



Community Connection

Licking Memorial Health Systems

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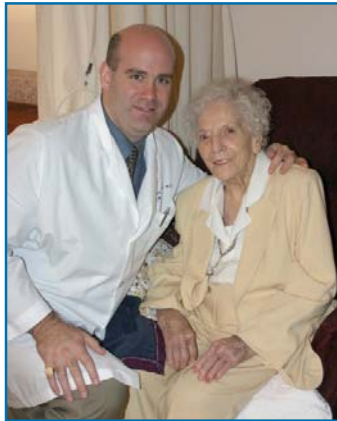


Volume 3, Issue 1

January 2006

Measurably Different ... for Your Health!

Beautiful Snow Sometimes Causes Terrible Backaches



Jonathan Hollister, M.D., and patient, Helen Smart, are pictured at Flint Ridge Nursing Home. Dr. Hollister is a geriatrician with Licking Memorial and visits several local nursing homes to see patients.

On a cold winter morning, you wake up to see beautiful snow blanketing the ground. The children are ecstatic – school is canceled, and it is time to build snowmen and make snow angels with neighbors. For adults, this is not such a fun time because someone has to clear the driveway, porch or sidewalk. This is especially a challenging task for seniors. “Shoveling snow can take a tremendous toll on your heart and body, more than most people realize. It can lead to serious problems, such as a heart attack,” said Jonathan Hollister, M.D., Geriatrician at Licking Memorial Hospital.

“My motto for seniors when it comes to shoveling snow is to let it go ... it will melt,” said Dr. Hollister. Not only does shoveling the snow put seniors at risk for health problems, there also is increased risk

of slipping and falling while outside, which could cause serious injury –

(continued on page 2)

Licking Memorial Hospital Reaches 108 Years of Caring

In 2006, as we reach 108 Years of Caring, Licking Memorial Hospital (LMH) isn't looking back. “We're focused on the future with construction of our new Critical Care Pavilion,” said Judith Pierce, LMH Board Chairman. “We broke ground nearly seven months ago, and the project is on schedule for completion in late 2007.” Consisting of approximately 83,000 square feet of new construction and 7,000 square feet of renovation, the two-story Critical Care Pavilion will house new Emergency and Surgery departments.

(continued on page 2)



Licking Memorial Hospital (LMH) birthday celebration – 107th year winners: LMHS Mascot Scrubs joined LMHS President Bill Andrews in congratulating (from left) Mary Reid, Jayme Merrick and Cindy Kikeli. The three are Operating Room staff members and part of the team that won an employee contest held for the Hospital's 107th birthday.

See Pages 6 and 7 for the Community Report Card Featuring Patient Safety.

Community Report Card Combined With Community Connection

Licking Memorial Health Systems (LMHS) is proud to present the first combined issue of Community Report Card and Community Connection. “We thought that it would be best to combine these two publications in an effort to provide the community with a broad spectrum of health care information in one mailing,” said Veronica Link, LMHS Vice President of Development and Public Relations.

Community Connection provides health information and other interesting stories about LMHS. Community Report Card compares the Health Systems' quality of care to national benchmarks with goals to meet or exceed national standards. Licking Memorial President Bill Andrews said, “It is important for health care institutions to provide the community with outcome data and other information about their services so patients can make informed decisions about their health care.”

Beginning with this month's issue, Community Report Card will appear in its usual format but as the centerfold of Community Connection. The topic to be highlighted within will appear on the outside cover.

Beautiful Snow Sometimes Causes Terrible Backaches (continued from front)

such as a broken bone or sprain. If you must shovel, there are some safety tips to keep in mind.

- Dress properly for the weather; wear layers of clothing so as you get warm you can take off layers.
- Drink plenty of fluids.
- Take a phone outside, if possible.
- Pause frequently for rest.

- Use lower-body lifting techniques.
- Push the snow, don't lift it, if possible.
- Lift only a small amount of snow each time.

“While shoveling, if you begin to experience any chest discomfort, persistent shortness of breath, weakness or excessive sweating, you need to seek immediate medical attention,” said Dr. Hollister.

Licking Memorial Hospital Reaches 108 Years of Caring (continued from front)

Additionally, structural, technological and aesthetic improvements are under way throughout the Hospital. “These efforts will allow us to continue to provide high-quality care for our patients in a safe, comfortable and attractive local environment,” said Judith.

According to Licking Memorial Health Systems President Bill Andrews, planning for the massive Critical Care Pavilion project involved not only looking at current health care needs but also predicting what the future may hold. “We have to anticipate how health care delivery will change in the years to come, as well as allow for any possible future expansion resulting from technological advances and community needs,” he said.

