



Community Connection

Licking Memorial Health Systems

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Measurably Different ... for Your Health!

LMH Garner's VHA Leadership Award for Clinical Excellence



Licking Memorial Hospital (LMH) cardiologist Debra Heldman, M.D., and LMH cardiology patient care supervisor Patty Merrick, C.N.P., display the plaque that represents the prestigious VHA Leadership Award for Clinical Excellence.

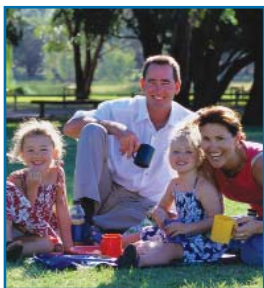
Licking Memorial Hospital (LMH) is one of only 22 out of 1,400 VHA member hospitals to receive a 2005 VHA Leadership Award for Clinical Excellence for treatment of congestive heart failure (CHF) patients. Additionally, LMH is one of only 56 out of the 1,400 members to earn the prestigious award for its treatment of acute myocardial infarction (AMI) – or heart attack – patients.

“As a health care organization, we set our goals high and work hard to achieve and exceed expectations for community hospitals of our size,” said Licking

Memorial Health Systems (LMHS) President Bill Andrews. “Earning accolades from VHA for our heart care services is quite an honor. The reasons we earned a VHA Leadership Award for Clinical Excellence exemplify the level of care we strive to provide every day for every patient.”

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Pack a Healthy Picnic This Summer



Enjoying a summer picnic with your family can be healthy and fun!

Packing a picnic can be a healthy alternative to a fast-food meal on the run – if simple food safety tips are followed. “Even the healthiest of food choices can spell danger if they are not properly prepared and maintained,” Licking Memorial Hospital (LMH) Infection Control Manager Kathy Kern, M.S., C.I.C., warned.

When planning for your Fourth of July picnic or other summer-time outdoor eating, keep in mind the following food safety tips from the American Dietetic Association:

- Keep hot food hot and keep cold food cold. This means hot foods should be kept at 140 degrees Fahrenheit or hotter, while the temperature of cold foods should remain below 41 degrees Fahrenheit. When reheating fully cooked items, heat to at least 165 degrees.

- Pack wisely. Keep raw foods separate from prepared foods and uncooked meats. When transporting

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Learn About Dangers of Hemochromatosis



Lorei Reinhard, Director of Laboratory

What is Hemochromatosis?

Ever heard of hemochromatosis? A genetic disorder in which dietary iron is absorbed in excess from infancy on, this is the most common genetic disorder affecting Caucasians. In the United States, approximately 1 million people have the disease. Symptoms may include fatigue, weakness, weight loss, joint pain and/or abdominal pain.

Left undetected, the accumulating iron may damage vital organs and joints, resulting in heart disease, liver enlargement (later cirrhosis and even cancer), disabling arthritis, diabetes and other hormonal deficiencies – such as premature menopause, decreased libido and premature death. However, there is hope. If hemochromatosis is diagnosed early, patients may expect to enjoy a healthy and full life span.

Learn more about hemochromatosis and receive a free

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LMH Earns VHA Leadership Award for Clinical Excellence (continued from front)

VHA is a national health care provider alliance based in Irving, Texas. Measures used as Award for Clinical Excellence criteria are evidence-based and are being used by the Centers for Medicare and Medicaid Services (CMS) and the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) for public reporting. LMH achieved at least a 90 percent compliance with all CHF and AMI rate-based indicators to qualify for the 2005 VHA Leadership Award.

“The award is based on our cardiac care performance measured against nationally accepted evidence-based indicators that have been shown to improve patient outcomes,” said LMHS Director of Process Improvement Debbie Murphy. Continuously striving to improve patient care is a major focus at the Hospital, said LMHS Vice President of Quality Improvement Renee Mallett, R.N., J.D., M.S.N., M.B.A. “No matter how strong our level of care, there is always room for improvement,” Renee said. “Earning a national Leadership Award for Clinical Excellence shows that we are a proven leader when it comes to establishing health care standards.”

LMH Cardiology Patient Care Supervisor Patty Merrick, C.N.P., said she and her co-workers were ecstatic to learn of the honor. “Our cardiology team proudly provides high-quality, local care to AMI and CHF patients. To be praised nationally for the level of treatment we have given is gratifying.”

Pack a Healthy Picnic This Summer (continued from front)

food to your destination, stow in the back seat of your air-conditioned vehicle instead of in a hot trunk. Avoid frequently opening the cooler since this will cause the inside temperature to drop more quickly. Take out of the cooler only the amount of raw meat, fish or poultry that will fit on the grill at one time.

- Wash your hands frequently – before, during and after food preparation. Take along your own soap and water and/or hand sanitizer if you aren’t certain that an ample supply of warm, running water and soap will be available on site.
- Don’t forget the meat thermometer. “Food that looks done oftentimes actually hasn’t been cooked long enough to ensure that any harmful bacteria are killed,” Kathy said. For your safety and that of your fellow diners, follow these minimum temperature guidelines:
 - Fish, shellfish, lamb, beef and pork – 145 degrees Fahrenheit
 - Ground beef – 155 degrees Fahrenheit
 - Poultry and reheated items – 165 degrees Fahrenheit
- Watch the clock. Refrigerate leftovers as soon as possible. Discard any hot food items that have been off the grill or cold items that have been out of the cooler for four hours or more. When the outdoor temperature reaches 90 degrees Fahrenheit or higher, don’t leave food outside for more than one hour. “When in doubt, throw it out,” Kathy recommends.

