



Community Connection

Licking Memorial Health Systems

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



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May 2005

Measurably Different ... for Your Health!

Licking Memorial Golf Gala 2005



Golfers from the 2004 Golf Gala enjoy dinner following their round of golf.

Licking Memorial Development Council will sponsor its annual Golf Gala on Monday, June 13, 2005, at the Moundbuilders Country Club, 125 North 33rd Street, in Newark. Proceeds from Golf Gala 2005 will be utilized toward the expansion of the Emergency Department.

Sponsors:

While the Development Council is the main sponsor for Golf Gala 2005, community-minded businesses and individuals are invited to help sponsor this worthwhile event.

Minimum donation amounts for sponsors are as follows:

- Red (event) — \$1,000
- White (hole) — \$500
- Blue (cart) — \$250

Event sponsors will be included in banners, printed materials, advertising and other Golf Gala 2005 promotions.

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Skin Cancer

The weather is getting warmer, and you are getting cabin fever. Before you go outside, don't forget to put on your sunscreen.

Skin cancer is the most common of all types of cancer. There are more than 1 million skin cancers (melanoma and non-melanoma) diagnosed each year in the United States, according to the American Cancer Society. The number of skin cancers has been on the rise steadily for the past 30 years.



In recognition of Skin Cancer Prevention Month — it is important to remember to put on sunscreen while outside.

Can skin cancer be prevented?

The best ways to lower the risk of non-melanoma skin cancer are to avoid intense sunlight for long periods of time, and to practice sun safety. You can continue to exercise and enjoy the outdoors while practicing sun

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Licking Memorial Hospital Recognizes National Hospital Week, May 8 to 14, 2005

The American Hospital Association has proclaimed May 8 to 14, 2005, as National Hospital Week with the theme "A Calling To Care." The American Hospital Association (AHA) is the national organization that represents and serves all types of hospitals, health care networks, and their patients and communities.

Bill Andrews, Licking Memorial Hospital (LMH) President said, "Helping others is a calling. Health care provides a unique opportunity to bring help and hope to those in need. Our employees answer that call and they're making a difference in the lives of the people in our community. National Hospital Week puts a well-deserved spotlight on their important contributions."

The Hospital is like a small town where electricians, plumbers, painters, housekeepers, food service workers, delivery people, office help and many others work together with the clinical staff to care for those individuals in need. "It takes a special kind of person to meet the 'call to care' and that can change

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**Licking Memorial Golf Gala 2005
(continued from front)**

Players and Prizes:

Participation is limited to the first 100 players to register. Cost is \$125 per person or \$500 per team. Check-in and lunch is at 12:00 noon, followed by a shotgun start at 1:00 p.m. A prize package will be awarded to the winning team. Other prize categories will include: Hole in One, Longest Drive and Closet to the Pin. Participants are invited to a buffet dinner and awards ceremony on the patio following the event.

For more information about Golf Gala 2005, please contact the Licking Memorial Development Council office at (740) 348-4102.

Registration

To become a sponsor and/or play in the Golf Gala, please fill out this card completely. Registration must be received by June 1.

Golf Gala 2005

Player(s)	Handicap
_____	_____
_____	_____
_____	_____
_____	_____
Red Sponsor (\$1,000) _____	

White Sponsor (\$500) _____	

Blue Sponsor (\$250) _____	

Address _____	
City _____	
State _____ Zip _____	

Please enclose a check made payable to Licking Memorial Health Foundation in the amount of your sponsorship and/or \$125 for an individual player or \$500 for a team. Please note that your completed registration form authorizes Licking Memorial Health Systems to utilize photos taken during the event in future promotional material. Mail the completed registration form and check to Licking Memorial Health Foundation 1320 West Main Street Newark, Ohio 43055

Skin Cancer (continued from front)

safety at the same time. Follow these practices to protect your skin, even on cloudy or overcast days. Ultra-violet rays travel through clouds.

- Avoid the sun between 10:00 a.m. and 4:00 p.m.
- Look for shade, especially in the middle of the day when the sun's rays are strongest. Practice the shadow rule and teach it to children. If your shadow is shorter than you, the sun's rays are at their strongest.
- Slip on a shirt — cover up with protective clothing to guard as much skin as possible when you are out in the sun. Choose comfortable clothes made of tightly woven fabrics that you cannot see through when held up to a light.
- Use sunscreen with a sun protection factor (SPF) of 15 or higher. Apply a generous amount (about a palmful) and reapply after swimming, toweling dry, or perspiring. Use sunscreen even on hazy or overcast days.
- Wear a hat with a wide-brim, shading your face, ears, and neck. If you choose a baseball cap, remember to protect your ears and neck with sunscreen.
- Wear sunglasses with 99 to 100 percent ultraviolet absorption to provide optimal protection for the eyes and the surrounding skin.

**LMH Targets
Skin Cancer
Prevention**

Licking Memorial Hospital (LMH) will provide a skin cancer screening and education session on Tuesday, May 10, at 6:00 p.m. The class will be held in Conference Rooms A & B, First Floor, at Licking Memorial Hospital. Bethany Wyles, D.O., a dermatologist with Licking Memorial Dermatology, will speak.

This class will include information on different types of skin cancer, harmful effects of tanning and the benefits of sunscreen and treatment alternatives. Mole and skin lesion screening will be available by Dr. Wyles and Laura Schaeffer, D.O., also of Licking Memorial Dermatology.

There will be no charge for this class, although registration is required. To register for the class or for further information, call (740) 348-1434.

**Licking Memorial Hospital
Recognizes National Hospital
Week, May 8 to 14, 2005
(continued from front)**

lives," said Rob Montagnese, Senior Vice President. "LMH employees serve in many areas and care for people in different ways."

National Hospital Week began in 1921 and has grown into the nation's largest annual health care event. The May 8 to 14 celebration will be recognized at Licking Memorial Hospital with various activities and recognition for all of our employees at the Hospital and physician office practices.

LMH Employees Serve in Operation Iraqi Freedom

As Memorial Day approaches and Americans collectively express gratitude to those who have served in the armed forces, Licking Memorial Health Systems (LMHS) would like to applaud two of our own who have recently returned from serving in the Mid-East.

Greg Pieper - Registered Nurse in Critical Care

Registered Nurse in Critical Care Army Reserve Civil Affairs Capt. Greg Pieper, a registered nurse in the Critical Care unit at Licking Memorial Hospital (LMH), recently returned to patient care after taking a one-year military leave of absence to serve as a civil affairs officer in Iraq with the 412th Civil Affairs Battalion. Much of his battalion's responsibilities included establishing and rebuilding public facilities. The soldiers converted two former Baath Party headquarter buildings into youth sports centers with basketball and soccer facilities, supplying the children with basketballs, uniforms and soccer equipment. "What this does is gets them off the street and gives them something to enjoy, gives them something they can take pride in," Greg explained.

Iraqi children also benefited from the 60-plus schools that Capt. Pieper's unit refurbished and restored. Upon arrival, the soldiers found schools with broken restrooms. The schools had 5-gallon buckets for their toilets, and then AK-47 carrying-janitors took the buckets out to the playground and buried the contents into the ground. It wasn't long before the playgrounds were unsafe for the children's use. Greg's battalion fixed the restrooms, and cleaned up the playgrounds. "Inside of two to three weeks, we fixed their water and sewer lines, and then had a grand opening." Greg described the children's response as overwhelming. "Hundreds of cheering kids getting backpacks, pens, paper and crayons, all donated by families back in America — that footage isn't shown on television," he commented.

Greg still receives correspondence from his Iraqi friends. Every day except Friday, which is the Iraqis holy day, the soldiers mingled with the local population, eating with their families and working side-by-side on improvement projects. "Children would mob you and ask you to autograph their arms because you're a celebrity to them. Then, you'd go back two or three weeks later and they'd show you that your autograph was still there. They'd come up and say 'good, good mister' because that's all the English they knew," Greg said, adding that he even had an elderly woman, dressed from head to toe in traditional black robes, hobble over to him to give him a hug. He then understood her to say in Persian Farsi that she was thanking him and the other soldiers for giving her renewed life.

Some of Greg's most important work in eastern Baghdad was the least visible. More than 100 medical clinics and 14 hospitals were under the battalion's supervision. The soldiers worked with the Iraqi Minister of Health to



Licking Memorial Hospital registered nurse Greg Pieper posed with Iraqi children in Baghdad after helping his Army Reserve battalion to distribute food, clothing and toys donated by American families.

acquire medical supplies and to maintain operations. While working with the Minister of Health, Greg helped to set up a computer database to track pockets of health problems. "They were concerned about the rate of childhood leukemia and other serious childhood diseases, such as cholera and dysentery," he said. "Children were suffering from diseases because Saddam had stored or destroyed weapons, not using proper disposal methods. Over there, they don't have the Environmental Protection Agency to regulate how they dispose their industrial and military waste." The new database is helping to identify areas where there are industrial/military toxins that affect the residents' health.

Greg found that Iraqi physicians are very receptive to outside help. "Due to the fact that Saddam would not allow them to travel, they have been shut off from the outside world. They were not even allowed to have Internet access. They are behind the times, but they are trying very hard now to get caught up with the rest of the world. They want to know what the latest techniques and procedures are," he remarked. "But 20 years of isolation is quite a chasm to jump. Their eyes just light up when they hear how hospitals here are doing things. You can just see the wheels turning in their minds."