Over its 108-year history, LMH has changed frequently to meet the needs of the community. After the Newark Hospital Association was incorporated as a not-for-profit organization on December 20, 1898, the area's first hospital was opened in a nine-room house at 154 North Third Street in Newark.

Between 1905 and 1906, the building was moved and attached to a house at 22 Wyoming Street in Newark, resulting in a facility with up to 22 patient beds and a school of nursing. In 1914, the Newark hospital relocated to a more modern structure at the corner of Buena Vista and Everett avenues and was named Newark City Hospital. In 1966, a total of 81 patients were transferred to an innovative and technologically advanced health care facility we know today as Licking Memorial Hospital.

Today, LMH – located at 1320 West Main Street – has 227 registered beds in such areas as medical/surgical care, nursery, coronary care, obstetrics, intensive care, psychiatric care and chemical dependency.

“For more than 100 years, members of the Licking County community have strived to ensure that exceptional, affordable health care is available on the local level,” Bill said. “LMH is proud to be a strong

part of the history, present and future of health care in Licking County.”

LMHS will mark the 108th anniversary early this year with a celebration for employees. There will be cake, punch and an interdepartment competition. “Last year, we invited employees to make donations of coats, gloves, hats, blankets and other seasonal items to help needy families in Licking County,” Bill said. “Plans are under way for a similar collection to mark our 108 Years of Caring.”



Licking Memorial Hospital (LMH) Laboratory employees (from left) Jessica Baker and Carol Swick display Marvin the Mitten Monster – boxes they used to collect donations for an employee contest held in conjunction with LMH's 107th Birthday.

Healthy Eating in 2006



Besides their zesty taste and refreshing scent, oranges are also beneficial to your health. One orange contains approximately 50 mg of vitamin C, which is 2/3 of our daily nutritional need.

Be realistic – make small changes over time in what you eat and your activity level. Aim for gradual improvements in your eating habits, not a total overhaul. It may be helpful to make one change at a time until it becomes a habit. Eat fruit for an afternoon snack, or go for a brisk walk in the morning before work to get your blood pumping. The small things add up to big benefits.

It is that time of year again to begin thinking about our New Year's resolutions. For many of us, this typically marks when we promise ourselves that this is the year we are going to get healthy. We resolve to begin to eat better and start exercising. AnnMarie Thacker, dietitian at Licking Memorial Health Systems, offers some tips for healthier eating habits and exercise in the New Year.

Try something new – expand your tastes and enjoy a variety of food or try a new activity that you have always wanted to do. Always thought about taking a yoga class? Now is the time to jump in. Or, try to get a new type of fruit or vegetable while at the grocery store.

Everything in moderation – be sensible about your choices. One meal is not going to ruin your waistline, but be sure to trade off higher-fat food choices with lower-fat ones. Put an end to “portion distortion” – try one scoop of ice cream versus half a container, and split your cheesecake dessert with a friend rather than eating the entire piece.

Get active – walk the dog, grab a friend and go for a bike ride, or try in-line skating. Building up to 30 minutes of exercise a day is a great way to increase endurance and metabolism.

These small changes in your life will add up to help you reach your long-term goal of becoming a healthier person. With these tips, you may actually be able to keep your New Year's resolution for 2006!

LMHS Donates Cargo Van to Salvation Army

Just in time to help with its holiday gift and food distribution, the Salvation Army of Newark received a donated cargo van from Licking Memorial Health Systems (LMHS).

“It's something that's really going to come in handy for us – especially during the holiday season,” Major Ronald DeMichael said. “We're picking up donations five days a week, sometimes for three or four hours a day. The van's going to be a really big help to us.”

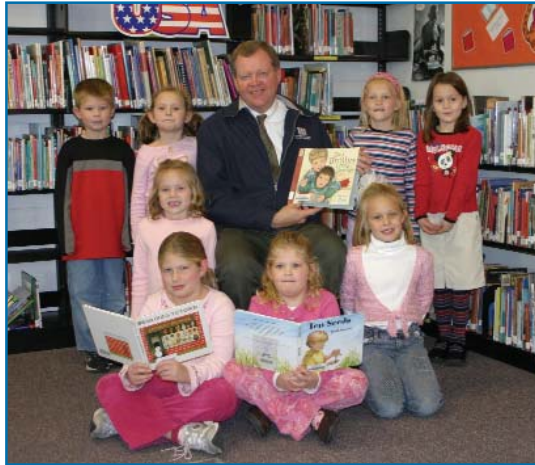
“That's gratifying for us to hear,” LMHS President Bill Andrews responded. “Within the Hospital walls, we can see immediately how we fulfill our mission to improve the health of the community, but we want to think constantly in broader terms as well. We know that by feeding the hungry, and housing those who need shelter, the Salvation Army definitely helps to improve the health of the community also. It's always an honor to help such a worthy organization.”



