



Community Connection

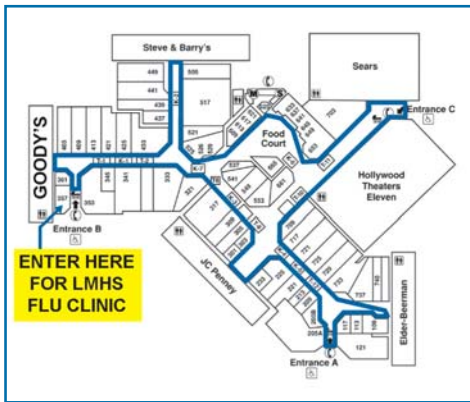
Licking Memorial Health Systems

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



Measurably Different ... for Your Health!

LMHS Flu Clinic Scheduled at Indian Mound Mall to Benefit Community



Licking Memorial Health Systems 2005 Flu Clinic will be held at the Indian Mound Mall.

Fight the flu this season by coming to Licking Memorial Health Systems' (LMHS) 2005 Flu Clinic. The Flu Clinic is located close to Entrance B near Goody's of the Indian Mound Mall, Heath. The cost is \$20, or present a Medicare, Medicaid, Licking Memorial Health Plan, Railroad Medicare or Sterling Option One card.

The flu clinic is open Tuesdays and Thursdays – beginning October 11, through December 8 (based on availability and arrival of vaccine supply). Hours are 8:00

a.m. to 4:00 p.m. The clinic will be closed Thursday, November 24, for Thanksgiving.

Influenza (commonly called the flu) is a contagious respiratory illness caused by influenza viruses. Infection with [\(continued on page 2\)](#)

Combating the Overuse of Antibiotics

The evidence has been building, all pointing to the same critical public health problem. Several dangerous bacteria have become resistant to antibiotics – largely because we demand the drugs from doctors.

In an effort to combat the overuse of antibiotics, the Center for Disease Control (CDC) has launched a nationwide campaign aimed at informing the public about appropriate use of antibiotics.



It is important to become educated on when antibiotics are effective. Overuse of antibiotics may lead to some infections and/or illnesses becoming resistant to antibiotics.

“I think it is great that the CDC has recognized the overuse of antibiotics and is making an effort to educate the public about the proper use of antibiotics – what they can and can not help treat,” said Kathy Kern, Infection Control Manager, Licking Memorial Hospital.

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October Is National Breast Cancer Awareness Month

October is nationally recognized as Breast Cancer Awareness Month, and the third Friday of the month (October 21) is National Mammography Day. In observance, Licking Memorial Health Systems (LMHS) has scheduled the following program:

Breast Cancer Education Program and Screening

A woman's risk of breast cancer increases as she ages, and the risk may be greater if close relatives were diagnosed before age 40. Early detection of breast cancer is the key to successful treatment. Licking Memorial Health Systems is offering a program that will teach women what they can do to decrease their risk for breast cancer. Gregory M. Boone, M.D., F.A.C.S., will speak during the program, which is scheduled to begin at 6:00 p.m. on Monday, October 17, in Conference Rooms A & B at Licking Memorial Hospital. Dr. Boone, Jacqueline Jones, M.D., and Kaye Linke, M.D., will be available for free breast exams for the first 50 registrants, following the program.

Registration is required; call (740) 348-1434. There is no charge for the program or the screening.

LMHS Flu Clinic Scheduled at Indian Mound Mall to Benefit Community (continued from front)

influenza viruses can result in illness ranging from mild to severe and life-threatening complications. An estimated 10 to 20 percent of U.S. residents get the flu each year – an average of 114,000 people are hospitalized for flu-related complications and 36,000 Americans die each year from complications of flu.

The LMHS Flu Clinic is for adults aged 18 years and older. ***Parents of children needing flu vaccines should contact their pediatrician or family practitioner to get them vaccinated.***

You may not be able to receive the flu vaccine if you are allergic to eggs, are very ill with a high fever, or have had a severe reaction to the flu vaccine in the past.

Since 2001, LMHS has vaccinated more than 19,000 people with the flu vaccine according to Sharyn Davis, Director of Outpatient Services. “The flu clinics provide essential health care services for our community and offer a low cost vaccination at a convenient location,” Sharyn said. The vaccination service provided through LMHS maximizes the number of people who are protected against the flu, which means a healthier community for all.

The flu clinic is open to the public. Starting Thursday, September 15, you may call (740) 348-1899 for a recorded message providing more information about the LMHS Flu Clinics.

Company Flu Clinics

LMHS also will provide companies on-site flu clinic services. A recent study revealed that influenza vaccination of healthy adults resulted in 43 percent less sick time, 44 percent fewer visits to physicians and an average of \$47 per person in health care savings specifically related to respiratory illness. The requirement is that a minimum of 10 employees must attend the clinic. Please

call (740) 348-4961 or e-mail at ccare@LMHealth.org to schedule a clinic.

