



Community Connection

Licking Memorial Health Systems

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Volume 8, Issue 4

July/August 2011

Measurably Different ... for Your Health!

“For Your Health” 5K Run and Fun Walk

The fourth annual “For Your Health” 5K Run and Fun Walk will take place on Saturday, August 6, at The Dawes Arboretum, 7770 Jacksontown Road SE in Newark. The Licking Memorial Hospital (LMH) Development Council is presenting the community event in collaboration with The Dawes Arboretum and the Licking County Family YMCA. Cara and Jim Riddel of Granville will be Honorary Chairs.

Cara has been very active in the Licking County community. She served on the board for the Rotary Club of Newark, and was a member of the Licking County Family YMCA and Healthy New Albany Boards.



She was also a member of the LMH Development Council for several years. Cara was formerly the Director of Certificated Personnel at Newark City Schools, and Human Resources Director at New Albany-Plain Local Schools. She was recently named Superintendent of

Cara and Jim Riddel will serve as the Honorary Chairs for the fourth annual “For Your Health” 5K Run and Fun Walk at The Dawes Arboretum on August 6.

“For Your Health” 5k Run and Fun Walk (continued on page 2)

Check out our Quality Report Cards online at www.LMHealth.org.

See pages 10-15 for Quality Report Cards in this issue.

COMMUNITY EDUCATION

Prostate Cancer and Men's Health Issues

Date: Thursday, July 28
Location: LMH First Floor Conference Rooms
Time: 6:00 – 7:00 p.m.
Speaker: William Stallworth, M.D.

Prostate cancer is a major health concern in America, affecting one in six men. Although the disease often progresses slowly, it may be fatal if it spreads beyond the prostate gland to other tissues of the body. Men who are diagnosed with

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Obsessive-Compulsive Disorder

Date: Thursday, August 25
Location: LMH First Floor Conference Rooms
Time: 6:00 – 7:00 p.m.
Speaker: Timothy McNeish, Ph.D.

According to the National Institute of Mental Health, 2.2 million adults, age 18 and older, are affected by Obsessive-Compulsive Disorder (OCD) in the United States. OCD is an anxiety disorder that causes individuals to act upon repeated unwanted behaviors,

(continued on page 8)

LMH Opening Wellness Center at C-TEC

In an endeavor to make wellness services more accessible to the community, Licking Memorial Hospital (LMH) is opening a second wellness center in Newark. The new wellness center, to be located on Price Road, will be open to the public at C-TEC (Career and Technology Education Center).



LMHS will soon open a Wellness Center at C-TEC in Newark that will be open to students and the community.

Expected to open in early August, the new wellness center will offer exercise classes, nutrition education, tobacco cessation counseling, health screenings and health education programs. The services will be available to all C-TEC students. Members of the community are also welcome to attend.

“C-TEC generously offered this opportunity for LMH to expand our wellness services, and we recognized that it would be an excellent fit for our mission,

LMH Opening Wellness Center at C-TEC (continued on page 3)

"For Your Health" 5k Run and Fun Walk (continued from front page)

Schools at Westfall Local Schools in Pickaway County.

Jim is a civil engineer at his professional consulting and engineering firm, J.B. Riddell & Associates. He is a member of the Tri-state Planning Commission (Ohio, Pennsylvania and West Virginia) and the McKean Township Zoning Board. He is also a member of the Granville Rotary Club.

Health and wellness are emphasized in the Riddells' daily routine, and both are avid runners. Jim enjoys 5K races, and has helped to organize the annual Granville Firecracker Five foot race for several years. Cara prefers half marathons. "We are not particularly quick, but we have had a lot of fun by going to different cities to run in races," Cara said. "My goal is to run half marathons in one-half of the states in the U.S."

As Chairs of the "For Your Health" 5K Run and Fun Walk, the Riddells are looking forward to meeting other runners at one of Licking County's most picturesque locations. "This race is a healthy, uplifting way to spend a Saturday morning," Jim said. "Runners and walkers of all experience levels will enjoy the social atmosphere in the great outdoors. We hope to see lots of family, friends and neighbors there to be a part of this event and make an improvement in their health through exercise."

In past years, the "For Your Health" 5K Run and Fun Walks have benefitted from the support of other community leaders who served as Chairs. They include:
2008 – Christine and Kevin Plaughter

2009 – Karen Smith-Silone, D.O., and James Silone Jr., D.O.

2010 – Jean and Joseph Fondriest, M.D., and their children:
Joe, Sara, Jacob and Steven

The "For Your Health" 5K Run and Fun Walk course wanders through the scenic grounds of The Dawes Arboretum. Participants may choose to run or walk the 3.1-mile course, or complete the Fun Walk course which is 1 mile long. Second Sole Racing will provide race management services.

Awards will be given to the overall top three male and female finishers in the 5K run. In addition, the top male and female finishers in each age division will receive awards. Chip Timing Service will be used to determine the finishing times.

Online registration is available at www.secondsoleracing.com. Online registration closes Friday, July 29. Registration is also required for the 1-mile fun walk, but there is no entry fee. The cost for all 5K runners' entries submitted by July 29 is \$15. For all runners' entries turned in after July 29, including registration on race day, the cost is \$20. A tech shirt will be provided to each registrant. Packets may be picked up at The Dawes Arboretum on the day of the race.