Salvation Army of Newark's Major Ronald DeMichael (center), Licking Memorial Health Systems (LMHS) Executive Vice President Rob Montagnese, and LMHS President Bill Andrews posed for a photo to commemorate LMHS' donation to the Salvation Army.

Small Readers With Big Hearts

In October 2005, Kiley Brennan, a kindergartner at Granville (Ohio) Elementary School had an upcoming play date with several of her friends. She and her mother thought it may be a good opportunity to do something during the play date for less fortunate kids in the area. It was shortly before Halloween, and as other elementary school children were busy envisioning costumes and buckets of candy, Kiley thought it may be a good idea if they could collect books to donate to sick and injured children in the Hospital. "I thought it would be good in case they couldn't go trick-or-treating; they could have a book," Kiley explained. Kiley's friends responded very enthusiastically to the collection, and soon the Brennans' collection effort was embraced by the Granville Elementary and Intermediate Schools' Parent-Teacher Organizations (PTOs).



Granville Elementary students who collected books to donate to Licking Memorial Hospital include: front row — Madeline Rogers and Lily Rogers. Kneeling — Gracie Dennison and Grace Hartshorn. Back row — Tyler Schroeder, Kiley Brennan, Licking Memorial Health Systems President Bill Andrews, Anna Bridge and Lily Moulton.

Licking Memorial Health Systems President Bill Andrews visited Granville Elementary School to meet a few of the children who donated the books. Introducing himself and shaking hands with each student, he thanked them for their generosity. "I think it's so great that you were thinking of other children who needed some cheering up," Bill told them. "Those books will let them know that you really care about them."

Kiley knew that books would cheer up children in the Hospital since she loves reading herself. She sets aside time every day to read with her parents at home. Her favorite books include the retro "Fun With Dick and Jane" series.

Thanks to several Granville families, it wasn't long before a small pile of books had grown to a really big pile of 104 children's books that were donated to Licking Memorial Hospital to be distributed to pediatric patients.

LMHS Thanks Veterans

Licking Memorial Health Systems (LMHS) Administration and staff showed their gratitude to those who have sacrificed for our liberty and for the security of our nation by having a brief celebration on Veterans Day, November 11. "We appreciate what the men and women have done to protect our country and wanted to show them our support," said LMHS President Bill Andrews.

Veterans, employees, Hospital volunteers and members from the community attended the celebration where Staff Sgt. Zachary Atkinson, Staff Sgt. Clayton Prayter, Staff Sgt. Steve Merand and Cpl. Trever Jacobs (who all have served in Iraqi Freedom) raised the United States flag in front of Licking Memorial Hospital. A reception inside the Hospital immediately followed the ceremony.



Flag Ceremony on Veterans Day at Licking Memorial Hospital.

Laboratory Earns AABB Accreditation

The Licking Memorial Hospital (LMH) Laboratory earned AABB accreditation after undergoing an intensive on-site assessment by specially trained AABB assessors on September 19, 2005. The assessment establishes the level of medical, technical and administrative performance within the facility to determine whether the standards set by AABB are met or exceeded. By successfully meeting those requirements, LMH joins approximately 1,700 similar facilities across the United States and abroad that have earned AABB Accreditation.

“The AABB’s Accreditation procedures are voluntary,” explained Lorei Reinhard, Director of LMH Laboratory. “We have maintained the AABB Accreditation for many years because this program assists facilities around the country in achieving excellence by promoting a level of professional and medical expertise that contributes to quality performance.”

AABB is an international non-profit membership organization dedicated to advancing the field of transfusion medicine and related biological therapies. AABB sets standards, accredits facilities, publishes books and publications, and produces educational programs to improve patient and donor safety.

AABB Accreditation is the designation of choice for blood banking, transfusion medicine, blood management and cellular therapies because it demonstrates an organization’s commitment to advanced learning, continuous improvement and innovation by striving to sustain the highest possible level of patient and donor care. AABB-accredited organizations are recognized by their peers as leaders in their field.



Lorei Reinhard, Director of Laboratory, and Michelle Kruger, Blood Bank Coordinator, sitting in Laboratory.

