



Community Connection

Licking Memorial Health Systems

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Measurably Different ... for Your Health!

Licking Memorial Honors Newark Resident With Lifetime Achievement Award



Dr. Robert Barnes (left) was named the 2005 Lifetime Achievement recipient at a reception held at the Reese Center on October 9, 2005.

Licking Memorial Hospital (LMH) Development Council honored Newark resident Dr. Robert Barnes as winner of its 2005 Lifetime Achievement Award during a special reception on October 9 at The Reese Center on the campus of The Ohio State University – Newark and Central Ohio Technical College. Dr. Barnes is the retired chairman of the board of United Carriers Corporation in Newark.

The Lifetime Achievement Award is presented each year to a citizen in our community who has given volunteer service for the overall betterment of the community and who has helped to fulfill the mission of Licking Memorial Health Systems (LMHS) by helping to improve the health of the community. This special recognition was created to honor those whose vision, inspiration and leadership has touched and enriched many lives.

“Dr. Barnes is a man of many talents,” LMHS President Bill Andrews stated. “He is a businessman, an administrator, (continued on page 2)”

Robert and Rebecca Bluestone: State of Grace



Robert and Rebecca Bluestone will be performing “State of Grace” at the Midland Theatre.

Robert and Rebecca Bluestone: State of Grace

Wednesday, November 2, 2005

7:00 p.m.

The Midland Theatre

Free of charge

Santa Fe husband-and-wife duo Robert and Rebecca Bluestone combine their talents in “State of Grace,” a performance event that showcases Robert’s celebrated artistry as a classical guitarist and Rebecca’s remarkable tapestries. This husband and wife team is living with cancer survivorship.

Licking Memorial Health Systems, Midland Theatre and The Works are partnering to offer this special presentation free of charge to the community at 7:00 p.m. on Wednesday, November 2. This performance is part of a one-week residency program that the Bluestones will

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Community Education Program

Why Can't I Have a Prescription for Antibiotics?

Thursday, November 3

6:00 p.m.

Licking Memorial Hospital Conference Room A & B

Speaker: Pattye Whisman, M.D., family physician with Licking Memorial Family Practice – 150 McMillen Drive.

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 antibiotic overuse can cause some illnesses and/or infections to become resistant to these medications. The door prize will be a cold-care gift basket, and all in attendance will receive a free digital thermometer.

This session is free and open to the public; registration is required. Please call (740) 348-1434.

Licking Memorial Honors Newark Resident With Lifetime Achievement Award (continued from front)

a professor, a musician and a writer... but most of all, he is a dedicated friend to this community. It is our privilege to honor him for his many contributions that have made this a better place to live.”

Licking County began benefiting directly from Dr. Barnes’ diligence in the 1960s when he began serving as dean of The Ohio State University of Newark (OSU-Newark). He had previously served on the faculty of The Ohio State University School of Music in Columbus. During his 14 year tenure at OSU-Newark, he directed the purchase of the land for the permanent campus, the design and construction of the initial building, the establishment of a permanent library, and the selection of the initial full-time faculty.

In the 1970s, Dr. Barnes was the founding president of Central Ohio Technical College, serving for eight years as the college’s first president and has since been appointed president emeritus.

Dr. Barnes has been active in numerous professional, civic and charitable organizations in an executive or leadership capacity. He was first vice president of the Ohio Trucking Association. He has served as president of the Newark & Licking County Chamber of Commerce, the Newark Rotary, Weathervane Summer Playhouse and the Newark Rotary Foundation. He served as chairman of the board of the Licking Memorial Professional Corporation, vice chairman of the board of Licking Memorial Health Systems and vice chairman of Shepherd Hill Hospital. He is currently chairman of the board of the Licking County Foundation and also serves as president of The Works in Newark.

He continues to serve as a member of the board of trustees for The Ohio State University – Newark Campus, the LeFevre Foundation, and Wesley Ridge (United Methodist) Retirement

Center and is an active leader in the United Methodist Church where he serves on the Council for Finance and Administration for the 1,300-church West Ohio Conference. He has served as a member of the Licking County Planning Commission, Boy Scouts Council

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Robert and Rebecca Bluestone: State of Grace (continued from front)

be completing at the Midland Theatre and The Works. This weeklong residency is generously supported by: Ohio Arts Council, A Friend of The Midland, Heartland Arts Fund (a program of Arts Midwest funded by the National Endowment for the Arts with additional contributions from General Mills Foundation, Land O’Lakes Foundation, Sprint Corporation, and Ohio Arts Council), and the Newark Public Library.

During this program, the Bluestones will share how their experience with surviving cancer has infused their work and their relationship with new passion, bringing them closer both personally and professionally. Robert and Rebecca will discuss how they used the power of art in the process of their healing and how important it is for others to understand that survivors and caretakers need the freedom and safety to speak directly about what they are experiencing.

“This residency exemplifies what is best about partnerships,” said Michael Morris, Executive Director of Midland Theatre. “Rebecca’s expertise in the visual arts will enhance The Works’ program. Robert’s artistry on the guitar with Rebecca’s art as a backdrop will create an unforgettable experience at The Midland. Their combined appearances throughout the community will bring art to many who would not seek it out otherwise. And their ‘State of Grace’ program with Licking Memorial Health Systems’ professionals, patients and families will touch everyone on a very personal level.”

“We are pleased to offer this program to the community, but in particular to our cancer patients and families,” stated Jacqueline Jones, M.D., Cancer Committee Chair. “We hope this program will help cancer patients and their loved ones turn their illness into a constructive experience rather than a destructive one.”

Classical guitarist Robert Bluestone has earned an international reputation as an artist of the first rank. His programs are celebrations of the splendid diversity of the classical guitar repertoire, often playing music from four continents and four centuries. Robert is in the vanguard of a select group of musicians who are reinvigorating the classical tradition. He is committed to engaging his audiences through his informal commentary on the music, its composers and historical context.

Rebecca is a studio-trained tapestry weaver and teacher with a full-time weaving and dye studio. Her work very much evolves out of what she refers to as the spiritual geography of the Southwest. Rebecca has received numerous commissions and exhibits her work nationally in galleries, museums, universities and juried exhibitions. Her work is regularly seen in national publications, including The New York Times, American Craft, Fiberarts and Shuttle, Spindle & Dye pot.