One of the more difficult periods for American soldiers in Baghdad was when the Abu Ghraib scandal broke, describing how some Iraqi prisoners of war were abused by American soldiers. "It was a step back in the relations and trust that we had built with the locals. But because they knew how abhorrent we felt, they realized that those were not typical soldiers," Greg said.

The American soldiers' daily routine was under constant

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threat of insurgent violence; some of Greg's comrades were killed. But in general, he found the Americans' education and experience to be quite welcomed. "There are a lot of motivated individuals who want to make a difference," he said. "They see this as the great opportunity where they can catapult Iraq back into a great country, or they can fall back into the Middle Ages."

A Tri-Valley High School graduate, Greg earned his Bachelor of Science in nursing from Ohio University in Athens, Ohio. Although his military/nursing mixed life may seem to be incongruous, to Greg they are a natural pairing. He explained, "I made the decision shortly after high school that I wanted to live a life of service, one that would allow me to serve other people and to serve my country."



Licking Memorial Hospital licensed practical nurse Jay McKinney recently served in the U.S. Navy as an equipment operator in Kuwait.

Jay McKinney Licensed Practical Nurse in Emergency Department

Licensed Practical Nurse in Emergency Department Naval Petty Officer 1st Class Jay McKinney is a licensed practical nurse in the Fast Track Department of LMH. He returned to Ohio in September 2004 after a nine-month tour of duty in Kuwait. Jay worked as a naval equipment operator, driving tractor-trailers, forklifts and container handlers at Camp Spearhead near the port of Ash Shu'aybah, 10 miles south of Kuwait City. Much of his work involved unloading large cargo ships in the Arabian Gulf and sending the supplies north to Iraq for the U.S. Army's use — a hot and grueling assignment. "We worked for 19 days straight, 12 hours a day; then we got a day off — then it was work six, off one, 12 hours a day," Jay recalled. In addition to the lading, the battalion performed mechanical repairs. "We went through tires like crazy — and seals, because it's so dry," he explained. Although, the soldiers at Camp Spearhead were not generally under fire, security was still very tight.

"They still consider it hostile — there are terrorists," he said. "The threat list goes from A to D and we were in C-plus the whole time." Jay concurred with Capt. Pieper's observation that the Abu Ghraib incident eroded the already difficult environmental conditions. "Someone sprayed the gate with gunfire when Abu Ghraib happened. After that hit, they kept us locked down the whole time."

Between the tight security and the heavy work schedule, soldiers at Camp Spearhead seldom left the premises. Consequently, even though he lived there for nine months, Jay was not able to interact with local people or to see the countryside. "Mostly, we met police officers. They're nice and they're friendly and they like us (Americans). They're happy we're there," Jay said.

It was in 1999, as a recent Lakewood High School graduate, that Jay enlisted in the U.S. Navy. He served active duty off the Aleutian Islands in Alaska, in Okinawa, in Puerto Rico and at Guantanamo Bay. After his around-the-world travels, Jay joined the LMH staff as a Point of Care Technician in 1999. Currently, he is a Licensed Practical Nurse and graduated from Central Ohio Technical College. Jay is currently pursuing a Bachelor of Science degree in Nursing. since returning from his military leave of absence.

Although his medical experience was not officially incorporated into his military duties, Jay said his comrades were comforted to know he was nearby. "There were a few things — one guy sprained his ankle and said, 'Would you look at this?' We didn't have a corps man. It made them feel a little more at ease to have me around." Back home, Jay has found that his military experience has enriched his work as a nurse. "When you get a patient, you'll assess the situation," he explained.

Jay said he has a special connection with patients who are veterans themselves, and he enjoys hearing their war stories. "It (the military experience) develops a good rapport with them. They've been places I've been. One guy was a B-17 pilot and was taken prisoner in World War II. The Germans interrogated him and knew personal details about his home."

Both Jay and Greg face the possibility of returning to active duty. In the meantime, here at home in Licking County, both more fully appreciate the things they missed while in the Mid-East. "Rain," Greg cited. When he first returned from the hot, dry Mid-East, he found himself mesmerized one day in a parking lot by cool, wet raindrops on his face. "People were walking by, looking at me," he chuckled.

Jay developed a deeper appreciation for American homeland values. "Just being able to move around freely

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Licking County Heart Walk



Licking Memorial Health Systems (LMHS) is a proud sponsor of the American Heart Association's 2005 Licking County Heart Walk, scheduled for Thursday, May 5, at The Ohio State University — Newark campus. The opening ceremony begins at 5:30 p.m., and the walk starts at 6:00 p.m.

“The Heart Walk is more than a fund raiser,” said Jennifer Lamb of the American Heart Association. “It promotes physical activity and heart-healthy living in a fun family environment. This year, more than 1 million walkers will participate in more than 600 Heart Walk events across the country to raise funds to save lives from heart disease and stroke — the No. 1 and No. 3 killers in the United States, respectively.”

LMHS encourages its employees and other community members to join the walk for themselves, in honor or memory of a loved one, or simply to raise awareness of heart disease and stroke. The American Heart Association recognizes Heart Walk participants who have had a heart attack, stroke and/or heart surgery by providing red caps for them to wear during the event. “If you are a survivor, please let us know when you register so that we can be sure to have enough red caps available on the day of the walk,” Jennifer said.

“Too often, people aren't terribly concerned about heart disease until it touches them personally,” said Licking Memorial Hospital Cardiac Registered Nurse Practitioner and Chest Pain Center Coordinator Patty Merrick, C.R.N.P. “Unfortunately, that can be too late. The Heart Walk is a wake-up call to pay attention to lifestyle habits that put our hearts and lives at risk.”

Need more encouragement to participate in the 2005 Heart Walk? Consider these facts from the American Heart Association:

- Licking County averages one death per day from cardiovascular disease.
- Cardiovascular disease and stroke kill more Americans each year than the next seven leading causes of death combined.
- Approximately 45 percent of all heart attack patients are younger than 65 years old.
- Every year since 1984, heart attack, stroke and cardiovascular disease have killed more women than men.
- Poll after poll indicates that most Americans name cancer or AIDS as the No. 1 cause of death even though heart disease and stroke kill far more people.

For more information, please call (800) AHA-USA1 or visit the Licking County Heart Walk's Web page at www.heartwalk.kintera.org/lickingcountyoh.

America's Walk for Diabetes



You may be surprised to learn that diabetes kills more Americans each year than breast cancer and AIDS combined. Who has diabetes also may surprise you. According to the American Diabetes Association, more than 18 million Americans have the disease, and a third of them do not even know it.

“You don't have to feel sick to have diabetes,” notes Ruth Coen, R.N., C.D.E., a registered nurse and certified diabetes educator with Licking Memorial Case Management. “That is a major reason millions of people with diabetes aren't aware they have a serious illness that requires proper treatment.”

An additional 20 million people have pre-diabetes — a condition in which blood glucose levels are higher than normal, but not high enough for a diagnosis of diabetes.

Individuals with this condition have an increased risk for developing Type 2 diabetes, heart disease and stroke.

“There is no cure for diabetes, but it can be controlled,” Ruth said. “Proper treatment consists of following an appropriate meal plan, exercising regularly, possibly taking medication, and regularly monitoring blood sugar.”

To raise awareness and funds in support of diabetes research, education and advocacy, an America's Walk for Diabetes event is scheduled for Saturday, May 7, at The Ohio State University — Newark Campus. Registration begins at 8:30 a.m.; the walk starts at 10:00 a.m.

Licking Memorial Health Systems (LMHS) is proud to be a sponsor of the local America's Walk for Diabetes and encourages its employees and other community members to participate. “Walk in the event, and, if you don't already do so, make walking for leisure a regular part of your life,” Ruth suggests. “Doing so is a healthy

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Relay For Life



Relay for Life is an annual American Cancer Society event that celebrates survival of cancer and raises funds for cancer research, education, advocacy and patient services. The 2005 Relay for Life of Licking County

will begin at 2:00 p.m. on Saturday, May 21, and will end at 8:00 a.m. on Sunday, May 22, at Evans Sports Complex, 950 Sharon Valley Road, in Newark. A Survivor Ceremony starts at 3:00 p.m. on May 21, and a Luminary Ceremony starts at 9:00 p.m. on May 21.

As a proud sponsor of the Licking County event, Licking Memorial Health Systems (LMHS) encourages its employees and other members of the community to participate in Relay for Life — a fun-filled overnight event in which teams of participants take turns walking, jogging or running laps.

“Although this is a major fund raiser for the American Cancer Society’s efforts in the fight against cancer, Relay for Life also is a wonderful celebration,” said Katherine Schorr, an American Cancer Society (ACS) patient navigator who works in the Licking Memorial Hospital Cancer Resource Center. “Cancer survivors participate in Relay for Life to show that they are winning the battle and to encourage others to fight against the dreaded disease,” Katherine said.

Sherry Martin of the ACS notes that the event also is an opportunity to remember loved ones who have died from cancer, a chance for those newly diagnosed with cancer to meet others facing similar struggles, and a time for caregivers to gather in support of a shared mission.

