



# Community Connection

## Licking Memorial Health Systems

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



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June 2005

Measurably Different ... for Your Health!

## Diabetes Education Available Locally



Loretta McCollum, R.N., C.D.E., teaching a diabetes education class.

The Diabetes Learning Center at Licking Memorial Hospital offers a diabetes self-management education program called “Are You Puzzled About Your Diabetes?” for individuals diagnosed with diabetes. This program has achieved the Education Recognition from the American Diabetes Association (ADA), which assures high-quality education services being offered to the community.

Effective June 6, there will be a charge of \$140 per class, and the program consists of four two-hour classes. Many insurance companies will cover this expense, depending upon the patient’s type of insurance. Financial assistance is available by contacting the Patient Accounts Office at (740) 348-4733.

The ADA Education Recognition effort began in the fall of 1986 as a voluntary process which assures that approved education programs have met the National Standards for Diabetes Self-

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## Patient Attributes Weight Loss Success to Diabetes Education



Eva Spinato is successful in living with diabetes.

Eva Marie Spinato lost a total of 102 pounds over the past year after attending the Diabetes Self-Management Education Program held at the Licking Memorial Diabetes Learning Center. Eva said, “I can’t believe how wonderful I feel today. My energy level has increased, and I feel so much better.”

Eva does not have a family history of diabetes and had no symptoms. When Eva went to her primary care physician for a wellness checkup, blood tests revealed Type 2 diabetes. Eva’s physician referred her to the Licking Memorial Diabetes Learning Center for a dietitian’s consult and the diabetes self-management classes. Eva remembers crying during her first visit with the dietitian immediately following her diagnosis and is thankful for the support of the diabetic educators.

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## Kids Fun & Safety Day Free To Public in Pataskala



Join us for Kids Fun & Safety Day on Saturday, June 4, 2005.

Kids Fun & Safety Day will be co-sponsored by Licking Memorial Health Systems and the Licking County Sheriff’s Office on Saturday, June 4, from 12:00 noon to 4:00 p.m. at the Kroger parking lot located at 350 East Broad Street in Pataskala. Court TV and Time Warner Cable will bring Digital Fingerprinting to Kids Fun & Safety Day.

Families can participate in the free event, and many local agencies will be available to offer activities and advice to help keep children safe. Some of the activities include:

- Digital fingerprinting — Court TV and Time Warner Cable
- Car-seat safety inspections — Mary Jane Carrier, R.N., First Impressions, Maternal Child Services, at Licking Memorial Hospital
- Registered dietitian to answer nutrition questions — Liz Kaercher, R.D., L.D., C.D.E.,

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## Diabetes Education Available Locally (continued from front)

Management Education Programs. Programs that achieve recognition status have a staff of knowledgeable health professionals who can provide state-of-the-art information about diabetes management for participants.

Self-management education is an essential component of diabetes treatment. One benefit of compliance with the National Standards is the greater consistency in the quality and quantity of education offered to people with diabetes. The participant in an ADA-recognized program will be taught, as needed, self-care skills that will promote better management of his or her diabetes treatment regimen. All approved education programs cover the following topics as needed: diabetes disease process; nutritional management; physical activity; medications; monitoring; preventing, detecting and treating acute complications; preventing, detecting and treating chronic complications through risk reduction; goal setting; problem solving; and psychological adjustment.

Assuring high-quality education for patient self-care is one of the primary goals of the Education Recognition program. Through the support of the health care team and increased knowledge and awareness of diabetes, the patient can assume a major part of the responsibility for his or her diabetes management. Unnecessary hospital admissions and some of the acute and chronic complications of diabetes may be prevented through self-management education.

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

## Patient Attributes Weight Loss Success to Diabetes Education (continued from front)

Eva reports her blood tests have greatly improved since taking control of her lifestyle. She believes everyone with diabetes can benefit from the diabetes self-management classes, even if a cost is associated with them. Eva said, "Knowledge is power."

Eva also exercises and feels anyone can live a healthy life — if they plan ahead. She is always prepared for the unexpected and takes food with her on trips just in case she can't get what she needs. Eva is now ready to maintain her current level of weight and knows this will be a challenge, but she feels well prepared. "The best thing is that I can call the diabetes educators and dietitians at the Licking Memorial Diabetes Learning Center for guidance, and they will help me. This support is so important," said Eva.

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

## What is Diabetes?

Diabetes is a condition in which the blood glucose (sugar) level is too high. The body usually gets the energy it needs from the sugar (glucose) in the food eaten. Having diabetes means the body is not able to use the sugar in the blood properly. As a result, the blood sugar builds up in the blood, but the body does not have enough energy to work.