To Robert, the work he and his wife do is very closely related. “We both work on wooden, handmade, tightly-strung instruments,” Robert Bluestone says, comparing the guitar and the loom. “The work we do is about color. It’s about process, about subtle graduations and small movements.”

The community is invited to attend this informative and entertaining performance. A special invitation is extended to all cancer patients and survivors as well as their families and friends. Please R.S.V.P. to Amy Berry at (740) 348-4109 if you would like to attend this event. Admission is free.

Communicating With the Community



Bill Andrews
LMHS President

Communicate and educate early and often. That's the approach Licking Memorial Health Systems (LMHS) has taken in sharing information with the local community. Licking Memorial was featured in an article in the July/August issue of *Trustee Magazine* for taking a proactive stance on how it informs the public.

Trustee is a nationally recognized health care industry magazine published by Health Forum, Inc., an American Hospital Association information company. The aforementioned article is titled "Hospitals and Communities, Restoring the Relationship."

LMHS Vice President of Development and Public Relations Veronica Link said the Health Systems was honored to be included in the article. "We are proud of the efforts we make to improve the lines of communication between Licking Memorial and the general public. Now a national audience of health care industry leaders is aware of what we do and why we do it."

As cited in the article, two examples of how LMHS regularly communicates with the community are Community Connection and Community Report Card. Community Connection – the full-color publication you are now reading – is mailed monthly to tens of thousands of homes in and around Licking County in order to publicize upcoming events, accomplishments, educational offerings and other information of interest. Community Report Card is a monthly publication that compares LMHS patient care statistics with comparable national and state quality measures, as well as examines how care is provided by the Health Systems from one year to

the next. Patient testimonials and health tips also are included.

On a more personal level of communication, LMHS utilizes its Development Council, a group that has been in existence since 1987 and is comprised of approximately 75 local residents. "Members represent a broad cross section of small business owners, professionals and other community-focused individuals," Veronica said. "They act as our ambassadors in the community." Although originally formed for fundraising purposes, the Development Council soon became a tool for communicating up-to-date Health Systems information with a larger community.

On an even more personal level, LMHS follows a full disclosure policy in which appropriate health care personnel fully disclose any adverse inpatient event immediately to affected patients and their families – regardless of whether it resulted from a medical error. According to LMHS President Bill Andrews, the policy is in line with a Veterans Administration policy and follows a recommendation from the Joint Commission on Accreditation of Healthcare Organizations. "When a patient comes to us expecting a certain level of care but doesn't receive what was anticipated, it's our responsibility to let him or her know what happened," Bill said. "Honesty is the best policy. It may not take away the hurt or anger, but the open communication can help save a relationship."

To learn more about Licking Memorial Health Systems, please log on to our Web site at www.LMHealth.org, or contact us at info@LMHealth.org or (740) 348-4000.

211th Maintenance Unit Departure Anniversary



November 3 marks the one-year anniversary of the 211th Maintenance Unit leaving for training before heading to Iraq. A military truck is pictured passing by Licking Memorial Hospital as they left Newark.

November 3 marks the one-year anniversary of the 211th Maintenance Unit departure for a two-week training session before leaving for Iraq. On the cool, overcast November day, the community and employees of Licking Memorial Health Systems (LMHS) came out to support the 215 soldiers as they passed the Hospital. "We wanted the soldiers to know that we supported them and their families," stated Bill Andrews, LMHS President.

"The soldiers of the 211th Maintenance Unit are doing really well," said Staff Sergeant Karissa Binckley of the United States Army. "Most have all been able to visit home at least once while on their tour and are beginning to get antsy to come home. We are hoping that the troops of the 211th will be able to come home for good in December or January."

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LMHS is proud to support the 211th Maintenance Unit and all the troops serving the United States. “Many of our employees have relatives or friends in Iraq. These

men and women are putting their lives on hold to protect us at home,” said Bill. “We wish all the troops a safe trip home.”

Fresh Flowers Donated to LMH Lobby

Fresh flowers can brighten up a room and give a fresh perspective. Receiving the gift of flowers can make a person’s day. Licking Memorial Hospital was recently given an anonymous donation and suggestion for fresh flowers to be displayed in the entrance of the Hospital.

“We’re so touched that an anonymous donor was so selfless to come forward, make the suggestion, and provide the funding,” said Veronica Link, Vice President of Development and Public Relations. The fresh flowers are delivered weekly to the Hospital and displayed on the front desk. “We have heard so many comments from the visitors and volunteers about the flowers brightening the lobby and making a difference in their day,” said Veronica. The next time you are visiting a loved one or a friend, take a moment to stop and enjoy the flowers.



Fresh flowers are displayed in the entrance of Licking Memorial Hospital. The funds for this project were anonymously donated to the Foundation.

LMHS Sends Help to Hurricane Victims

Licking Memorial Health Systems (LMHS) recently expanded the concept of community by coming to the aid of hurricane victims in Louisiana. Honoring our mission “to improve the health of the community,” LMHS stocked an emergency squad vehicle full of medical supplies to join forces with the City of Heath in providing a Louisiana hospital with tools to help their most needy patients.

According to Heath City Auditor Keith Alexander, the City of Heath was in the process of selling a backup squad vehicle when Hurricane Katrina hit the Deep South on August 29. “This ambulance was given to the city by the Heath-Newark-Licking County Port Authority when the Air Force base closed. It was a 1994 model, a government package that is a Type I. Heath’s squads are Type III,” Alexander said. He explained that the City of Heath was expecting delivery of a new squad in just five or six weeks. With the support of Heath Mayor Daniel Dupps and Heath Fire Chief Mark Huggins, Heath City Council members voted unanimously to forego selling the used ambulance

and instead donate it where it was needed most.

LMHS Vice President of Development and Public Relations Veronica Link made the initial contact with Alexander to offer assistance. “We heard that the City of Heath was preparing to send their ambulance to Louisiana, so I contacted Keith Alexander and asked him if we could send some supplies with him,” she said. “We had already gathered the drugs and supplies shortly after we heard the news about the disaster and became aware of the specific needs.”