Pataskala Flu Clinic

Aaron Clark, D.O., and Colleen Shaffer, M.D., of Licking Memorial Family Practice – Pataskala, will host a one-day flu clinic for adults and children at Pataskala Health Campus, One Healthy Place, Pataskala, from 9:00 a.m. to 1:00 p.m., Saturday, November 5. Cost is \$20, or present a Medicare, Medicaid or Licking Memorial Health Plan card. Dr. Clark and Dr. Shaffer are accepting new patients and will meet those in attendance at the flu clinic.

Johnstown Flu Clinic

Kenneth Szekely, M.D., of Licking Memorial Family Practice – Johnstown, 151 Woodgate Drive, Johnstown, will host a one-day flu clinic for adults and children from 8:00 a.m. to 12:00 noon, Saturday, November 5. Cost is \$20, or present a Medicare, Medicaid or Licking Memorial Health Plan card. Dr. Szekely – who is accepting new patients – will meet those in attendance at the flu clinic.

Heath Flu Clinic

Ramon Barcelona, M.D., of Licking Memorial Family Practice – Heath, 687 Hopewell Drive Bldg. 2, Heath, will host a one-day flu clinic for adults and children from 8:30 a.m. to 12:00 noon, Saturday, November 5. Cost is \$20, or present a Medicare, Medicaid or Licking Memorial Health Plan card. Dr. Barcelona – who is accepting new patients – will meet those in attendance at the flu clinic.

Hebron Flu Clinic

Megan Miller, D.O., of Licking Memorial Family Practice – Hebron, 96-H Integrity Drive, Hebron, will host a one-day flu clinic for adults and children from 8:30 a.m. to 12:00 noon, Saturday, December 3. Cost is \$20, or present a Medicare, Medicaid or Licking Memorial Health Plan card. Dr. Miller – who is accepting new patients – will meet those in attendance at the flu clinic.

Combating the Overuse of Antibiotics (continued from front)

How did health care get to this point?

Half of all Americans have mistaken beliefs about antibiotics, according to a study reported last year at the International Conference on Emerging Infectious Disease. Before antibiotics became available in the 1940s, not much could be done to cure life-threatening bacterial infections. But antibiotics have been so successful in curing these infections that many people now believe – erroneously – that they can cure virtually any disease.

It is estimated that at least 40 percent of antibiotics used in doctors’ outpatient offices across the country are being prescribed for conditions that are largely viral – for which antibiotics have no effect (according to the National Center for Infectious Diseases at the CDC).

“There seems to be a feeling by the general public that if you’re coughing up phlegm or your nose is runny, then you need an antibiotic,” said Kathy.

Some of the data:

- Each year, 160 million antibiotic prescriptions are written for 275 million U.S. residents, but half of those prescriptions are unnecessary, according to a recent editorial in *The New England Journal of Medicine* (NEJM).
- Many people expect doctors to prescribe antibiotics for a bad cold – and believe that those antibiotics help them get better faster, according to another study in NEJM. Many people think they can prevent more serious illnesses by taking antibiotics.
- A CDC study of 366 family physicians and pediatricians in Georgia showed that although 97 percent thought that overly prescribed antibiotics were responsible for the development of resistant organisms, 86 percent prescribed antibiotics for bronchitis regardless of the duration of symp-

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Upcoming Autumn Events



Family safety is important to remember while trick-or-treating.

Join LMHS at the 2005 Safe Trick-or-Treat Night

Monday, October 31
5:00 to 6:30 p.m.
Courthouse Square,
Downtown Newark

Are you looking for a safe place to take your kids trick-or-treating this year? Then Courthouse Square in downtown Newark is the place to be on Monday, October 31. Local merchants and community organiza-

tions will gather together to pass out treats, coupons and other items. Many community mascots will be there – including Licking Memorial Health Systems' very own Scrubs, the Hospital Hound. For the safety of those involved, the Square will be closed to traffic for the duration of this event.

The LMHS booth will be located by the gazebo. We will pass out candy and have a fishpond game. There will also be seasonal props set up for you to take a picture of your kids in costume. Be sure to bring your camera!

The Newark Alliance, the City of Newark Parks and Recreation, and LMHS sponsor Safe Trick-or-Treat Night.



Megan Miller,
D.O.

Devine Farms Fourth Annual Pumpkin Egg Hunt

Saturday, October 22
10:00 a.m. to 12:00 noon
Devine Farms, 672 National Road,
Pataskala

Devine Farms is hosting their Fourth Annual Pumpkin Egg Hunt on Saturday, October 22, for kids ages 4 through 10.

More than 1,000 orange eggs will be hidden in three buildings on the farm – with a prize in each egg. After the hunt, the children can turn in their eggs and register to win one of many prizes, which will be drawn for upon completion of registration. Costumes are encouraged. Special guests at this year's event include: Hebron Fire Department, Hebron Police Department, Tri-County Dive Team and Megan Miller, D.O., a family physician at Licking Memorial Family Practice – Hebron. Dr. Miller will be available to answer health-related questions or concerns.