### There are two major kinds of diabetes:

- Type 1: The pancreas (a gland behind the stomach) makes little or no insulin. Insulin is needed to help the cells use blood sugar. People with Type 1 diabetes need daily insulin shots along with proper diet and exercise in order to keep the blood sugar controlled.
- Type 2: The pancreas makes some insulin, but it does not make enough or the cells do not use insulin properly. Some of these people can control their blood sugar with diet and exercise. Others need diabetes medication and/or insulin to control the blood sugar. With Type 2 diabetes, you may have no early symptoms.

### Signs and symptoms of hyperglycemia (high blood sugar)

- Frequent urination, especially at night
- Increased thirst (dry mouth)
- Hunger
- Blurred vision
- Stomach pain, vomiting
- Extreme tiredness or drowsiness
- Weight loss (without trying to lose)
- Pain, numbness or tingling in the feet
- Sexual problems

## Kids Fun & Safety Day Free To Public in Pataskala (continued from front)

- M.E., Licking Memorial Diabetes Learning Center
- Bicycle safety — Aaron Clark, D.O., Licking Memorial Family Practice — Pataskala
- Halloween safety tips and pumpkin face painting — Devine Farms
- Fire safety trailer — Southwest Licking Fire Department
- Sheriff's cruiser display — Licking County Sheriff's Office
- DARE officer — Licking County Sheriff's Office
- Other activities of interest
- Free prize drawings

For additional information, contact the Licking Memorial Public Relations Department at (740) 348-1572.

# Volunteer Recognition Dinner

Licking Memorial Health Systems (LMHS) recognized its volunteers during national Volunteer Appreciation Week, April 18 to 24.

The volunteers were recognized during a dinner on Wednesday, April 20, 2005. More than 100 volunteers were in attendance. "In the past year, more than 40,109 hours, equating to a donation of \$723,967 (\$18.05 per hour) in service, were donated by our volunteers," said Carol Barnes, Director of Volunteers, TWIGS and Events. "Our volunteers make a measurable mark by providing much-needed services throughout Licking Memorial Health Systems — which has a direct financial impact."

"Licking Memorial Health Systems is a not-for-profit organization and, as such, one of our primary goals is to contain health care costs," said Carol. "Our many volunteers play a vital role in helping us meet that objective. It truly exemplifies why we are so proud of them and grateful for their service. They are critical to our everyday operation."

During the evening festivities, the volunteers who have served for 5, 10, 15, 20, 25, 30 and 35 years were recognized, the Volunteer of the Year Award was announced, each volunteer was presented with a gift, and dinner was provided. Bill Andrews, President of LMHS, also attended the dinner and presented the volunteers with information about the upcoming Critical Care addition to the current Hospital. "It is important to keep the volunteers informed with the changes that are taking place with the Hospital," said Mr. Andrews. "They are as vital to the day-to-day operations of the Health Systems as paid employees."



Licking Memorial Health Systems volunteers enjoy the 2005 Volunteer Recognition Dinner held in April.

"We are so fortunate to have such a wonderful group of volunteers," said Carol. "They do wonderful things for the Health Systems and the patients we serve."

## Volunteer of the Year

At the Volunteer Recognition Dinner, the 2005 Volunteer of the Year Award was presented to Marye Crispin, a 10-year volunteer of Licking Memorial Hospital (LMH). Marye currently volunteers in the Cardiology Department of LMH and has volunteered more than 1,617 hours.

The Cardiology Department, who nominated Marye, said, "Marye deserves this award for her smile, pleasant attitude, hard work, and she always wants to keep busy. She always worries about being in the way, but little does she know that we love having her with us and seeing her smiling face. We love our Marye!"

Marye was selected as Volunteer of the Year out of nine nominees, including: Helen Applegate, Patricia Brannon, Janet Cook, Don Day (last year's Volunteer of

the Year award winner), Raymond Deckard, Iota Griffith, Myrtle Kovach, Wava Kuhn, Lois Lovelady, George Quinn and Joe Stenson.



Volunteer of the Year award winner Marye Crispin and family at the Volunteer Recognition Dinner.

# Licking Memorial Health Professionals Opens Family Practice in Hebron

Approximately 100 people attended the ribbon-cutting and open-house events for the new Licking Memorial Health Professionals — Hebron office in April.

