in health information management from The Ohio State

University. She also has completed extensive studies in the Master of Science Program through the College of Medicine at The Ohio State University.

Ann is a member of the Mother's Association Board for Columbus School for Girls, and she helps organize the annual scholarship walk fundraiser. She is also on the Board of Directors for the Society of Ohio Healthcare Attorneys.

Ann and her husband, Tony, live in Pataskala with their daughter, Jill.

Five Steps to Protect Your Personal Health Information April 10 to 16 – National Health Information Privacy and Security Week

Personal health information is a valuable resource – not only to you, but also to the physicians, nurses and other health care professionals who provide your treatment and care. The collection of this information begins before birth and continues throughout your life. Each time you visit a doctor, hospital or another health care provider, a record of your visit is made. This information is then compiled into what is known as your medical record or health record. Your health record is made up of many reports, and it may be kept in one or more of the following formats: paper, microfilm, or electronic. The specific content of your health record depends on the type of health care you have received. “Licking Memorial Health Systems (LMHS) has been using electronic medical record (EMR) format for more than four years,” said Ann Hubbuch, Vice President of Corporate Compliance at Licking Memorial Health Systems.

In April 2003, a federal law took effect to provide you with privacy protections for your health information. The federal rule, which covers medical information in any format—written, spoken or electronic—came out of the Health Insurance Portability and Accountability Act (HIPAA). Under the federal regulation, you now have the following rights and protections to your health information to:

- Receive a notice describing how your health care provider uses and discloses your health information
- Request restrictions on the uses and disclosures of your health information
- View and obtain copies of your health information
- Find out who has seen your health record
- File a complaint if you believe your health care provider violated your privacy rights

LMHS suggests steps you can take to ensure the protection and confidentiality of your personal health information:

- Read your health care provider’s and health plan’s Notice of Privacy Practices. This notice informs you about your rights and how they may use your personal health information. This notice is available on most organization’s Web sites and is additionally available to you when visiting your provider.
- Talk to your health care provider and health plan if you have any concerns about the confidentiality of your health information.
- Read the fine print before you authorize release of your health information. The authorization should specify who is to receive your health information and the purpose of its use.

Sponsored by the American Health Information Management Association (AHIMA), National Health Information Privacy and Security Week is designed to raise awareness among the public about the importance of personal health information privacy and security.

LMH Community Case Management – Benefits Area Residents (continued page 2)

education and the importance of disease diagnosis and management.

Other community services offered by the community case management team include a monthly blood pressure clinic held at Glenn’s Market, located at 6085 Fallsburg Road, Newark, Ohio. The community case managers participate in the Advance Care Directives Group and assist patients with their living wills.

“The community case managers continually search for ways to assist with cost containment to keep care affordable for patients,” stated Debbie Young, Vice President of Patient Care Services. “Community case management is a prime example of Licking Memorial Health Systems’ mission statement, which is to improve the health of the community,” Debbie further stated.



**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

April 2, 9, 16, 23, and 30, 2005 • 9:00 to 10:00 a.m.

Shepherd Hill Auditorium, 200 Messimer Drive.

No cost or registration necessary.

Alcohol and Drug Dependency

Thursday, April 7, 2005 • 6:00 p.m.

Conference Rooms A & B, First Floor, Licking Memorial Hospital.

No cost • Registration required, call (740) 348-1434

Diabetes Self-Management Training

Tuesday, April 5, 12, 19, and 26 • 9:00 to 11:00 a.m. or 1:00 to 3:00 p.m.

Wednesdays, April 6, 13, 20, and 27 • 1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.

Licking Memorial Education Center, 1915 Tamarack Road, Newark, Ohio.

Pre-registration and physician referral required. To register for the class, call (740) 348-4722 or for further information, call (740) 348-1450.

Limited seating.

First Impression Programs

Childbirth Education Classes

Infant & Child CPR

Stork Tours

Parenting Classes

Breast Feeding Classes

Sibling Preparation Class

For more information, call (740) 348-4988.



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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

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Department to receive future mailings.



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