LMHS Marks 20 Years of Patient Care Technology

Licking Memorial Hospital (LMH) recently celebrated the 20th anniversary of the implementation of Medical Information Technology (MEDITECH). In 1985, this technology greatly reduced paper documentation and incorporated an integrated, computerized record-keeping system. Cake was served in the LMH cafeteria on Thursday, November 10, to celebrate the occasion.

The use of MEDITECH in a hospital setting in 1985 was unique, and the process for implementation at Licking Memorial was likewise noteworthy. “We implemented the system in 13 months; at that time, such a time frame was unheard of in the MEDITECH world,” said Pam Wheeler, Senior Systems Analyst.

Licking Memorial Health Systems President Bill Andrews oversaw implementation of MEDITECH at LMH. “A health care system cannot provide high-level patient care in its community if it shies away from technology,” he said. “We are proud of all the technology that we have in place which helps our employees care for our patients. The MEDITECH system was the beginning



Information Systems Senior System Analysts Pam Wheeler (in left-side frames) and Diana Hall are pictured using MEDITECH when the technology was first implemented at Licking Memorial Hospital 20 years ago.

of a new era at the Hospital.”

All Licking Memorial physician offices – approximately 70 health care providers – use an Electronic Medical Record (EMR) that interacts with MEDITECH. According to Licking Memorial Health Professionals Vice President of Physician Practices Christine McGee, a unique advantage with the EMR is that physician offices can instantly be aware of every patient who is taking a particular medication. “When there is a prescription drug recall, we can quickly determine which patients to

contact,” Christine said.

LMH Vice President of Information Systems Sallie Arnett said, “The primary advantage to using these computerized systems is their benefits to continuum of patient care. When a patient is seen in the Hospital or a physician practice, his or her pertinent health care information is entered into a computerized system and information is then shared with all appropriate departments and the information can be used as needed when providing care to that individual.”



Community Report Card

Licking Memorial Health Systems

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Patient Safety ... a community report on patient care quality.

HEALTH TIPS

Medications can be harmful – even deadly – if not taken properly. Follow your physician’s orders, and always ask any questions you have. The American Society of Health-Systems Pharmacists also offers this tip: Keep a list of all medications that you take – including prescribed drugs, non-prescription medicines, herbal supplements, home remedies and medical foods – as well as medicines that you cannot take due to allergic reactions, and share the list with your physician and/or pharmacist.

Patient Safety Feature



Sally Larry

Going to the hospital can sometimes be an overwhelming experience. Physicians, nurses and technicians are in and out of your room, asking you questions and taking vitals. “All of the questions we are asking – verifying your name and birth date, why you are in the Hospital and your medical history – are for your own safety. We take these measures to assure the safety of our patients,” said

Rhonda Maddern, Director of Acute Care Services of Licking Memorial Hospital (LMH).

When Sally Larry went to the Emergency Department at LMH with severe stomach pain, she recognized immediately the high level of care she was receiving. “From the time I entered the Emergency Department to the time of my surgery, the physicians and nurses would introduce themselves, verify my information and answer any questions,” said Sally. She came to Licking Memorial because of stomach pain and ended up needing to have her gallbladder removed. “I was so grateful for the timely care that they gave me. While waiting for surgery, everyone would come in to check on me and make sure that I was doing well. It was very comforting,” said Sally.

Debbie Young, R.N., M.S., C.C.M., LMH Vice President of Patient Care, said the Hospital has taken extensive measures to promote safe experiences for all patients. “It is vital that we continue working with our staff, patients and families to keep patient safety at the forefront of all we do,” Debbie commented.

Licking Memorial has implemented several measures for patient safety. Verifying patient name and birth date, surgical site verification, Pyxis Veri5 systems and fall

risk assessments are just a few ways that the Hospital protects our patients’ safety. Safety is the driving force behind the addition of the measures at LMH. “Patient safety is our number one concern,” said Debbie.

“Overall my experience at Licking Memorial was great. I was very happy with my care and steps taken to provide me with good quality care,” said Sally.

We urge you and your family to become part of our patient safety team. For our patient safety program to be truly effective, we need you to be fully informed and actively involved in your care. What does your involvement in patient safety mean to you and your family?

- It means we need you to provide detailed information about your condition.
- It means that you should clearly understand your diagnosis and treatment plan and know what to expect.
- It means keeping us informed of any changes in your condition, good or bad, such as an allergic reaction to a drug.
- It means we want you to speak up when you have a question about any aspect of your care.

At LMH, we want you to become a partner in the development of a safe care plan. Your active involvement will help us to do the right thing at the right time consistently for the right person — you.

Patient Safety: How Do We Compare?

At Licking Memorial Hospital, we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then we publish them so you can draw your own conclusions regarding your health care choices.