In his greeting to the ribbon-cutting ceremony guests, Licking Memorial Health Systems (LMHS) President Bill Andrews pointed out the Hebron office joins other Licking Memorial Health Professionals offices in communities throughout Licking County. “We opened an office in Heath in February 2005, and we have physician offices in Granville, Johnstown, Licking Valley, Pataskala and Utica and, of course, in Newark,” he said. “We are looking forward to providing quality health care to you in this beautiful building with state-of-the-art technology and equipment.”

Licking Memorial Health Professionals is a not-for-profit group of more than 70 medical professionals that was developed in 1995 by LMHS to provide consistent, high-quality and affordable medical care to the community. The Hebron office is staffed by Megan Miller, D.O., who

specializes in family practice medicine, focusing on children, adolescent and adult patients and their illnesses.

Hebron Mayor Clifford Mason said he is doubly happy to welcome the Hebron office, not only because the area will benefit from the quality medical care, but also because he and his wife, Rose, first met at Licking Memorial Hospital in the 1980s when they were both employees.



Licking Memorial Hospital (LMH) Director of Contract Management Chris Keck, Licking Memorial Health Systems (LMHS) Board of Directors President Glenn Abel, Megan, Miller, D.O., Licking Memorial Health Professional (LMHP) Vice President of Physician Practices Christine McGee, Hebron Mayor Clifford Mason, and LMHS Executive Vice President of Financial Services Rob Montagnese ceremoniously cut the ribbon to mark the opening of LMHP's newest office in Hebron.

Dr. Miller said the response to her new practice has already been considerable. “Most of the people in the community are excited to see another physician practice,” she said. Having a doctor's office close to home will make medical care more convenient for many, Dr. Miller added, saying, “We do blood draws right here

— patients can have a lot of their routine laboratory testing done at this office, which saves them a lot of driving.”

Dr. Miller is accepting new patients, and the new office is located at 96-H Integrity Drive (across from the Hebron Industrial Park — off State Route 79) in Hebron. Patients may call (740) 348-7930 for an appointment.

## Bears That Care

Bears That Care is a program developed by Bon-Ton/Elder Beerman as a way of becoming a positive participant in the community in which a store is located, in hopes of taking an active role in making the community a better place to live. The mission of Bears That Care is to distribute plush bears to children's hospitals and pediatric wards in local hospitals.

Recently, the Elder Beerman located in the Indian Mound Mall in Heath, Ohio, donated more than 70 bears to Licking Memorial Hospital. The store held a promotional campaign where a “Star” bear was purchased and \$2 from every purchased bear was designated exclusively for the Bears That Care program in hopes of bettering the hospital stay for children in the community.

“Licking Memorial Hospital is grateful to have organizations in the community we serve that are willing to donate items to help make the patient's hospital stay a little easier,” said Veronica Link, Vice President of Development and Public Relations.



Gwen Radabaugh, Human Resources Manager of the Elder-Beerman, located in the Indian Mound Mall, with some of the bears donated to Licking Memorial Hospital.

# Project Linus Provides Quilts to Pediatric Patients

A little kindness and security can go a long way in the healing process, especially when the patient is a child too young to understand the medical environment. Recently, a Newark fabric store organized dozens of seamstresses in the Linus Project to provide quilts to pediatric patients at Licking Memorial Hospital (LMH). Bunny's Sew Fine Fabrics owners Linda and Larry Schofield were amazed by their customers' participation. "It was so beautiful — I just cried," Linda said. "I had people bringing me 10 quilts at a time. A couple of people brought in 29 quilts! When they come in like that, I end up crying."

The quilts are used to bring a bit of comfort to children who may be confused and frightened by unfamiliar hospital surroundings. "They definitely are needed," explained Director of TWIGS, Volunteers and Events Carol Barnes. "At the nurses' request we give the quilts to children who come into surgery or the emergency room. The children appreciate the quilts a lot, especially if they're having a difficult time. It calms them down and helps to take their minds off things."

In addition to giving immediate comfort, the handmade quilts are works of art that can be enjoyed for years to come. Within the large stacks of donations lay quilts with frog designs, puffy quilts and an appliquéd quilt with flappable puppy ears. Most quilts were small, with a minimum measurement of 36 inches by 36 inches, but one was large enough to cover a twin bed.

The quilters crossed all age divisions. Although most were adults, the youngest was 5 years old, and some high school students worked together as groups. Joan McTigue was the drawing winner for a Janome sewing machine, donated by Bunny's. Janome is the sponsor of Project Linus. "She (Joan) was definitely a person who deserved to win. She was one of our major contributors and her quilts are always so nicely done, so well put together," Linda said admiringly.



Bunny's Sew Fine Fabrics owners Larry and Linda Schofield helped Carol Barnes, Licking Memorial Hospital Director of Volunteers, TWIGS, and Events, display a few of the 154 handmade quilts that were donated by store customers under Project Linus.