Learn About Dangers of Hemochromatosis (continued from front)

screening on Thursday, July 28, at Licking Memorial Hospital (LMH). The program begins at 6:00 pm in Conference Rooms A & B (located on the Hospital’s first floor). Hemochromatosis experts Mark Wurster, M.D., F.A.C.P., and Cheryl Garrison will present. The free screening will be offered immediately following the presentation. Pre-registration is required. To register or for more information, please call (740) 348-1434.

“Not only can attending the program and getting screened greatly benefit individuals, it also can aid the community at large,” said LMH Director of Laboratory Services Lorei Reinhard. “Scientists hope that increased awareness of hemochromatosis will help them learn more

about how the body normally metabolizes iron, how iron injures otherwise healthy cells and whether the disorder is a factor in organ damage attributed to other diseases.”

Who Should Be Screened?

Because hemochromatosis is a hereditary disorder, family members of anyone with the disease – including parents, children, brothers, sisters and other close relatives – should have their blood tested to see if they have hemochromatosis or are carriers. Regardless of family history, talk to your physician about the disorder if you have any of the following symptoms: joint disease, severe and continuing fatigue, heart disease, elevated liver enzymes, impotence and/or diabetes.

LMHS Vice President of Medical Affairs Craig Cairns, M.D., M.P.H., warns that symptoms of hemochromatosis often mimic symptoms of other diseases. “As a result, the underlying problem of iron overload is frequently – and unfortunately – overlooked,” Dr. Cairns said. Testing is simple, he explained. “A blood test measures the level of iron stored in the body. If a high level is seen, a genetic test is used to confirm or rule out a diagnosis of hemochromatosis.”

How is the Disorder Treated?

Treatment for hemochromatosis is simple, safe and inexpensive: rid the body of excess iron. “To do this, a pint of blood is taken once or twice a week for several months to a year – sometimes longer – depending on how severe the iron overload is,” Lorei said. “This process is known as phlebotomy, which means removing blood.” The goal is to bring blood ferritin levels to the low end of normal and maintain that level. Then, maintenance therapy in which a pint of blood is drawn every two to four months for life is followed.

A Patient’s Story

Johnstown resident Richard Barlitt is thankful that he attended a hemochromatosis program at LMH last summer. “I regularly receive blood draws at the Hospital laboratory to check my Coumadin,” he said. “While I was there last year, I saw a sign about

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TWIGS Dinner Recognition



Helen Van Winkle and Blanche Hagan enjoyed the Recognition Banquet; both women won door prizes at the dinner.

Licking Memorial Hospital (LMH) recently recognized the TWIGS groups who serve the Hospital with a recognition dinner on Monday, May 23. More than 90 TWIGS members were in attendance. "In the past year, the TWIGS groups donated more than \$84,464 to LMH and more than \$3,843,997 since

1972," said Carol Barnes, Director of Volunteer Services, TWIGS and Events. "These groups make a measurable mark by providing much-needed services throughout the Health Systems – which has a direct financial impact on LMH."

During the evening festivities, special recognition awards were announced, each TWIGS member was presented with a gift, door prizes were given away and dinner was provided. At the recognition dinner, nine women were inducted into the 25-Year Recognition Hall of Fame. The 25-Year Recognition was dedicated in 2000, when the TWIGS celebrated their 50th anniversary and began recognizing current members who have given more than 25 years of service through TWIGS of Licking Memorial. The Hall of Fame plaque was placed by Conference Rooms A & B and has grown to 112 names listed. The newly inducted LMH Hall of Fame members include: Jean Kerle, Margret Gjessing, Janice Mollica, Rebecca Shaw, Jean McLaughlin, Carole Coad, Chris Neely, Ann Howard and Barbara Joyner. Bill Andrews, President of Licking Memorial Health Systems, also attended the dinner and presented the TWIGS members with information about the upcoming Critical Care Pavilion construction project, which will expand the LMH Emergency Department and Surgical Services.

The TWIGS of LMH was established in May 1950. The acronym TWIGS stands for: Together, Willingness, Imagination, Giving and Sharing. There are currently eight different TWIGS groups.

- TWIGS 4 began in 1950 and its main fund-raising projects are selling "Entertainment Books" and Rada Cutlery.
- TWIGS 6 began in 1950 with its main project of operating the Thrift Shop in Granville.
- TWIGS 8 began in 1950 with two card tables on which they began selling baby items, candy, jewelry, etc., which turned into opening the Gift Shop at LMH. The TWIGS 8 Gift Shop is open eight hours a day, seven days per week, except on holidays.
- TWIGS 11 began in 1952. It was formed by a group of women who had volunteered many hours in the old hospital during World War II as Red Cross nurse aides. From the beginning, they had been active as Red Cross volunteers assisting the Red Cross Blood Mobile Unit when it came to Licking County, and continues to do so today.
- TWIGS 13 began in 1955 with 19 members, and its current fund-raising project is selling Christmas greenery.
- TWIGS 14 began in 1958; the Tour of Homes is its main project.
- TWIGS 22 began in 1967; its current project is the Alexandria/Johnstown Tour of Homes.
- TWIGS 24 began in 1994 by a group of Hospital employees. Its current projects include: book sales, jewelry sales and proceeds from vending machines. In January 2004, TWIGS 12 joined TWIGS 24.