1 The Institute of Medicine published a report in 2000 that highlighted the stunning effects of medication errors. The report set forth a national agenda for reducing errors and improving patient safety by designing a safer health system. LMH has dispensed more than 1.1 million doses of medication so far this year.

	LMH 2003	LMH 2004	LMH 1/05-9/05	National ⁽¹⁾
% Medication errors	0.026%	0.016%	0.024%	0.310%

2 Although all adverse drug reactions cannot be anticipated, a thorough assessment of a patient's allergies and past drug reactions can help ensure appropriate use of medications. An adverse drug reaction is a response or a problem that sometimes arises when taking medication. Some examples include (but are not limited to): hives, swelling, asthma or shock.

	LMH 2003	LMH 2004	LMH 1/05-9/05	LMH Goal
% of patients with an adverse drug reaction	2.1%	1.0%	2.4%	less than 3%

3 Protecting patients from hospital-acquired infections is a primary patient safety goal. LMH has an ongoing program to prevent and treat infections in patients. Per the Centers for Disease Control recommendations, LMH tracks high-risk patients, including those with an increased exposure to infection due to the presence of an invasive device, such as a ventilator, catheter or central venous line.

	LMH 2003	LMH 2004	LMH 1/05-10/05	National ⁽²⁾
Infection rate for pneumonia in ICU patients on ventilators	2.7	2.5	2.8	5.1
Urinary tract infection rate for ICU patients with urinary catheters	3.3	5.5	4.1	3.1
Bloodstream infection rate for ICU patients with central venous catheters	0.0	3.3	0.0	3.1

4 A study published in the New England Journal of Medicine reported that patients are safer and less likely to experience serious complications when they are treated in hospitals with more registered nurses on staff. LMH recruits experienced nurses and clinical graduates from area nursing schools for open positions at the Hospital. A vacancy shows how many nursing job openings need to be filled.

	LMH 2003	LMH 2004	LMH 1/05-9/05	State ⁽³⁾
Vacancy Rate for Nurses	3.9%	3.1%	-1.1%	4.8%

5 LMH conducts a comprehensive assessment to determine if a patient is at risk for a fall at admission and during the Hospital stay. Personal alarms and bed sensors help alert staff to a potential fall.

	LMH 2003	LMH 2004	LMH 1/05-9/05	National ⁽⁴⁾
% of Inpatient Falls per 100 patient days	0.30%	0.24%	0.18%	0.26%

Patient Safety: How Do We Compare? (continued from page 7)

- 6** Coumadin is a blood thinner (anticoagulant) used to help prevent and treat blood clots. The most common side effect of Coumadin is bleeding in any tissue or organ. It is important for patients to have their blood tested regularly. The blood test, called protime (PT) and International Normalized Ratio (INR), helps the physician determine how fast the blood is clotting and whether the dosage of Coumadin should change. The testing is very important and must be accomplished at recommended periodic intervals in order to keep the PT/INR result in the best and safest range for the medical condition.

% LMHP patients on Coumadin with PT/INR in last two months	LMHP 1/05-9/05 95%	LMHP Goal 100%
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- 7** Accutane is used to treat a type of severe acne that has not been helped by other treatments. A serious possible side effect of Accutane is birth defects (deformed babies) if it is taken by pregnant women. A safety measure that is taken to prevent birth defects is pregnancy testing for female patients every 30 days. The pregnancy test must be resulted as negative before the physician provides the patient with the 30-day Accutane prescription.

% LMHP dermatology patients on Accutane with appropriate pregnancy testing	LMHP 1/05-9/05 100%	LMHP Goal 100%
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- 8** Depakote and Lithium are two different drugs used to control manic episodes or periods of abnormally high spirits and energy that occur in bipolar disorder (manic depression). Measuring the level in the blood of each drug is crucial to the safe use of the drug.

% LMHP behavioral health patients on Depakote tested within six months	LMHP 1/05-9/05 91%	LMHP Goal 100%
% LMHP behavioral health patients on Lithium tested within six months	87%	100%

Data Footnotes:

- (1) "To Err is Human – Building a Safer Health System," National Academy Press, Washington D.C., 2000.
 (2) CDC National Nosocomial Infections Surveillance System pooled median (ICU only) from January 1992 through June 2004, published December 2004.
 (3) Ohio Hospital Association – "HealthBeat" – March 2005.
 (4) Midas Comparative Database for second quarter 2004 for over 300 hospitals.

