



# Community Connection

## Licking Memorial Health Systems

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



Volume 2, Issue 9

September 2005

Measurably Different ... for Your Health!

## Women's Health Expo is September 6



The annual Women's Health Expo will be held Tuesday, September 6, at The Reese Center at 5:00 to 9:00 p.m.

Come enjoy an evening of health information, various exhibitors and prizes! On Tuesday, September 6, the annual Women's Health Expo will be held from 5:00 to 9:00 p.m. at The Reese Center, 1179 University Drive, at the Central Ohio Technical College/The Ohio State University-Newark Campus.

The event is co-sponsored by Licking Memorial Health Systems and KOOL 101.7 FM WNKO/Talk 790 WHTH with Park National Bank as a Corporate Sponsor. More than 50 exhibitor booths will be on display promoting women's health awareness and feeling good about yourself.

The purpose of the expo is to encourage healthier lifestyles through increased awareness. Insightful health care information and expanded medical screenings are offered free of charge in a comfortable setting. Current information on hobbies, fun activities, travel, personal accessories, fitness, nutrition, social services and safety will be included. Topics will appeal

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## Advance Care Planning

Advance care planning is a decision-making process about care you would want to receive if you were unable to communicate or make decisions for yourself. It is an approach to initiating discussion, reflection and understanding in regard to an individual's current state of health, goals, values and preferences for future treatment decisions.



Advance care planning is important for families to help plan medical care in a time of need.

While it is impossible to anticipate all of the different medical decisions that may come up, you can make your preferences known by stating your goals for medical treatment. Advance care planning allows you to maintain control over your own medical care even if you cannot speak for yourself or make your own decisions. Do you want it to prolong your life whatever the quality? If life-sustaining treatment could not restore consciousness or your ability to communicate, would you prefer to be kept comfortable with pain medication only or receive life-prolonging treatment?

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## Practical Estate Planning

Attend this basic, easy-to-understand program to learn more about planning for the future to ensure the continued growth and preservation of your family's hard-earned assets. Topics to be discussed include wills, trusts, power of attorney, living wills, probate, estate taxes and bank account registration. This program is sponsored by the Licking Memorial Development Council.

**Date:** Tuesday, September 13

**Time:** 9:00 to 11:00 a.m., or

**Date:** Thursday, September 15

**Time:** 6:00 to 8:00 p.m.

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

Presented by: John S. Gard, assistant vice president and trust officer of The Park National Bank, and attorney at law

Pre-registration required as limited space is available. Call (740) 348-4109 to register for this class.

Licking Memorial Hospital's community case management program has trained facilitators who can assist in planning your advanced directive. For more information, please call (740) 348-1440. Hospice of Central Ohio also has trained facilitators. For more information please call (740) 344-0311.

## Women's Health Expo is Sept. 6 (continued from front)

to women of all ages and stages of life.

The keynote speaker for the evening will be Cea Cohen-Elliott, a professional speaker who has spoken to hundreds of groups in the private and public sector. Cea speaks to thousands of people all over the country, including children, adults and senior citizens. Her presentations always generate the same response – laughter.

There will be something for everyone. “This is such a wonderful evening – especially with the new location, variety of exhibitors and the speaker. WNKO radio personalities, who do a great job of keeping the evening moving, emcee the event. It’s an all around great time for the girls!” explained Carol Hutchison, Licking Memorial Health Systems Director of Public Relations.

This event is free to all who attend. Light refreshments will be available. For more information, please contact Public Relations at (740) 348-1572.

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## Advance Care Planning (continued from front)

### Determining Your Goals

In forming your treatment goals, it is often helpful to consider your wishes about different end-of-life treatments. With these goals in mind, would you want to be kept alive with a feeding tube, intravenous fluids or antibiotics? The answers to these kinds of questions will reflect your important values and will help you shape your goals for treatment. Should you ever become unable to make your own decisions, knowing your goals for treatment will make it easier for your family and physicians to make medical decisions on your behalf.

The Ohio Hospice & Palliative Care Organization publishes a state-approved advance directives packet titled “Choices in Living Well at the End of Life, 4th Edition.” This packet is available at the reception desk of the main lobby of Licking Memorial

Hospital(LMH). You also can download this packet at [www.ohpco.org](http://www.ohpco.org).

People have personal priorities and spiritual beliefs that affect their medical decisions. This is especially true at the end of life with regard to the use of life-sustaining treatments. The Ohio Hospice & Palliative Care Organization publishes a document to guide conversation and to make your wishes known titled “Conversations That Light the Way: Advance Care Planning.” This document is also available at the reception desk in the main lobby of the Hospital. You also can download this packet at [www.ohpco.org](http://www.ohpco.org).