If you are interested in becoming a member of one the TWIGS groups, please call Carol Barnes, Director of Volunteers, TWIGS and Events at (740) 348-4079.

LMHS Supports Local Baseball Teams

In an effort to continually support the community we serve, Licking Memorial Health Systems sponsors several local youth baseball teams throughout Licking County. In upcoming issues of Community Connection, we will highlight some of the local teams sponsored.

This month, we are featuring the North Newark Varsity baseball team. The team has 9 players: Adam Toderan, Trace Johnson, Ricky Pipes, Nick Mercer, Mick Stakley, Brandon Clay, Brandon Paul, Michael Sullivan and Devin Daggars. They recently played in the Memorial Tournament in Newark. Coaches for the team include: Tracy Johnson, head coach; Kip Mercer, assistant coach; Rick Pipes, hitting coach; Dan Toderan, outfield coach; and Brian Stakley, outfield coach.

Licking Memorial Health Systems was recognized at the opening ceremony, and Rob Montagnese, Executive Vice President, threw out the first pitch.



A member of the North Newark Varsity baseball team is pictured with Rob Montagnese, Executive Vice President of Licking Memorial Health Systems, at the first game of the season.

LMH Honors Long-term Employees

With about 1,350 employees, Licking Memorial Health Systems (LMHS) ranks as one of Licking County's top three employers. An organization this large requires a dedicated work force, such as accounting, maintenance, mail room, food service and housekeeping, to support the work of the clinical staff that directly provides patient care. On May 11, LMHS hosted a dinner celebration at Longaberger Golf Club to honor employees of all disciplines who are marking milestone anniversaries during 2005.

Debra Heldman, M.D., Licking Memorial Hospital Chief of Staff, addressed fellow employees with a note of appreciation, "Much of the strength of the Hospital comes from the employees who work hard day in and day out. I want to congratulate each of you on that dedication and to express appreciation from the medical staff for the work that you do."

At the celebration, 161 employees with a collective total of 2,100 years of service were recognized for their five-10-15-20-25-30-35-or-40 year anniversaries.

Two employees were recognized by LMHS for 40 years of service: Cynthia Hollar (Coronary Care) and Kenneth Thompson (Linen Services).

Six employees were recognized by LMHS for 35 years of service: Carol Barnes (Volunteers, TWIGS and Events), Barbara Chapman (Surgery), Patricia Shipp (Intensive Care), Elizabeth Sissea (5 South), John Tolliver (Plant Operations) and Sue Willis (Maternal Child).

Learn About Dangers of Hemochromatosis (continued from page 2)

hemochromatosis and asked what it was all about. I decided to go."

The results of his hemochromatosis screening revealed that he had an elevated iron level. Although it was not high enough for a diagnosis of hemochromatosis, it did mean that he should receive treatment. Richard has received follow-up care from Licking Memorial Health Professionals hematologist Jacqueline Jones, M.D. Initially, he underwent phlebotomy once every couple of weeks. The blood draws then increased to once a week for about four months before decreasing to approximately one time each month until a normal iron level was reached. Richard continues to have his iron level monitored regularly.

Ten employees were recognized by LMHS for 30 years of service: Kathryn Baldeschwiler (Emergency), Brenda Cost (Radiology), Sharyn Davis (Outpatient Services), Victoria Evans (Laboratory), Luz Feldner (Laboratory), Vickie Ford (Intensive Care), Lewis Huston III (Behavioral Health), Susan Jansheski (Home Care), Bonnie Myers (Food Service) and Carol Randall (Purchasing).



Pictured are Licking Memorial Health Systems (LMHS) Board President Glenn Abel, Licking Memorial Hospital Board Chairman Judy Pierce, Kenny Thompson who was honored as a 40-year employee, LMHS President Bill Andrews and LMHS Executive Vice President Rob Montagnese.

Eighteen employees were recognized by LMHS for 25 years of service: Kay Bailey (5 South), Alana Bell (Registration), Kathy Byers (Food Service), Kathleen Diemoz (4 South), Connie Donaker (Coronary Care), Linda Fitzsimmons (Surgery), Kathryn Hahn (Pain Management), Marion Lo Curto (Intensive Care), Billie Lovell (Laboratory), Sue Maier (Intensive Care), Sandra Mandich (Health Information), Nancy Molnar (Laboratory), Brad Mosher (Plant Operations), Linda Patterson (Health Professionals), Isabel Paulson (Surgery), Deborah Briggs (Radiology), Nancy Robinson (Maternal Child) and Diane West (Laboratory).

Seven employees were recognized by LMHS for 20 years of service: Kathleen Bigler (Surgery), Debora Biggs (Radiology), Mary Jane Ehlermann (Emergency), Gary Hall (Emergency), Joan Selby (Maternal Child), Sheryl Stickrad (Maternal Child) and Jane Tolliver (Intensive Care).

In addition, LMHS honored 15 employees for 15 years of service, 36 employees for 10 years of service, and 67 employees for five years of service.

The 72-year-old has informed his family members about hemochromatosis and advised them to talk to their physicians. "I know that high iron levels can run in the family. I have five children, and I recommended to each of them that they get screened, too," Richard said.