“Relay for Life truly is a community event,” Sherry said. “Nearly everyone has been touched in some way by cancer. The community of survivors, patients, caregivers and others united in the fight against cancer is a strong community.”

The American Cancer Society projects that the number of new cancer cases in the United States this year will be 1.3 million and more than 570,000 Americans — an average of at least 1,560 per day — will die from cancer in 2005. Additionally, ACS figures show that approximately 23 percent of all deaths in the United States are attributable to cancer, and cancer is the leading cause of death of Americans under age 85 when deaths are aggregated by age.

Because of these statistics, the American Cancer Society has very aggressive goals to encourage people to prevent cancer by maintaining a healthy lifestyle. Scientific evidence suggests that about one third of cancer deaths in the United States are related to nutrition, physical inactivity, obesity and other lifestyle factors and could be prevented with lifestyle changes. ACS goals also include encouraging people to get regular screenings in order to detect cancer at its earliest stage, which leads to an increase in successful treatment. “More people are surviving cancer than ever before because of increased early detection and advances in cancer treatment,” Sherry said.

For more information about cancer and/or Relay for Life of Licking County, please contact the American Cancer Society at (888) 227-6446 or www.cancer.org. To form a team, call Joan Derryberry, team recruitment chair, at (740) 587-4920.

Emergency Medical Services Spotlight

In recognition of Emergency Medical Services (EMS) Week, May 15 through 21, Licking Memorial Health Systems would like to honor the local emergency medical squads. Emergency Medical Services Week brings together local communities and medical personnel to publicize safety and honor the dedication of those who provide the day-to-day lifesaving services of the medical front line.

There are approximately 20 different local EMS departments that transport patients to Licking Memorial Hospital (LMH) including:

- Alexandria Fire Department
- Arrow Medical Transport
- Buckeye Lake Fire Department
- Courtesy Ambulance
- Granville Fire Department
- Hanover Fire Department
- Hartford Fire Department
- Heath Fire Department
- Hebron Fire Department
- Homer Fire Department
- Licking Township Fire Department
- Madison Township Fire Department



Two local EMS ambulances are transporting patients to Licking Memorial Hospital.

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Emergency Medical Services Spotlight (continued from page 6)

- Mary Ann Township Fire Department
- Monroe Township Fire Department
- National Trail Fire Department
- Newark City Fire Department
- Newark Township Fire Department
- Newton Township Fire Department
- Utica Emergency Medical Service
- West Licking Joint Fire District

In 2004, there were more than 19,642 total runs and 12,627 EMS calls transported to LMH. “Licking Memorial Hospital has been great in improving the quality of care that we (EMS crews) are able to provide out in the field. Because of LMH, we are more aggressive in the treatment we are able to provide. There are crews out in the field starting 12-lead EKGs — which gives the physician a clear look at patients when they enter the Emergency Department — thanks to LMH getting the Chest Pain Accreditation,” said Jim Glover, EMS coordinator for Licking Memorial Hospital and Fire Chief for Newton Township. “I am very excited about the upcoming expansion of the Emergency Department. The EMS crews see that there is a need for more beds in the Emergency Department.”

Are You Prepared?

Do you know what to do in an emergency? The first few minutes after an injury occurs or at the onset of a medical crisis are frequently the most important. The keys are to know what to do, remain calm and make a decision to act. You can make a difference in critical moments by remembering four important steps: prevent, prepare, recognize and act.

Are you prepared for an emergency? Knowing what constitutes an emergency, where to get help and what to do while you’re waiting for help can save a life. First, remember that prevention remains the best cure. Get routine medical and preventive care from a physician. Getting necessary immunizations and treating minor illnesses before they become serious can minimize visits to the Emergency Department. Some warning signs of a medical emergency include difficulty breathing or shortness of breath, chest or upper abdominal pain or pressure, fainting, sudden dizziness, weakness or change in vision, confusion or change in mental status, sudden severe pain, bleeding that won’t stop, severe or persistent vomiting, coughing up or vomiting blood, and suicidal or homicidal feelings.

Know Where To Get Help

For immediate emergencies, call 9-1-1. Emergency operators will get you in contact with appropriate emergency personnel. Knowing Cardiopulmonary Resuscitation (CPR) and choking rescue procedures is important, especially if you have small children in the house. Licking Memorial Health Systems offers CPR and Basic Life Support (BLS) classes throughout the year. You can find

upcoming dates, times, locations and cost of these classes by calling (740) 348-1434.

It’s also important to know the basics of first aid, so you can stop serious bleeding, manage shock or handle fractures until emergency help arrives. Never perform a medical procedure if you’re unsure how to do it.

- Don’t move anyone involved in a car accident, serious fall, someone is found unconscious unless that person is in immediate danger of further injury.
- Don’t give the victim anything to eat or drink.
- Protect the victim by keeping him or her covered.
- If the victim is bleeding, apply a clean cloth or sterile bandage. If possible, elevate the injury and apply direct pressure on the wound.
- If the victim is not breathing or does not have a pulse, begin rescue breathing or CPR.

If you are having an emergency, call 9-1-1 for immediate help or go to the Licking Memorial Hospital Emergency Department.

Buckle Up Licking County!



More than half of all people killed in car crashes are not restrained. Law enforcement and their community partners recognize May 23 to 31 as Buckle Up America!® Week to help increase the use of safety belts and car seats.

Every hour, someone dies in America simply because seat belts were not used. Seat belts are the most effective safety devices in vehicles today, estimated to save 9,500 lives each year. Yet, only 68 percent of motor vehicle occupants are buckled. If 90 percent of Americans buckled up, more than 5,500 deaths and 132,000 injuries could be prevented annually. Under the Secretary of Transportation’s direction, the National Highway Traffic Safety Administration (NHTSA) developed a national initiative to increase seat belt use. The plan calls for building and using public-private partnerships, enacting stronger state laws, encouraging active enforcement of existing laws and educating the public with awareness campaigns like Buckle Up America!

Someone is killed in a car crash every 13 minutes. However, seat belts save more than 11,000 lives each year, and they can help you maintain control over your car in a crash. Not only wearing your safety belt

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Stroke and Blood Pressure Awareness

Every 45 seconds, someone in America has a stroke. According to the American Heart Association, more than 700,000 Americans will have a stroke this year, and more than 167,000 will die from a stroke. Stroke is our nation's No. 3 killer and a leading cause of severe, long-term disability. The American Stroke Association spends more funding on stroke-related research and stroke-related programs than any other not-for-profit organization, second only to the federal government.

Learning to recognize the warning signs and acting quickly when they occur can mean the difference in surviving a stroke and minimizing long-term disability or being physically and mentally devastated or even dying from it. Let people know you love them by sharing these important symptoms:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

A person who has symptoms of a stroke needs to seek emergency medical care. Call 9-1-1 immediately if you or someone you know experiences symptoms.

Licking Memorial Hospital (LMH) has taken extraordinary measures to care for potential stroke victims who come into the Emergency Department. A thrombolytic or "clot-busting" drug must be given, if appropriate, within three hours after the initial onset of symptoms. For a stroke patient, time is of the essence. To determine if a patient is a candidate for a thrombolytic drug, it is vital that a CT scan be performed before the drug is given. A follow-up CT scan or MRI scan while a patient is hospitalized can help determine if the stroke has progressed (become worse).

Since a stroke can affect a person's ability to swallow, stroke patients should receive a swallowing evaluation to make sure they can swallow well enough to eat or take oral medication. Beginning rehabilitation as soon as it can be done safely can help improve recovery for stroke patients. Therefore, it is important that physicians order appropriate rehabilitation for these patients quickly. Rehabilitation may include physical therapy, occupational therapy and/or speech therapy.

LMH uses clinical practice guidelines to make sure stroke patients receive all care appropriate for their condition. One quality measure of the guidelines is the administration of a blood-thinning medication by the second day of hospitalization after a stroke, and another is the prescription of the medication at discharge.

Blood-thinning medication prevents clots from forming and improves blood flow. LMH tracks how often standard orders are used by physicians in the treatment of stroke. Although physicians evaluate and treat each patient individually, following standard orders for a specific disease helps ensure that physicians provide appropriate care for that disease.

It is often beneficial for a stroke patient to have a consultation with a neurologist to confirm the diagnosis, because many other diseases can mimic a stroke. These include seizures with paralysis, confusion, muscle disease, and peripheral nerve injuries. Neurologists also have unique training and experience in neurological diseases and can offer stroke patients comprehensive care tailored to their specific needs.

For more information on strokes and the services available at Licking Memorial Hospital, please visit the health information section on our Web site at www.LMHealth.org.

Blood Pressure

According to recent estimates, nearly one in three United States adults has high blood pressure, but because they have no symptoms, nearly one-third of these people don't know they have it. In fact, many people have high blood pressure for years without knowing it. Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. This is why high blood pressure is often called the silent killer. The only way to tell if you have high blood pressure is to have your blood pressure checked.

When the heart beats, it pumps blood to the arteries and creates pressure in them. This pressure (blood pressure) results from two forces. The first force is created as blood pumps into the arteries and through the circulatory system. The second is created as the arteries resist the blood flow.

If you are healthy, your arteries are muscular and elastic. They stretch when your heart pumps blood through them. How much they stretch depends on how much force the blood exerts.