Linda pointed out the quilters receive satisfaction in knowing they've helped an ill or injured child. "I really think some of them do it just because of the gratification they get," she said. "You really do get blessed for it." Larry chipped in, "And we need all the blessings we can get."

This was the Schofields' second year to be involved with Project Linus, named after the Peanuts comic strip character who usually totes a security blanket. The first year, the Schofields presented to LMH 80 child-sized quilts that had been sewn by their customers. This year, the donations surged to 154 quilts. "I'd really like to see us at 300 quilts next year, but 200 is probably more realistic," Larry said. He added that he has been inspired to create a quilt of his own for next year's donation. "I've got plenty of fabric," he joked.

To learn more about becoming involved in Project Linus, please contact Linda or Larry Schofield at their fabric shop, Bunny's Sew Fine Fabrics, at (740) 366-1433.

## Recalled Medication Bextra® the Latest Recall

In recent years, several medications or dietary supplements have been linked to serious health problems that outweigh their potential health benefits. The Food and Drug Administration (FDA) is responsible for ensuring the safety of a variety of products including drugs, medical devices and food. According to the FDA, more than 2.2 million Americans reported serious reactions and complications related to the unexpected effects of drugs and related products. Many deaths occur every year in the United States as a result of adverse drug reactions.

A recall is an action taken to remove a product from the market. Recalls are conducted by FDA requests or on the initiative of the manufacturer. The recall of a defective or potentially harmful drug is highly publicized - often in

the newspaper and on television news. The manufacturer or distributors of the drug carry out most recalls of a product regulated by the FDA, as in the recent Bextra® recall.

The FDA recently asked Pfizer, Inc., to remove Bextra®, an anti-inflammatory medicine, from the market because they said that it had more risks than other non-selective non-steroidal anti-inflammatory drugs. Bextra® can cause potentially serious skin reactions and since Bextra® is not known to treat pain and inflammation better than other drugs, the FDA felt there was no reason to keep Bextra® on the market. The FDA is also asking all manufacturers of over-the-counter non-selective, non-steroidal, anti-inflammatory drugs such as Aleve® or Advil® - to revise

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their labels to include more information on cardiovascular, gastrointestinal and skin risks.

On Thursday, April 7, Pfizer and the FDA recalled Bextra®. By the end of the same day, Licking Memorial Health Professionals (LMHP) physician practices were able to respond quickly to the Bextra® recall due to the availability and access of an Electronic Medical Record (EMR). By using the EMR, the staff generated a list of patients who were actively taking Bextra® prescribed by their primary care physician. The LMHP physicians were able to notify patients within a short period of time and prescribe new medication. A letter was sent to those patients who couldn't be reached by telephone. "It is important to Licking Memorial Health Professionals to contact their patients when medicine or a medical device

is recalled in order to protect their health," said Christine McGee, Vice President of Physician Practices.

Thanks to the EMR, patients were contacted quickly and notified about the recall. Licking Memorial Health Systems is proud to have continued the tradition of providing quality health care, both quickly and accurately.

If you should still be on the medication, Bextra®, you should stop taking Bextra® and contact your physician who prescribed the medication to discuss alternative treatment. If you have questions, be sure to talk to your doctor, or you can call the Bextra® Customer Support Center toll-free at (866) 623-9872.

## Men's Health Week June 13 to 19



Father's Day is fast approaching — Sunday, June 19. National Men's Health Week is celebrated each year the week leading up to Father's Day, June 13 through 19. The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases among men and boys.

According to the Center for Disease Control (CDC), women are 90 times more likely than men to visit the doctor for annual examinations and preventive services.

The Men's Health Network (MHN) reports that men die at higher rates than women from the top 10 causes of death — heart disease, cancer, stroke, chronic obstructive pulmonary disease, accidents, pneumonia and influenza, diabetes, suicide, kidney disease, and chronic liver disease and cirrhosis. The MHN is a non-profit organization comprised of physicians, researchers, public health workers and other health care professionals committed to improving the health of men.

Men also die younger than women. In 1920, women outlived men only by one year. Today, the CDC figures show the life expectancy gap has widened — on average, women survive men by six years.

### Talking with Your Doctor

Research has shown that patients who have a good relationship with their doctors tend to be more satisfied with their care — and have better results. Here are some tips to help you and your doctor become partners.