Licking Memorial Health Systems (LMHS) Vice President of Development and Public Relations Veronica Link and LMHS Director of Pharmacy Jeff Smith helped Heath City Auditor Keith Alexander to fill an ambulance full of donated medical supplies for Hurricane Katrina victims.

Jeff Smith, LMHS director of pharmacy, helped to assemble items that would be most critically needed by the storm-ravaged medical personnel. “The supplies included gloves, gowns, masks, 150 vials of insulin, 10,000 antibiotic doses and 1,000 doses each of medicines for blood pressure, heart, asthma and cardiopulmonary disease,” he listed. Other staples, such as baby formula and diapers, filled every space of the medic vehicle.

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When the ambulance was full on September 8, Alexander began the drive to Louisiana, not sure of his exact destination. He had visited the New Orleans area approximately 20 times before, but this time he knew he would encounter communication problems and closed roads. "Everyone I've talked to wants the ambulance, but can't use the medications," he said. Once on the road, Alexander found a hospital, West Jefferson Medical Center in Marrero, Louisiana, that was still operating but severely suffering from the aftereffects of Hurricane Katrina. "They got slammed," Alexander reported in a brief phone call back to Link. "It's as chaotic as can be here."

The day after loading up the ambulance, four representatives of LMHS, surgical nurse Mary Reid, radiology

technician Jim Whitaker, Smith, and his wife, Nancy, participated in a Central Ohio Trauma System orientation that prepared them to join the relief effort. "Whether it's in Licking County or New Orleans, I feel called on to help others around me – that's how all four of us feel," Jeff Smith stated.

Thanks to the generosity of LMHS employees and friends, Lake Charles (Louisiana) Memorial Hospital has received \$42,000 in monetary aid from Licking Memorial. In response to a request from Administration, members of the LMHS family contributed \$21,000 to be used toward hurricane-relief efforts following Hurricane Katrina. Licking Memorial Health Foundation matched contributor donations, and \$42,000 was wired to the Lake Charles Hospital.

LMHS' Donation Will Help Goodwill Plow Through Winter Weather

Although Dick Chesterson still is not looking forward to seeing the snowflakes fall this winter, he thinks his job will be a good bit easier thanks to a recent gift by Licking Memorial Health Systems (LMHS). LMHS donated a 1995 Dodge 4x4 pickup truck with a snowplow to Licking/Knox Goodwill Industries where Chesterson is the transportation and facilities administrator and has the responsibility of clearing snow-covered parking lots.

Licking/Knox Goodwill Industries' involvement in the community played a large part in LMHS' decision to donate the vehicle to them. "We are very pleased to have this opportunity to donate the vehicle to the Goodwill," explained Rob Montagnese, LMHS executive vice president. "They submitted a request for the donation in response to a message we sent to all United Way agencies announcing our plans to donate the truck/snowplow. After reviewing all of the requests, it was determined that Goodwill made the most compelling case and should be the recipient. It is important that the vehicle be utilized to help further our mission, 'To Improve the Health of the Community.' We are satisfied that Goodwill will put it to good use in that regard."

Goodwill Executive Director Charles Strauch said the organization used to have two snowplow trucks to clear parking lots at their various sites around Licking County, but one is no longer serviceable. He praised LMHS'

donation, saying it will directly benefit the clients Goodwill serves. "It means we can redirect dollars elsewhere and not have to spend on equipment. Now more goes to the mission."

Licking/Knox Goodwill Industries employs approximately 350 employees, most of whom have an identified disability.



Goodwill representatives Charles Strauch and Dick Chesterson accepted the title to a pickup truck from Licking Memorial Health Systems Executive Vice President Rob Montagnese (left).

Licking Memorial Health Systems Helps Salvation Army Feed the Hungry

Because good nutrition is vital to good health, it was a natural connection for Licking Memorial Health Systems (LMHS) to donate nearly 1,300 pounds of beef to a local

food shelter. LMHS acquired the beef by purchasing the 4-H steers of Tori Binckel, Mariah Cherubini and Abigail Hinson at the Hartford Fair. LMHS Executive Vice

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Licking Memorial Health Systems Helps Salvation Army in Feed the Hungry (continued from page 5)

President Rob Montagnese, who also sits on the Salvation Army of Licking County's Board of Directors, arranged to have the beef delivered to that organization's soup kitchen.

In addition to preparing three daily meals for the residents of the 18-bed emergency housing shelter, the Salvation Army's kitchen serves a soup kitchen the last 10 days of each month and offers an emergency food pantry for families who need help. "There is a wide range of people who use our food pantry," Salvation Army Major Ronald DeMichael said. "We'll be able to put this meat to good use. We very much appreciate it."

Salvation Army Kitchen Supervisor Pauline Manzanares said the ground beef will make a big hit with their diners, since it is a main ingredient of their favorite meals. "Meatloaf, enchiladas, sloppy joes, Johnny marzetti – those dishes are all very popular," she explained.

The Salvation Army in Newark served more than 84,000 meals in 2004. They accept donations of canned goods and other non-perishable items. Donations may be dropped off at 250 East Main Street in Newark.



Tori Binckley showed her steer, wearing her 2005 Beef Queen crown.



Licking Memorial Health Systems (LMHS) Executive Vice President Rob Montagnese entered the winning bid for Mariah Cherubini's steer.



Abigail Hinson posed with her steer at the Hartford Fair.

Annual Volunteer Picnic

Eighty volunteers attended an indoor barbeque to thank them for their service. In addition, LMH Radiology employee Vince Swinehart provided acoustical guitar entertainment and emceed bingo games. Prizes included gas cards and restaurant gift certificates.

Officers for the Licking Memorial Hospital (LMH) 2006 Volunteer Executive Board were elected at the annual Volunteer Picnic in August. The new officers are: President Ann Wood, Vice President Betty Meyer, Recording Secretary Richard Stewart and Corresponding Secretary Myrtle Kovach.