The 5K run begins at 8:30 a.m., and the 1-mile fun walk starts at 8:40 a.m. Registration for both categories (for those who did not register online) opens at 7:30 a.m. on race day. For more information, please contact Amy Berry in the LMH Development Office at (740) 348-4102.

LMH Hosts First Annual Cancer Survivors' Picnic

As Licking Memorial Hospital (LMH) embarks on an extensive renovation of the Oncology Department, the Hospital honored oncology patients with its first annual Cancer Survivors' Picnic on June 12. Cancer survivors and their families were served an outdoor barbecue on the Hospital's front lawn, and entertained by The Ultra Sounds Jazz Band, a combo of physicians, Hospital staff and community volunteers. Licking Memorial Health Systems President & CEO Rob Montagnese addressed the gathering of more than 200 guests. He commended them for their relationship with the Hospital in their fight against cancer.

Rob said, "Successful treatment for cancer is a team effort. The physicians and staff have a great deal of knowledge

and state-of-the-art tools, but they cannot do it alone. We honor the cancer survivors who have faced their disease with courage, determination and a positive attitude. We also applaud the friends and family who have been their support throughout the battle."

Rob outlined the Oncology Department renovations that are expected to be completed by the end of 2011. LMH is renovating the chemotherapy infusion area and increasing the number of semi-private and private rooms. In addition, the waiting area will be renovated to create a more comfortable and welcoming atmosphere. The cost of the remodeling project is estimated to be more than \$1 million.



Cancer survivors and Oncology staff members joined together for a group photo as Licking Memorial Hospital celebrated its first Cancer Survivors' Picnic.

Garden Dedicated in Beloved Volunteer's Memory

The first Monday in June 2011 would have been Katharyn (Katie) Wickham Shannon's 99th birthday. Katie was a beloved long-time volunteer at Licking Memorial Hospital (LMH), serving 34 years and amassing 16,153 volunteer hours. On June 6, LMH dedicated a new flower garden near the Café patio to honor all Hospital volunteers. The LMH Volunteer Garden was donated by the Licking County Foundation's Katharyn Wickham Shannon and Ora C. Shannon Memorial Fund.



(Left to right): Licking County Foundation Director Connie Hawk, Phil Shannon, Judy Shannon Chamberlin, and LMHS President & CEO Rob Montagnese stand in front of the new LMH Volunteer Garden.

"The Foundation is very grateful to the Shannon family for helping us further our mission of improving the quality of life for all citizens of Licking County," said Connie Hawk, Licking County Foundation Director. "This garden is certainly a lasting tribute to Katharyn and Ora that will bring cheer to Hospital volunteers and visitors for many generations to come."

Judy Shannon Chamberlin, daughter of Katie and Ora Shannon, said the garden

Rob Montagnese, President & CEO of Licking Memorial Health Systems (LMHS) said, "For 34 years, Katie assisted patients and visitors, and befriended employees and her fellow volunteers with her bright, cheerful smile. She was part of the exclusive 90s Club, a group of LMH Volunteers who were at least 90 years old and continued to donate their time. Her dedication was noticed by the Newark Rotary Club, which named her the 2003 Volunteer of the Year. Through the Shannons' annual gift, this beautiful garden will continue to greet and comfort our patients and visitors in Katie's memory."

is a perfect tribute to her mother's memory. "This lovely garden combines my mother's love of flowers and her love for Licking Memorial Hospital," she remarked. "We hope that patients, visitors, and those who work at the Hospital will pause here and be refreshed by these peaceful surroundings."

Patients and visitors can enjoy the garden while relaxing on a wrought iron park bench. The garden features an engraved plaque, perennials, annuals and a Royal Raindrops crabapple tree. Red geraniums and petunias, some of Katie's favorite flowers, have a prominent presence in the floral design.

Community Education – Prostate Cancer and Men's Health Issues *(continued from front page)*



William Stallworth, M.D.

prostate cancer may have several options for treatment, and when identified in the early stages, the disease has a cure rate of more than 90 percent.

William Stallworth, M.D., of Licking Memorial Urology will discuss prostate cancer and various treatment options during an educational session for the community on Thursday, July 28, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required. To register, please call (740) 348-2527.

LMH Opening Wellness Center at C-TEC *(continued from front page)*

"to improve the health of the community," explained Rob Montagnese, Licking Memorial Health Systems President & CEO. "We have been a proud supporter of C-TEC programs for many years. The school provides the initial training for many of our highly qualified staff members. The new wellness center will enrich our own future workforce by showing students how to maximize their own health, so they can apply that information during their careers and throughout their adult lives."

The exercise classes will feature equipment that provides cardiovascular conditioning and muscle strengthening. The tentative setup will include: treadmills, ellipticals, stationary bikes, and recumbent cross trainer machines. A certified fitness trainer will supervise the exercise classes.

Health programs will be presented by qualified LMH staff members on a variety of topics, including:

- Diabetes education
- Stress management
- Hypertension
- Cholesterol
- Heart health
- Stroke
- Medication review
- Healthy exercise
- Asthma
- Dental and oral hygiene
- Immunizations
- Bone health
- Addiction
- Home safety
- Child care and safety
- CPR classes

Hours of operation for the new wellness center at C-TEC will be 8:30 a.m. to 5:00 p.m., Monday through Friday. LMH currently operates the LMH Wellness Center, located at 1865 Tamarack Road.