### Why Talk About Medical Preferences in Advance?

Communication is the single most important step in health care planning. Talk about your wishes with the people who may be called to speak or decide for you. Why? No matter how clear your advance directives are, others might not fully understand your instructions. The more thoroughly you communicate, the easier it will be for everyone to respect your wishes.

It will help you think about what you want. Others will ask you questions or tell you things that will make you think about your wishes in another way. It will help your loved ones make difficult decisions with less pain, doubt and anxiety. Sometimes families continue medical treatments long past the point of effectiveness, simply because they are unsure what their loved one would have wanted. This is emotionally and financially costly – and unnecessary. Establishing your advance directives may even bring your family closer together.

### Where to Store Your Completed Advance Directive Documents

Once you have completed your advance directives, you may want to consider the following to store your advance directives:

- Keep all original copies;
- Provide copies to your family members and, if appropriate, friends and neighbors;
- Provide a copy to your primary care

physician and any other physicians you routinely see; and

- Provide a copy to your local hospital. At Licking Memorial Hospital, you may drop a copy off at the Medical Records Department.

If you update your advance directive documents, make sure you have destroyed all older versions and replaced these versions with your most recent advance directive.

### Where Can I Get More Information?

Licking Memorial Hospital will host two community education sessions about Advance Care Planning and Practical Estate Planning. Plan to attend one of these great sessions to find out answers and tips for these topics.

### Keeping the Language Straight

- Advance Directive – A legal document that provides direction for your health care if you are not able to speak for yourself or make decisions. Should include both the Living Will and Durable Power of Attorney for Health Care.
- Health Care Agent – This is the person you appoint to make health care decisions for you when you are unable to do so.
- Will – A legal document used to divide assets and property after death.
- Living Will – A legal document that lets patients specify the health care they want to receive if they become terminally ill or permanently unconscious and cannot make their wishes known.
- Declarant – A person who completes either a Living Will or Durable Power of Attorney for health care.
- Power of Attorney – A legal document in which one person gives another person the authority to make specified financial decisions or

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# LMH to Participate in 100k Lives Campaign

## Some is not a number; soon is not a time!



Hundreds of health care organizations, including Licking Memorial Hospital (LMH), have been making changes

that improve care and reduce patient harm. The Institute for Healthcare Improvement (IHI) is convinced that a remarkably few proven interventions, implemented on a wide enough scale, can avoid 100,000 deaths over the next 18 months and every year thereafter. IHI will join hands with other leading American health care organizations in launching an unprecedented 100k Lives Campaign, which will circulate powerful improvement tools with supporting expertise throughout the American health care system. By agreeing to participate in the campaign, hospitals are committed to improving mortality rates based on the scientifically grounded interventions.

LMH is ahead of the game in preventing adverse drug events. “We have a very advanced system called Veri5 to prevent errors in the administration of medicines,” said Dr. Craig Cairns, Vice President of Medical Affairs at LMH. LMH Director of Pharmacy Jeff Smith, R.Ph., explained that “Veri5” refers to a five-part verification process. “Veri5 verifies that the nurse has the right patient, the right drug, the right dose, the right route and the right time,” Smith said.

The 100k Lives Campaign aims to enlist thousands of hospitals across the country in a commitment to implement changes in care that have been proven to prevent avoidable deaths. IHI will start with six primary changes. The key interventions that will be measured by LMH and other nationwide hospitals include:

- Deploy a rapid response team at first sign of patient trouble;
- Prevent acute myocardial infarction (AMI) deaths by ensuring the reliable delivery of the seven AMI interventions;
- Prevent adverse drug events by implementing medication reconciliation;
- Prevent central line infections by implementing a series of interdependent grounded steps called the Central Line Bundle;
- Prevent surgical site infections (SSI) by implementing a series of interdependent, scientifically grounded steps called the SSI Bundle; and
- Prevent ventilator-associated pneumonia by implementing a series of interdependent, scientifically grounded steps call the Ventilator Bundle.

The 100k Lives Campaign was developed in hopes that hospitals would deploy rapid response teams, deliver reliable, evidence-based care for acute myocardial infarction, prevent adverse drug events, prevent central line infections, prevent surgical site infections, and prevent ventilator-associated pneumonia. Whether a hospital chooses to apply all or some of the recommended interventions, their results will be routinely tracked and measured and will serve as a regular barometer for the campaign’s progress.