One daughter, Carla O'Brien, has since been diagnosed with hemochromatosis and is pursuing follow-up care in her Morrow County community. "Finding out information about hemochromatosis has helped out our family," the 46-year-old Marengo resident said. "We can now pass on our knowledge to our kids to protect them."

2005 Nursing Award for Clinical Excellence Announced

As part of the National Hospital Week celebration, recipients of the 2005 Nursing Award for Clinical Excellence were announced. The format changed this year and included two awards for clinical excellence, one representing a nurse in the Hospital/outpatient services and one representing a nurse in the Licking Memorial Health Professionals (LMHP) physician offices.

Recipients for the 2005 Nursing Award for Clinical Excellence were Lauri Gayheart, R.N., hospital/ outpatient services, and Kim Rath, R.N., physician offices.

In addition to Lauri and Kim, there were 19 nominees for the awards this year. Nominations from the Hospital included:

- Cynthia Barbour, R.N., Shepherd Hill
- Jan Campbell, R.N., Outpatient Surgery
- Lauri Gayheart, R.N., 4 North
- Chris Koth, R.N., Oncology
- Dawn Powell, R.N., Surgery
- Drema Reaser, R.N., Surgery
- Jill Rhea, R.N., Radiology Special Procedures
- Eve Smith, R.N., Outpatient Surgery

Nominations from the LMHP offices included:

- Robinette Bowman, L.P.N., Licking Memorial Family Practice – Hebron
- Bonnie Capogreco, R.N., Pulmonology/Critical Care
- Jacqueline Chesterson, R.N., Licking Memorial Gastroenterology
- Marketys Dailey, R.N., Licking Memorial Family Practice – Doctors Park 5
- Theresa Davidson, L.P.N., Licking Memorial Oncology/ Hematology
- Megan Dixon, L.P.N., Licking Memorial Surgical Services
- Melissa Hall, R.N., Licking Memorial Family Practice – Granville
- Linda Hammond, R.N., Licking Memorial Family Practice – 150 McMillen
- Sonia Hankinson, R.N., Licking Memorial Family Practice – Doctors Park 1
- Linda Minot, L.P.N., Licking Memorial Oncology/ Hematology
- Robin Patton, L.P.N., Licking Memorial Family Practice – Pataskala
- Kim Rath, R.N., Licking Memorial Pediatrics
- Kathy Swick, R.N., Company Care

Eligibility for nomination for the awards includes strict criteria in clinical skills, advanced clinical knowledge and professionalism. There were many examples of outstanding qualities listed among the nominees.



2005 Nursing Award for Clinical Excellence winning Lauri Gayheart, R.N., hospital/ outpatient services.

Lauri Gayheart, R.N.

Lauri Gayheart began her nursing career at Licking Memorial Hospital (LMH) in June 1990, shortly after her graduation from Central Ohio Technical College in Newark, Ohio, where she received an Associate's Degree in Nursing. Her tenure at LMH includes Registered Nurse on 4 South and presently

night shift Charge Nurse on 4 North. Along with Lauri's charge nurse duties, she also works as a preceptor, assists with staffing schedules for the night shift, as well as collects Quality Improvement data for the telemetry unit. "I was so excited and honored when my name was called to receive this award," said Lauri. "It is an honor and a privilege to be part of the excellent nursing staff at LMH."

Lauri represents a role model of excellence in nursing. Her peers expressed their appreciation for her by nominating Lauri for this year's Nursing Award for Clinical Excellence. Comments from nominations include: "She has a calm, professional style, is very caring and compassionate and has excellent clinical skills;" "she excels in teamwork and is always willing to lend a helping hand;" "she provides outstanding patient care and handles challenges with patience;" and "has a very positive attitude and is a good leader."

Lauri is also highly regarded by her management team. Her manager, Sue Springer, R.N., described Lauri as "exceptional and one in a million" and her director, Rhonda Maddern, R.N., noted, "Lauri is consistent, she is always here to take care of her patients," and, "she is the type of nurse that everyone would aspire to be."

Lauri lives in Heath with her husband. She is the mother of two children and also has one grandchild. When not working, she enjoys traveling with her husband.

Kim Rath, R.N.

Kim Rath graduated from Wright State University in Dayton, Ohio, with a Bachelor's Degree in Nursing. Her first job was with Miami Valley Hospital working with high-risk pregnancies. She began her employment with LMH in August of 1988 on 4 North. From 1989 to 1998, Kim worked in the Nursery, Maternal Child and Labor and Delivery. She joined the pediatrics practice in November 1998 and became a member of Dr. Richard Baltisberger's care team in February 2002. Throughout

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2005 Nursing Award for Clinical Excellence winning Kim Rath, R.N., physician offices.

her career at the Health Systems, Kim has received numerous CARES Awards from patients thanking her for conscientious service. “I was surprised, honored and humbled that my peers nominated me. I love taking care of children. It is my way of helping the community. I feel like kids are the window to the future, and it is my way of helping,” said Kim.

Kim’s manager said that Kim is always the first to volunteer and she goes out of her way to help others.

In addition, when Dr. Baltisberger may need to see a sick patient after hours or on the weekend, many times she comes into the office to assist him.