Patient Safety: LMH First Priority



In 2005, the Institute for Healthcare Improvement (IHI) launched the 100,000 Lives Campaign

as an initiative to hospitals nationwide to make organizational changes to improve health care and reduce patient harm. Licking Memorial Hospital (LMH) has completed more than nine months of this 18-month campaign.

The 100,000 Lives campaign enlisted more than 2,800 hospitals across the country to commit and implement changes in care that have been proven to prevent avoidable deaths. IHI started with six primary changes to ensure patient safety. The key interventions that will be measured by LMH and other hospitals nationwide include:

- Deploy a rapid response team at first sign of patient trouble;
- Prevent acute myocardial infarction (AMI) deaths by ensuring the reliable delivery of the seven AMI interventions;
- Prevent adverse drug events by implementing

medication reconciliation (Medication reconciliation is a process of obtaining a complete and accurate list of each patient's current home medications including name, dosage, frequency and route, and comparing the physician's admission, transfer, and/or discharge orders to that list. Discrepancies are brought to the attention of the prescribing physician and, if appropriate, changes are made to the orders.);

- Prevent central line infections by implementing a series of interdependent grounded steps called the Central Line Bundle;
- Prevent surgical site infections (SSI) by implementing a series of interdependent, scientifically grounded steps called the SSI Bundle; and
- Prevent ventilator-associated pneumonia by implementing a series of interdependent, scientifically grounded steps call the Ventilator bundle.

The rapid response team concept is the centerpiece of IHI's campaign, and this intervention alone is anticipated to provide 60 percent of the benefit. Craig Cairns, M.D., M.P.H., Vice President of LMH Medical Affairs, said,

Patient Safety: LMH First Priority (continued on page 9)

Patient Safety: LMH First Priority (continued from page 8)

“The goal of the rapid response team is to intervene before a patient develops severe heart or respiratory irregularities known as a code blue. Nationally, patients who get into a code status, have only a 15 percent survival-until-discharge rate.” LMH’s rapid response team has taken several calls since its inception. The team consists of physicians, intensive-care nurses and respiratory therapists.

“Patient Safety is our number one priority as we want to provide a safe environment for our patients, visitors and staff,” said Bill Andrews, President of Licking Memorial Health Systems. Dr. Cairns noted that participating in a campaign, such as 100,000 Lives, encourages hospitals to make patient safety a priority. “We are pleased and excited to be participating in a national campaign to provide our patients with the best care possible, every day,” said Dr. Cairns.

Development Council Spotlight: Charles Walker



Charles Walker

Charles “Chuck” Walker had recently retired to his family farm near Granville, Ohio, when Licking Memorial Hospital (LMH) Development Council member Stuart “Stu” Parsons invited him to join the Council. “I was kind of looking for some things to do away from the farm,” Chuck said. “Stu Parsons asked me if I would be interested in joining the Development Council. I thought it

would be a good way to get involved with the community, so I joined,” he said.

Chuck has been a member of the LMH Development Council since spring 2004. The Licking County native had returned to the area in June 2003 after college, and work led him to other areas in Ohio.

A graduate of Johnstown High School, he earned a Bachelor of Science degree in mathematics from Muskingum College in New Concord, Ohio, a Master of Science in secondary school administration and a Doctorate in computer science and higher education, both from Ohio University in Athens, Ohio. He retired from Muskingum College in 2003 after 20 years of service there. His previous work experience includes computer administration in Athens; teaching, coaching and serving as an assistant principal in Springfield, Ohio; and working for the Board of Education in Clark County, Ohio.

He and his wife, Jane – retired from Zanesville (Ohio) Public Schools as a music teacher – enjoy traveling to see their children and grandchildren. The couple are the

parents of a son, Jeff, and a daughter, Jennifer, and the grandparents of four boys – ages 1-½, 3-½ and 5-year-old twins. Jeff and his family live in Virginia Beach, Virginia, while Jennifer and her family reside in Boston, Massachusetts. When he’s not traveling or working on the farm, Chuck also enjoys playing golf and hunting.

As a member of the LMH Development Council and its Annual Support Committee, Chuck enjoys learning about LMH and encourages others to support the local, community-focused Hospital. “I want to learn more about Licking Memorial Hospital and determine how I can best help out,” he said. “At Muskingum College, I was active in fundraising, so I am familiar with planned giving – wills, trusts, annuities – ways of giving other than cash. Because of that, I thought involvement in the Annual Support Committee would be a natural fit for me.”