LMHS Recognizes Employees During Hospital & Healthcare Week

During the second week of May, Licking Memorial Health Systems (LMHS) celebrated Hospital & Healthcare Week to honor the efforts of more than 1,600 Health Systems employees. The week-long celebration featured a health fair to provide employees with information to enhance and maintain their own health. LMHS also hosted an outdoor employee cookout and special employee recognition events throughout the week.

LMHS President & CEO Rob Montagnese said, "We are proud of the hard work and dedication that our employees demonstrate in providing quality care to the community. Hospital & Healthcare Week is an opportunity for our organization to show appreciation for our employees' valuable contributions."

Manager of the Year Award

During the LMHS Employee Recognition Dinner, Greg Wallis, Director of Surgical Services, was honored with the Manager of the Year Award. The award recognizes an exemplary manager who demonstrates fair and consistent leadership and an ability to inspire employees. Nominations are submitted by members of the LMHS employee community.



During the annual Employee Recognition Dinner, LMHS President & CEO Rob Montagnese (left) announced Greg Wallis (right) as the 2011 Manager of the Year.

Greg joined LMHS in 1997 as a Nursing Attendant and accepted a position in the Surgery Department as a Scrub Technician within the next year. In 2002, Greg graduated from Central Ohio Technical College, receiving his associate degree in nursing and became a staff nurse. In 2007, he was named as a patient care manager for the Operating Room, and was promoted to his current role in 2008. Greg earned his bachelor's degree in nursing from The Ohio State University in 2008, as well.

Greg is a member of the Ohio Organization of Nurse Executives (OONE) and the Association of periOperative Registered Nurses (AORN). In addition, he is a board member for both the Newark Kiwanis and the Licking County Chapter of the American Red Cross, and a member of First Baptist Church in Heath. Greg lives in Heath with his wife, Carrie, and two daughters, Brooklyn and Avery.

Clarissa Ann Howard Award for Clinical Excellence



Jayne Bryan and Angela Siegel were named recipients of the 2011 Clarissa Ann Howard Nursing Award for Clinical Excellence. Pictured are (left to right): LMHS President & CEO Rob Montagnese, Vice President Patient Care Services Debbie Young, Jayne Bryan, Clarissa Ann Howard, Angela Siegel and Vice President Physician Practices Christine McGee.

The Clarissa Ann Howard Award for Clinical Excellence is presented annually to recognize nurses who are respected by their peers for demonstrating outstanding expertise, professionalism and clinical excellence in the provision of patient care. This year, Jayne Bryan, R.N., from ICU, and Angela Siegel, L.P.N., from Licking Memorial Family Practice – Pataskala, were honored with the award.

Jayne Bryan has served LMH since 1991, and was hired as a Staff Nurse in the Intensive Care Unit (ICU) where she worked for 19 years before transferring to the Surgery Department. In 2007, she transferred back to ICU where she currently serves as a Clinical Nurse Supervisor. Jayne graduated from Hocking College as a Licensed Practical Nurse (L.P.N.) in 1984, and became a Registered Nurse (R.N.) in 1989. She is currently working to earn her Bachelor of Science in Nursing (B.S.N.) from Ohio University. In addition, Jayne received the LMHS MVP Award in 2009, for her strong clinical knowledge and leadership among her peers. Jayne and her husband, Jeff, live in Newark. The couple enjoys traveling and hiking.

*LMHS Recognizes Employees During Hospital & Healthcare Week
(continued on page 5)*

Angela Siegel joined LMHS in 2007 as an L.P.N. for Licking Memorial Pediatrics. In 2008, she transferred to Licking Memorial Women's Health before joining Licking Memorial Family Practice in the office of Robert Herbert, D.O., earlier this year. Angela earned her L.P.N. degree from Mid-East Ohio Vocational School in 2003. She serves as a preceptor for LMH's Medical Assisting program at Career and Technology Education Center (C-TEC), as well as a Basic Life Support (BLS) and Cardiopulmonary Resuscitation (CPR) instructor for the community. She also assists with LMHS' annual free pre-participation sports screenings and Heart to Play program.

Angela lives in Johnstown with her husband, Ben, and their daughter, Brooklynne. In her spare time, Angela volunteers in the nursery at The Vineyard Church of Johnstown, and enjoys reading, writing poetry and watching her younger brother's sporting events.

Employees Honored for Years of Service

LMHS is proud to recognize employees for their dedication to the community. In 2011, a total of 268 LMHS employees are celebrating service anniversaries in five-year increments, ranging from 5 to 45 years. Those employees were honored during the Employee Recognition Dinner at the Longaberger Golf Club on May 11. Wanda Grover, R.N., of Licking Memorial Women's Health received special recognition for providing 45 years of service to the Health Systems.



Wanda Grover, R.N., was honored at the annual LMHS Employee Recognition Dinner for her 45 years' service. Pictured are (left to right): LMHS Board Chairman Gordon Wilken, Wanda Grover, LMH Board Chairman Patrick Jeffries, and LMHS President & CEO Rob Montagnese.

MVP Awards

Thirty-one outstanding LMHS employees received MVP Awards at a ceremony during Hospital & Healthcare Week. These MVPs were selected by management representatives for their consistent demonstration of the LMHS CARE values of compassion, accountability, respect and excellence. Each received a plaque and gift of appreciation, and will have their photos displayed in the Hospital. Learn more about 2011 MVPs on pages 26-31.