Your heart beats about 60 to 80 times a minute under normal conditions. Your blood pressure rises with each heartbeat and falls when your heart relaxes between beats. Your blood pressure can change from minute to minute, with changes in posture, exercise or sleeping, but it should normally be less than 120/80 for an adult. Blood pressure that stays between 120 to 139 over 80 to 89 is considered pre-hypertensive and above this level (140/90 or higher) is considered high (hypertension). Your doctor may take several readings over time before deciding whether your blood pressure is high.

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Better Sleep Month



A sleep lab technologist monitors a patient in the Licking Memorial Hospital Sleep Lab.

According to The Better Sleep Council, 47 percent of adults would like to improve the quality of their sleep, and 37 percent believe that they do not get enough sleep. Sleep-robbing culprits such as caffeine, stress or even an uncomfortable mattress can be controlled. May is nationally recognized throughout the health care industry as Better Sleep Month, which aims to increase knowledge about the steps people can take to improve their sleep. More than 19 percent of men and women ages 45 to 64

admit to losing sleep due to stress a few nights per week.

Sleep refreshes us like nothing else. It can be occasionally elusive, almost always comforting, and definitely essential to our survival. Although we spend 33 percent of our lives asleep, we barely give it a moment's notice ... until we can't sleep.

We all have too much to do, so take time out and recharge yourself by getting a good night's sleep. The quality and quantity of your sleep can make all the difference in how productive you'll be the next day. Here are 10 tips to help you get the sleep you need and deserve.

- Establish a regular bedtime and wake time. Determine the optimal amount of sleep you need each night to feel well rested during the day and maintain a regular sleep schedule.
- Exercise regularly. Moderate exercise during the morning or afternoon can help to deepen sleep. Do not exercise within several hours of your bedtime; this can disrupt your sleep.

- Avoid caffeinated beverages and foods. Cola, coffee, tea and chocolate contain caffeine which is a stimulant and will disrupt sleep whether or not you realize it.
- Avoid alcoholic beverages. Although alcohol may make you feel groggy and tired, it also disrupts the sleep cycle. This disruption can lead to a poorer quality of sleep and shorter sleep time.
- Relax. Try to unwind before retiring for the night by reading or taking a warm bath.
- Create a comfortable sleep environment. Eliminate loud noises, maintain a cool temperature and sleep on a firm mattress. Once in bed, turn the lights off and avoid watching television or reading. If you have problems falling to sleep, do not stay in bed. Get out of bed and engage in a relaxing activity until you feel sleepy again.
- Quit smoking. Smoking is not only bad for your cardiovascular system but your sleep as well. Nicotine will disrupt your sleep, and the other toxins can cause breathing difficulties during the night.
- Avoid heavy meals and excessive liquids prior to your bedtime. Big meals can cause heartburn or make breathing more difficult. Drinking excessive fluids may cause you to use the restroom during the night.
- Avoid daytime naps.

See your physician if your sleeping problems persist. Licking Memorial Hospital (LMH) offers the services of a comprehensive Sleep Laboratory through an appointment with the Sleep Center located in the office of Eric Pacht, M.D. Patients are evaluated for a variety of sleep and breathing disorders, including Obstructive Sleep Apnea (OSA). If indicated for diagnosis, patients are then scheduled for an overnight sleep study. Once detected, most sleep disorders can be corrected, providing patients with a better night's rest and an improved quality of life.

For more information about the LMH sleep laboratory, call (740) 348-1805 or visit our Web site at www.LMHealth.org.

Better Speech and Hearing Month

The sounds of spring are all around — birds chirping in their nests, raindrops on the roof, children laughing on playgrounds, but an estimated 28 million Americans may not be able to enjoy these sounds due to hearing loss.

May has been designated Better Speech and Hearing Month to shed light on the causes and treatment of speech, language and hearing impairments. According to the American Speech-Language-Hearing Association (ASHA), 54 percent of Americans over the age of 65 have hearing loss. Even the younger set has significant impairment — 14 percent of those age 45 to 64 years and

5 percent of children 18 years and younger also have hearing loss. In many cases, hearing loss is attributed to exposure to noise, but the loss may also be from natural causes such as the aging process, infection or tumors.

Because speech development and hearing ability are so closely linked, Licking Memorial Hospital (LMH), along with other Ohio hospitals, routinely screen newborns for possible hearing problems. According to Cheryl Barker M.S., C.C.C.A., an audiologist at LMH, "Early detection and treatment allows the child to capitalize on critical

(continued on page 11)

early language learning from ages 0 to 3 years.” The American Speech-Language-Hearing Association suggests the following checklist to help individuals determine if they should be checked for hearing loss:

For Adults

- Do you frequently complain that people mumble when they speak?
- Do you often ask people to repeat what they have said?
- Do people often tell you that you do not seem to hear well?
- Do you not laugh at jokes because you’ve missed too much of the story?
- Do you need to ask others about the details of a meeting you just attended?
- Do others say you play the radio or TV too loudly?
- Do you have trouble hearing the doorbell or telephone?
- Do you find that it is easier to understand people if you look at them while they’re talking, especially if you’re in a noisy environment?

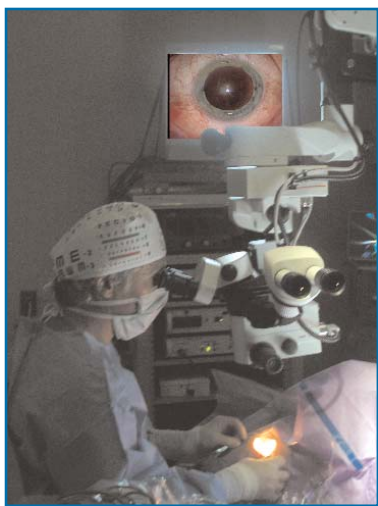
For Children

- Does the child respond inconsistently to sound?
- Is language and speech development delayed?
- Is the child’s speech unclear?
- Does the child turn the volume up on the radio, TV or CD player?
- Does the child have trouble following directions?
- Does the child often say “Huh?”
- Does the child not respond when called?

“Speech therapy is a useful treatment for a variety of problems in both adults and children,” said Licking Memorial Health Professionals Otolaryngologist Shounan Yao, M.D.

Cheryl and Dr. Yao both point out that there have been recent advances in speech and hearing treatment that may improve patients’ lives. “Cochlear implants help improve hearing for patients who are not candidates for traditional amplification based on the degree of hearing loss,” stated Cheryl. Dr. Yao added that there is also new technology for speech loss. “Speech devices are also available to patients who have lost their voice boxes,” he said.

LMH Ophthalmologists Use State-of-the-Art Machinery



Elliot Davidoff, M.D., performs cataract surgery at Licking Memorial Hospital (LMH). In March, LMH ophthalmologists began using a new model of a phaco machine that makes cataract removal safer and more efficient.

Assistant Professors in the Department of Ophthalmology at The Ohio State University.

A cataract — a clouding of the lens of the eye — commonly is removed by phacoemulsification, or phaco. The affected eye is numbed with eye drops and a small incision of less than 3 millimeters is made. A phaco machine creates sound waves that break up the cataract

A recent \$125,000 purchase means Licking Memorial Hospital (LMH) ophthalmologists continue to have the latest in high-tech machinery to remove cataracts. “This is state-of-the-art technology and the best available in the area,” said Elliot Davidoff, M.D.

Dr. Davidoff, Mark Law, M.D., and James E. Silone Jr., D.O., are ophthalmologists on the Active Medical Staff of LMH and are partners in practice at the Center for Sight, Inc., in Newark, Ohio. They also have appointments as Clinical

into small pieces that are aspirated from the eye. An artificial lens is implanted into the eye to restore vision. Each generation of phaco machines — including the ones in use at LMH - have made cataract removal safer and more efficient. This is most evident in fluidics — the manner in which the machine aspirates material while maintaining the normal integrity and pressure of the eye. Greater adjustability of the flow and vacuum is now possible. “The new machines should help us provide an even safer cataract surgery for our patients,” Dr. Silone said.

The new model, the Infiniti™, produced by Alcon®, permits surgeons to adjust phaco power levels more easily and effectively as needed throughout the procedure. With better control, the operation can proceed with more efficiency and thus be less traumatic to the eye. Because of this new machine, patients spend less time in the operating room and will have faster recuperation and improved outcomes. LMH began use of two Infiniti™ machines in March.

Dr. Davidoff said that phacoemulsification was introduced in the early 1970s but did not become accepted by the majority of ophthalmologists until around 1990. Improvements in technology made the surgery safer, and the development of foldable lenses — which could be implanted through a small incision — led to it being used in nearly all cataract procedures in the United States today.

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A Tribute to Mothers ...