Donors

Community Cornerstone

Dr. and Mrs. George Andrews
Mr. Bruce Baird
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Mr. and Mrs. Harold Greten
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Mr. and Mrs. Stuart Parsons

Mr. Kevin Plaughter
Mr. and Mrs. Dick Utrevis
Ms. Carol Wollenburg
Mr. and Mrs. Barry Wood

PRIDE Cornerstone Silver

Jeanette Carpenter

PRIDE Cornerstone Bronze

Karen Stoltysik

Herring Joins Schaffner



Kevin Herring

During a recent Licking Memorial Hospital (LMH) Board meeting, Environmental Services Manager Kevin Herring was recognized for becoming a distinguished member of the Schaffner Society.

LMH’s Schaffner Society was created in memory of William “Bill” Schaffner, who dedicated his life to assuring the availability of quality health care services to our community. Bill Schaffner was the first chairman of the Licking County Hospital Commission. Membership in the William Schaffner Society is reserved for individuals who make a commitment of \$10,000 to \$24,999 over a period of 10 years.

Herring Joins Schaffner (continued on page 10)

Herring Joins Schaffner (continued from page 9)

“I saw the personal commitment and pride that the LMH administration takes in the Hospital, and I wanted to be a part of that,” Kevin explained. “When employees at LMH support the organization financially, we show our commitment to the Hospital and our caring attitude for our community.”

Kevin has been a member of the LMH staff since June 2005.

Retiree Spotlight: Nancy Greten



Nancy Greten

Retired registered nurse Nancy Greten, R.N., doesn't need to look for ways to keep active in retirement. “I keep really busy,” she said recently. “I walk three miles every day, play bridge about three times a week, read, sew and try new recipes.” Additionally, Nancy is an active member of the Granville chapter of Philanthropic Education Organization (PEO), a group whose projects assist women seeking higher education locally,

nationally and internationally. Nancy is also a member of St. Edward the Confessor Catholic Church in Granville, Ohio.

Nancy retired from Licking Memorial Hospital (LMH) in 1998 after a 40-year nursing career that included 30 years at Licking Memorial. “The nursing profession brings together a unique set of skills that have the potential to impact lives,” Nancy said. “I enjoyed the human bonding and the friendships with the people I met – patients, families, staff, physicians and volunteers. They enriched my life. In retirement, the memories of my nursing experience continue to enrich my life.”

Nancy started her employment at LMH in 1968 as a staff nurse and in 1991 became the first Nursing Director for LMH Home Care Services. She earned a Bachelor of Science degree in nursing from Franklin University in Columbus, Ohio, and a nursing diploma from Bethesda School of Nursing in Zanesville, Ohio.

Nancy and her husband, Harold – a State Farm Insurance retiree after 36 years of service – are the parents of three sons and the grandparents of three granddaughters. Two of their children live out of state, and the Gretens travel often to see them. One son lives in Colorado; another is in Florida. “We spend about five months a year with our son and granddaughters in Florida,” Nancy said. “It's great that our two sons who don't live locally live in such great places to visit.”

When she is at home in Granville, Nancy looks forward to spending time with her former LMH co-workers. “We keep in touch,” she said. “We get together for lunch every month, and I attend the LMH retiree luncheons and the annual retiree dinner. I have many good memories of my time at Licking Memorial. I enjoyed my time there.”

Physician Spotlight: Howard Reeves, D.O.



Howard Reeves, D.O.

Howard Reeves, D.O., has been providing Licking County with general and vascular surgical services by serving on the Licking Memorial Hospital (LMH) Medical Staff since June 1999. In 2002, Dr. Reeves founded a solo private practice, Surgical Interventions L.L.C., where he specializes in vascular surgeries, minimally invasive revascularization, aneurysm surgery, venacaval filter placement and retrieval,

and minimally invasive vein surgeries. Just recently, Dr. Reeves added David Lawrence, D.O., to his practice. Dr. Reeves has also served as Chief of Surgery at LMH

since 2003. “I chose to practice in Newark because it is very similar in size and feeling to the town I grew up in, Athens, Ohio,” said Dr. Reeves.

Dr. Reeves earned his Doctor of Osteopathy degree from Ohio University College of Osteopathic Medicine in Athens, and holds a Bachelor's degree in zoology, also from Ohio University. He completed his internship, residency and vascular fellowship with Doctors Hospital in Columbus, Ohio.

Dr. Reeves' wife, Sara, has served as director of exercise and rehabilitative services at ORS in Newark for the past five years.

Ask-a-Doc: Howard Reeves, D.O.

Question: I am getting ready to schedule surgery – what questions are important to ask my physician?