Donation Benefits LMH Oncology Patients

Park National Bank (PNB) and Shred-it invited the community to a drop-off shredding and recycling event in Newark in May. Participants were able to drive to a designated location in PNB's Third Street parking lot and wait in the convenience of their vehicles while volunteers unloaded their cars and shredded their documents as they watched.

Community Shred Day has become an annual event with important benefits. "In health care, we know that it is essential to dispose of private documents properly," said Rob Montagnese, President & CEO of Licking Memorial Health Systems. "We are grateful to PNB and Shred-it for making it convenient for our community to dispose of their home documents securely."

Although there was no fee for the shredding services, donations were accepted on behalf of Licking Memorial Hospital. A total of \$1,275.30 was collected, which will be used toward renovating the Oncology Department on the Hospital's fifth floor.

Pictured are (left to right): Shred-it Chairman Thomas Elsass, LMHS President & CEO Rob Montagnese, and Park National Bank Chairman Dan DeLawder.



LMH Receives Chest Pain Center with PCI Accreditation

Licking Memorial Hospital (LMH) is proud to announce that its Cardiology Department has received accreditation as a Chest Pain Center with PCI (percutaneous coronary intervention) from the Society of Chest Pain Centers (SCPC). The accreditation is reserved for hospitals that have a more advanced level of expertise in caring for heart attack patients with high-tech interventional procedures.

To achieve SCPC accreditation, LMH participated in a rigorous evaluation of its ability to assess, diagnose and treat patients who may be having a heart attack. By meeting the SCPC's guidelines for Chest Pain Center Accreditation, the community can be assured that LMH meets the strict standards for treating possible heart attack patients, including:

- Integrating the Emergency Department with local emergency medical squads
- Emergency assessment, timely diagnosis, and treatment of patients with heart attack symptoms
- Ongoing improvement of all aspects of care for cardiac patients
- Appropriate training and experience of physicians, nurses, technicians and other healthcare providers
- Administrative commitment to treating cardiac patients and allocating resources to ensure continued improvement
- Functional design of the Hospital to facilitate prompt treatment
- Educating the community on the signs and symptoms of a heart attack

“Some patients wait before coming to the Hospital when they have heart attack symptoms, such as chest pain, upper body pain, shortness of breath, and nausea,”



The high technology of the Catheterization Laboratory helped LMH earn Chest Pain Center with PCI accreditation. Pictured are (left to right): Director of Emergency and Critical Care Services Kristine Blust, Patient Care Manager Kim Heddleson, Clinical Coordinator Jane Tolliver, Patty Merrick, C.N.P., and Cardiologist Debra Heldman, M.D.

said Debbie Young, Vice President Patient Care Services. “Part of the reason they delay is often because they are discouraged by the prospect of a long emergency room wait or an unnecessary hospitalization if they are having a ‘false alarm.’ The Chest Pain Center Accreditation is important because it emphasizes LMH’s prompt, aggressive and accurate response to each patient’s symptoms. The sooner a heart attack is treated, the better the patient’s outcome will be, because more heart muscle will be saved.”

LMH first received Chest Pain Center Accreditation in 2004. At that time, LMH was the 11th accredited chest pain center in Ohio, and 82nd in the United States. This new accreditation recognizes LMH’s high level

of competence with PCI procedures, placing LMH among fewer than 500 hospitals in the U.S. that have received Chest Pain Center with PCI accreditation.

In 2007, Licking Memorial Health Systems (LMHS) invested \$300,000 to improve and standardize 12-lead electrocardiogram (ECG) equipment in Licking County’s emergency medical squads. In 2008, LMHS donated approximately \$155,000 worth of automatic defibrillator equipment to the county’s schools and law enforcement agencies. In 2009, LMH invested in a renovation project that placed the cardiologists, Licking Memorial Heart Center, Interventional Cardiology, Licking Memorial Heart Failure Clinic and Cardiac Rehabilitation in a central location to improve efficiency. In 2010, LMHS donated \$50,000 to upgrade the ECG equipment in the county’s emergency medical squads.

Keeping the Beat

In celebration of National CPR & AED Week, Licking Memorial Health Systems (LMHS) hosted a free cardiopulmonary resuscitation (CPR) educational open house at Licking Memorial Hospital on June 2. At “Keeping the Beat,” certified CPR instructors demonstrated the American Heart Association’s new Hands-Only™ CPR technique.

Hands-Only CPR is a simplified two-step process that was developed to encourage bystanders to respond if they witness someone collapse from cardiac arrest, or if they discover someone who is unresponsive and not breathing. The two steps of the technique include: Call 9-1-1, and push hard and fast in the center of the chest.

(Pictured left) Rick Pease, certified CPR instructor, guides LMHS retiree Ruth Coen through the Hands-Only CPR technique.



LMH Sleep Lab Receives Re-Accreditation

The Sleep Lab at Licking Memorial Hospital (LMH) recently received re-accreditation from the American Academy of Sleep Medicine (AASM). The lab is located on the Hospital's sixth floor near the Licking Memorial Pulmonology and Sleep office of Eric R. Pacht, M.D.

To assist the physician in diagnosing a variety of sleep breathing disorders, including obstructive sleep apnea, snoring, restless leg syndrome, insomnia and narcolepsy, patients are evaluated by undergoing an overnight sleep study in the Sleep Lab. Once detected, most sleep disorders can be corrected, providing patients with a better night's rest and quality of life. The Sleep Lab performed 365 overnight sleep studies in 2010.