Licking Memorial Health Systems wishes a Happy Mother's Day to all mom's of the 1,058 babies born at Licking Memor



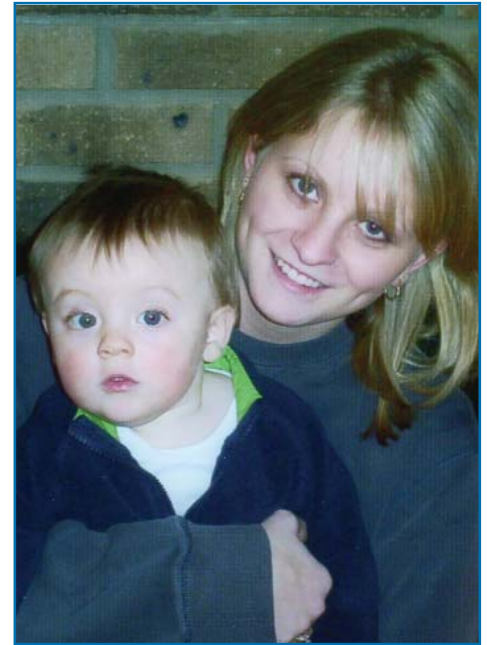
May 2004

Andrea Tosi and husband, Brian, welcomed their first son, Brayden Hunter Tosi, on May 19, 2004. Brayden will be getting ready to celebrate his first birthday when Andrea celebrates her first Mother's Day.



June 2004

Amanda Fletcher welcomed her baby daughter, Audrey Fletcher, on June 10, 2004. Audrey weighed 7 pounds, 5 ounces, when she was born and measured 20 inches in length.



July 2004

Jessica and Derek Atherton became parents on July 1, 2004, to son, Hunter Atherton. Hunter weighed in at 7 pounds, 3 ounces, and measured 19 inches long.



November 2004

Sara and Joe Howard welcomed their son, Collin, into the world on November 1, 2004. Collin weighed in at 8 pounds, 14 ounces, and measured 21 inches long.



December 2004

The Hysell's, Tracy and Jeremey, are the proud parent of son, Justin, just before the turn of the New Year, on December 29, 2004. Justin weighed 7 pounds, 12 ounces, and measured 21 inches long.



January 2005

Melissa Grodhaus is the proud mother of son, Victor "Brody" Thompson. Brody was born on January 19, 2005, at 5:59 p.m.

The pictures taken of the mothers and babies were randomly selected from the list of mothers who consented to release infor

ial Hospital this past year.



August 2004

Terri Laufer is the proud mother of daughter, Jessica Archer. Jessica was born on August 13, 2004. She weighed 5 pounds, 15 ounces, and measured 19 inches long.



September 2004

Shauna and Tony Steffee are the proud parents of son, Daniel Jae Steffee. Daniel was born on September 2, 2004. He weighed in at 6 pounds, 13 ounces, and measured 19-1/2 inches long.



October 2004

Katheryn and Eric Brownlee became the proud parents of a daughter on October 11, 2004. Grace Kathryn Brownlee weighed 8 pounds, 1 ounce, and measured 20-1/2 inches in length.



February 2005

Tashia and Michael became the proud parents of daughter, Taliyah, on February 24, 2005 at 2:19 p.m. Taliyah weighed 6 pounds, 6 ounces, and measured 19 inches in length when she was born.



March 2005

Angie and Greg Keeler welcome son, Reece Gregory Keeler, into the world on March 13, 2005. Reece was born at 5:37 in the morning.



April 2005

Mike and Amanda Grady became the proud parents of James "Lane" Grady on April 14, 2005. Lane was born at 12:19 p.m. and weighed 7 pounds, 11 ounces, and measured 20 inches in length.

mation about the birth to the public. There were more than 1,058 babies born at Licking Memorial Hospital in the past year.

In a new alternative to phaco, Aqua-Lase® — tiny bursts of warmed water are directed against the cataract in order to break it up. “The new Infiniti™ models purchased by Licking Memorial Hospital are the only ones available that can provide this new technology,” Dr. Davidoff said. “For now, it will be used primarily for softer cataracts. As improvements are made, it may become the method of choice for all cataract surgery.” Dr. Law added that this new technology may offer additional safety benefits for our patients as the technology evolves.

Helping Our Little Ones

The Maternal Child Services at Licking Memorial Hospital (LMH) is fortunate to have two groups that volunteer their time and donate handmade items for families needing assistance. Sometimes, it's a pair of booties and a hat for a baby or an outfit for a premature baby who can't fit into newborn size clothing. The need for such donations in our county is great, and it is a need that is met with the love and generosity shown by the volunteers of these two organizations. The staff at LMH and the families receiving these items appreciate the efforts of the individuals who share their time and talents.

Newborns In Need

Newborns in Need is a non-profit organization that was started in the summer of 1992 by Carol Green of Houston, Missouri, who was shocked to learn that many babies went without essentials such as warm blankets, bedding and soft cuddly clothing. Sometimes, when a baby would lose its fight for life, it would be buried in a paper sack due to lack of burial garments. Newborns in Need was started by Carol sewing in her own home and enlisting the help of her husband and six children. Now, it is a large organization with many chapters all across the United States and sewing groups in other countries. From 2002 to present, the local chapter of Newborns in Need has donated more than 3,223 items to LMH.

LMH is blessed to have a local chapter of Newborns in Need to donate items to the Hospital. “We are very happy to have these items for the babies,” said Mary Martin-Hemphill, R.N.C., M.S.N., C.N.N.P., neonatal nurse practitioner with LMH. “We are a group of more than 63 members, ages 32 to 90, who get together monthly to work out the details of what we are going to donate,” said Ann Marie Van Guilder, President of the Greater Newark, Ohio Chapter of Newborns in Need. “We make

“When I was in training — which was not all that long ago — I could not even imagine that cataract patients would ever have the degree of vision restoration which is now commonplace,” Dr. Davidoff said.

and donate items such as custom incubator covers, blankets, hats and booties, outfits and many other items for Licking Memorial and many other organizations,” said Ann Marie. “I have always enjoyed sewing and quilting, and when my kids were younger I didn't have time to do this, so it is my way to give back,” said Carol Svatora, work meeting coordinator and seamstress for the Greater Newark, Ohio Chapter of Newborns in Need.

“We are so pleased to have such nice and colorful items; it is a pleasure to be able to give these to our patients,” said Cheryl DeAtley, R.N., Maternal Child Services of LMH. “I learned about Newborns in Need through my daughter-in-law who joined in July 2003 and then I joined in August as well,” said Carol Vasbinder, who custom designed the incubator covers for LMH, “This is something that we do together.”

“We just appreciate everything that this group does for us; they give us so many wonderful things,” said Mary.

If you are interested in sewing or quilting items, please call Ann Marie

Van Guilder, President of the Greater Newark, Ohio Chapter of Newborns in Need, at (740) 344-2646.

Touching Little Lives

Touching Little Lives is a non-profit organization that was started to donate items needed for the health and survival of newborns and premature babies born in Ohio. In 2004, Touching Little Lives donated more than 90,315 items to babies throughout Ohio. The organization provides handmade quilts, blankets, caps, booties, gowns, undershirts, afghans, bibs, sleepers and other articles as well as diapers, hygiene products, formula and bottles when possible. Their mission is to “touch the little lives of needy, premature and newborn infants in Ohio, to do all that we can to give them, free of charge, the necessities that every newborn needs.”



Ann Marie Van Guilder, Carol Vasbinder, Mary Martin-Hemphill, Cheryl DeAtley, R.N., Ann Wintermute and Carol Svatora are pictured with some of the items donated to Licking Memorial Hospital by Newborns in Need.

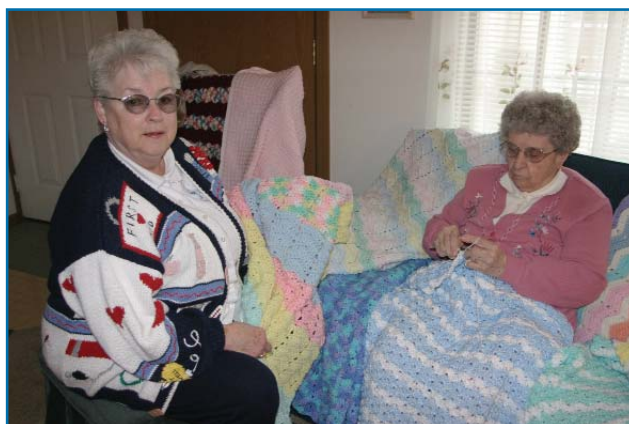
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Helping Our Little Ones (continued from page 14)

The volunteers also specialize in responding to the needs of families during times of loss by providing burial layettes to families for their children, and provide mothers tear blankets, which are made out of soft baby clothes material for the mother to use as a hanky for the burial. In addition to providing clothing and necessity items to newborns, neonatal positioning devices (snuggles, snakes and frogs) to area hospitals, surgery dolls and stuffed animals are also made and donated to local hospitals to ease the fears of our littlest patients.

Locally, Nancy Coho is a volunteer for the Newark chapter of the Touching Little Lives organization. Nancy is a nurse at Goosepond Retirement Village and has involved some of the residents and other employees in making and donating items. "We have donated more than 300 items per month to area places in need. We make items such as receiving, fleece and afghan blankets, bibs and booties," said Nancy. "We send at least eight layettes to Licking Memorial Hospital monthly." Judy Handel, a Licensed Practical Nurse with LMH Maternal Child Services, works closely with Nancy and her organization to ensure an adequate supply of items for babies and their families.

If you are interested in helping, Touching Little Lives is always looking for volunteers. Visit their Web site at www.TouchingLittleLives.org, to find out how you can help.



Nancy Coho is a volunteer for the Newark chapter of the Touching Little Lives organization. Nancy and Alice Holtz, resident of the Goosepond Retirement Village, display some of the afghan blankets that will be donated to Licking Memorial Hospital.