Answer: Having a good relationship with open communication between you and your physician is very important before surgery. Patients want to be sure to have a

clear understanding of what is about to be done, be aware of any alternative therapies that may be explored prior to having surgery and any possible complications that may arise from surgery. It is important not to be afraid to ask your physician questions. Jot down questions as you think of them, so they are not forgotten. Anxiety can

Ask-a-Doc: Howard Reeves, D.O. (continued on page 11)

Ask-a-Doc: Howard Reeves, D.O. (continued from page 10)

impede the success of your procedure and prolong your recovery. The following are some commonly asked questions that you will want to keep in mind.

- What are the risks associated with this procedure?
- Will I have to miss work or school? If so, how much?
- What are my insurance benefits?
- What time should I go to the hospital for my surgery?
- When should I call my physician?
- What does my Legal Guardian or Health Care Agent or Next of Kin need to do?

- To whom should I give my Living will, Health Care Durable Power of Attorney, Organ Donation, a copy of my Do Not Resuscitate (DNR) order/identification form and any other wishes to?
- How should I adjust my daily routine for surgery?
- What should I take to the hospital?
- What should I leave at home?

Do you have other questions? Please do not hesitate to ask your physician.

Volunteer Spotlight: Tom Wolfe



Tom Wolfe

Tom Wolfe has volunteered at Licking Memorial Hospital for more than 14 years. Throughout his many years of services, he has volunteered more than 1,865 hours. He has worked in the Human Resources, Payroll, Business Office and Volunteer Offices and will soon be volunteering in the Pharmacy Department. He has also served as the Recording Secretary on the Volunteer Executive Board. "I enjoy volunteering

at the Hospital because I feel like I am doing something that gives back to our community," said Tom.

Tom worked at Ohio Power for 20 years before working at the Electric Co-op of Vermont and Pennsylvania. "I retired in Pennsylvania in 1987 and moved back home to Newark where I was born," stated Tom. He volunteers as a docent for the house tours at Dawes Arboretum located in Newark. He also enjoys gardening.

Tom and his wife, Cleona, have been married for 54 years. She is a member of the Licking Memorial TWIGS 8 group. They have two daughters and four grandchildren.

Administrative Spotlight: Maureen Eliseo



Maureen Eliseo

Maureen Eliseo, Licking Memorial Health Systems (LMHS) Director of Physical Medicine, Rehabilitation and Occupational Health, joined the organization five years ago because of the "sophistication of its community medicine services," she said.

"Licking Memorial Health Professionals had grown to serve all corners of the county, was in the midst of implementing an electronic medical record and had a well-developed quality improvement program that has since served as a model for other health systems," Maureen said. "It was clear that LMHS was living its mission." The Health Systems' mission is to improve the health of the community.

She was also attracted by Licking Memorial Hospital's financial strength, its strong commitment to quality and its plans to grow along with the community. "LMHS appeared to be dynamic and committed to quality," Maureen said. "It is for these reasons that I stay. In addition, LMHS has been good to me – providing me with opportunities to lead in a variety of settings."

As Director of Physical Medicine, Rehabilitation and Occupational Health, Maureen manages inpatient and outpatient physical therapy, occupational therapy, speech

therapy and Licking Memorial Company Care. The departments she oversees are located in the Tamarack IV building at 1865 Tamarack Road in Newark, which is undergoing a complete remodeling. Project completion is expected at the start of 2006. "The work will provide us with a fresh new look and state-of-the-art equipment," Maureen said. "We have worked on a number of improvements – from implementing electronic billing in Company Care to an outcome study in Physical Therapy."

When she joined LMHS in December 2000, Maureen was returning to her native Central Ohio after 30 years in Dayton, Ohio. In addition to her current position, Maureen has served as Director of Operations of Licking Memorial Health Professionals and as Manager of Licking Memorial Hospital Oncology Services. She has previous work experience in the areas of rehabilitation services, medical group management and human resources.

Maureen holds a Master of Science degree in counseling from Wright State University in Dayton, Ohio, and a Bachelor of Science degree in education from the University of Dayton.

She and her husband, Thomas, are the parents of three grown children.



Licking Memorial Health Systems

Upcoming Dates

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

First Impressions – Maternal Child Classes

- Childbirth Education Classes
- Stork Tours
- Infant and Child CPR
- Parenting Class
- Maternity Tour
- Breastfeeding Class
- Sibling Preparation Class

Diabetes Self-Management Classes

Tuesday Classes
 9:00 to 11:00 a.m. or 1:00 to 3:00 p.m.
 Licking Memorial Health Systems, 1915 Tamarack Road, Newark

Wednesday Classes
 1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.
 Licking Memorial Health Systems, 1915 Tamarack Road, Newark

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.



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Visit us at www.LMHealth.org

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