"We cannot over-emphasize the importance of quality sleep," Dr. Pacht stated. "It has been well-documented that lack of sleep can contribute to a wide variety of serious health conditions, including hypertension, obesity, diabetes, heart disease and psychological problems, as well as increasing the risk for accidents. When patients have an undiagnosed sleep disorder, they often experience extreme sleepiness or fatigue, yet they may be unaware how little quality sleep they are getting. The Sleep Lab study is designed to provide the medical information needed to make a diagnosis and start the patient down the path to more restful sleep and better overall health."

Sleep Care, Inc. provides overnight sleep study services at LMH. A registered polysomnographic technologist performs procedures Monday through Thursday evenings, beginning approximately



Sleep studies performed at LMH's Sleep Lab provide Pulmonologist Eric Pacht, M.D., with the information he needs to treat patients with sleep disorders.

7:00 p.m., and ending between 6:00 and 7:00 a.m.

The LMH Sleep Lab rooms are private, with full-size, remote-controlled adjustable beds, televisions and hotel-like amenities. After a nighttime study is complete, many patients choose to shower in the morning and proceed to their workplaces.

A sleep study is painless and comfortable. After the patient has received instructions and the equipment is set up, a continuous display of breathing patterns, brain wave tracings and cardiac tracings is shown on a monitor and observed throughout the

night by the technologist. A telecom allows communication between the patient and the technologist at any time during the night. The technologist may also introduce some patients to a device called a continuous positive air pressure machine (CPAP) and explain its purpose.

Recorded information from the sleep study, including the patient's response to the CPAP if it was used, is stored and then interpreted by Dr. Pacht. Depending on the results, some patients may be asked to return for a second nighttime study. To receive the five-year re-accreditation, LMH was required to demonstrate that the Sleep Lab meets or exceeds all standards for professional health care as designated by the AASM. The process included detailed inspection of the facility and staff, with a review of testing procedures, patient contacts and physician training.

Patients must be referred by a physician for a sleep study at LMH. Appointments can be made through Dr. Pacht's office by calling (740) 348-1805.

LMHS Family Movie Night

Licking Memorial Health Systems (LMHS) presented the first Family Movie Night of 2011 at the Pataskala Health Campus on the evening of May 28. Community members were treated to a free screening of the 1993 classic film, *The Sandlot*, along with complimentary popcorn and beverages.

LMHS has scheduled additional Family Movie Nights at various locations throughout the Licking County community:

- Licking County Family YMCA Pool in Newark – Saturday, July 23
- Denison University in Granville – Saturday, September 10
- Pataskala Health Campus – Saturday, September 17

The movies will begin at dusk. Dates are weather permitting.



Family Practice Physicians Open New Offices in Heath and North Newark

With the addition of David A. Bartnick, M.D., and Donald J. Fairbanks, M.D., the Licking Memorial Family Practice offices in Heath and North Newark have re-opened. Both physicians are accepting new patients of all ages, from birth to advanced age.

Dr. Bartnick's practice is located at 687 Hopewell Drive, Building 2, in Heath. He received his Doctor of Medicine degree at the University of South Dakota School of Medicine in Vermillion, South Dakota, and completed a residency at Sioux Valley Hospital – Family Practice Center in Sioux Falls, South Dakota. He is board certified in family practice. Appointments with Dr. Bartnick are available by calling (740) 348-7915.



The Licking Memorial Family Practice – Heath office is located at 687 Hopewell Drive, Building 2.

Dr. Fairbanks' practice is located at 270 Goosepond Road in Newark. He received his Doctor of Medicine degree at the University of Utah School of Medicine, and completed a

residency at Aultman Hospital in Canton, Ohio. He is board certified in family practice. Appointments with Dr. Fairbanks are available by calling (740) 348-7960.



The Licking Memorial Family Practice – North Newark office is located at 270 Goosepond Road.

Licking Memorial Health Professionals (LMHP) is a group of more than 100 medical professionals dedicated to improving the health of the community by providing high quality, accessible health care. LMHP practices encompass more than 20 specialties and are conveniently located throughout Newark, Granville, Heath, Hebron, Johnstown, Licking Valley and Pataskala.

Community Education – Obsessive-Compulsive Disorder *(continued from front page)*



Timothy McNeish, Ph.D.

feelings, thoughts or sensations. Typically, the first symptoms of OCD begin in childhood with a median onset age of 19 years. Although there is no cure for OCD, the disorder can be managed with treatment.

Psychologist Timothy McNeish, Ph.D., will discuss OCD and the various treatment options available during an educational session for the community on Thursday, August 25, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required. To register, please call (740) 348-2527.

Physician Spotlight – James W. DeSapri, D.O.



James W. DeSapri,
D.O.

James W. DeSapri, D.O., a family practice physician, joined Licking Memorial Family Practice in 2006. Dr. DeSapri completed his residency at Doctors Hospital in Columbus, and received his Doctor of Osteopathic Medicine Degree from the Ohio University College of Osteopathic Medicine in Athens, Ohio. He earned a Bachelor of Arts degree in Spanish and Natural Sciences from Xavier University in Cincinnati. He is board certified in family practice.

Dr. DeSapri speaks Spanish fluently and stays active in his spare time with weightlifting and outdoor activities, such as bicycling, rowing and running. He also enjoys artwork, antiques, and spending time with his wife and 2-year-old son.