Electronic Medical Record Improves Quality of Care

Throughout the recent Presidential campaign, one of the hot topics of debate was health care. Shortly after being elected into a second term of office, President George W. Bush visited the Intercontinental Cleveland Clinic Suite Hotel in Cleveland, Ohio, to speak about the importance of health care information technology and the benefits to the community and health professionals utilizing the up-to-date technology. "Most industries in America have used information technology to make their businesses more cost-effective, more efficient and more productive, and the truth of the matter is health care hasn't," said President Bush. "We have started the process of encouraging information technology to spread throughout health care, and setting the goal that there ought to be. Every patient — every American — ought to have an electronic medical record within 10 years."



Gerald Ehram, M.D., board certified internist with the Licking Memorial Internal Medicine office, was one of the first doctors to participate in the Licking Memorial Health Professionals electronic medical records system.

improvements and practice efficiency," said Christine McGee, Vice President of Physician Practices. Christine also stated that physicians can make better treatment decisions, improve care, and deliver safer care with the assistance of health care information technology.

The EMR system used by Licking Memorial Health Professionals enables patients and physicians to view the patient's medical record on a flat screen monitor located in each exam room. The physician and patient can simultaneously review the patient's medical history, including test results and medications. Numerous personalized handouts, as well as prescriptions, can be printed directly to a printer located in each exam room. Information can be added to the EMR in the exam room during the patient's visit, thereby saving the physician time. By including patients

in the process, the patients will become

The physicians of Licking Memorial Health Professionals (LMHP) began using an electronic medical record (EMR) system more than four years ago. "We have seen substantial dividends in terms of quality care

more knowledgeable about their health status and be more willing to participate in and take more responsibility for their own health care.

(continued on page 16)

Licking Memorial Hospital (LMH) is on the cutting edge when it comes to introducing new technology as a means to improve patient safety. In 2003, LMH was one of the first hospitals in the country to implement the Veri5, a handheld scanner used by nurses to electronically verify that medication given to the patient was correct. The scanner works when a nurse first scans the bar code on her name badge, enters a password, scans the bar code on the patient's wristband and then scans the bar code on the medication. The Veri5 scanner will verify that the patient and the medication are matched, before the nurse administers the medication. The medication information is then recorded electronically into the patient's medical record.

"New technology, like EMR systems and the Veri5 scanner, have the potential to dramatically improve patient care, enhance patients' safety, reduce redundant treatments and prevent medical errors," said Christine. For example, the EMR used by Licking Memorial Health Professionals generates warnings about drug interactions and even alerts the provider as to which drugs are on the

patient's insurance formulary. The physicians were recently able to utilize the EMR with the recall of VIOXX. Licking Memorial Health Professionals used the EMR to generate a list of 1,300 patients who were actively taking VIOXX prescribed by their primary care physicians, and were able to notify patients within 24 hours and prescribe them new medication. A letter was sent to those patients who couldn't be reached by telephone.

Licking Memorial Health Systems (LMHS) is taking every step to bring quality health care to the community we serve. Information technology supports and helps LMHS caregivers and professionals make a difference in the lives of the community. The community can rest assured that LMHS constantly reviews new technology to make certain the equipment is state-of-the-art for the best possible patient care, testing and treatment. That is why Licking Memorial Health Systems is "measurably different for your health."

LMH Donates X-rays to Local Child Care



Robert "RJ" Synder, Jr. and Alonah Wells are playing doctor in the dramatic play area of My Place Childcare.

The Licking Memorial Hospital (LMH) Radiology Department recently donated X-ray films to My Place, a childcare center, located at 1335 East Main Street in Newark, Ohio. "The X-rays will be used in the doctor's office in the dramatic playroom along with other activities such as a grocery store," said

Melissa Matthews, a preschool teacher at My Place.

There are three rooms set up with different activities such as the dramatic play room, the blocks and transportation room, and the art and science room where preschoolers, ages 3 to 5, play at different times of the day. "There is always someone in the dramatic play room, so the X-rays are available for the kids to use all the time," said Melissa. "We really appreciate Licking Memorial Hospital donating more than 10 X-rays for the kids to play with and learn," said Melissa. Leslee Arthur, Director of the Radiology Department at LMH, said, "We were happy to donate the X-rays to My Place, and have them help the kids learn about

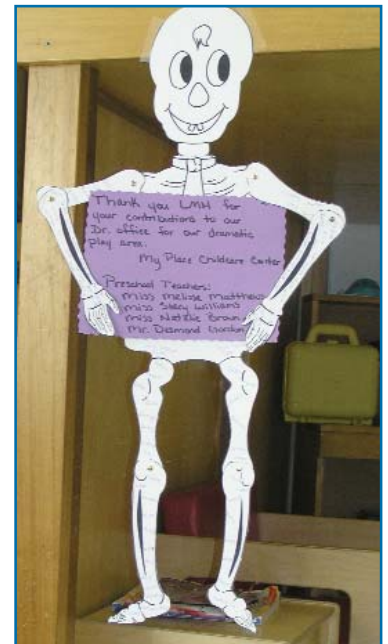
the bones that make up their bodies."

Thank you LMH for your contributions to our Dr. office for our dramatic play area. My Place Childcare Center

Preschool Teachers:
Miss Melissa Matthews
Miss Stacy Williams
Miss Natalie Brown
Mr. Desmond Gordon



Ty Malherbe is looking at one of the X-ray films donated by Licking Memorial Hospital to the My Place Childcare for the doctor's office in the dramatic play area.



This skeleton with all student names that play in the dramatic play area of My Place Childcare was presented to Licking Memorial Hospital as a thank you for the X-ray donation.

LMH Nurse Named a Hometown Hero



Loretta McCollum, R.N., C.D.E., was named an American Red Cross Hometown Hero to recognize her diabetes education program at Licking Memorial Hospital.

After working with diabetes patients in the community, Licking Memorial Hospital (LMH) nurse Loretta McCollum R.N., C.D.E., realized a majority did not receive any sort of formal diabetes education. She then set out on a mission to teach diabetic patients how to care for themselves. With the assistance of other nurses, dietitians and a pharmacist, Loretta coordinated the development of a Diabetes Self-Management Program, a series of classes that deal with topics vital to successful health-related outcomes to diabetic patients.

The American Red Cross of Licking County has recognized Loretta's efforts by naming her the Health Care Hero during the March 2005 Heroes Breakfast.

In addition to the Diabetes Self-Management classes and participation in local health fairs, Loretta and her team created a Diabetes Road Show. This community program is used in various locations to promote diabetes awareness, education and the importance of disease diagnosis and management.

Development Council Spotlight: Darryl R. Cherdron, M.D., and Paulette Ivan



Darryl R.
Cherdron, M.D.

Darryl R. Cherdron, M.D.

In order to "help promote quality care within the community," Darryl Cherdron, M.D., accepted an invitation in 1993 to join Licking Memorial Hospital (LMH) Development Council. "I wanted to support the efforts of the Council to improve the health care of the community and the facilities that are needed to deliver quality care," he said.

A member of the LMH Active Medical Staff since 1986, Dr. Cherdron — who served as Chief of Staff in 2002 and 2003 — has remained on the Development Council because he continues to want to take an active role in making sure that high-quality medical care and facilities suited to provide that care are available locally.

The Chairman of the Licking Memorial Hospital Department of Pathology earned his Medical Degree from The Ohio State University School of Medicine in Columbus, Ohio, after graduating magna cum laude with a Bachelor of Science degree in electrical engineering from University of Michigan School of Engineering in Ann Arbor, Michigan. He completed his residency training in both anatomic and clinical pathology with St. Luke Hospital Department of Pathology in Denver, Colorado.

Dr. Cherdron is a fellow of the College of American Pathologists, a fellow of the American Society of Clinical Pathologists, and a member of both the Ohio Society of Pathologists and the Indiana Association of Pathologists. His hobbies include fly-fishing, computers and travel.

Because of his commitment to the future of Licking

Memorial Health Systems (LMHS), Dr. Cherdron has increased his commitment to the Caduceus Society to the \$10,000 level. The Caduceus Society is made up of LMHS physicians who maintain a high level of charitable giving to the Hospital. All donations from medical staff, employees and the community are used specifically toward new medical equipment and expanded services. They do not assist with general operating expenses.

Dr. Cherdron and his wife, Karen, have been married for 36 years. The Westerville, Ohio, residents are the parents of Philip Cherdron, a Microsoft employee who resides in Seattle, Washington. Karen works for McGraw-Hill in Columbus, Ohio.



Paulette Ivan

Paulette Ivan

Johnstown resident Paulette Ivan believes that it is important for our community to have a strong health care network. "The viability of Licking Memorial Health Systems is an integral part of providing health care to our community," she said. "My goal is to enhance the relationship between LMHS and the community it supports."

Paulette, an 11-year resident of Licking County, joined LMH Development Council in spring 2004 to help promote the Hospital and Health Systems in the local community.

A partner in the Columbus office of Reminger & Reminger Co., LPA., Paulette earned her Juris Doctorate from Capital University Law School after receiving a Bachelor of Arts degree from The Ohio State University, both in Columbus, Ohio. She is a member of the Ohio

(continued on page 18)

Bar and the U.S. District Court, Southern District of Ohio Bar, and is a certified workers' compensation specialist by the Supreme Court of Ohio.