Patient safety is the driving force behind participating in the 100k Lives Campaign at LMH. “Patient safety is our number one concern,” said Dr. Cairns. “We are pleased and excited to be able to participate in national campaigns to provide our patients with the best care possible every day.”

## National Alcohol & Drug Addiction Recovery Month



National Alcohol and Drug Addiction Recovery Month is an annual observance that takes place the month of September. The primary purpose of this month is to portray the many societal benefits of substance abuse treatment. Recovery Month

also serves to educate the public on substance abuse as a national health crisis, that addiction is a treatable disease, and recovery is possible. It highlights the benefits of treatment for not only the affected individuals, but for their family, friends, workplace and society as a whole. Accurate knowledge of the disease helps people to understand the importance of supporting treatment programs, those who work within the treatment field, and those in need of treatment.

### 20 Years of Success!

Shepherd Hill, the behavioral health services department of Licking Memorial Hospital, proudly marks its 20-year anniversary in 2005. Shepherd Hill provides outpatient and extended residential treatment for alcohol or other drug dependence with a compassionate treatment team approach in a tranquil setting. We use the modern medical model of chemical dependence integrated with 12-step recovery.

To learn more about Shepherd Hill and its first two decades of success, visit the Shepherd Hill Web site – located at [www.ShepherdHill.net](http://www.ShepherdHill.net) – or call (740) 348-4878.

# LMH Pediatric Offices Are Moving!

To better accommodate your needs, the Licking Memorial Pediatric physician offices previously located at 66 McMillen Drive, Newark, have moved to 1865 Tamarack Road, Newark.

Effective Monday, August 8, the pediatricians are located at their new office. The physician phone numbers will remain the same. All visits with the physicians are scheduled. Please call one of the phone numbers listed below to make an appointment.

Hanaa Abdelmessih, M.D. (740) 348-4934  
John Applegate, D.O. (740) 348-1740  
Richard Baltisberger, M.D. (740) 348-4940  
Robert Baun, M.D. (740) 348-4939  
Shelley Gittens, M.D. (740) 348-4935  
Diane LeMay, M.D. (740) 348-1840

The pediatric office at 399 East Main Street will continue seeing patients; the phone number for that location is (740) 348-1840. The Utica office is open at 204 North Main Street in Utica. The phone number is (740) 348-1740.

Pediatrics is a specialty which focuses on the long-term care of children from birth to adolescence. Specialized training and experience allows our pediatricians to treat

both acute and chronic illnesses, as well as focus efforts on preventive medicine. Licking Memorial Pediatrics provides a wide range of services.

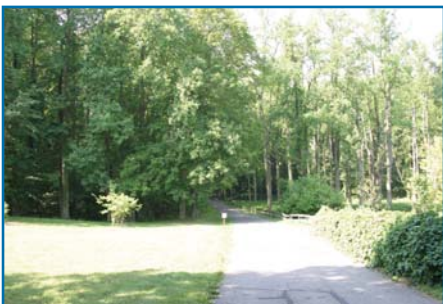
On a rotating basis, one of our pediatricians is on call and works in the hospital 24 hours a day, seven days a week. As inpatient specialists working along with emergency room physicians, our pediatricians can coordinate inpatient care from admission to discharge.

Please feel free to contact us if you have any questions. Thank you for the opportunity to serve you. We look forward to continuing to meet your health care needs.



Licking Memorial Pediatric physician offices previously located at 66 McMillen Drive, Newark, have moved to 1865 Tamarack Road, Newark.

## LMHS Supports 2nd Annual Arthritis Walk for Licking County



The Auto Trail at Dawes Arboretum in Newark, Ohio, where the 2005 Arthritis Walk for Licking County will be held.

Licking Memorial Health Systems (LMHS) is a proud sponsor of the 2nd Annual Arthritis Walk for Licking County, scheduled for Saturday, October 8, at The Dawes Arboretum in Newark, Ohio. An estimated 250-plus participants will begin their

1-mile or 3-mile treks through the beautiful autumn setting immediately after opening ceremonies at 10:00 a.m. Participants wearing blue “hero caps” signify individuals with arthritis who are taking control of their disease.

“The Arthritis Walk is the national signature event of the Arthritis Foundation,” said Celina Fabrizio, branch director of the Arthritis Foundation, Licking County Chapter. “It celebrates those battling arthritis while simultaneously raising money to support our dedication to the eradica-

tion of this disease. We appreciate the support of Licking Memorial Health Systems and our other sponsors.”