Dr. DeSapri is accepting new patients of all ages at his Newark office, located at Moundbuilders Doctors' Park, Building 5, 1272 West Main Street. To make an appointment, please call (740) 348-1788.

Ask a Doc – Packing a Healthy and Safe Lunch with James W. DeSapri, D.O.

Question: What are the best options for a safe and healthy homemade lunch?

Answer: A well-planned, home-packed lunch can provide the basis for healthy eating and food preparation habits that will benefit your family for a lifetime. If you enlist your family's help in preparing lunches, you will be able to teach food safety and nutritious meal planning, as well as giving each family member the opportunity to select favorite items.

Cleanliness

Before you handle food, use warm water and soap to wash your hands, the preparation surface and utensils. Fresh fruits and vegetables should be thoroughly rinsed under cool running water to remove chemicals and germs.

Temperature control

Consider how long the lunch will be stored since refrigeration is often unavailable in offices and classrooms. If the lunch will be consumed within three to four hours, most foods will be safe to eat with some precautions.

The simple rule to remember is, "Keep hot foods hot (above 140 degrees Fahrenheit), and keep cold foods cold (below 45 degrees Fahrenheit)." Hot foods should be packed in a thermal container that has been preheated. Preheat the container by filling it with boiling water and letting it stand for a few minutes. Then drain the water and fill with hot food. Cold food items should be packed while very cold (or frozen) with frozen gel packs and stored away from heat sources. Inexpensive, insulated lunch bags are now available at many stores, and are much more effective at maintaining food temperatures than brown paper bags. A peanut butter and banana sandwich is a good option for lunches that will be consumed at room temperature.

Low-fat, low sodium

Choose healthy foods that your family enjoys. Raw fruits and vegetables are excellent choices for lunch boxes. Choose lean protein sources, such as turkey breast or tuna, over high-fat selections, such as bologna and fried foods.

Helpful tips

Here are some additional tips for healthy, lunchbox-friendly foods:

- Try to pack a well-balanced meal that includes one serving each of: whole grains, proteins, fruits, vegetables, and low-fat dairy products.
- If your family is not fond of whole fresh fruits and vegetables, it may help to cut the produce into fun, bite-sized pieces.
- Instead of high-fat sandwich toppings, such as mayonnaise or ranch dressing, choose light mayonnaise or mustard.
- Use whole grain bread instead of white bread for sandwiches.
- Create nutrient-rich wraps with sandwich fillings and crisp lettuce leaves in place of bread.
- Substitute 100 percent fruit juice, low-fat milk or water for soft drinks or sugary beverages. The Centers for Disease Control and Prevention (CDC) reports that sugary drinks are the largest source of added sugar and calories to children's diets in the U.S.
- Create "dippable" lunches with grilled chicken strips, vegetable strips and low-fat or fat-free yogurt or salad dressing.
- Freeze small containers of "no added sugar" applesauce for a tasty frozen dessert.

The CDC estimates that nearly 1 in 5 children aged 2 to 19 years is obese. Childhood obesity is defined as having a body mass index at or above the 95th percentile for children of the same age and gender. Obese children and adults are more likely to have serious health problems, such as high blood pressure, type 2 diabetes, breathing problems, joint problems, fatty liver disease, and gallstones.



Quality Reporting to the Community

Patient Story and Benchmarks for Stroke Care



Patient Story – Petey Wiemer

Jetta (Petey) Wiemer of Heath wants to discourage others from following her example. In November 2010, Petey began to have stroke symptoms, but she waited for two days before she sought help at Licking Memorial Hospital (LMH). Petey survived the potentially fatal event with relatively minor permanent damage, but she knows her delay could have resulted in major disability, or even death. Fortunately, she used the experience to make positive lifestyle changes, and she now feels better than she has in years.

“I did not want to face the fact that I was having a stroke,” Petey said.

“It happened on Friday, and I went to the Hospital on Sunday. I would not let my daughters take me to the Hospital before that because I was scared.”

After living in the Columbus area for many years, Petey moved back to Newark in 2010, after Jim, her husband of 33 years, passed away. Although she was now living closer to her four grown daughters and enjoyed her nine grandchildren and 17 great-grandchildren, Petey missed Jim very much and needed something to occupy her time. She took a part-time job at JC Penney at the Indian Mound Mall to help fill the void.

“I had been working the day after Thanksgiving, known as Black Friday, which is the busiest shopping day of the year,” Petey remembered. “It was a long day, and the stroke hit me that night around 11:00 p.m. My right side had the weirdest feeling. My right leg would not move like it should. It was a scary, scary thing.”

Petey now knows that what she should have done was to call 9-1-1 immediately to seek help. Instead, she initially kept her problem a secret. When she finally confided in her daughters a couple of days later, they insisted that she go to the Hospital. “I had a fear of the unknown. I was afraid of having the doctors tell me I had a stroke, and the tests that might follow. But after I did finally go to the Hospital, they did such a good job of explaining what was happening to me that it calmed my fears, and the CT scan was completely painless. My girls were able to be with me at all times. I encourage anyone who may be having a stroke to go to the Hospital right way to get the help they need.”

Terrill Burnworth, D.O., one of the LMH Emergency physicians who treated Petey, stated that quick medical response to a stroke can make a world of difference in a patient’s outcome. “We are glad that Petey has recovered so well, but she took a big risk by



Petey Wiemer has received loving support from her four daughters as she recovers from a stroke. Pictured are (left to right): Kelly Lewis, Katie Good, Petey Wiemer, Misty Lowry and Bev Carmichael.

waiting so long,” Dr. Burnworth stated. “Many times, if we can diagnose a stroke within three hours of the onset of symptoms, we can administer thrombolytic “clot-busting” drugs to stop the stroke and prevent additional irreversible damage.”