"I don't know what we'd do without them," LMH Director of Volunteers, TWIGS and Events Carol Barnes said of the large 145-member volunteer group at LMH. "We have more and more people of all ages joining us all the time. The hours they serve have increased, and the cost they

save us is just tremendous." The volunteers also contribute to the friendly, comforting atmosphere within the Hospital walls. "They're the first ones people see when they come in the doors and the last ones they see when they leave," Carol pointed out. "We would have a very difficult time functioning without them."



Jane Morgan and Marty Anspach had a chance to visit at the annual Licking Memorial Hospital (LMH) volunteer picnic.

From messenger service to staffing the reception desk, there is a volunteering opportunity at LMH for every age and every skill level. For more information, call the Volunteer Department at (740) 348-4079.

LMH Employee's Hidden Talent Delights Children and Parents



Licking Memorial Hospital (LMH) patient transporter Rob Gastineau received good reviews from his daughter, Mackenzie (left) and his son, Josiah (right) for the colorful murals he painted in the Newark Pediatrics waiting room on Tamarack Road.

With a colorful palette of paint, a brush and a child-like imagination, Licking Memorial Hospital (LMH) patient transporter Rob Gastineau has transformed a nondescript physician's waiting room into a deep-sea exploration and a jungle safari.

Licking Memorial Pediatrics recently relocated to 1865 Tamarack Road in Newark. While crews remodeled the offices, Rob busily applied his paintbrush to create fun and colorful murals that include tropical fish, monkeys, giraffes and other exotic wildlife. Rob and his wife, Michelle, have two small children, Josiah and Mackenzie, so he can easily relate to what youngsters enjoy. Besides, he says he has never lost his own childlike curiosity. "I'm a big kid at heart," Rob said with a sheepish grin. "I don't think I'll ever grow up."

The pediatric office created a challenge for Rob, who estimated he has painted 11 or 12 other murals. Oceans and jungles contain ferocious animals, but he wanted to avoid frightening any children. "I wanted to keep it realistic, but yet it's 'cartoony' and fun," he explained.

The reaction has been gratifying. "I've heard the kids love it," Rob related. "One lady said she brought her kids over just to get pictures of it." The Tamarack Road location of Licking Memorial Pediatrics houses the practices of Hanaa Abdelmessih, M.D., John Applegate D.O., Richard Baltisberger, M.D., Shelly Gittens, M.D., and Diane LeMay, M.D.



The wildlife murals painted by Rob Gastineau envelope the Newark Pediatrics waiting room on Tamarack Road.

What Is a Geriatrician?

As American baby boomers near their golden years, the demand for physicians who understand the special medical concerns of the elderly is expected to increase sharply. LMHS is proud to be proactive in filling this need with the opening of Dr. Jonathan Hollister's practice, Licking Memorial Geriatric Medicine, located at 120 McMillen Drive in Newark. For more information about geriatric medicine, patients may call (740) 348-7935.

Geriatricians are doctors who specialize in the care of older adults. They care for patients with a wide variety of conditions, ranging from the healthy senior to the frail elderly patient.

Geriatricians are generally primary care physicians who are board-certified in either family practice, as is Dr. Hollister, or internal medicine and have also acquired the additional training necessary to obtain certification in the specialty.

A geriatrician's training promotes specialized knowledge that focuses on quality of life, quality care and safety. Following are key features that characterize geriatric care as taken from a report published by American Geriatric Society (AGS) and Association of Directors

of Geriatric Academic Programs (ADGAP):

- Expertise in managing common conditions that affect older persons including dementia, falls, urinary incontinence, malnutrition, osteoporosis, sensory impairment and depression;
- Understanding the interaction between aging and other conditions and diseases;
- Recognizing the effects of aging and other conditions on clinical health, physical and mental function and independence;
- Understanding the appropriate use of medications to avoid the potential hazards and unintended consequences of multiple medications;
- Coordinated care among other providers to help patients maintain functional independence and improve their overall quality of life;
- Evaluating and organizing health care and social services to preserve the independence and productivity of older persons; and
- Assisting families and other caregivers as they face decisions about declining capacity, independence,

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What Is a Geriatrician? (continued from page 7)

availability of support services, and end-of-life decision-making.

The benefits of geriatric care taken from a report published by AGS and ADGAP and supported by peer reviewed studies:

- Preservation of physical function or slowing of decline;
- Dramatically increased patient and family satisfaction;
- Decreased time spent in an inpatient setting such as a hospital or nursing home;
- Improved social functioning in the community;
- Decreased rates of depression;
- Increased access to social support services; and
- Reduced disability.

Various Other Facts:

- A shortage of geriatricians exists in the United States and is projected to worsen over the next 20 years. Currently there are approximately 7,600 certified geriatricians in the nation.

- The Alliance for Aging Research estimates that another 14,000 geriatricians are currently needed to adequately care for the elderly population.
- Dr. Hollister was the first to receive fellowship training in geriatric medicine at Riverside Hospital in Columbus, Ohio.
- Office visits by geriatric patients comprise about 40 percent of the average internist's practice and about one quarter of all family physicians'.
- Geriatricians have a holistic approach. They often use an interdisciplinary approach or care-team approach to treat the "whole" person, including families (or family issues).
- Geriatricians have an added sensitivity to helping elderly persons maintain high levels of functioning and quality of life.

Physician Spotlight: Jonathan D. Hollister, M.D.



Jonathan D.
Hollister, M.D.

Licking Memorial Health Professionals is pleased to announce the addition of geriatrician Jonathan D. Hollister, M.D., specializing in the care of older adults. "As I was finishing up my geriatric residency, I was contacted by Licking Memorial about the need for a geriatrician in the Licking County area. The challenge of setting up and establishing a geriatric practice seemed like a great opportunity for me," said Dr. Hollister.

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.

Dr. Hollister is a member of the American Geriatric Society, American Medical Directors Association and Ohio Academy of Family Practice. In his free time, he enjoys sports, spending time with his family and reading.

Dr. Hollister and his wife, Lanie, have a daughter, Meridian, and a son, Jaxson.

Ask-a-Doc: Jonathan D. Hollister, M.D.