A frequent speaker on the topic of workers' compensation, Paulette focuses her practice primarily on workers' compensation. She regularly argues before the Industrial Commission of Ohio and the adjudicating bodies of the Bureau of Workers' Compensation and has extensive experience representing employers at all levels of Ohio courts.

As voted by her peers, Paulette was named one of Ohio's Super Lawyers in 2004 and 2005. She is a member of the Ohio State Bar Association, Columbus Bar Association, Ohio Women's Bar Association and Licking County Bar Association.

Paulette and her husband, Licking County Municipal

Court Judge Dave Branstool, are the parents of three children: 10-year-old Taylor, 8-year-old Samuel, and 2-year-old Gracie.

Donations:

Pride Cornerstone Bronze

Susan Lonsinger

Capital Improvement Fund

TWIGS 24

Community Cornerstone

Mr. & Mrs. Donald Hill

Mr. & Mrs. Calvin Prine

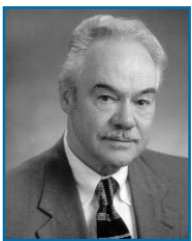
Shepherd Hill Fund

Anonymous

Board Spotlight

During the Licking Memorial Health Systems (LMHS) Annual Meeting of the Membership on April 5, Walter Gemmell was elected to a three-year term on the LMHS Board of Directors. The new LMHS Board member had served on the Licking Memorial Hospital (LMH) Board of Directors since 1999 and had been Vice Chairman since 2003. Also, on April 5, Glenn Abel and Bill Mann were re-elected to three-year terms on the LMHS Board.

During the LMHS Board of Directors Annual Meeting on April 27, two new members will be appointed to the LMH Board of Directors. Tom Mullady will replace Shirley Johnson, who just completed her second term on the Board. Patrick Guanciale will fulfill the unexpired term of Doug Hiatt, which ends in 2006.



Walter C. Gemmell

Walter C. Gemmell

A Licking County resident since 1960, Walter "Walt" Gemmell is retired but extremely active in the community. The former chairman and chief executive officer of W.A. Wallace Company (which he sold to Dawson, Coleman & Wallace Insurance Agency, Inc.) has served on two regional advisory boards and on one national advisory board of major insurance companies. He also is a

member of the Independent Insurance Agents Association of Ohio and Licking County.

Walt currently serves on the American Red Cross of Licking County Board of Directors and is a lifetime member of Heath Sertoma Club. In past years, he has served the local community as chairman of Heath Civil Service Commission, as a member of the Language

Experience Center (LEC) Board of Directors, Licking County Republican Central Committee, Licking County Republican Executive Committee, Beyond 2000 Task Force — Heath City Schools and as a founder of the LEC Board.

"I've always believed citizens are here to serve and should do what they can to improve the community and the world around them," Gemmell said. "That's why I am proud to accept the invitation to serve on the LMHS Board."

In addition to his business and community activity, Mr. Gemmell had 32 years of combined active and reserve service to the United States Army Air Corps, United States Air Force. He has a Bachelor of Science degree in education from the University of Virginia.

Walt and his wife, Marjorie, reside in Heath. He is the father of five grown children: Joanne, Richard, Gordon, Chuck and Ken, and has 13 grandchildren and six great-grandchildren.



Patrick Guanciale

Patrick Guanciale

As a real estate agent for 33 years and a real estate broker for 29 years, Patrick Guanciale knows that a home's value is strongly affected by the community in which it is located. "A high-quality health care system, a strong infrastructure, honest government leaders and excellent schools create a fine area to live, work and raise a family," he said. "This is part of my career every day."

Board Spotlight (continued from page 18)

The lifelong Licking County resident is past president of Newark/Licking County Chamber of Commerce, vice president of Newark Catholic High School Foundation, a member of Newark Rotary Club and the State of Ohio Fire Commission and is active in numerous other local, church and fund-raising issues. He previously served as chairman of the Selective Service Board, is a past president of St. Francis de Sales School Board and was a chairman of the State of Ohio Fire Commission. Patrick also is an honorary member of the Newark Fire Department.

He has twice been named to the Coldwell Banker International Elite Club — a group comprised of the top 4 percent of Coldwell Banker real estate agents worldwide, is a member of the Licking County Board of Realtors \$50 Million Club, was twice named Licking County Board of Realtors Realtor of the Year and is a three-time president of that board.

The Newark Catholic High School graduate attended Ohio University in Athens, Ohio, and is a member of St. Francis de Sales Catholic Church. He and his wife, Carol, are the parents of a grown son, Andrew, who is a realtor.

In his spare time, Patrick enjoys woodworking and studying fire suppression techniques and incident command. “My goals as a new member of LMH’s Board are to listen, learn and help make good decisions,” he said.



Tom Mullady

Tom Mullady

Tom Mullady is proud to have been selected to serve on the Board of the local Hospital. “Licking Memorial is my Hospital,” Mr. Mullady said. “It is the most convenient source of health care services for me and other residents of Licking County. I want to help maintain the excellent level of services it provides

and be part of discussions and decisions to assure that LMH continuously improves its services to truly be the preferred health care provider for Licking County.”

Tom has been a member of LMH Development Council since early 2004. The Newark resident is a retired engineer who does part-time consulting for Owens Corning, the company from which he retired.

He holds a Bachelor of Science degree in chemical engineering from Manhattan College in Bronx, New York, is a member of the Newark Area Safety Council and Newark Township Zoning Commission and is a Certified Safety Professional (retired). Mr. Mullady is a U.S. Marine Corps Reserve veteran, serving from 1961 to 1966.

Tom also is a member of Rotary Club of Newark and has been active in United Way of Licking County as a loaned executive through Owens Corning, an agency liaison and a Funds Distribution Committee volunteer.

He and his wife, Ann, are the parents of three grown children: Sean Mullady of Leonard, Michigan, Megan (Jim) Roy of Castleton, N.Y., and Erika Schippel of Newark.

“My first goals as a Board member are to better understand the workings of the Hospital and to learn more about the current issues it faces,” Tom said. “As I get a better understanding, I hope to help set the direction of the Hospital in its role as the chief provider of medical services to Licking County residents.”

Physician Spotlight - Laura J. Schaeffer, D.O.



Laura J.
Schaeffer, D.O.

Laura J. Schaeffer, D.O., joined Licking Memorial Health Professionals as a dermatologist in 2004. Licking Memorial Dermatology is located at 36 McMillen Drive, Newark, Ohio.

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

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

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

Ask a Doc Laura J. Schaeffer, D.O.

I have a few moles that have been changing in color. Should I be concerned about melanoma or other skin cancer?

A mole that is changing color is a definite warning sign that it could be a cancerous mole. If any moles are changing in color or growing, they should be evaluated by a physician. Melanoma is a very serious type of cancer that is best treated when diagnosed early. It is not normal for a mole to change colors, to grow or bleed. These are the warning signs that a skin cancer is developing. Other warning signs include:

- A mole that is asymmetrical
- A mole that has irregular jagged borders
- A mole that has multiple colors of brown, red or black in the same mole
- A mole that is bigger than 6 millimeters (the size of a pencil eraser)

People who have fair skin, blonde or red hair, and blue eyes are at increased risk for developing skin cancer. However, skin cancer can develop in anyone. It is best to wear sunscreen and avoid excessive exposure to the sun in order to prevent the development of skin cancer.

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.



Megan Miller, D.O.

Megan Miller, D.O.

Licking Memorial Health Professionals (LMHP) is pleased to welcome Dr. Megan Miller, D.O. Dr. Miller specializes in family practice medicine at the newly opened Licking Memorial Family Practice — Hebron office. Family practice is a specialty that focuses on children, adolescent and adult patients and their illnesses.

Dr. Miller received her Bachelor of Science degree, summa cum laude, from The Ohio State University in Columbus, Ohio, and her Medical Degree from the Ohio University College of Osteopathic Medicine in Athens, Ohio. She completed her residency at St. Vincent Mercy Medical Center in Toledo, Ohio.

Licking Memorial Family Practice — Hebron is currently accepting new patients at 96-H Integrity Drive. To make an appointment, please call (740) 348-7930.



Ori Tzuk, M.D.

Ori Tzuk, M.D.

Licking Memorial Health Professionals announces the addition of gastroenterologist Ori Tzuk, M.D. to its staff at Licking Memorial Gastroenterology. Dr. Tzuk is board certified in internal medicine and board eligible in gastroenterology.

Dr. Tzuk completed an internal medicine internship and residency at Barnes-Jewish Hospital at Washington University in St. Louis, Missouri. His fellowship in gastroenterology was carried out at Johns Hopkins Bayview Hospital in Baltimore, Maryland, and Long Island Jewish Medical Center in New York. He earned his Medical Degree and undergraduate degree from Sackler School of Medicine in Tel Aviv, Israel.

Prior to joining Licking Memorial, Dr. Tzuk practiced as a gastroenterologist in Quincy, Illinois.

Volunteer Spotlight Terry Miller



Terry Miller volunteers in the Oncology Department has been a volunteer at Licking Memorial Hospital since 1956.