Kim is a perfect example of a nurse who cares about excellence in every aspect of her professional and personal life. Clinically, she is outstanding and is well respected by her peers and the physicians. Kim truly works to improve lives, to teach parents and children how to achieve better health, and she is an advocate for children to make sure they have the best health every day.

Kim and her husband, Jeff, reside in Newark. They have two children, a son, Jason, who recently graduated from Newark Catholic, and a daughter, Erica, who attends St. Francis.

Licking Memorial Health Systems Managers of the Year

At the Employee Recognition Dinner held on Wednesday, May 11, at Longaberger Golf Club, Licking Memorial Health Systems recognized two managers as Managers of the Year – David Claypool, Controller, and Sharyn Davis, R.N., R.V.T., Director of Outpatient Services.



David Claypool

David Claypool

David “Dave” Claypool was named manager of the year because he has demonstrated the ability to leverage technology as the organization evolved from Hospital to today’s Health Systems. There has been very little employee turnover within the department over the past several years, which is another testament to Dave’s ability.

He has successfully coordinated two major departmental moves over the past few years to free up space for clinical services, and was instrumental in the operational setup of the Health Professionals offices.

Dave has been with LMHS for 19 years and specializes in Accounting and Finance. “I have spent most of my professional career with Licking Memorial Health Systems; it’s home for me,” said Dave. “It’s where we can make a better community for our children, our parents, our friends and our neighbors, and I believe in what we are doing.”

Dave has a Bachelor of Arts in Accounting, from Capital University, in Columbus, Ohio. He is a Certified Public Accountant and is licensed in the state of Ohio.

Dave is on the Board of Directors for ARC of Licking County and is a church council member at Christ Lutheran Church in Heath, Ohio.

Dave lives in Heath with his two children, Jacob and Jaraka.



Sharyn Davis,
R.N., R.V.T.

Sharyn Davis, R.N., R.V.T.

Throughout her 30 years of service at Licking Memorial Hospital (LMH), Sharyn has become an important part of the patient-care team, and could now truly be considered the definition of a loyal and dedicated employee. After working as staff nurse on the medical and surgical nursing units, she established the first Vascular

Laboratory in Licking County here at LMH. She then received certification as a Registered Vascular Technologist and became a nurse manager in 1989. She served as Director of Surgical Services for the past three years and most recently was named Director of Outpatient Services. In her current position, she oversees clinical operations of the Pain Clinic, Wound Clinic, Anticoagulation Clinic, Outpatient Infusion Clinic, Sleep Lab, Vascular and EEG Lab, GI Endoscopy and Oncology Chemo Unit. With all of these services under her direction, they have continued to grow and have had many accomplishments. Sharyn continues to evaluate new service lines to “improve the health of the community” in which she lives.

Sharyn has been featured in “Outpatient Surgery” magazine and currently serves on their editorial board.

Sharyn and her husband Fred have two grown children Erik and Taylor.

LMHS Celebrates National Hospital and Health Care Week



Licking Memorial Hospital Oncology Patient Care Manager Patricia Banks-Chester (from left) and Licking Memorial Health Professionals Physician Center Manager Nell Duffy take a break from Hospital Week activities to pose for the camera.

to all employees – including nurses, physicians, dietitians, administrative assistants, painters, maintenance workers and others. “Our employees answer the Calling to Care in a variety of ways each and every day,” he said. “Observing National Hospital and Health Care Week was an opportunity to show that we notice and appreciate their efforts.”

At the start of the weeklong event, employees received large cookies and celebration badges. The next day, they were invited to try their luck at winning gift certificates during Casino Day. Later in the week, snack bags and gifts were hand delivered by managers, a cookout covering all shifts was held outside the Licking Memorial Hospital cafeteria, and drawings were conducted for special prizes.

Licking Memorial Health Systems (LMHS) proudly celebrated National Hospital and Health Care Week in May with treats, games, prizes and food for all members of its approximately 1,350-member staff.

The theme of the Health Systems celebration was “A Calling to Care for the Community.” LMHS President Bill Andrews said the theme applied

Audi Yontz, a point of care technician with Licking Memorial Women’s Health, was the surprised winner of the grand prize – a 32-inch, flatscreen, color TV. “What a wonderful shock that was,” Audi said of her reaction to the news that her name was drawn. “Like most employees, I was hoping that I would win, but I really didn’t expect it to happen.”

LMHS Director of Volunteers, TWIGS and Events Carol Barnes said numerous employees made positive comments throughout the week. “We had quite a lot of fun,” Carol said. “Our employees work hard, so it’s nice to give them the chance to play hard, too.”

LMHS Board Chairman Glenn Abel reiterated the sentiments of Bill and Carol. “Our community health care system is strong because of our talented, dedicated employees,” Glenn said. “I applaud their efforts and encourage them to continue to strive to set and attain high goals.”



Licking Memorial Health Systems employees wait in line for a delicious cookout – complete with ice cream for dessert – on the Hospital grounds.

Walking To a Brighter Future



Licking Memorial Health Systems employees enjoy the Licking County Heart Walk.

at The Ohio State University Newark-COTC campus, employees walked to honor patients and co-workers who have experienced heart problems and strokes. LMHS donated money to help boost the Heart Walk’s total pledges of \$20,000.

Licking Memorial Health Systems (LMHS) employees have been walking the extra mile to help fund medical advances and research. The employees volunteered their time in support of LMHS’ contribution to three charitable walks in May.