Question: My father-in-law moved in with our family about six months ago. Lately I have noticed changes in him – more forgetful, doesn't recognize his grandchildren, etc. Should I be concerned about Alzheimer's disease, and what is the next step I should take?

Answer: This is one of the top five questions I receive from patients' families. It is not only a very common concern, but dementia is increasing in frequency as our population ages. Currently, 4.5 million Americans have Alzheimer's disease, and it is projected that between 11.3 million and 16 million could be affected by 2050.

Let me start by contradicting a common myth. Memory loss is not a part of the normal aging process. It is our processing and accessing of our memories that slows down, not actual memory loss. In other words, if a person is going into a room to fetch something and forgets what they are there to do, that is not a symptom of Alzheimer's disease. If the person sits in the room and thinks about it, they will eventually remember, although it may take several minutes. The same is true for repeating conversations or forgetting faces. If the person thinks about it, they will usually remember that they had the conversation earlier, or they will remember the name they forgot earlier.

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This is opposed to the absolute memory loss of Alzheimer's disease. Usually, short-term memory is affected first. Long-term memory is not affected until the middle to end of the disease. Remember, the key to any dementia is the development of a cognitive disturbance that affects function. This means the process going on in the brain that underlies Alzheimer's disease shows itself by interfering with the patient's daily activities. This can be seen by a multitude of signs, including: decrease in house work, poor hygiene, getting lost while driving, sudden weight loss (forgetting to eat), overdue bills or bills paid twice, personality changes, irrational behavior at night (sun downing), paranoid accusations of people stealing items (the patient has hidden the item but does not remember) or denial of any memory problems. These changes are initially relatively slow, but Alzheimer's is a progressive disease. The course is a gradual, steady decline. There are some medications that can slow down the progression, and these can be discussed with your doctor.

The next step your father-in-law needs to take is an evaluation by a physician. The patient can be screened with a simple office memory test called a Mini Mental Status Exam or the Mini-Cog. If either of these screens show cause for concern, then there are some blood tests and head imaging, either CT or MRI, to look for reversible causes of dementia. If the diagnosis is in doubt, the patient can undergo neuropsychiatric testing. This is a long, but very helpful testing process. It gives very detailed information as to the patient's memory status of his/her functional abilities. Once the diagnosis is made, your physician can help put you in touch with community resources to help the family cope with this difficult diagnosis.

For more information or to address specific concerns, be sure to speak with your father-in-law's family physician, or schedule an appointment with me by calling (740) 348-7935.

Volunteer Spotlight: Ann Wood



Ann Wood

Ann Wood began volunteering at Licking Memorial Hospital in February 1999. She assists the Volunteer Department where she does the paperwork needed for the volunteers, requesting references, keeping track of time records and updating the volunteer history. "We are getting ready to celebrate our fiftieth anniversary in

2006. I have been busy updating the volunteer history for this celebration," said Ann. She recently was elected as President of the Volunteer Board.

"I began volunteering because I wanted to serve the community as a whole, not just the Hospital. Our Hospital is a great asset to our community. I am especially grateful for the Hospital because in 2000, I had a heart attack and the physicians here saved my life,"

said Ann. She has volunteered many hours for many years in various military hospitals through Red Cross. "My husband was a career officer in the Air Force," said Ann. She and her husband, Barry, have two grown daughters, four grandchildren and one great-grandchild. When Ann's husband retired from the military, they moved to Durham, North Carolina, where she worked at Duke University. Ann retired in 1999 when they moved to Ohio.

In her free time, Ann enjoys playing bridge and golf and is involved in the Progressive Club, Monday Talks and St. Luke's Episcopal Church in Granville, Ohio. Ann has also lived in many countries throughout the world and traveled extensively. Ann states, "Iran, Japan and Washington, D.C., are probably the most interesting places."

Retiree Spotlight: Elliott Gerber



Elliott Gerber

All but eight of Elliott Gerber's 40 years in the field of respiratory therapy were spent at Licking Memorial Hospital (LMH). "After working in four other hospitals, LMH was the best and most enjoyable," he said. Elliott retired from the LMH Respiratory Therapy Department in January 2004 after 32 years with the organization. In addition

to Respiratory Therapy, he worked in Cardiology and Case Management.

"When I was in the Respiratory Therapy Department, I

had the opportunity to work in all units of the Hospital and meet the many physicians, nurses and other health care workers throughout the Hospital," Elliott said.

He sums up a career in respiratory therapy with a quote from the American Lung Association: "If you can't breathe, nothing else matters." Elliott said he and his LMH co-workers had numerous opportunities and successes in helping others breathe. "I recall with fondness the many activities associated with LMH – a Christmas party for kids in need, Asthma Camp, softball teams, golf teams, bowling teams, Corporate Challenge and many other sports activities. I miss the

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many friends and staff members I met on a daily basis, and I do stop in the Hospital regularly to say hello,” he said.

A major highlight of Elliott’s time at LMH was his receipt of the President’s Award in 2003. Given at the discretion of the Licking Memorial Health Systems (LMHS) President to recognize exceptional service to the organization, the President’s Award had been presented only seven times previously since its 1986 inception. “Of course, it was a shock,” Elliott said of his reaction to the honor. “It was very rewarding.”

Although officially retired, he remains active with LMH as a regular participant in the annual Development Council-sponsored Golf Gala and was involved with that event’s predecessor – the Gourmet Gala – for numerous years. “I’m keeping busy with business and pleasure,” Elliott said of how he now spends his time. “I try to fit in a lot of golf, and I enjoy baby-sitting my granddaughter.” The Newark resident and his wife have four grown children and three grandchildren.

Development Council Spotlight: Julie Barrett & James Koshmider



Julie Barrett

Professional artist and former Newark City Councilwoman Julie Ketner Barrett has been a member of the Licking Memorial Hospital (LMH) Development Council since May 2004. “The Hospital is a very important part of our community,” she said. “I accepted an invitation to join the Development Council because I wanted to become more knowledgeable of the operations and goals of the organization in order to become involved in a positive and productive manner.”

ization in order to become involved in a positive and productive manner.”