Terry Miller has been a volunteer at Licking Memorial Hospital (LMH) since 1956. She has volunteered more than 7,540 hours of service. Terry volunteers in the Oncology Department delivering blood to the Laboratory, pulling charts and filing for Jacqueline Jones, M.D., of Licking Memorial Oncology/Hematology.

Terry began volunteering when her children started school. "They were gone all day, and I wanted to do something that would help someone during my free time," said Terry. She began volunteering two days a week on the surgery floor of the old hospital at the corner of Buena Vista and Everett Avenues. "They taught us how to change beds, feed patients and help take care of them," said Terry.

The lifelong Newark resident was born and raised in this community. "I feel like the people and the Hospital are all part of my family," said Terry. "I have volunteered all over the place, including hospice, the food pantry and

(continued on page 21)

Volunteer Spotlight - Terry Miller (continued from page 20)

Licking Memorial Hospital. I feel like it was meant for me to help people,” stated Terry. Throughout her years of volunteering, Terry has also worked for a local physician’s office and at the downtown Columbus Nationwide office.

Terry has two children — daughter, Susan Coffield, of Newark, and son, Jeff Miller, also of Newark. She has six grandchildren and three great-grandchildren.

“I have so many fond memories of the Hospital,” said Terry, “I think that keeping active and volunteering my time has helped me more than, I think, I have helped others.”

LMH’s 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 our 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.

Managerial Appointments

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



Penny Tylka-McCort, R.N., B.S.N.

Penny Tylka-McCort, R.N., B.S.N.

Penny Tylka-McCort, R.N., B.S.N., has joined the organization as Licking Memorial Hospital Emergency Department Patient Care Manager.

Penny earned a Bachelor of Science degree in nursing from Franklin University in Columbus, Ohio, and an Associate’s degree in nursing from West Virginia Northern Community College in Wheeling, West Virginia.

She currently is working toward a Master of Business Administration/Master of nursing degree in health care management through the University of Phoenix Online, with an anticipated graduation date in August 2006.

Prior to joining Licking Memorial Hospital, Penny was employed in the Emergency Department of Mount Carmel East Hospital in Columbus. She was a supervisor, preceptor, facilitator and staff nurse, and was responsible for new employee orientation.

She is a member of the national Emergency Nurses Association and a 2005 nominee for the Cameo of Caring Award in Central Ohio.

Penny and her husband, Erik, are the parents of three daughters: 9-year-old Erika and 6-year-old twins Madison and Megan. The family has resided in Newark since 1991.



Kathy S. Watters, C.M.M., C.P.C.

Kathy S. Watters, C.M.M., C.P.C.

Kathy Watters, C.M.M., C.P.C., has joined Licking Memorial Health Professionals as Physician Manager of the following Licking Memorial Family Practice locations: McMillen Drive in Newark, Heath, Hebron and Hanover (Licking Valley Medical Center).

The Certified Professional Coder is a member of the American Association of Professional Coders and is a Certified Medical Manager by the Professional Association of Healthcare Office Management.

Kathy has nearly 25 years’ experience in office management. Prior to joining Licking Memorial, she most recently managed a multi-specialty physicians’ office in Zanesville.

The Frazeyburg resident and her husband, Tobias, have two children — Wayne and Tanya — and two granddaughters.

Vice-President Spotlight



Sallie Arnett,
M.S., R.H.I.A.

was interested in aligning myself with an organization that had demonstrated a commitment to quality, patient safety and a strong interest in technological innovation,” said Sallie.

Sallie is a registered health information administrator (R.H.I.A.) and earned a Master of Science degree in health information systems and a Certificate of Completion in health information management, both from the University of Pittsburgh in Pittsburgh,

Sallie Arnett, M.S., R.H.I.A., joined Licking Memorial Health Systems (LMHS) in January 2001 as Vice President of Information Systems. Prior to coming to LMHS, Sallie was Director of Management Information Systems for Riverside Health System in Wichita, Kansas. “I chose Licking Memorial Health Systems because, as a health care information technology professional, I

Pennsylvania, where she was ranked first in her program. At the University of Pittsburgh, Sallie was on the National Dean’s List, Dean’s List of Scholars and Dean’s List. Sallie received her Bachelor of Arts degree from The Ohio State University in Columbus, Ohio, where she received the Arts and Sciences Award for Scholarship and was a member of the Golden Key National Honor Society.

Sallie is a member of the American Health Information Management Association, Ohio Health Information Management Association, Health Information Management Systems Society, Central and Southern Ohio Health Information Management Systems Society, and Association of Telecommunications Professionals.

Sallie and her husband, Tim, own Sand-n-Sea Scuba Diving Center in Gahanna. She is a Divemaster certified by the Professional Association of Diving Instructors (PADI).

Spring Clean Your Medicine Cabinet



Be sure to toss expired medicines, they may lose their effectiveness and in some instances can become dangerous.

Spring is finally here. Amidst all of your spring cleaning, have you ever stopped to clean out your medicine cabinet? This is the perfect time of year to give your medicine cabinet a checkup.

Do you check medicine labels or the crimp on the tube for the expiration date? The following are some items that need to be thrown away and other items that need to be purchased every year.

What To Throw Away:

- Expired medicines lose their effectiveness and, in some instances, can become dangerous. Check expiration dates thoroughly.
- Nearly empty bottles create clutter and may not even have enough medicine left for a full dose.
- Improperly stored items can partially evaporate, leaving them more concentrated and dangerous. Get rid of items that were not sealed or stored properly.

- Duplicates of items that are not used often only create clutter. If you do want to keep duplicates, move them out of the medicine cabinet and into a larger area to store. Try a large bathroom cabinet or your pantry.
- Old prescriptions or partially used prescriptions should not be saved. Check with your physician if you have questions about saving prescriptions.

What To Add:

- Sunscreen with the right amount of sun protection factor (SPF) protection
- Aloe vera to treat burns
- Insect repellent to keep bugs away
- Insect bite relief for insect bites
- Heating and cooling packs for sprains and strains during outdoor fun
- Allergy medications for allergy sufferers
- Updated first aid kit including adhesive bandages, anti septic wash, and ointment for spring scrapes

Take the time to stock your medicine cabinet with the items your family may need.

LMH Employees Serve in Operation Iraqi Freedom (continued from page 4)

— the environment was so controlled,” he explained. Then with more primal instincts, he added, “You really miss fast food.”

Honoring the LMHS Military Family

LMHS honors our military family with a showcase near

the cafeteria. Photos and information about employees and volunteers who serve or have family members serving in the armed services are displayed as a way of acknowledging their patriotic contribution.

America's Walk for Diabetes (continued from page 5)

decision — whether you have diabetes or pre-diabetes or simply need an inexpensive and simple way to fit physical activity into your schedule.”

Marlene Powers of the local American Diabetes Association agrees. “Participants in America’s Walk for Diabetes literally are taking steps to support the fight against diabetes and possibly to improve their own health,” she said. “From coast to coast, thousands of Americans will walk toward finding a cure, in support

of diabetes education and to advocate for those with diabetes. Please join us.”

To register as a walker, to organize a team or to make a donation, or for more information, please call 1-888-DIABETES (342-2383), or visit the American Diabetes Association online at www.diabetes.org/walk. Online registrants will receive their walker packets within one week.

Buckle Up Licking County! (continued from page 7)

is important in saving lives, but wearing it properly is key. Buckling up right is a snap!

- Adjust the lap belt to fit low and tight across your hips/pelvis, not your stomach area.
- Place the shoulder belt snug across your chest, away from your neck.
- Never place the shoulder belt behind your back or under your arm.

Wearing a seat belt isn’t just a good idea, it’s the law, and the state of Ohio is conducting heightened enforcement of seat belt laws. So, buckle up on every trip, every time.



Check us out at
www.LMHealth.org

You will be amazed at all we have to offer!

Health Information • Send a Patient Greeting
Find a Physician • Maps and Directions • Virtual Tours



Licking Memorial
Health Systems

1320 West Main Street • Newark, OH 43055
(740) 348-4000 • www.LMHealth.org



**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, May 7, 14, 21, and 28, 9:00 to 10:00 a.m.
Shepherd Hill Auditorium, 200 Messimer Drive
No cost. Registration is not required.
For more information, call (740) 348-4878.

Blood Donations

Tuesday, May 3, 10, 17, 24, 31, 12:00 noon to 6:00 p.m.
Friday, May 6, 13, 20, 27, 8:00 a.m. to 2:00 p.m.
Licking Memorial Women's Health, 15 Messimer Drive

Skin Cancer Screening and Education

Tuesday, May 10, 6:00 p.m.
Conference Rooms A & B, First Floor, Licking Memorial Hospital
Bethany Wyles, D.O., Licking Memorial Dermatology
No cost. Registration required, call (740) 348-1434.

Diabetes Self-Management Training

Tuesday Classes
Tuesdays, May 3, 10, 17, and 24, 9:00 to 11:00 a.m. or 1:00 to 3:00 p.m.

Wednesday Classes

Wednesdays, May 4, 11, 18, and 25, 1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.

Licking Memorial Education Center, 1915 Tamarack Road
Registration required, call (740) 348-4722. 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.



**Licking Memorial
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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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Please contact the Public Relations
Department to receive future mailings.



1998, 1999, 2000,
2001, 2002, 2003