For the American Heart Association/American Stroke Association walk

The first annual Licking County Walk for Diabetes also took place at The Ohio State University Newark-COTC campus. The LMHS team joined more than 150 walkers to raise money for diabetes research and other programs. LMHS was the presenting sponsor of the event, helping to raise more than \$13,000. There are an estimated 6,600 Licking County residents who are affected by diabetes.

The American Cancer Society’s annual Relay for Life took place at the T.J. Evans Sports Complex in Newark. The 24-hour long event featured teams of walkers, including those from LMHS, who strolled or jogged along the track, to stress that the public needs to be aware of the symptoms of cancer, and to raise money for research. A highlight of the Relay for Life is the luminary ceremony in which candles are lit to memorialize loved ones who have died of cancer, and to honor loved ones who are currently struggling with malignancy or have survived the disease.

Volunteer Spotlight – Carolyn Cline



Carolyn Cline is a dedicated volunteer who has served Licking Memorial Hospital (LMH) the past 31 years.

Carolyn Cline is a dedicated volunteer who has served Licking Memorial Hospital (LMH) the past 31 years. She has volunteered more than 4,836 hours. Carolyn has worked for Messenger Services on Mondays from the beginning of her volunteer service. She delivers the mail and interoffice mail, as well as flowers and cards to patients, and runs various errands.

“seeing my co-workers, the employees and the patients – everyone is so nice,” she continued. Recently, Carolyn even recruited her husband, Eddie, to start volunteering. Eddie volunteers delivering mail.

Carolyn and Eddie will be married 54 years in November. They have two sons – Tim and Doug. Before volunteering at LMH, Carolyn worked for the Newark City Schools in food services for 25 years.

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.

“I started volunteering because my kids were in school and leaving home and I wanted something to do, but I continue to volunteer because of the people,” stated Carolyn. “I look forward to coming into the Hospital and

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.

Development Council Spotlight: I. Russell Suskind and Tony Tanner



I. Russell Suskind

I. Russell Suskind

Hoping to “keep the Hospital as a cornerstone of Licking County’s superior quality of life,” Russell “Russ” Suskind joined the Licking Memorial Hospital (LMH) Development Council in June 1999. The Newark attorney became a member of the Council’s Annual Support Committee and served as its chair from June 2000 to November 2002.

“In this age of businesses, utility companies, farms and most other enterprises growing to enormous size, and the ever-widening gulf between the consumer and top management, I hoped we could avoid that with the Hospital and keep it as an independent community hospital paying close attention to local needs,” Russ said of his main goal upon joining the Development Council. “To do that, the Hospital needs many things – including money and community support.”

He is pleased with his involvement with Licking Memorial and is proud of the financial astuteness of the organization. “The Development Council can help raise money, especially for things that may not be in the ordinary budget – things like new equipment, electronic recordkeeping and expanded facilities,” Russ said. “If the Hospital has a reserve for discretionary spending, it can be, and has been, in the forefront of innovation and delivery of excellent medical service. It can also help serve the needs of everyone in the county, not just those with insurance.”

As a member of the Council, Russ said one of his responsibilities is to generate community support for LMH. “Development Council members can spread the word about the many good things the Hospital is doing,” he said. “And, we can be eyes and ears for the Hospital.”

In addition to his involvement with Licking Memorial, Russ currently is chair of the Steering Committee of Leave a Legacy of Licking County – a group that encourages people to remember their favorite charities in their wills and estate planning. He served on the Moundbuilders Guidance Center Board for 25 years, including the last 15 as president. Russ also is a member of the Licking County Bar Association, Ohio Bar Association, American Bar Association and the National Academy of Elder Law Attorneys. He was president of the Licking County Bar Association in 1992. The New York City native received his Bachelor’s Degree from Bradley University in Peoria, Illinois, and his Juris Doctorate from University of Michigan in Ann Arbor, Michigan. He is a U.S. Army veteran, having served from 1966 to 1969. Currently the president of Lawyers Title Agency of Licking County, Inc., Russ specializes in these areas of law: real estate, tax, elder, probate and mediation.

He and his wife, Elizabeth (a retired Utica High School teacher), have lived in Licking County since 1972. The couple has four grown children – two sons in California; another in Vermont; and a daughter who lives in Heath with her husband and their two daughters.

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Tony Tanner

Tony Tanner

Tony Tanner said he recently joined the Licking Memorial Hospital (LMH) Development Council because, “I believe that the community in which you live is only as strong as the institutions that are in it. Health care, police and fire protection, a corporate presence, schools – including higher education, and recreational opportunities – all are institutions

which must be strong and vibrant. Then, all other issues and community sectors will take care of themselves.”

Taking an active role in ensuring the strength of one’s own community is something Tony takes to heart. In 1995, at the age of 24, he became the youngest elected official in city history when he earned a seat on Pataskala City Council. He also worked on the 1994 re-election campaign for Governor George Voinovich, was employed by Auditor of State Jim Petro, spent six years as manager of corporate affairs with The Longaberger Company, served as chairman of the Licking County Republican Party and was executive director of Ohio Citizens Against Lawsuit Abuse. Tony joined Continental Office Environments in 2004 as a resource consultant.

Central and southern Ohio, including Licking County, is the territory he represents for the 60-year-old regional Ohio company.

The graduate of Southwest Licking Local School District earned a Bachelor of Arts degree in sociology/criminology from Ohio University in Athens, Ohio.