The self-employed artist intends to “support the Hospital for the good of the community as a whole.” Julie also hopes to continue to work hard for the benefit of the community by regaining her seat on City Council; she is up for election November 8 and previously served three terms from 1995 to 2001.

In addition to Licking Memorial Development Council, Julie is a member of the Hetuck Chapter of Daughters of the American Revolution and serves on the Moundbuilders Guidance Center Board. She has been a member of the local Arthritis Foundation Board, the first Advisory Board of Freedom Years and the Licking County Art Association Board. Julie is a past president of Southeastern Ohio Watercolor Society and past chairman of the local Jingle Bell Run for Arthritis, the Cans for Camp O’Bannon project and the local Recycle for Humanity campaign.

Additionally, Julie is a 36-year member of the Twentieth Century Club and a 33-year member of The Monday Talks – the oldest women’s organization in Newark. She also has membership in two other local women’s groups: The Review Club and Research Club.

A graduate of Central Ohio Technical College in Newark with an Associate’s degree in Business Management, she

attended Ohio University in Athens, Ohio, and Columbus (Ohio) College of Art and Design. She is also a graduate of the Newark Area Chamber of Commerce (now Licking County Chamber of Commerce) Leadership Tomorrow program.

The mother of three adult children – Audrey, Dave and Betsy Evans – was married to Ralph R. Barrett, who is deceased. She is a member of First United Methodist Church in Newark. Examples of Julie’s artwork include the public murals found in the Children’s Department of the Newark Public Library and in the Woody English Gymnasium of Licking County Family YMCA. Her hobbies are gardening, decorating, reading, recycling, travel and hunting for antiques.



James Koshmider

Pataskala City Administrator James “Jim” Koshmider has been a member of the Licking Memorial Hospital (LMH) Development Council since shortly after arriving in Pataskala, Ohio, in February of this year.

“I think there are a lot of exciting things that can be done with this Development Council, and hopefully I can contribute something that can be beneficial to the people in the community,” he said in regard to why he accepted an invitation to join the Council.

His primary focus as an LMH Development Council member is communication. “We need to bring more information to the public so that they have a better understanding of the services that are available to them through Licking Memorial,” Jim said. He noted that the monthly mailing of tens of thousands of copies of this publication – Community Connection – to Licking County and area households and recent upgrades to the Licking Memorial Health Systems (LMHS) Web site – www.LMHealth.org – are good examples of how communication has greatly

(continued on page 11)

improved recently. "From what I've heard in the community, a lot of progress has been made in the past 18 months or so," Jim said. "Of course, there is always room for improvement."

In addition to his current involvement on the LMH Development Council, Jim's past community involvement has included active support of United Way and a Community Action Agency Board. "As a representative of city government, I like to do what I can to help strengthen relationships between the city government and local agencies," he said. "Licking Memorial Health Systems is a strong force in Licking County, and I am

happy to serve as a liaison between the City of Pataskala and the organization."

The Tucson, Arizona, native has resided in Ohio for about eight years. He moved to the Buckeye State to serve as city manager of Willard and later worked in city government in Mount Healthy, a Cincinnati suburb.

He has a Bachelor's degree from The University of Arizona in Tucson, Arizona, and a Master's degree in Business Administration from The University of Phoenix (Arizona). Jim and his wife, Margaret, reside in Pataskala. His interests include golf and amateur radio.

Donors

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Mr. & Mrs. Robert McGaughy
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Addition to the LMH Active Medical Staff

Licking Memorial Hospital welcomes the addition of Christopher K. Madison, M.D., to its Active Medical Staff.



Christopher K.
Madison, M.D.

LMH Welcomes New General Surgeon

Licking Memorial Health Professionals is pleased to announce general surgeon Christopher K. Madison, M.D., has joined the health care organization. Dr. Madison's office is located at 1272 West Main Street, Building 3, in Newark.

Dr. Madison attended Wright State University School of Medicine in Dayton, Ohio, to earn his Medical Degree and complete his internship and general surgery residency. He received his Bachelor of Science degree in Chemistry from the University of Liberia in Monrovia, Liberia. He received a Bachelor of

Science degree in Biology from Cleveland State University in Cleveland, Ohio.

From 1991 to 1992, Dr. Madison served as a health post director at the Buduburum Refugee Camp in Accra, Ghana. He then taught general science to high school students in the same refugee camp until 1994.

Dr. Madison and his wife, pediatrician Shelsea Johnson, M.D., are the parents of four children.

Nelson Joins Caduceus Society

James H. Nelson III, M.D., has joined the Caduceus Society. During the August 2005 meeting of Licking Memorial Hospital's (LMH) Finance Committee, Nelson was recognized for his generous contribution to the Licking Memorial Health Foundation.

The Caduceus Society is made up of LMH physicians who maintain a high level of charitable giving to the Hospital. Licking Memorial Health Foundation, a not-for-profit organization, receives no federal, state or local tax funds. All donations from medical staff, employees and the community are used specifically toward new medical equipment and expanded services. They do not assist with general operating expenses.

Dr. Nelson has been an urologist at LMH since 2003 and a Licking Memorial Health Professional physician since 2004.



Licking Memorial Health Professional urologist James H. Nelson III, M.D., was congratulated by Dave Shull, Vice Chair of the Licking Memorial Hospital Development Council and member of the Licking Memorial Health Systems Board of Directors.

Administrative Spotlight: Katherine E. Bradley



Katherine E. Bradley

"I loved working at Licking Memorial Hospital (LMH) as of my first day here in May 1984," Katherine "Kathy" E. Bradley said recently. Now Director of Medical Staff Services, Kathy joined Licking Memorial as secretary to Ralph Pickett, M.D., the then Vice President of Medical Staff Affairs, and Rich Clark, the Hospital Chaplain.

Upon arriving at LMH, Kathy had just completed an Associate of Business degree from Central Ohio Technical College in Newark and was looking for full-time employment after her twin daughters became school age.

"My primary responsibility at that time was helping Dr. Pickett schedule and coordinate the weekly Hospital-sponsored continuing medical education (CME) programs for the medical staff," she said. "Also, being the daughter of a minister, I thoroughly enjoyed the positive environment and caring atmosphere of the chaplaincy."