Petey was admitted to LMH and received further care under the medical staff’s supervision. During that time, she was placed on medication to control her newly discovered high blood pressure and high cholesterol levels. The physicians also advised that she find a way to conquer her two-packs-a-day cigarette habit.

“They told me that if I continued to smoke I could possibly have another stroke. Patty Wicks, a tobacco cessation counselor, came to my room to ask me if I was interested in stopping, and she told me about the Quit for Your Health program at LMH. Even before I left the Hospital, Patty brought me nicotine lozenges and patches,” Petey said.

Petey has not had a cigarette since the November evening that she had the stroke. “It is amazing to me. I did not know if I was strong enough to quit,” she said. “I had truly enjoyed smoking for 62 years. After every breakfast, lunch and dinner, I had coffee and a cigarette. But I had made up my mind, and Patty helped me every way she could. The Quit for Your Health program also provided me with nicotine gum and counseling sessions – all free of charge. I tell everyone how good I feel now. Breathing was never a problem for me before, but I was surprised by how much more easily I breathe now that I have quit smoking.”

At 79 years of age, Petey has made other positive changes that have improved her health and well-being. She regularly visits her family physician, Richard Donnard, D.O., to monitor her blood pressure and cholesterol levels. She has cut back on junk food and consumes more fruits and vegetables. In addition, she meets with her daughters every day for a healthful walk.

When Petey was discharged from LMH, she used a walker, but after several months’ therapy, she can walk without assistance. Some tingling remains in her right side, but she reports that function in her leg continues to improve. Petey is grateful that her faith and a positive outlook helped her through the crisis, and she now plans to apply her improved health toward exploring the interesting senior programs that Licking County has to offer.

Stroke Care – How do we compare?

At Licking Memorial Health Systems (LMHS), 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 healthcare choices.

Check out
our Quality
Report Cards online
at www.LMHealth.org.

- 1 A person who has symptoms of a stroke needs to seek medical attention immediately. Special “clot-busting” medications may be used to treat a stroke if administered soon after the onset of symptoms. Clot-busters are high-risk medications and can have significant side effects, so a complete evaluation is necessary before a patient can be determined to be a candidate for them.

Although the American Heart Association/American Stroke Association recommendations have expanded to allow for clot-busting medications to be used up to 4.5 hours after the onset of stroke symptoms, the drugs are most effective when given within three hours after symptoms first appear. Licking Memorial Hospital (LMH) tracks the percentage of patients who were appropriate candidates for clot-busters and received them within three hours of the time their symptoms began.

	LMH 2008	LMH 2009	LMH 2010	National (1)
Received drug within three hours of time last known to be well	N/A	67%	91%	57%

- 2 Patients who suffer a stroke may be at risk for repeat strokes in the future. It is important that while patients are hospitalized, they receive education about reducing their risk and responding to another stroke in the future. This indicator shows the percentage of patients who had this education recorded in their records as being completed.

	LMH 2008	LMH 2009	LMH 2010	National (1)
Stroke education	N/A	73%	90%	72%

- 3 Beginning rehabilitation as soon as it can be done safely can help improve recovery for stroke patients. Rehabilitation may include physical therapy, occupational therapy and/or speech therapy.

	LMH 2008	LMH 2009	LMH 2010	National (1)
Patients evaluated for rehabilitation services	91%	92%	88%	95%

- 4 Evidence-based medicine supports quality by giving a blood-thinning medication (such as aspirin) by the second day of hospitalization after a stroke and ordering the medication at discharge. Blood-thinning medication prevents clots from forming and improves blood flow. While nearly all LMH medical patients are evaluated upon admission for the risk of developing a blood clot, called a venous thromboembolism (VTE), in some cases the use of drugs or mechanical devices may not be appropriate. It is important to document the reason that the use of either drugs or mechanical devices is contraindicated.

	LMH 2008	LMH 2009	LMH 2010	National (1)
Eligible patients receiving blood-thinning medication	97%	99%	97%	97%
Patients with blood-thinning medication at discharge	98%	99%	99%	98%
Patients with VTE prophylaxis by second day	85%	86%	90%	87%

- 5 Patients with atrial fibrillation are at higher risk for suffering strokes. Due to an inefficient heartbeat, blood clots can form in the heart and then travel to the brain, leading to stroke. These patients should receive long-term blood-thinning medication to help prevent these clots from forming. LMH tracks the percentage of patients with atrial fibrillation who were discharged on a blood-thinner, as appropriate.

Another significant cause of strokes can be from high cholesterol levels. Stroke patients with high cholesterol should receive cholesterol-lowering medications (called statins) to take after discharge to help lower the risk for more strokes. LMH tracks the percentage of stroke patients with high cholesterol who were receiving statins at discharge.

	LMH 2008	LMH 2009	LMH 2010	National (1)
Atrial fibrillation patients on anticoagulation therapy	84%	93%	100%	93%
Patients with statin medication	78%	93%	91%	89%

6 Licking Memorial Health Professionals (LMHP) office-based physicians use evidence-based measures in order to provide excellent, quality care to patients. The American Stroke Association and American Heart Association recommend the use of blood-thinning medication in order to prevent clots from forming and to improve blood flow. It is also recommended to have an annual LDL cholesterol test.