Tony is a member of St. Edward Catholic Church, where he serves on the parish council. He is also a member of Newark Rotary and was chairman of Citizens for Better Schools in Southwest Licking. His wife of 6-1/2 years, Kristi, is the assistant deputy director of the Economic Development Division of the Ohio Department of Development. The couple, along with their two daughters, 3-year-old Ellie and 5-month-old Cecelia, and their 11-year-old Golden Retriever, Hunter, resides in Pataskala.

“Growing up, working and living in Licking County have been positive experiences for me,” Tony said. “I am proud to be part of this community and look forward to doing whatever I can to help ensure that our community hospital continues to be an exemplary institution.”

Physician Spotlight: Richard Baltisberger, M.D., F.A.A.P.



Richard Baltisberger, M.D., F.A.A.P.

Richard Baltisberger, M.D., F.A.A.P., is the Chief of Pediatrics at Licking Memorial Hospital (LMH). He joined Licking Memorial in August 1998 and has a special interest in developmental disabilities and Attention Deficit Hyperactivity Disorder (ADHD). “I chose to come to Licking Memorial stemming from my desire to be in a community where I could admit patients to a community hospital and be a part of

a multi-specialty group. My wife and I also were excited to move to this area, and have lived here for seven years. I am very proud to be part of an organization that stresses quality and is very progressive with the use of technology in the offices,” said Dr. Baltisberger.

Dr. Baltisberger received his Medical Degree from University of North Dakota School of Medicine in Grand Forks, North Dakota, and is board certified in pediatrics. He completed his residency and internship at Children’s Hospital in Columbus, Ohio. Dr. Baltisberger is certified in Pediatric Life Support, Neonatal Resuscitation

Program, Basic Life Support and Peripheral Inserted Central Catheter Line Placement.

Dr. Baltisberger credits his wonderful staff that helps him serve the children of our community. Kelly Justus, a Pediatric Nurse Practitioner, who works in Dr. Baltisberger’s office was recently named the Ohio Nurse Practitioner of the Year and Kim Rath, R.N., who also works with Dr. Baltisberger, was recently given the Nursing Excellence Award from Licking Memorial Health Systems.

Dr. Baltisberger is a member of the American Academy of Pediatrics, Central Ohio Pediatric Society, Licking Memorial Executive Council, and American Academy of Pediatrics’ section on child abuse and neglect and Downs Syndrome Medical Interest Group. He is also active in providing presentations and training throughout the Hospital and community.

Dr. Baltisberger and his wife, Jane, have four children, ages 2, 4, 5 and 12. He resides in Granville with his family.

Ask-a-Doc

I have been hearing a lot on the news about kids getting sports injuries due to playing the same sport repetitively. My 8-year-old son plays soccer year round. Is there anything we can do to help prevent injuries?

The risk of injuries is different for various sports. The main injuries we see in soccer are ankle and leg injuries. There is a risk of head injuries for older children as they get into competitive soccer. The most common ankle

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injury would be a twisted ankle. RICE therapy (rest, ice, compression with an Ace bandage and elevation) is the most common prescribed therapy for a twisted ankle. The degree of injury will determine how quickly the child can play again. In general, for most pediatric sports injuries – pain should be your guide. Your child should not continue to run on an ankle or foot that is hurting. The risk with continued running on a painful joint or foot would be a

stress fracture, which is common on the foot in sports with lots of running, especially on uneven surfaces. The main prevention is not forcing children to participate in sports when they are in pain or very tired. Our goal should be to develop a lifetime love for sports. To do this, it is important not to push the children too hard. Pushing too much may cause them to lose interest in a sport or activity that they might have otherwise enjoyed.

Board Spotlight: Bonnie Manning and F. Jennifer Utrevis



Bonnie Manning

Bonnie Manning

Bonnie Manning has been an active supporter of Licking Memorial Hospital (LMH) for nearly a decade and a half. “I first became involved with the Hospital 14 years ago as a volunteer and later served on Gourmet Gala committees and as Chairman of the Gala,” she said.

Bonnie also is a member of the Development Council and served as Chairman of its Communication and Education (now Education and Membership) Committee. She currently is Vice Chairman of the Education and Membership Committee and is on the Golf Gala Committee. In 2003, she joined the Hospital Board of Directors. “I accepted the invitation to join the Board because I feel very strongly that a good community hospital is a necessity to this community,” Bonnie said. “We are fortunate to have such an excellent hospital that serves all those in need of care.”

Ensuring that LMH maintains its level of excellence is Bonnie’s primary goal as a Board member. “I want to be certain that Licking Memorial Hospital continues to provide the best quality of health care to this community,” she said. “I want to see Licking Memorial Health Systems be at the forefront in implementing new technology and procedures in our facilities.”

In addition to her focus on local health care, the vice president of Manningstead Associates has been an advocate for sound education systems. She served on the Licking County Business/Community Council on Education, was co-chairman of Granville Village Schools Turning Point Levy Steering Committee, and is a former co-president and treasurer of Granville Elementary PTO. Bonnie also previously filled the roles of president and secretary of Trinity Lutheran School Board of Education in Marysville, Ohio, and was general chairperson and honorary chairperson for efforts to pass levies for the Marysville schools. In 1992, she was honored with a Friend of Education Award from Marysville Education Association.