Dr. Miller is the physician serving Licking Memorial Family Practice – Hebron, located at 96-H Integrity Drive in Hebron. She is accepting new patients. Family practice is a specialty that focuses on child, adolescent and adult patients and their illnesses. Her training emphasizes prevention, diagnosis and treatment of medical problems.

Halloween Safety Tips



Be sure your children can see clearly while wearing a costume.

Young Trick-or-Treaters

- Use face paint or make-up. Look for nontoxic and hypoallergenic make-up instead of masks, especially for very young children. Masks can make it hard for youngsters to see and breathe.

- Wigs and beards shouldn't cover the eyes or mouth. Be sure that headgear won't slide over the child's face.
- Add reflective tape to costumes. Choose light colors. Be sure that the costume is not too heavy for the child. Accessories such as wands should be soft and flexible.
- Costumes should be short enough so children won't trip. Sleeves should fit properly, as well. Avoid footwear that makes it hard to walk.
- Use flame-resistant fabric for homemade costumes.

Adolescents and Teens

- Travel in groups. Go only to the houses of people you know. A responsible older person should accompany younger children.
- Carry a flashlight.
- Stay focused on your surroundings. If harassed or threatened, go to the closest store or restaurant and ask to use the phone. Call parents and/or police. Let

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Halloween Safety Tips (continued from page 3)

the proprietors know that your group feels unsafe.

- Be very cautious around jack-o-lanterns with lit candles. Keep an eye out for flames and/or candles on porches.
- Consider alternatives to trick-or-treating. Alternatives include house or school parties or volunteering at a haunted-house project.

Teen and Adult Drivers

- Clear the driver's view. Be sure that neither the driver's costume nor anything else in the car obstructs the driver's view.
- Wear safety belts. Be sure your passengers are wearing safety belts, even if they have to remove part of their costumes to attach the belts.
- Drive slowly and defensively. Don't assume that a pedestrian, especially an excited youngster in a costume, will move as you expect. Keep an eye out for trick-or-treaters darting out from parked cars.

Homeowners

- Replace burned-out bulbs in exterior lights. Leave your exterior lights on later than usual – perhaps even all night.
- Clear the pathway. Make sure the path to your door is well lit and your lawn is clear of things that

could be tripped over, such as jack-o-lanterns with lit candles, ladders, garden hoses, flowerpots, bikes and animal leashes.

- Sweep wet leaves from sidewalks and stairs
- Keep excitable pets away from the door. You will have a safer and calmer house if you keep your pet away from where you are passing out treats.
- Put your car in the garage and lock your garage doors.
- Make sure parents assist children when using candles with jack-o-lanterns.

Alternative Treats

Instead of candy, offer the following treats:

- Halloween stickers, pencils or erasers
- Sugar-free gum
- Plastic spider rings
- Small toys, such as mini-footballs or squeeze foam balls
- Temporary tattoos
- Miniature boxes of raisins
- Boxes of fruit juice
- Gel pens
- Fast food coupons
- Key chains

A Kiss From Mom Before Surgery



Joshua Mays

On a rainy Friday summer morning, Joshua Mays was at Licking Memorial Hospital (LMH) about to undergo surgery for the first time to have his tonsils and adenoids removed. "I was kind of nervous about having surgery," said Joshua. But one of the things that made Joshua feel more comfortable about having surgery was that his mother, Lucinda, was able to go into the Operating Room

(OR) while he was being put under anesthesia. "The nurses were really nice and told me what was going on, but I was glad my mom was with me," continued Joshua. "I would rather be with him back in the operating room so he could see a familiar face as he is going into surgery," said Lucinda. She continued, "My 13-year old had his tonsils removed at age 5 and I was so panic-stricken about him going under anesthesia, having surgery and being back in the OR with strangers. With Joshua, it was comforting to know that he was in good hands."

On his way to surgery, Ann Caron, R.N., wheeled Joshua down the hall with his mother by his side. She took the time to explain what was going on and what to expect when they got to the OR. While in the OR, Ann continued to explain what they were doing (switching beds, putting a monitor on his finger and getting ready to start anesthesia) to Joshua while his mother was by his side. While they were talking, he was able to see his mom the whole time. As Joshua fell to sleep, she was able to kiss him on the head and then left the OR so surgery could begin.

"One of the main Hospital-wide directives we strive to achieve is making the patients as comfortable as possible. Their time in the hospital is about them and their needs," said Bill Andrews, President of Licking Memorial Health Systems. "The patients are our main priority – they are our customers, and we want to provide them with the best care possible," continued Bill. "We approach each surgery as we are guests in our patients' lives. Their time in the Hospital may be a time filled with anxiety, fear and nervousness. We are focused on making them feel as comfortable and at ease as possible. We (the staff of LMH) act as the advocate for the patient," said Brenda Kendall, LMH Director of Surgical Services. "It is bene-

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A Kiss From Mom Before Surgery (continued from page 4)

beneficial for the child (patient) to have security and trust in the staff, and having a parent in the room with them can help build the trust,” said Ann Caron, R.N.