### Give information. Don't wait to be asked!

- You know important things about your symptoms and your health history. Tell your doctor what you think he or she needs to know.
- It is important to tell your doctor personal information - even if it makes you feel embarrassed or uncomfortable. Sometimes it may be helpful to write down your questions, so you don't forget to ask pertinent questions.
- Bring a "health history" list with you (and keep it up to date).
- Always bring any medicines you are taking, or a list of those medicines (include when and how often you take them). Talk about any allergies or reactions you have had to your medicines.
- Tell your doctor about any natural or alternative medicines or treatments.
- Bring other medical information, such as X-ray films, test results and medical records.

If you are looking for a new physician, you can call the Licking Memorial Physician Referral Line at (740) 348-4014 or visit our Web site at [www.LMHealth.org](http://www.LMHealth.org).



Celebrate Men's Health Week, June 13 to 19.

# Care Package for Iraq

Recently, Licking Memorial Health Systems (LMHS) donated items to be shipped to Iraq for the 3rd Infantry Division, 3-7 Calvary, from Fort Stewart, Georgia. Captain Jeff Barnes, son of Carol Barnes, Director of Volunteers, TWIGS and Events, is on active duty with this troop. He is in his second tour of duty in Iraq and has been there since January 2005. Jeff is not due to return home until spring 2006.

Some of the items included in the care package were toys to give to the children of Iraq, more than 1,000 washcloths, more than 800 plastic bags and cardstock paper. The cardstock paper will be used to recognize the troops - birthdays, births and other honors — to keep morale up.

LMHS is proud to be able to have the opportunity to donate items needed for our troops in Iraq. We wish Jeff and all the troops a safe return home.



Captain Jeff Barnes is passing out supplies to the people of Iraq.

# Employees Contribute \$8,892 to Operation Feed Campaign

Licking Memorial Health Systems (LMHS) employees are helping fight hunger in Licking County by contributing \$8,892 to the local 2005 Operation Feed campaign. Health Systems employees completed donation cards and deposited their spare change in a container in the Licking Memorial Hospital cafeteria to raise the charitable donation.

“We are pleased with the strong response from our employees,” said LMHS Communications Manager Steve Schlicher, who serves as co-chair for the Health Systems’ portion of the countywide Operation Feed campaign. “These funds will allow personnel with the Food Pantry Network of Licking County to purchase food at a discounted rate from the Mid-Ohio Food Bank later in the year when the local pantry’s shelves are near empty.”

LMHS Director of TWIGS, Volunteers and Events Carol Barnes serves as Steve’s co-chair for the annual fund-raising project. “The success of this campaign shows that the caring our employees provide extends well beyond our Hospital walls,” Carol said. “We are proud to have such generous, thoughtful workers who look out for those who are less fortunate.”

Food Pantry Network Executive Director Chuck Moore said that the fifteenth year of the local Operation Feed campaign was a strong success — thanks to numerous Licking County businesses, organizations, schools and churches.

“We are extremely grateful for the public’s response to our needs,” Chuck said. “The Food Pantry Network feeds a large community, and we require the support of all of Licking County to serve anyone who lacks sufficient resources for food. Again this year, we appreciate the thoughtfulness of Licking Memorial Health Systems employees for contributing funds for use at our discretion. The great abundance of canned goods and non-perishable food items we have received during the 2005 Operation Feed campaign will diminish quickly. The LMHS monetary donation will help us re-stock our shelves.”

## USED BOOK SALE

Sponsored by ALL TWIGS

9:00 a.m. – 7:00 p.m.  
Thursday, June 23, 2005

9:00 a.m. – 5:00 p.m.  
Friday, June 24, 2005

9:00 a.m. – 1:00 p.m.  
Saturday, June 25, 2005

Proceeds benefit  
Licking Memorial Hospital

Granville High School  
Commons Area  
248 New Burg Street N.W.  
Granville



Licking Memorial  
Health Systems

1320 West Main Street Newark, OH 43055  
(740) 348-4000 [www.LMHealth.org](http://www.LMHealth.org)

# Caduceus Society

Two Licking Memorial Health Professionals physicians recently joined the Licking Memorial Health Foundation Caduceus Society, and one increased his level of giving. “We are pleased to welcome Peter Nock, D.O. and James Nelson, M.D. to the Caduceus Society, and thank Darryl Cherdron, M.D., for his increased giving,” said Licking Memorial Health Systems (LMHS) Vice President of Development and Public Relations Veronica Link. “We applaud these physicians for their strong dedication to the LMHS mission, which is to improve the health of the community.”