Funds raised through the Arthritis Walk directly support arthritis research and community programs and services, as well as advocacy initiatives that help improve the lives of people with arthritis.

“Because Licking Memorial exists to improve the health of the community, we are drawn to support and participate in such health-focused events as this,” said Veronica Link, LMHS Vice President of Development and Public Relations. LMHS encourages its employees and other community members to join the walk for themselves, in honor or memory of a loved one, or simply to raise awareness of arthritis and chronic joint symptoms.

More than 70 million Americans – including 3 million-plus Ohioans – live with arthritis and chronic joint symptoms. Ohio’s arthritis sufferers include 5,000 children. The Arthritis Foundation reports the following:

- Arthritis is the nation’s number one cause of disability.

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- An estimated 300,000 people with arthritis are children.
- Arthritis costs the U.S. economy nearly \$86.2 billion annually in lost wages.
- There are more than 100 forms of arthritis.

For more information, please visit [www.arthritis.org](http://www.arthritis.org) or call the Arthritis Foundation, Licking County Chapter, at (740) 349-3876.

## Welcome Wagon Sale to Raise Funds for the Licking Memorial Kids' Place

The Welcome Wagon Club of Licking County is known for making people feel more comfortable. Although usually focused on welcoming newcomers to the community, Welcome Wagon also is concerned with reaching out to local youngsters in need of special attention.

For a third year, Welcome Wagon Club of Licking County will conduct an annual rummage sale in support of the Licking Memorial Kids' Place – a facility that provides comprehensive, multi-disciplinary evaluation of children who are suspected victims of abuse and/or neglect.

This year's sale is scheduled for Friday, September 9, from 9:00 a.m. to 4:00 p.m. and Saturday, September 10, from 9:00 a.m. to 1:00 p.m. at Pilgrim Lutheran Church, 309 West Broadway, in Granville. Proceeds will be donated to the Licking Memorial Health Foundation and designated for the Licking Memorial Kids' Place.

The Kids' Place is a cooperative effort of Licking Memorial Health Systems (LMHS), Licking County Children's Services, the Licking County Prosecutor's office, and county law enforcement agencies. It provides a serene, quiet setting comprised of a child interview room, an adult interview room, a conference room, a waiting room, and a fully equipped medical examination room appropriate for abuse evaluations. Services are available 24 hours a day, seven days a week, and are provided in a comfortable and confidential environment. It is located in an off-campus facility donated by LMHS.

Last year's Welcome Wagon rummage sale netted \$1,000 for The Kids' Place, and organizers are hoping to have a sizeable donation again for the worthy facility. "This is essentially a 20-plus family garage sale," said Welcome Wagon of Licking County President Leigh Ann Miller. "We will have everything from children's items to household wares – including clothes. There really should be something for everyone."

## Brownie Troop Donates Toys from Fast Food Meals to Hospital

Members of Brownie Girl Scout Troop 676 in Granville recently donated 150 unopened toys from fast food meals to Licking Memorial Hospital to share with young patients.

The 13 Brownies – ages 6 through 9 – collected the toys as a service project beginning in October 2004. "We were talking about what girls of this age can do since they don't really have money of their own," said Troop Leader Cara Delcher. "It is a sacrifice not to take the toys they receive with their kid's meals. These girls have worked hard."

Licking Memorial Director of Emergency Services Penny Tylka-McCort thanked the girls for their kind gesture. "Sometimes kids are scared when they have to come to the Hospital. These toys will help them feel welcome," Penny said. "Thank you for your thoughtfulness."

The toys will be distributed to children who are patients in the Emergency Department and in the pediatric unit on the fourth floor of the Hospital. "These toys will be a

nice surprise for those patients. It's especially nice that they are a gift from kids to kids," said Director of Medical/Surgical Nursing Rhonda Maddern, R.N.

Cara said the project is ongoing. Anyone who would like to contribute unopened kid's meal toys to Brownie Girl Scout Troop 676 for its service project is asked to call Cara at (740) 366-8844.



Scrubs, the Licking Memorial Hospital (LMH) mascot greeted members of Granville Brownie Girl Scout Troop 676 as they presented their toy donations to the Hospital. Shown are (clockwise from front left): Lily Rogers, Melissa Maag, Sarah Gabel, Mikayla Stuller, Sarah Tyler, Madeline Rogers and Hannah Delcher. Advisers (in back): Cara Delcher, Linda Gabel and Lisa Rogers.