Little did Joshua know that he would be one of the first patients to be able to have his mom or dad back in the OR before his surgery. “This is a very new approach to surgery,” Brenda said. “The staff and physicians are supportive of trying this because we believe that it will be more comfortable for our patients we are serving,” said Brenda. “We feel that this is one more way that we can deliver the highest quality of care possible to our patients.”

“I really believe that Joshua had such a great experience and quick recovery because he was so relaxed with having me in the OR with him,” said Lucinda. “The second day after surgery he was eating hot dogs and pancakes – he felt important to be able to have his mom with him and I think that has helped through the whole recovery process.” Joshua is doing well after his surgery and is enjoying his first-grade class.



Lucinda Mays gives her son, Joshua, a kiss before his surgery to have his tonsils and adenoids removed.

Bone Marrow Typing Leads a Granville Resident to Possible Donation

During her senior year at Granville High School (GHS), Kathryn Bickle was co-chair of the Key Club. The Key Club is a service club at GHS, and all of their fundraising events went toward paying for the bone marrow typing of students who wished to be possible bone marrow donors. “We tried to get as many students as possible involved in trying to donate bone marrow because once you are on the bone marrow donor registry, your name can remain on it until the age of 60 (provided that the donor meets all other American Red Cross requirements),” said Kathryn. “It costs more than \$80 for one person’s bone marrow to be typed, and we were able to raise enough money to get 25 students typed.”

Kathryn had her bone marrow typed in May 2004, just before graduation. Shortly after her bone marrow was tested, Kathryn learned that she was a possible donor for a man who was in need of a bone marrow transplant. “I didn’t know the exact odds of getting a call back about being a donor – but in less than six months I got a call saying I could be a match,” Kathryn said. “As far as I know, I am the first person from GHS who has been called as a possible donor.”

“At this point I haven’t donated my bone marrow yet ... I am waiting to hear when he is able to get the transplant,” said Kathryn. “It could be any time – weeks to years when he is ready for the transplant.” Because of

patient privacy, Kathryn does not know anything about the person she is eligible to donate to, other than the fact he is a 55-year old man.

Kathryn currently is in her second year at The Ohio State University. She is pursuing a degree in molecular genetics and hopes to become a physician. Throughout the summer, Kathryn worked at Licking Memorial Hospital (LMH) as a Point of Care Technician on 5-South, where patients are cared for after surgery. “I wanted to get some experience with patient contact. I think it will be beneficial since I am hoping to care for patients full-time in the future,” said Kathryn.



Kathryn Bickle is pictured at Licking Memorial Hospital where she is working for the summer as a Point of Care Technician. Kathryn had her bone marrow typed and has been called by the American Red Cross as a possible donation match.

Physician Spotlight: Joseph Fondriest, M.D.



Joseph
Fondriest, M.D.

Engineering traits attracted radiologist Joseph Fondriest, M.D., to Licking Memorial Hospital (LMH) more than a decade ago. He joined LMH in July 1994.

“I had a natural attraction for a health system that was so well organized from an engineering standpoint,” Dr. Fondriest said. In addition to a Medical Degree from the University of Cincinnati

(Ohio), he has both a Master of Science degree in nuclear engineering and a Bachelor of Science degree in engineering physics from The Ohio State University in Columbus, Ohio. The Dover, Ohio, native completed both his residency in diagnostic radiology and his internship in internal medicine at the University of Arizona University Medical Center in Tucson, Arizona.

While his background in engineering helped in his decision to join Licking Memorial, Dr. Fondriest credits his

co-workers and the community with keeping him here. “My co-workers have been great, and the community is great. I don’t think a lot of people realize what a wonderful place Licking County is until they are somewhere else,” he said.

At LMH, Dr. Fondriest currently serves as Vice Chief of the Medical Staff and as Chief of Radiology. He previously was Vice Chief of Radiology and a Member at Large of the Medical Staff Executive Committee. He is proud of his accomplishments at LMH but doesn’t really see them as attained goals. “I tend not to think in terms of personal goals but rather, what can I do to help?” Dr. Fondriest said.

He and his wife, Jean, are the parents of four children: Joe, 15; Sara, 13; Jacob, 11; and Steven, 8. The entire family enjoys cross-country running and is active in the Licking County Family YMCA, where Dr. Fondriest serves on the Board of Directors.

Ask-a-Doc: Joseph Fondriest, M.D.

Question: I am 40 years old, and a friend said I really should get a mammogram. Is she right?

Answer: Yes. We unfortunately live in a society where the risk of breast cancer is high. For a female in the United States, the risk of developing breast cancer by age 50 is one out of 67. During a woman’s lifetime, the risk is one in eight.

Fortunately, a mammogram may alert patients and physicians to the presence of small tumors that cannot yet be felt through breast self exam. When breast cancers are small, there are more treatment options available, and

survival rates are higher. Statistics show the five-year survival rate for localized breast cancer is 97 percent.