The Caduceus Society is comprised of LMHS physicians who maintain a high level of charitable giving to Licking Memorial Hospital (LMH). Caduceus monies — as well as all other monetary donations from medical staff, employees and the community — are used toward the purchase of new medical equipment and to fund expanded services. They do not assist with general operating expenses. “Physicians understand the importance of a high-caliber medical facility in attracting new medical professionals to and retaining strong medical professionals in our community,” Veronica said.



Darryl  
Cherdron, M.D.

## Darryl Cherdron, M.D.

Because of his commitment to the future of LMHS, Dr. Cherdron recently increased his commitment to the Caduceus Society to the \$10,000 level. The Licking Memorial Hospital pathologist and Development Council member has been a member of the LMH Active Medical Staff since 1986, serving as Chief of Staff in 2002 and 2003.

“I encourage other members of the LMH Active Medical Staff to join the Society and support their medical community,” Dr. Cherdron said. “It is a worthwhile investment with far-reaching benefits.”

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. 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.

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.



Peter T.  
Nock, D.O.

## Peter T. Nock, D.O.

Peter T. Nock, D.O., is a Licking Memorial Hospitalist who joined the Health Systems in late 2001. “My decision to give via the Caduceus Society came from attending an LMH Development Council meeting and from simply realizing what they are trying to accomplish - which I believe is a very worthwhile goal,” Dr. Nock said. “I’m pleased to be able to give something back.”

He earned his Doctorate of Osteopathic Medicine degree from Michigan State University College of Osteopathic Medicine in East Lansing, Michigan, and is certified by the American Board of Internal Medicine. Dr. Nock completed an osteopathic internship with E.W. Sparrow Hospital in Lansing, Michigan; completed his residency with Michigan State University in East Lansing, Michigan; and served as chief resident of the Michigan State University Internal Medicine Residency Program.

Dr. Nock and his wife, Jeannine, are the parents of three children. His interests include cycling and snow skiing.

“I would encourage other physicians contemplating contributing to Licking Memorial through membership in the Caduceus Society to do so since making the Hospital a better place helps us to provide better care to those we serve — thus hopefully improving their health, which is our stated goal to begin with,” Dr. Nock said.



James  
Nelson, M.D.

## James Nelson, M.D.

Licking Memorial Urology physician James Nelson III, M.D. specializes in urology and is an aerospace medicine specialist. He joined Licking Memorial Health Professionals in July 2004.

“Joining the Caduceus Society is an easy way for physicians to make an investment in their own future and in that of the local health care community,” Dr. Nelson said. “By contributing funds for health care advances, we help create a safer, more technologically advanced setting in which to work and serve our patients.”

He earned his Medical Degree from the State University of New York College of Medicine in Brooklyn, New York, and completed his internship and residency at The Ohio State University Medical Hospital in Columbus, Ohio, and the Medical University of South Carolina in Charleston, South Carolina, where he spent three years in general surgery and three years in urology.

Dr. Nelson is also a senior flight surgeon and colonel in the Ohio Air National Guard, where he commands the 121st Medical Group at Rickenbacker Air National

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# Board Spotlight: Michael Cantlin & Linda Dalgarn



Michael Cantlin

## Michael Cantlin

Michael “Mike” Cantlin sees his involvement on the Licking Memorial Hospital (LMH) Board as civic duty. “Licking Memorial Hospital is a great community asset. Its professional staff and employees have one driving purpose - the well-being of their neighbors,” he said. “To continue its mission, it needs our individual support. When I was

invited to serve one year ago, there was really no question about it.”

In addition to serving on the Hospital Board, Mike is an associate trustee of the Newark Catholic Foundation, a volunteer for the Boy Scouts of America and a trustee for the Rock Foundation — a support organization for Boy Scout Camp Falling Rock. He and his wife, Barbara, are members of the First United Methodist Church. They are the parents of Stephanie (Matthew) McKenzie.

Mike and Barbara, along with Ron and Tracy Alford, were the founding members of the John Alford Fellowship. The John Alford Fellowship was established to honor the commitment and efforts of longtime Licking Memorial Hospital supporter, John Alford. Mr. Alford, who was the father of Barbara Cantlin and Ron Alford, served as the Chairman of the Licking County Hospital Commission for many years, and he was the recipient of Licking Memorial's first Lifetime Achievement Award. Individuals participating at this level of giving support John Alford's efforts to ensure local quality health care by contributing \$25,000 to \$49,999 over a period of 10 years.

A native of Berea, Ohio, Mike has resided in Licking County for more than 40 years. He is a graduate of Newark Catholic High School and The Ohio State University in Columbus, Ohio, from where he earned a Bachelor of Science degree in computer information science. The co-owner of Siesta Ventures, Ltd. — a home building and financing company — has more than 20 years' experience in information systems management with Burroughs Corporation and Abbott Laboratories.