# Zonta Donation to LMH Oncology Department

On Thursday, June 23, the Newark chapter of Zonta presented Licking Memorial Hospital (LMH) Oncology Department with a check donation for more than \$3,000 for continued cancer care. At a picnic celebration Patty Banks-Chester, LMH Oncology Manager of Patient Care, and Sharyn Davis, LMH Director of Outpatient Services, were presented with the donation. "It is great that an organization like Zonta is able to raise money and donate it to organizations like LMH that are continually striving to provide Licking County with quality cancer care," said Patty.



Patty Banks-Chester, Licking Memorial Hospital (LMH) Oncology Manager of Patient Care, Wendy Mallet, president of Newark Zonta Chapter, and Sharyn Davis, LMH Director of Outpatient Services, are pictured at the Zonta picnic, where LMH was presented with a donation for the Oncology Department.

Zonta is a group of professional women who work or reside in Licking County. "This year, we were able to present donations to Licking Memorial, The James in Columbus, Ohio, and Hospice of Central Ohio," said Wendy Mallet, president of Newark Zonta chapter. "We are pleased to be able to continually donate money for cancer care."

Zonta was founded in Buffalo, New York, in 1919 and is a worldwide service organization of executives in business and the professions working together to advance the status of women.

# LMHS Makes Donation to Newark for Lifesaving Device

A donation to the City of Newark from Licking Memorial Health Systems (LMHS) may help save lives at Newark City Hall.

Licking County Municipal Court Judge Michael Higgins and Newark City Service Director Tim Weisert accepted a \$2,300 donation from LMHS President William Andrews on July 26 to allow the city to purchase an automated external defibrillator (AED). An AED is a device designed to diagnose and treat cardiac arrest. The AED can diagnose a person who is experiencing heart problems, and if it determines that cardiac arrest is occurring and a shock is required, the AED will "tell" the user through a synthesized voice what steps to take to deliver the shock. The AED then examines the patient's heart rhythms again to determine if another shock is indicated before emergency medical personnel arrive.

AEDs are designed to be used in conjunction with cardiopulmonary resuscitation and can be used on both adults and children who weigh at least 55 pounds. It is approximately the size of a laptop computer and is simple enough to use that the average person can operate it with just brief instructions. A few minutes of first-responder care from a lay person can easily make the difference between life and death for a patient suffering cardiac arrest.

"I've seen these in schools and other buildings," Higgins related, "and they're so easy to use. A little voice in the machine tells you everything you need to do."

The American Heart Association recommends that AEDs be placed in all buildings where large numbers of people

gather. Newark City Hall already has one AED placed on the first floor near the main entrance and has the goal of eventually placing one on each floor.

"The money from this donation will go toward a defibrillator to be placed near the court chambers on the third floor," Weisert explained. "Given the large number of people who do business here and work here, it's important to have this kind of lifesaving device," he said.

Higgins agreed, explaining that although it would be a good idea to place AEDs in all public buildings, it is



Licking Memorial Health Systems President William Andrews presented a check to Licking County Municipal Court Judge Michael Higgins and Newark City Service Director Tim Weisert for the purchase of an automated external defibrillator (AED).

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especially important to have them near courtrooms. “We probably have 1,000 people come through the court every month. It’s a really stressful time for them and for their families. I’ve been here 16 years, and we’ve had to call the emergency squad numerous times. It’s been a disaster waiting to happen,” Higgins commented.

When Newark City officials approached LMHS with the request to fund a defibrillator, they found a receptive audience. “The stated mission of LMHS is to ‘improve the health of the community,’” Andrews said, “and that mission does not stop within our Hospital walls. LMHS recognizes that if our donation can save lives, we have a responsibility to help.”

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## Keeping the Language Straight (continued from page 2)

- assume certain financial responsibilities.
- Durable Power of Attorney for Healthcare or Healthcare Power of Attorney – A legal document that allows one to name an adult person to act as the patient’s agent to make health care decisions for the patient if he or she is unable to do so.
- Legal Guardian – A person appointed by a judge to make another’s personal decisions, including consenting to or refusing medical treatment.
- Do Not Resuscitate (DNR) – A medical order given by a physician that cardiopulmonary resuscitation (CPR) is not to be administered.
- Cardiopulmonary Resuscitation (CPR) – Treatment to try to restart your breathing or your heart. This may be done by breathing into the mouth, pushing on the chest, putting a tube through the mouth or nose into the throat, administering medication, giving electric shock to the chest, or by other means.
- Artificially or technologically supplied nutrition or hydration. Providing food and fluids through intravenous or tube feedings.
- Life-sustaining Treatment – Any health care, including artificially or technologically supplied nutrition and hydration that will serve mainly to prolong life.
- Permanently Unconscious State – Irreversible condition in which the person is permanently unaware of himself or herself and the surroundings. Two physicians have examined the person and agree that the total loss of higher brain function has left the person unable to feel pain or suffering.
- Terminal Condition or Terminal Illness – Irreversible, incurable and untreatable condition caused by disease, illness or injury. Two physicians have examined the person and believe he or she cannot recover and that death is likely to occur within a relatively short time if the person does not receive life-sustaining treatment.