The American Cancer Society recommends that all women age 40 or older get a mammogram each year. Talk with your primary care physician or gynecologist to find out what he or she recommends for you.

It is important that all of us take care of our health now so that we may be there for our family, friends and community later. In regard to mammography, do it for yourself; do it for those you love.

Volunteer Spotlight Lois Lovelady



Lois Lovelady has volunteered at Licking Memorial Health Systems for more than a decade.

Lois Lovelady has been a volunteer at Licking Memorial Health Systems (LMHS) for more than 11 years. She has volunteered more than 3,201 hours of service. “There are so many great things about volunteering at LMHS. The people with

whom I work are great. They are so nice to me and work so well with the public,” said Lois.

Lois started volunteering in the Education Department, helping an employee prepare to visit students in local schools – bringing them health information. “I would help in the office, help prepare information and projects for the students,” said Lois. She then moved to a family practice office and volunteered doing general office work. Lois is now volunteering in the Pain Clinic. “Currently I am working on charts and files for the Clinic,” said Lois.

Lois is a retired nurse after 26 years of service. She and her husband, Olan, have four children and four grandchildren. In her free time, Lois enjoys reading and camping.

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

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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.

Development Council Spotlight: Lindsey Hoskinson



Lindsey Hoskinson

“Basic economics tells us that strong communities are centered around a strong health care system,” said Lindsey Hoskinson, a member of the Licking Memorial Hospital (LMH) Development Council since May.

“Serving on the Development Council provides a great opportunity to learn about what makes a hospital successful and how community support drives that success,” she said.

Although Lindsey initially joined the Development Council to find out more about LMH and how it serves the community, she soon found herself spreading the good news about what the Hospital has to offer. “As a lifetime resident of Licking County, LMH always has been my source for emergency health care and preventative medicine,” she said. “I welcome the opportunity to share LMH’s technological advances, special awards, accreditations and new programs with local residents. Knowing more about Licking Memorial can give people the comfort and peace of mind to stay in the county instead of driving elsewhere when they need a hospital.”

A family member’s recent problems with mini-strokes and accompanying chest pain strengthened Lindsey’s support of LMH. “Our Hospital has excellent care for stroke patients and is an Accredited Chest Pain Center,” she said. “The benefits of sharing this knowledge with my loved one have provided her a sense of relief. People do not like to think about their own capacity for injury, illness or even death. Going to a hospital can be scary, and it is even scarier if you are not treated as a patient but as a number. My goal in serving on the Development Council is to tell people the good news – that LMH treats everyone like an individual, with individual problems and individual solutions.”

In addition to her involvement with the LMH Development Council, Lindsey is an active member of Highwater Congregational United Church of Christ in Newark, where she participates in Music and Worship Ministry and serves on Church Council and the Pastoral Relations Committee.

Lindsey is a financial services officer with Farm Credit Services of Mid-America. She graduated with high honors from The Ohio State University in Columbus,

Ohio, with a Bachelor’s degree in agricultural economics and studied abroad at the Chinese Academy of Agricultural Sciences in Beijing, China, and Taipei, Taiwan.

She and her husband, Bill, reside outside Chatham. The couple are part owners/managers of a fifth-generation family farm – Hoskinson Farms – which is a contract beef cattle operation and also raises corn, soybeans and wheat. They also have a recently established trucking business – E.W. Hoskinson Company – through which they co-manage a small fleet of dump trucks.

Donors

Capital Improvement Fund
TWIGS 8

Honorarium
Bruce P. Miller, M.D.,
by Anna B. Griffin

Community Cornerstone
Mr. & Mrs. Thomas Caw
Ms. Ann Howard
Mr. & Mrs. Al Kanuch
Mr. & Mrs. James Pryor

PRIDE Cornerstone Bronze
Rodney Arrington
Cathy Chancey
Patience Kullman
Gretchen Reedy
Devonna Rollins
Karen Suiter

Cradle Roll
William Harrison Carpenter,
by Larry & Marcia Litts Parr
Jackson Carlos Curet,
by Ann Howard
Colten Hunter Ety,
by Sally T. Hilton
Brielle Jordan Keck,
by Mr. & Mrs. Mark Keck
Holden Benjamin Wilhoit,
by Mr. & Mrs. Nick Wilhoit,
Olivia & Grace

PRIDE Cornerstone Silver
Julie Lowe
Rae Carbaugh
Brian Thatcher
Natasha Wilson

Memorial Gift
Pete Dobson,
by Ann Howard

Additions to the LMH Active Medical Staff

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



Jonathan D.
Hollister, M.D.

Dr. Hollister Is LMHS First Geriatrician

Licking Memorial Health Systems is pleased to announce the addition of geriatrician Jonathan D. Hollister, M.D., specializing in the care of older adults. After receiving a Bachelor of Arts degree in Zoology from Ohio Wesleyan University in Delaware, Ohio, Dr. Hollister received his Doctor of

Medicine degree from Wright State University in Dayton, Ohio. He completed his family medicine residency at Grant Medical Center and a geriatric fellowship at Riverside Family Practice, both in Columbus, Ohio.