While CME is still a part of Kathy's department, her role has greatly expanded. In October 1986, she was named Medical Staff Coordinator in the Chief of Staff Office. At that time, she became involved in what she considers one of her most important responsibilities – the credentialing of the LMH Medical Staff.

Credentialing is the process of verifying the education, training and specific skills of a physician in order for him or her to be granted privileges to treat patients in the Hospital. Kathy supervises the application, credentialing and reappointment process of the LMH Medical Staff

and provides management of the Medical Staff office. She is responsible for compliance and adherence to the medical staff sections of Joint Commission of Healthcare Organizations, Hospital administrative and state and federal regulatory issues. Because of these responsibilities, her department has grown to include four assistants.

Kathy was promoted to her current position as Director of Medical Staff Services in July 2002 and was named Licking Memorial Health Systems' Manager of the Year in 2003. She is a member of the Ohio Association of Medical Staff Services, treasurer and a member of LMH TWIGS 24 and a member of the Hospital's William Schaffner Society.

"I must say I love my job here at LMH even more than I did 21 years ago, and I love working with the Medical Staff," Kathy said. "My daily interaction with the Medical Staff allows me a unique perspective on seeing what caring, committed, hard-working and compassionate physicians we have serving our community. I find the Hospital administration to be professional, caring and intent on doing whatever it takes to improve the health of the community."

While she has frequently witnessed great care extended to patients and visitors, she's also felt it directly. "Both the LMH Medical Staff and employees are some of the most caring people I have ever known," Kathy said. "The greatest tragedy in my life was the loss of my beautiful twin daughters 11 years ago. During that time, my LMH family cared for me and loved me so much that it will never be forgotten. Licking Memorial Hospital is a very important part of my life. I am proud to be a part of such a fine organization."

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Administrative Spotlight: Katherine E. Bradley (continued from page 12)

Kathy and her husband, Tom, reside in Heath. Kathy enjoys spending time with Tom and other members of the family, gardening, shopping, walking and bicycling. She is a member of and very active at Community

Wesleyan Church in Newark. Kathy has a son, two stepsons and five grandchildren.

Managerial Appointments

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



Teri Purr

Teri Purr has been named Physician Center Manager for Licking Memorial Women's Health and Licking Memorial Dermatology.

She received a Bachelor of Science degree in Elementary Education from Trenton State College in New Jersey and a Master of Business Administration degree from Franklin University in Columbus, Ohio.

Teri likes to play soccer and is a member of the Order of Eastern Star, Rose of Sharon Chapter. Born in Akron, Ohio, she now lives in Gahanna, Ohio. She is a devoted aunt to five nieces and one nephew.



Larry Shepherd

Larry Shepherd is Licking Memorial Hospital's new Supervisor of Environmental Services.

Larry was born in Aushburn, Georgia, where he still has extended family. He graduated from Mount Vernon Academy in Mount Vernon, Ohio. He then attended the University of Southern Mississippi in Hattiesburg, Mississippi, and Youngstown State University in Youngstown, Ohio.



Brian Thatcher

Brian Thatcher has been named to the position of Quality Manager at Licking Memorial Hospital.

He received his education at Groveport-Madison High School, the U.S. Army Combat Medicine School at Fort Sam Houston in San Antonio, Texas, and Columbus School of Practical Nursing.

Brian served eight years in the U.S. Army and U.S. Army Reserve.

Originally from Portsmouth, Ohio, Brian now lives in Pataskala, Ohio, with his wife, Stacy, and daughters, Emily and Grace.

Licking Memorial Hospital TWIGS 14 Annual Holiday Tour of Homes



TWIGS 14 Committee, pictured above, organizes the annual Tour of Homes scheduled for November 16.

Licking Memorial Hospital (LMH) TWIGS 14 Holiday Tour of Homes will take place from 12:00 noon to 3:00 p.m. and from 6:00 to 9:00 p.m. on Wednesday, November 16, in four Licking County homes.

Advance tickets for the 42nd annual event are \$8 and are available at all Park National Bank locations. Tickets also may be purchased for \$10 during the tour at the door of any of the participating homes.

Homes that will be featured on this year's tour are:

- The White Home – 2775 James Road, S.E., Granville
- The Ghiloni Home – 3232 Canyon Road, S.E., Granville
- The Brown Home – 5383 White Chapel Road, Newark
- The Keegan Home – 342 East Elm Street, Granville

(continued on page 14)

Licking Memorial Hospital TWIGS 14 Annual Holiday Tour of Homes (continued from page 13)

The generosity of the participating homeowners will benefit Licking Memorial Hospital. Proceeds from all LMH TWIGS (Togetherness, Willingness, Imagination, Giving and Sharing) projects benefit the Hospital. Founded in 1950, the LMH TWIGS organization has

contributed more than \$4.5 million to the Hospital for equipment needs and capital purchases. For more information about the TWIGS 14 Holiday Tour of Homes, please call (740) 348-4079.

Licking Memorial Hospital TWIGS 14 Annual Holiday Tour of Homes



The White Home
2775 James Road S.E.
Granville



The Ghiloni Home
3232 Canyon Road S.E.
Granville



The Brown Home
5383 White Chapel Road
Newark



The Keegan Home
342 E. Elm Street
Granville

Licking Memorial Honors Newark Resident With Lifetime Achievement Award (continued from page 2)

and the Technical Advisory Committee of the Licking County Area Transportation Study. He is a Director of First Federal Savings and Loan, United Carriers Corporation and Freight Service, Inc. and past chairman of the Board of American City Publications, Inc. Dr. Barnes is a veteran of the U.S. Navy and the recipient of many awards and citations for community service and professional achievement.

“When you look at Dr. Barnes’ long list of projects and achievements, it’s almost mind-boggling,” Andrews said. “It’s hard to imagine there’s anyone living in Licking County now who hasn’t benefited in some way from his endeavors.”