## Bennington Joins Licking Memorial Family Practice



Garth A. Bennington, M.D.

Licking Memorial Health Systems is pleased to announce the addition of Garth A. Bennington, M.D., to Licking Memorial Family Practice – 150 McMillen Drive in Newark.

Dr. Bennington earned a Bachelor of Science degree at Ohio University in Athens, Ohio. He attended The Ohio State University in Columbus, Ohio,

and then received his Doctor of Medicine degree from The Ohio State University College of Medicine and Public Health. He served a family practice residency at Grant Medical Center in Columbus.

A native of Newark, Ohio, Dr. Bennington has special interests in dermatology and sports medicine. As an undergraduate, he played on the Ohio University golf team. He later served as team physician to the Whitehall (Ohio) High School football team.

Dr. Bennington resides in Granville, Ohio, with his wife, Marci, and their two children, Avery and Hunter.

Dr. Bennington is accepting new patients. Appointments can be made by calling (740) 348-4823.

## Physician Spotlight: John Y. Robertson, D.O.



John Y.  
Robertson, D.O.

Newark-based family practice physician John Y. Robertson, D.O., is happy to be home. The 1986 Newark High School graduate joined the Active Medical Staff of Licking Memorial Hospital in the summer of 2004 and recently opened a private practice in town.

“My affiliation with Licking Memorial Hospital is great,” Dr. Robertson said.

“I refer patients to Licking Memorial Hospital. The lab, radiology and other patient services at Licking Memorial are all really nice.”

Dr. Robertson earned his medical degree from Ohio University College of Osteopathic Medicine in Athens, Ohio, and holds a Bachelor’s degree in psychology, also from Ohio University. He completed both his internship and residency with the Mount Carmel Medical Center Family Practice Program in Columbus, Ohio. During his final year of residency, Dr. Robertson was honored to be chief resident. Additionally, he was awarded the Michael Kirwin Heart of a Physician Award.

Dr. Robertson has certifications in Basic and Advanced Cardiac Life Support, Pediatric Advanced Life Support, and Advanced Life Support in Obstetrics. He serves as team doctor for Heath High School and assists with such duties for Newark High School.

Establishing and maintaining strong relationships with his patients is something Dr. Robertson strives to do. “I enjoy getting to know people,” he said. “Even the mental health part of family medicine is of interest to me – probably because of my Bachelor’s degree in psychology.”

Dr. Robertson and his wife, Amy (Eskew) Robertson, R.N., are the parents of two boys, 5-year-old Johnny and 2-year-old Nicholas. Amy, a registered nurse, works with her husband at his practice. As Newark natives, the couple is happy to be practicing medicine in their hometown. “When I look out the front window of my practice, I can see John Clem Elementary,” Dr. Robertson said. “I went to school there. Although I’m just across the street, I’ve really come a long way.”

## Ask-a-Doc: John Y. Robertson, D.O.

**Question:** While my third-grade student is excited about the start of the new academic year, I’m now living in fear. Twice last year, she came home with head lice. What can we do to decrease our family’s chances of again battling the bugs?

**Answer:** I can understand your frustration, and I applaud your interest in efforts to avoid dealing with head lice again.

As you know, head lice are parasitic insects that live in the hair and scalps of humans and need human blood to survive. They can infest anyone, regardless of personal hygiene, and can spread easily from person to person. To help your child decrease her chances of again picking up the parasite, please encourage her to avoid contact with other people’s heads and hair. This includes not sharing such personal items as hats and helmets, combs and brushes, hair barrettes, headphones and hooded sweatshirts.

Additionally, although as parents we encourage sharing, please discourage your daughter from sharing stuffed animals, pillows and any other plush belongings to which lice may attach while looking for a human host. Check out her classroom; are individual hooks for jackets and sweaters used, or do children’s outer-garments often end up in a pile on the floor? If the latter is the case, encourage the teacher to help decrease the risk for spread of head lice by having children properly separate garments.