A native of Marietta, Ohio, Dr. Hollister and his wife, Lanie, have a daughter, Meridian, and a son, Jaxson.



Emily A.
Decker, M.D.

Pataskala Office Welcomes Pediatrician Dr. Decker

The Licking Memorial Pediatrics – Pataskala office is pleased to announce the addition of Emily A. Decker, M.D., to its practice. Dr. Decker attended Oxford University in Oxford, England, and received a Bachelor of Arts degree from Amherst College in Amherst, Massachusetts. She received her Medical

Degree from The Ohio State University College of Medicine and Public Health in Columbus, Ohio, where she graduated magna cum laude. Dr. Decker then completed a pediatric residency with Children's Hospital in Columbus, Ohio.

Dr. Decker is a member of the prestigious Alpha Omega Alpha National Medical Honor Society. She received the Janet M. Glasgow Memorial Achievement Award in 2002 from the American Medical Women's Association. She has traveled extensively throughout Asia, Europe and Africa and has a strong interest in public health and advocacy.

Dr. Decker is accepting new patients. Appointments can be made by calling (740) 348-1925.



Elizabeth N.
Koffler, M.D.

Dr. Koffler Joins Women's Health practice

Licking Memorial Women's Health is pleased to announce the addition of obstetrician/gynecologist Elizabeth N. Koffler, M.D., to its practice. Dr. Koffler received a Bachelor of Science degree in biology from John Carroll University in University Heights, Ohio, graduating magna cum laude. She received her Medical Degree from the Medical College of Ohio in

Toledo, Ohio, and completed an obstetrics and gynecology residency at Riverside Methodist Hospital in Columbus, Ohio.

Dr. Koffler is a member of the American Medical Association, American College of Obstetrics and Gynecology, and Ohio State Medical Association.

She resides in Granville with her husband and daughter.

Dr. Koffler is accepting new patients. Appointments may be made by calling (740) 348-4689.



Daniel B. Logan,
D.P.M.

LMHS Welcomes Podiatrist

Licking Memorial Hospital (LMH) is pleased to announce that podiatrist Daniel B. Logan, D.P.M., has joined the medical staff. Dr. Logan opened his practice along with Scott Gurwin, D.P.M., forming Foot and Ankle Specialists of Central Ohio, L.L.C., located at 1950 Tamarack Road in Newark.

Dr. Logan was a Glenna-Joyce Scholar before receiving his Bachelor of Arts degree in chemistry from The Ohio State University in Columbus, Ohio. He received his Doctor of Podiatric Medicine from The Ohio College of Podiatric Medicine in Cleveland, Ohio, where he graduated as valedictorian in a class of 88 doctors. He then completed his podiatric surgical residency at The Cleveland Clinic Foundation and Kaiser-Permanente Hospitals in Cleveland, Ohio.

Dr. Logan is accepting new patients. Appointments can be made by calling (740) 344-8286.



Alana C.
Milton, M.D.

Dr. Milton Is New Inpatient Pediatrician at LMH

Licking Memorial Health Systems is pleased to announce the addition of a new inpatient pediatrician, Alana C. Milton, M.D., to the Licking Memorial Hospital medical staff. Dr. Milton received Bachelor of Science degrees in Biology and Microbiology from the University of Iowa College of Liberal Arts in Iowa City, Iowa. She received her Medical Degree from the University of Iowa College of Medicine in Iowa City, Iowa. Dr. Milton then completed a pediatric internship and pediatric residency, both at Children's Hospital in Columbus.

Dr. Milton is a member of American Academy of Pediatrics, American Medical Association, and Women in Science and Engineering – University of Iowa.

(Medical Staff Additions continued on page 9)



Andrew C.
Seipel, M.D.

Dr. Seipel Returns to LMHS

Licking Memorial Health Systems is pleased to welcome back family practice physician Andrew C. Seipel, M.D. Dr. Seipel will see patients at the Licking Memorial Family Practice – Granville office, located at 1264 Weaver Drive in Granville, Ohio.

After receiving a Bachelor of Arts degree from The Ohio State University in Columbus, Ohio, Dr. Seipel earned his Medical Degree from the Medical College of Ohio in Toledo, Ohio. He then com-

pleted a family practice residency at Grant Medical Center in Columbus, Ohio.

Dr. Seipel served several years in the Ohio National Guard as a pharmacy specialist and medic. He and his wife, Terri, have two children, Evan and Emily.

Dr. Seipel is accepting new patients. Appointments can be made by calling (740) 348-1955.

Managerial Appointments

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



Rae Carbaugh

Rae Carbaugh has been named Physician Center Manager at Licking Memorial Health Professionals (LMHP). Her responsibilities cover LMHP's Granville, Johnstown and Pataskala offices.