Past recipients of LMH’s Lifetime Achievement Award have included: John W. Alford, Howard E. LeFevre, Ernestine W. Spencer, J. Gilbert Reese, John H. Weaver, Norman R. Sleight, Robert H. Pricer, Carl L. Petersilge, M.D., Clarissa Ann Howard, Rev. Dr. Charles W. Noble, Sr., Calvin E.



Doris Ann Spriggs, Delores Dovjac and Arlene Newman accepted the 2005 Building a Healthier Community Award on behalf of the TWIGS (Togetherness, Willingness, Imagination, Giving and Sharing) Organization.

Roebuck, John J. Kutil, Mary Jane McDonald, William T. and Jane C. McConnell, Raymond Guy Plummer, M.D., and Robert N. Kent. Mr. Andrews introduced a new annual award that LMHS is presenting to an

individual, group or organization that has in some way improved the health of the community. The first recipient of the Building a Healthier Community Award is the TWIGS organization of LMH. The word TWIGS stands for Togetherness, Willingness, Imagination, Giving and Sharing. Over the past 56 years, TWIGS has raised \$4.5 million toward capital equipment at LMH that includes a long list of projects such as a new Obstetrics wing in 1972, a hospital paging system in 1980, Emergency Department equipment and renovation in 1990 and the picture archiving communication system in 2004.

The 183 members of TWIGS raise money for their projects the old-fashioned way – they earn it. Currently, there are eight active TWIGS groups that each have their special niches, operating the gift shop at LMH, hosting the Holiday Tour of Homes in November, coordinating the annual book sale in Granville, sponsoring jewelry and cutlery sales, and presenting the Mistletoe Tea and Daffodil Luncheon.

TWIGS Executive Board Chairman Doris Ann Spriggs accepted the Building a Healthier Community Award on behalf of the organization.

At the Oct. 9 ceremony, LMHS also recognized others who have received special honors in 2005: Volunteer of the Year – Marye Crispin; Nursing Award for Clinical Excellence – Lauri Gayheart, R.N., and Kim Rath, R.N.; and Physician of the Year – Joseph E. Fondreist, M.D.

2005 FLU CLINIC

The LMH Flu Clinic is for adults ages 18 years and older.
Parents of children needing flu vaccines should contact their pediatrician.

When

8:00 a.m. to 4:00 p.m.
Tuesdays and Thursdays,
October 11 ending December 8
(except Thanksgiving Day)

Where

Located near Entrance B, by Goody's, at the Indian Mound Mall in Heath.

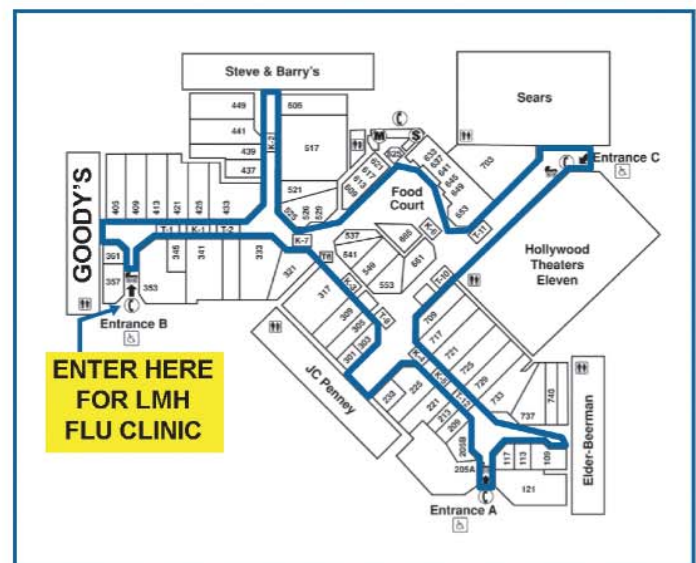


Cost

\$20, or present Medicare (part B) card,
current Medicaid card or Licking
Memorial Health Plan card.

For More Information

Call (740) 348-1899 for a recorded
message about the Licking
Memorial Hospital Flu Clinic.



Licking Memorial Hospital

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**Licking Memorial
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Upcoming Dates

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

LMH Flu Clinic

Tuesdays and Thursdays, beginning October 11 ending December 8
8:00 a.m. to 4:00 p.m.

Indian Mound Mall in Heath, Entrance B, by Goody's

Cost is \$20, or present a Medicare (part B) card, current Medicaid card or Licking Memorial Health Plan card

Call (740) 348-1899 for a recorded message providing more information about the Licking Memorial Hospital Flu Clinic.

Pataskala Flu Clinic

Saturday, November 5

9:00 a.m. to 1:00 p.m.

Licking Memorial Pataskala Health Campus, One Healthy Place, Pataskala

Cost is \$20, or present a Medicare (part B) card, current Medicaid card or Licking Memorial Health Plan card

Aaron Clark, D.O., Colleen Shaffer, M.D., Mary Testa, D.O., and Emily Decker, M.D., are hosting the one-day flu clinic for adults and children. Dr. Clark, Dr. Shaffer, Dr. Testa and Dr. Decker are accepting new patients.

Johnstown Flu Clinic

Saturday, November 5

8:00 a.m. to 12:00 noon

Licking Memorial Family Practice –

Johnstown, 151 Woodgate Drive, Johnstown

Cost is \$20, or present a Medicare (part B) card, current Medicaid card or Licking Memorial Health Plan card

Kenneth Szekely, M.D., who will be hosting the one-day flu clinic, is accepting new patients.

Heath Flu Clinic

Saturday, November 5

8:30 a.m. to 12:00 noon

Licking Memorial Family Practice – Heath

687 Hopewell Drive, Bldg. 2, Heath

Cost is \$20, or present a Medicare (part B) card, current Medicaid card or Licking Memorial Health Plan card

Ramon Barcelona, M.D., who will host a one-day flu clinic for adults and children, is accepting new patients.

Hebron Flu Clinic

Saturday, December 3

8:30 a.m. to 12:00 noon

Licking Memorial Family Practice – Hebron, 96-H Integrity Drive, Hebron

Cost is \$20, or present a Medicare (part B) card, current Medicaid card or Licking Memorial Health Plan card

Megan Miller, D.O., who is accepting new patients, will host a one-day flu clinic for adults and children.



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