In his spare time, Mike enjoys fly-fishing, travel and RV tailgating at The Ohio State University football games.

“I want LMH to continue to be a health care leader in the community,” Michael said. “In the future, as the health care landscape changes, I hope to have provided the right input and made the best decisions possible for it to continue its leadership role.”



Linda Dalgarn

## Linda Dalgarn

Because Linda Dalgarn sees community service as her hobby, she readily accepted an invitation one year ago to become a member of the LMH Board. “I felt this was a chance to serve my community and maybe be a voice for western Licking County,” Linda said.

The owner/operator of Dalgarn's Nursery & Garden Center in Granville is a 32-year member of Tri Village Church of Christ, a member of the Licking Memorial Schaffner Society, a charter and current member of Pataskala Rotary Club and a current member of the Chamber of Commerce of Pataskala. Additionally, she serves on the Licking County Job and Family Services Workforce Investment Act Advisory Board, which concerns itself with employment needs of Licking and Coshocton counties. Previously, Linda served on the board of Weathervane Playhouse and was secretary of the executive board of Weathervane, and she is a past secretary of Pataskala Rotary Club.

“I want to learn as much as possible about the workings of the Hospital and then to contribute in any way possible,” Linda said of her goals as an LMH Board member. “Thus far, I have been very impressed with the Hospital leadership — both management and fellow board members.

The Whitehall (Ohio) Yearling High School graduate attended Kentucky Christian College. She and her husband, Jay, are the proud parents of five children - Jay Jr., Jon, Rob, Jennifer and Julie. The couple is excited to be busy helping to plan an August wedding for their oldest daughter.

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## Caduceus Society (continued from page 8)

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

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

For more information about making charitable contributions to Licking Memorial Health Systems, please call the Development Office at (740) 348-4102.

# 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.



Anwar ud Din,  
M.D., F.A.C.C.,  
F.S.C.A.I.

## Anwar ud Din, M.D., F.A.C.C., F.S.C.A.I.

Licking Memorial Health Systems (LMHS) announces the addition of cardiologist Anwar ud Din, M.D., F.A.C.C., F.S.C.A.I., to its staff. Dr. Din is board certified in cardiology and nuclear cardiology.

Dr. Din completed his residency and cardiology fellowship at the Marshall University School of Medicine in Huntington, West Virginia. He earned his Medical Degree from the College of Medicine of the University of Lagos at Lagos, Nigeria. He is a fellow of the American College of Cardiology and the Society of Cardiac Angiography & Interventions.

Prior to joining LMHS, Dr. Din worked out of a specialty practice in Lancaster, Ohio, with hospital privileges at Fairfield Medical Center in Lancaster and Hocking Valley Hospital in Logan, Ohio.

## Physician Spotlight - Stephen Sigrist, M.D.



Stephen  
Sigrist, M.D.

on high standards of care for patients,” said Dr. Sigrist.

Stephen Sigrist, M.D., is Medical Director of the Licking Memorial Hospital Emergency Department. “I grew up in Newark and was actually born at Licking Memorial Hospital. I have a lot of friends and family in the community, and it was a great opportunity for me to come back and practice here. I am very impressed with the organization and the emphasis placed

joined the Health Professionals as Licking Memorial Emergency Medicine.

He earned his Medical Degree from The Ohio State University School of Medicine in Columbus, Ohio, and completed an integrated residency in emergency medicine at Wright State University School of Medicine in Dayton, Ohio. He is a member of the American College of Emergency Physicians and the American Medical Association. Locally, Dr. Sigrist is a member of the St. Francis de Sales Elementary School Board.

Dr. Sigrist and his wife, Michelle, have four children, Alex, Rachel, Xavier and Giselle.

Dr. Sigrist joined Licking Memorial in June 1999 as a physician in the Hospital Emergency Department. In 2000, he became a Licking Memorial Health Professionals physician when the Emergency Department

## Ask-A-Doc: Stephen Sigrist, M.D.

**When I finished mowing my lawn over the weekend, I was very thirsty, tired and had bad cramps. My wife was worried about a heat stroke - should I be concerned?**

Your symptoms suggest heat exhaustion, a related but less serious heat illness than heat stroke. Your symptoms should resolve by getting into a cool environment, consuming plenty of fluids, and staying out of the heat for a few days. Heat exhaustion can, however, progress to heat stroke if you fail to get out of the heat. Symptoms of a heat stroke are primarily high fever (often greater than 103°), confusion, signs of organ failure, and often loss of sweating. This is a life-threatening illness, and anyone suspected of having a heat stroke should be taken to the hospital immediately.