If you should encounter another case of head lice, don’t get discouraged. Just follow your physician’s orders for treatment with lice-killing shampoos or cream rinses. To help avoid a larger infestation in your home, properly treat all members of your family, as well as bedding, pillows and any other items and areas your health care provider recommends. Good luck.

## Development Council Spotlight: Ray Wilson



Ray Wilson

Ray Wilson joined the Licking Memorial Hospital (LMH) Development Council in 2004. “I accepted the invitation to join the Council because I enjoy giving back to the Licking County community that has given me so much over the years,” he said recently.

As a member of the LMH Development Council, Ray hopes to “learn more about LMH and to talk with Licking County community members as I go about my daily life. I want to share with them my insight as a member of this group, as well as bring back community comments and concerns to the full Council.”

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## Development Council Spotlight: Ray Wilson (continued from page 8)

Ray is a 38-year member of Newark Rotary Club, chairman of the Newark Civil Service Commission, a trustee of the Historical Society of Licking County, and a member of the Newark City School District Strategic Planning Group.

He is a past board member of The Newark Alliance; past president of The Society of Humanitarians in Licking County, Inc. (now known as the Humane Society); and a past member of Newark Jaycees.

His wife of 48 years, Joan Wilson, is the daughter of the late Dr. Ralph Pickett of Newark. The couple has one daughter, Laura Davis of Newark; a son, Steven Wilson of Cedar Rapids, Iowa; and three grandchildren, Heather Davis, Jarrett Davis and Elizabeth Davis, all of Newark.

With Joan, Ray has owned and operated Wilson Travel Service since 1959. He has traveled to every continent except Antarctica and holds specialist designations as granted by the Government Tourist Boards of Australia, New Zealand, Fiji, Hawaii, Finland, Norway, Sweden, Iceland, Scotland and Kenya. Additionally, he has been designated as an Accredited Cruise Counselor by the accrediting cruise line authority.

The former national first vice president of the Association of Retail Travel Agents is a charter member of the 25-Year Senior Travel Agent group of the American Society of Travel Agents.

Ray's hobbies include growing roses and gardening, as well as working in Jamaica with church groups to build and repair local homes and church buildings. He is also a monthly guest editorialist for *The Newark Advocate*.

## Donors

### Community Cornerstone

Mr. & Mrs. Glenn Abel  
Anonymous  
Mr. Jeffrey S. Barnes  
Mr. & Mrs. Jack Oberfield  
Mr. & Mrs. John Weaver

### PRIDE Cornerstone Bronze

Joyce Dugan  
Kerrie Foxall  
Melissa Hankinson  
Sean Trost  
Carrie Jo Weaver  
Kathleen Yeagley

### PRIDE Cornerstone Silver

Jillian Cahaney  
Megan Wills

### PRIDE Cornerstone Gold

Renee Spring-Ives  
Kevin Herring

### Schaffner Society Member

Anonymous

### General

Newark Area Club of Zonta  
International 704 donation to  
LMHS Oncology

### Memorial Gift

Alfred J. Eckhardt, M.D.,  
by Ann Howard  
Alfred J. Eckhardt, M.D.,  
by Licking Memorial Hospital

## Volunteer Spotlight Helen Carman



Helen Carman is a longtime volunteer for Licking Memorial Hospital.

Helen Carman has been a volunteer at Licking Memorial Hospital (LMH) since 1973. She has volunteered more than 5,972 hours in messenger service. In addition to being a volunteer at LMH, Helen also has been a 32-year member of the TWIGS 24 group. "I enjoy volunteering because I like to get out and see people and get some exercise delivering newspapers around the Hospital," said Helen.

Helen retired from Newark City Schools after 13 years of service working as a cashier for the food services department. She and her husband, Tom, have three grown children, Joyce, Carolyn and Tom, and one granddaughter.

Licking Memorial Health Systems' (LMHS) commitment to quality care is well known in the community and across the state. This recognition would be more difficult to achieve without the unwavering support and dedication of the outstanding volunteers.

If you are interested in volunteering your time and talents at LMHS, call Carol Barnes, Director of Volunteers, TWIGS and Events at (740) 348-4079.