Other community minded organizations with which Bonnie has been involved are: Union County United Way, Marysville Civil Service Commission, Union County Community Concert Association, Mothers Study Service League, Alethea Society, Union County Women’s Republican Club, and International Family Center.

In her free time, Bonnie and her husband, George, enjoy playing golf as often as possible. The Granville couple has five children – three who are grown, a son who will be a senior at Granville High School next year, and a daughter who will be a senior at Ohio University in Athens, Ohio. They are also the proud grandparents of three young granddaughters, with another grandchild on the way. “As you can see, our lives are very busy. Our favorite times are spent with our children and grandchildren.”



F. Jennifer Utrevis

F. Jennifer Utrevis

Licking Memorial Hospital (LMH) Board member Jennifer Utrevis is pleased that she accepted an invitation to join the organization one year ago. “I wanted to know more about the inner workings of the Hospital and how our services compare to those of other community hospitals. Additionally, I knew many of the people on the LMH Board – both prior and present – and wanted to get involved. It has been a rewarding experience for me.”

The Newark resident was a part owner and general manager of Granville Inn for 27 years. She later served as a consultant for the Licking County Chamber of Commerce on a civic engagement project between the chamber and The Ohio State University – Newark campus. Upon completion of that project, Jennifer became interim director of Big Brothers Big Sisters (BBBS) of Licking County. In February, she was honored to be named Executive Director of the local BBBS organization.

Jennifer graduated magna cum laude from University of Detroit (Michigan) with a Bachelor of Arts degree;

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Board Spotlight: Bonnie Manning and F. Jennifer Utrevis (continued from page 10)

earned hospitality innkeepers certification from Holiday Inn University in Memphis, Tennessee; and is a Dale Carnegie graduate.

In addition to serving on the LMH Board, she is a member of Newark Rotary, is active in United Way of Licking County and serves on the Advisory Council of the local joint vocational school. Jennifer also has been active in Ohio and National Restaurant Associations and is past chairman of the Newark Licking County Chamber of Commerce, past president of St. Francis School Board and past district director of Newark Business and Professional Women's Association.

“As an LMH Board member, my goal is to become competent enough to be a goodwill ambassador for the

Hospital,” Jennifer said. “There are so many ways in which Licking Memorial is ‘ahead of the game’ – from their computerized medical record system, to their administering of medications, to the way they manage their finances, etc. They really are a jewel in Licking County, and I am honored to be a part of a very customer orientated, safety first, community-minded, health leading organization.”

In her spare time, Jennifer loves to travel, read, walk, and cook for and spend time with her family. She and husband, Richard, are the parents of two grown daughters – Christine Breckenridge and Michelle Sullivan. “A very special joy to me is my two grandchildren – Connor, age 4; and Natalee, 2 months,” Jennifer noted.

Vice President Spotlight – Veronica Link



Veronica Link, B.A.

Veronica Link, B.A., joined Licking Memorial Hospital in 1981 initially as a file clerk in the Business Office while a student at the Newark Campus. She has worked in Licking Memorial Health Systems (LMHS) administration since 1984 serving as the Assistant to the President and the liaison to the Board of Directors. In 1999, Veronica was promoted to Assistant Vice President and

then to Vice President Administrative Services (2000) where she was responsible for Engineering Services, Environmental Services, Linen Services, Food Service, Purchasing and Security. She was assigned to the position of Vice President Development & Public Relations in October, 2003.

As Vice President of Development & Public Relations, Veronica oversees the activities of the Development Council and the efforts of the Licking Memorial Health Foundation, a charitable, non-profit arm of LMHS, and she continues to serve as a liaison between the Administration and the Hospital and Health Systems Boards of Directors. She is responsible for overseeing the Hospital's eight TWIGS chapters and more than 150 volunteers. “There are many very talented individuals who volunteer countless hours and are absolutely critical to the success of our organization,” said Veronica. “I have the utmost respect and admiration for the Board members, Development Council Members, and the TWIGS/Volunteers. They do it because they believe in our mission, and I am honored to be associated with each and every one of them.”

Veronica is especially proud of Licking Memorial's commitment to the community. “I am so fortunate to work for an organization that strives to improve the health of the community. Decision-making is not difficult here – we are rewarded for doing the ‘right thing’ for the

patient and the community at large.” LMHS communicates that dedication through a variety of venues including the Community Connection, the Community Report Card, the LMHS Web site, billboards and other media sources.

Veronica has a Bachelor of Arts degree in Business Administration from Mount Vernon Nazarene College and an Associate of Business degree from Central Ohio Technical College.

She is on the Board of Directors for the Licking County YMCA and the United Way. She is a member of the Newark/Granville Housing Authority Board and is active in school and sports activities for her children.

Veronica and her husband, Paul, reside in Newark and have two sons, Drew and Aaron.

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**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

Saturdays, July 2, 9, 16, 23, and 30, 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.

Blood Donations

Thursday, July 14, 2005
7:00 a.m. to 1:00 p.m.
Conference Rooms A & B, First Floor, Licking Memorial Hospital
Registration is not required, although appointments can be made
by calling (740) 348-1435.

Diabetes Self-Management Training

Tuesday Classes
July 5, 12, 19, and 26, 1:00 to 3:00 p.m.

Wednesday Classes
July 6, 13, 20, and 27; 1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.

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



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