## CONGRATULATIONS!

### 2005 Woman of Achievement

Judith B. Pierce, Chairman  
Licking Memorial Hospital  
Board of Directors

Licking Memorial Health Systems (LMHS) congratulates Judy Pierce, 2005 Woman of Achievement. We are so proud of Judy and all of the women at LMHS who work hard every day taking care of our patients and improving the health of the community.



Licking Memorial  
Health Systems

Visit our Web site at [www.LMHealth.org](http://www.LMHealth.org)

# Volunteer Spotlight - Maribel Neel



Maribel Neel, a 30-year friend and volunteer for Licking Memorial Hospital.

Maribel Neel is a dedicated volunteer who has served Licking Memorial Hospital (LMH) for the past 30 years. She has volunteered more than 7,500 hours. Maribel currently works in Messenger Services. She delivers the mail and interoffice mail, as well as flowers and cards to patients, and runs various errands. Maribel initially began volunteering in the laboratory department, but soon moved to Messenger Services. She also helps out in the physician library.

Maribel began volunteering because her family was interested in the medical field — her husband was an EMT and her oldest daughter is a nurse. “I just wanted to help at the hospital, too. I didn't need to work directly

with the patients, but I wanted to make a difference,” said Maribel. She continued, “The people there are wonderful — the employees treat the volunteers great, and all of the volunteers have become to be great friends. Some of these people will be friends forever.”

Maribel graduated from Bliss College and worked in downtown Columbus, Ohio. When Maribel and her husband, John, got married, they moved to a farm in Licking County, where she has lived ever since. Together they have four children: Susan, John, Jim and Sarah.

Licking Memorial Health Systems' 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 LMHS, call Carol Barnes, Director of Volunteers, TWIGS and Events at (740) 348-4079.

# Vice-President Spotlight: Jana M. Meyer, M.H.A.



Jana M. Meyer, M.H.A.

Jana M. Meyer, M.H.A., has served as Licking Memorial Health Systems (LMHS) Vice President of Support Services since November 2003. As Vice President of Support Services, Jana is responsible for Environmental Services, Facilities Management, Food Services, and Materials Management. She also plays a valuable role in the selection of interior furnishings and finishes for the Health Systems.

Before joining LMHS, Jana was a Network Management Representative for Anthem Blue Cross Blue Shield. Prior to that, Jana was a Stuart A. Wesbury Jr. postgraduate fellow at the American College of Healthcare Executives, a 30,000-member professional association based in Chicago, Illinois. “Having a father who is a community hospital president, I grew up wandering the halls of a hospital similar to Licking Memorial Hospital. I am privileged to be a part of the LMHS organization because of its exemplary leadership, vision and values. The community of Licking County should feel very fortunate to have a hospital that is truly committed to patient safety and to the community.”

Jana received a Master of Health Administration degree from The Ohio State University in Columbus, Ohio. Jana also holds a Bachelor of Applied Health Science from Bowling Green State University in Bowling Green, Ohio. She is a member of the Newark Kiwanis, serves as the board secretary of the Camp O'Bannon Board, serves on

the COTC Advisory Board and on the Midland Marketing Committee. She is also a member of the American College of Healthcare Executives.

Jana and her golden retriever, Zoe, reside in Pataskala.

## Donors

### PRIDE Cornerstone Bronze

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Ann Howard in memory of  
Carl Petersilge, M.D.  
LMH Medical Staff in memory  
of Carl Petersilge, M.D.  
Holophane Company, Inc. in  
memory of Rose Lewis



**Licking Memorial  
Health Systems**

# Upcoming Dates

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

## Ask the Doc - 2005 Class Schedule

June 4, 11, 18, and 25, 2005; 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

## CPR - Heartsaver

Thursday, June 2, 2005; 6:00 to 9:00 p.m.  
Conference A & B, First Floor, Licking Memorial Hospital  
Cost is \$25. Registration is required. Call (740) 348-1434.

## Diabetes Self-Management Training

Tuesday Classes

June 7, 14, 21, and 28, 1:00 to 3:00 p.m.

Wednesday Classes

June 8, 15, 22, and 29; 1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.

Licking Memorial Education Center, 1915 Tamarack Road  
Registration is required. Call (740) 348-4722. Limited seating is available.

## First Impression Programs Childbirth Education Classes

Infant & Child CPR

Stork Tours

Parenting Classes

Breast Feeding Classes

Sibling Preparation Class

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



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

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

**Visit us at [www.LMHealth.org](http://www.LMHealth.org)**

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