Although born in Washington Court House, Carbaugh moved to Licking County as a small child. She graduated

from Lakewood High School and the Licking County Joint Vocational School. She and her husband, Tim, live in Hebron. They are the parents of a son, Brandon, and daughter, Brittany.

Carbaugh is a member of the American Academy of Professional Coders. She is also active in the community through her affiliations with Lakewood Athletic Boosters and the Heath Church of Christ.

Tylka-McCort Promoted to Director of Emergency Department



Penny Tylka-
McCort, R.N.

Licking Memorial Hospital (LMH) announces the promotion of Penny Tylka-McCort, R.N., to Director of Emergency Services. Penny joined the Hospital at the beginning of 2005 as Patient Care Manager of the Emergency Department.

As director of the department, Penny is responsible for the daily operations, and constantly implements new measures to improve processes and policies. She also acts as the customer service liaison and assures that every step possible is taken to ensure patient safety in the Emergency Department.

with the needs, safety and comfort of the patient/family as our primary focus. The overall floor plan of the new Emergency Department will be conducive to providing efficient patient care without nursing staff or the physician having to travel away from the bedside in order to fulfill the needs of the patient," she explained.

Penny, a registered nurse, holds a Bachelor of Science degree in Nursing and is working toward a Master of Business Administration/Master of Science in Nursing degree in Health Care Management. She lives in Newark with her husband, Erik, and their three daughters, Erika, Madison and Megan.

One of Penny's challenges is to keep staff and patients apprised of frequent changes taking place due to the extensive Critical Care Pavilion expansion project. Penny said the staff is excited about the larger Emergency Department quarters that are expected to be completed in late 2007. "We will have improvements such as larger, private rooms with new technology that are all arranged

Merrick Promoted to Director of Cardiac Services



Patty Merrick,
C.R.N.P.

The Licking Memorial Hospital (LMH) Cardiology Department announces the promotion of Patty Merrick, C.R.N.P., to Director of Cardiac Services. Patty was formerly Supervisor of Cardiopulmonary Services and her new position expands upon those duties. She oversees cardiology services, practices as a nurse practitioner and participates in the planning and management of care

for patients with coronary heart disease and heart failure. She is also the coordinator of the LMH Chest Pain Center.

Under Patty's leadership, LMH has repeatedly been awarded recognition on the state and national levels for coronary care and chest pain treatment. As a part of Licking Memorial Health Systems' mission to improve the health of the community, Patty is a frequent speaker

at Licking County organizations on heart health. Patty's career at LMH has spanned more than two decades, first working as a nurse's aid during her college summers. She holds an Associate Degree in nursing from Central Ohio Technical College in Newark, Ohio, a Bachelor of Science in Nursing degree from Franklin University in Columbus, Ohio, and Master of Science and Certified Registered Nurse Practitioner, both from The Ohio State University in Columbus, Ohio.

She remains active with many professional associations, including the American Association of Cardiovascular and Pulmonary Rehabilitation, the Heart Failure Society of America and the American College of Cardiology. In 2003 Patty was named the LMH nominee for Ohio Hospital Association Employee of the Year.

Patty lives in Newark and has three children, Jennifer, Jayme and Joe.

Administrative Spotlight - Leslee Arthur Director of Radiology Services



Leslee Arthur

Leslee Arthur, B.Sc., R.T., (R.), CRA., has been a member of the Licking Memorial Health Systems (LMHS) health care team since September 1982, when she was hired as a mammographer/radiographer. Three years later, she was promoted to Radiology Supervisor. Leslee assumed her current position in 1996.

Over her 23 years with LMHS, Leslee has earned a number of honors, including being named the Central Ohio Technical College Technologist of the Year in 1996 and LMHS Manager of the Year in 1999. In December 2004, she – along with two co-workers – received the prestigious President's Award from LMHS President Bill Andrews.

Given at his discretion, the President's Award honors employees for exceptional, extraordinary service. The trio of Leslee, Picture Archival and Communication System (PACS) Project Coordinator Diane Swain and Team Leader/PACS Assistant Jason Black became the 10th recipients of the award since Bill began giving it in 1986. They earned the award for their efforts toward making Radiology a filmless department, as well as the development of PACS, which allows multiple consultants the ability to view the same image at the same time, providing improved communication for diagnosis and treatment. With PACS, images can be examined as soon as they are captured and delivered to the point of care, enabling clinicians to make decisions quickly.

"My reaction to our receiving the President's Award was shock and awe, and I was thrilled and appreciative," Leslee said. "I am so blessed to have the opportunity to lead Licking Memorial Health Systems in a filmless environment and to continue to assist in delivering information to the patient care team and help integrate that information into the treatment of the patient."

Leslee points out that the success of PACS relies on efforts outside the Radiology Department. "This 12- to 18-month project encompassed a team effort of which Vice President of Information Systems Sallie Arnett and her staff played the role of the quarterback and assisted Radiology in getting the ball across the goal line," Leslee said.