# Administrative Spotlight - Carol Barnes, Director of Volunteers, TWIGS and Events



Carol Barnes

Carol Barnes started her career at Licking Memorial Health Systems (LMHS) in May 1970. She worked for 28 years serving in many roles, such as unit clerk, nursing office receptionist, staffing co-coordinator, administrative assistant and in nursing administration. Carol has also served as the Director of Hospitality Services and currently is the Director of Volunteers, TWIGS and

Events. "I love the Hospital atmosphere and feel very good about being a small part of a wonderful organization," said Carol. "Not one day in the past 35 years has been boring. I always feel at the end of the day, how great it is to help others." Carol has received numerous honors, including the President's Award and Manager of the Year Award. Carol was recently selected to represent all LMHS employees at the Critical Care Pavilion groundbreaking ceremony held in June. "It was such an honor to be chosen to represent the employees of the Hospital," said Carol.

Carol is a member of the Ohio Society of Directors of Volunteers, Licking County Task Force, Family Consumer Science Advisory Board – OSU Extension office, Ohio State Advisory Board, Licking County Interagency Forum and Fallsburg Homemakers.

Prior to joining LMHS, Carol worked at Tri-City Hospital in Vista, California, and Phoebe Putney Hospital in Albany, Georgia.

Carol and her husband, Gary, have one son, Jeff, who is in the U.S. Army, currently serving in Iraq.

## Managerial Appointments

Licking Memorial Health Systems is pleased to announce the appointment of a key individual to its management staff.



Kevin Herring

Kevin Herring has been named Director of Environmental Services at Licking Memorial Hospital. Other responsibilities that fall under Herring's direction are linen services and transportation services.

A Columbus, Ohio, native, Herring attended Mount Vernon (Ohio) Academy and The Ohio State University in

Columbus. He has extensive experience in working with youth groups, coaching basketball and performing motivational speaking in the United States, New Zealand and Bermuda.

Herring said he is happy to become a part of the Licking Memorial Health Systems team, "I am very excited about the leadership role that I have in Environmental Services," he explained. "My goal is to help all who work with me to be happier, more productive work associates, and that we do our part in making Licking Memorial a better place for everyone who comes through our doors."

Herring resides in Columbus and has four children, Jordon, Kevin, Shanita and Shelli.

# Licking Memorial Critical Care Pavilion Coming in 2007!



Construction for Licking Memorial Hospital's (LMH) Critical Care Pavilion is under way! The Emergency Department has a new entrance for squads and private vehicles. Please follow the Emergency signs from West Main Street onto McMillen Drive to go to the LMH Emergency Department. All other Hospital visitors should continue to use the main entrance.

**To learn more about the construction going on at LMH,  
please visit our Web site at [www.LMHealth.org](http://www.LMHealth.org).**



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Health Systems**

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# Upcoming Dates

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

## Women's Health Expo

Tuesday, September 6  
5:00 to 9:00 p.m.  
The Reese Center, 1179 University Drive, Newark, Ohio

The Women's Health Expo will be held at The Reese Center, where there will be more than 30 exhibitors, door prizes, health screenings and speakers. Admission is FREE! The 2005 Co-Sponsors include Licking Memorial Health Systems, KOOL 101.7FM/WNKO/Talk 790 WHTH and Park National Bank. There is no charge for these sessions and registration is not required.

## Advance Care Planning (End of Life Care Planning)

Tuesday August 16  
5:00 to 8:00 p.m., or  
Saturday August 20  
9:00 a.m. to 12:00 noon  
Conference Rooms A & B, First Floor, Licking Memorial Hospital

Do you need help in planning an Advance Directive, Do Not Resuscitate (DNR) and other health care plans? This is the event for you! Plan to attend this event to learn more about end of life care planning. There is no charge for these sessions. Registration is required, call (740) 348-1434.

## Diabetes Self-Management Training

**Tuesday Classes**  
Tuesday, September 6, 13, 20 and 27  
1:00 to 3:00 p.m.  
Licking Memorial Education Center, 1915 Tamarack Road, Newark, Ohio

**Wednesday Classes**  
Wednesday, September 7, 14, 21 and 28  
1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.  
Licking Memorial Education Center, 1915 Tamarack Road, Newark, Ohio

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

## Practical Estate Planning

Tuesday September 13  
9:00 a.m. to 11:00 a.m., or  
Thursday September 15  
6:00 p.m. to 8:00 p.m.  
Conference Rooms A & B, First Floor, Licking Memorial Hospital

Topics to be discussed include wills, trusts, power of attorney, living wills, probate, estate taxes and bank account registration. Pre-registration required as limited space is available. Call (740) 348-4109 to register for this class.



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