Leslee is a Certified Radiology Administrator (C.R.A) through the American Healthcare of Radiology Administrators, a Certified Radiologic Technologist, through the American Registry of Radiologic Technologists (AART), and a Licensed Radiologic Technologist through the Ohio Department of Health. She is a member of the American Healthcare of Radiology Administrators, the Society for Computer Applications in Radiology, and the Radiologic Technology Advisory Committee for Central Ohio Technical College.

Leslee is a graduate of Licking Valley High School and Licking County Joint Vocational School, where she studied medical assisting. She earned an Associate degree in radiologic technology from Muskingum Area Technical College (now Zane State) and a Bachelor of Science degree in Management/Human Resources from Park

(continued on page 11)

College in Parkville, Missouri.

Leslee and her husband, Mark, reside in Hanover with their daughter, Brooke, and son, Casey. In her free time, Leslee enjoys camping, reading and shopping.

Combating the Overuse of Antibiotics (continued from page 2)

toms, 42 percent used them for colds, and 55 percent wrote antibiotic prescriptions for children with nonspecific upper respiratory infections to prevent ear infections – largely because of parents’ beliefs.

Even when parents know that antibiotics won’t help their child’s cold, they give in to pressure from day care workers, according to another study presented at last year’s International Conference on Emerging Infectious Disease. Few day care providers knew that antibiotics would not end a cold more quickly or prevent it from spreading to other children, the study showed. The vast majority of these workers said they would keep children with colds in day care if they were taking antibiotics, but would send children home if they were not.

The result of all this overuse – increased numbers of antibiotic-resistant infections. In fact, there’s been a significant increase in the number of staphylococcal – staph – infections resistant to multiple antibiotics,” said Kathy.

“It is important to get the information out to the general public that antibiotics can’t treat everything – we will

then be able to help prevent the development of more antibiotic-resistant infections,” said Kathy. “It is our goal to inform the public as much as possible, so they can take an active role in their health care.”

EDUCATION PROGRAM

Why Can’t I Have a Prescription for Antibiotics?

Thursday, November 3

6:00 p.m.

Licking Memorial Hospital Conference Rooms A & B
Speaker: Pattye Whisman, M.D., family physician with Licking Memorial Family Practice – McMillen location.

Licking Memorial Health Systems is presenting an education session open to the public about the overuse of antibiotics. This session will educate the public on how the overuse of antibiotics can cause some illnesses and/or infections to become resistant to this medication.

This session is free and open to the public; registration is not required.

LMHS Helps Beautify Courthouse Square

Visitors to downtown Newark over the summer may have noticed the lush landscaping on the Courthouse Square. One of the more visible flower beds surrounding a fountain next to the Licking County Courthouse was sponsored by Licking Memorial Health Systems (LMHS).

Approximately 10 years ago, LMHS began planting and maintaining flower beds on the Courthouse square. “I think it’s a way for us to give back to the community, and it helps with the beautification of the city,” said Carol Barnes, Director of Volunteers, TWIGS and Events. “Jenny Cook, our groundskeeper, is very helpful in making the right choices on colors, growth and type of flowers we plant. She orders them and delivers them to the square on the planting day before the Strawberries on the Square Festival,” Carol explained. Today, the flower beds are planted under LMHS’ sponsorship as a community service project by individuals who are serving probation. To thank them for their help, LMHS provides pizza and soft drinks to the workers.



Flower beds surrounding a fountain next to the Licking County Courthouse were sponsored by Licking Memorial Health Systems.



**Licking Memorial
Health Systems**

Upcoming Dates

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

Breast Cancer Awareness and Screenings

Monday, October 17

6:00 pm

Conference Rooms A & B, First Floor, Licking Memorial Hospital
Gregory Boone, M.D., will be speaking at the event. Dr. Boone, Jacqueline Jones, M.D., and Kaye Linke, M.D., will be available for screenings.

Blood Donations

Thursday, October 13

7:00 a.m. to 1:00 p.m.

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

Licking Memorial Women's Health Blood Donations

Every Tuesday

12:00 noon to 6:00 p.m.

Every Friday

8:00 a.m. to 2:00 p.m.

Licking Memorial Women's Health, 15 Messimer Drive, Newark

You could save a life – just by donating blood! The American Red Cross requires that donors be in general good health, be at least 17 years old and weigh a minimum of 110 pounds.

Diabetes Self-Management Training

Tuesday Classes, 1:00 to 3:00 p.m.

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

Wednesday Classes, 1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.

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

Diabetes Self-Management Training is a series of four classes providing information on all aspects of diabetes. Instructors include registered nurses, dietitians and a pharmacist who have received extensive training in diabetes management.

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

First Impressions Maternal Child Classes

Childbirth Education Classes

Stork Tours

Infant and Child CPR

Parenting Class

Maternity Tour

Breast-feeding Class



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

Visit us at www.LMHealth.org

A publication of the LMHS Public Relations Department at (740) 348-1572.

Please contact the Public Relations Department to receive future mailings.



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