LMHP coronary artery disease patients seen, and are receiving blood-thinning medication	LMHP 2008 95%	LMHP 2009 90%	LMHP 2010 92%	National⁽²⁾ greater than 80%	Goal greater than 90%
LMHP coronary artery disease patients seen who have had an annual LDL test	LMHP 2008 92%	LMHP 2009 87%	LMHP 2010 91%	National⁽²⁾ greater than 80%	Goal greater than 90%

Data Footnotes: (1) Comparative data from the Midas Comparative Database. (2) American Heart Association/American Stroke Association/National Committee for Quality Assurance Heart/Stroke Recognition Program.

Take a Brisk Walk to Lower Your Risk of Stroke

In Licking County, stroke is the fifth leading cause of death, according to a report published by the Ohio Department of Health in 2008. On average, from 2004 to 2006 (the most recent data available), one Licking County resident died from stroke approximately every 5.2 days. In addition, many more residents survived strokes, often with disabling consequences.

People of any age can have a stroke, although the risk increases with advancing age. Other uncontrollable stroke risk factors include:

- Gender
- Race
- Family and personal history of stroke
- Fibromuscular dysplasia
- Patent foramen ovale (hole in the heart)

However, there are other risk factors that can be controlled, including:

- Physical inactivity
- Alcohol or tobacco use
- Obesity
- High blood pressure and high cholesterol
- Atrial fibrillation
- Diabetes
- Atherosclerosis and other circulation problems

For nearly all of the controllable risk factors listed above, moderate activity can help to lower risk for stroke. The Centers for Disease Control and Prevention (CDC) advises that moderate-intensity aerobic activity, such as brisk walking, is safe and beneficial. According to the CDC, 150 minutes of walking each week can lower a person’s risk for heart disease and stroke. Anyone who has been inactive or has a pre-existing medical condition, such as diabetes or heart disease, should check with their physician before beginning an exercise routine.

“Many people think they cannot spare 20 or 30 minutes each day for exercise,” commented Craig Cairns, M.D., Vice President Medical Affairs at Licking Memorial Health Systems (LMHS). “Perhaps they could begin with 5 or 10 minutes of brisk walking each day. A little bit of regular exercise is better than nothing at all. Hopefully, they will find a way to fit more exercise into their busy schedules when they begin to see the benefits.”

The public is invited to join LMHS in the “For Your Health” 5K Run and Fun Walk at The Dawes Arboretum on Saturday, August 6. There is no registration fee for those who choose to walk the optional 1-mile Fun Walk course. For more information or to register, please call (740) 348-4108.



Walking is an excellent form of exercise to reduce your risk of stroke and many other health problems.



Patient Story – Tim Petroff

The progression of unexpected developments that took place on May 13, 2010, changed Tim Petroff's mind about a lot of things. When the 55-year-old registered nurse from Thornville had a potentially fatal heart attack, he thought he would be facing a long ordeal of surgery and rehabilitation that would require many trips to Columbus. What he found instead was that the speedy Emergency Department (ED) care at Licking Memorial Hospital (LMH), along with the advanced technology of the LMH Cardio Vascular Laboratory, provided the precise care that he needed for a quick and full recovery.

Tim awoke at his lakeside home on that May 13, looking forward to playing nine holes of golf with a long-time friend at Harbor Hills Golf Course. Tim remembered, "As I was getting ready, I noticed a little discomfort in my chest. I thought it would pass, but it gradually grew worse. When I met my friend at the golf course, I told him, half-seriously, that I might be having a heart attack."

As a registered nurse, Tim is very knowledgeable about the symptoms of a heart attack, including any combination of: chest pain or discomfort that lasts more than a few minutes, discomfort in the arms, back, neck, jaw or stomach, shortness of breath, light-headedness, and breaking out in a cold sweat. However, he continued onto the greens with his friend.

"It was more of a denial situation than anything else," Tim reflected. "I considered the possibility that I could be having a heart attack, but I did not have any shortness of breath, severe chest pain or pain in my arms. Besides, I was only 54 years old at the time, and I am in pretty good shape, so I did not believe that I was in danger. However, the discomfort kept getting stronger, and after we teed off at the first hole, I told my friend that I thought we should head to the hospital."

The two men started to walk back across the fairway, but Tim was not able to continue and requested that someone call 9-1-1 for emergency assistance. When the Hebron EMS squad arrived, Tim asked to be taken to the Columbus hospital where he is employed. The EMS responders explained that his life was in danger, and they were required to transport him to the nearest emergency facility, which was at LMH.

"While enroute to LMH (via squad), I was a little apprehensive about coming to a small community hospital feeling as bad



Tim Petroff (in white shirt) was surrounded by his wife, Debbie, and their family as he recovered from a heart attack in 2010.

as I did, but once I arrived at the ED, things moved along quickly," Tim said. "I was nervous, but I could tell that I was getting great care. It felt like I was in the ED for only about five minutes before I was taken to the Cath Lab."

Tim was very familiar with the medical terms being used in the ED and Cath Lab. He said, "As soon as I heard the word 'occluded' (blocked), I thought I would be transferred to Columbus for open heart surgery. I had no idea that LMH had a state-of-the-art Cath Lab. The cardiologist determined that my right coronary artery was blocked and needed to be re-opened with balloon angioplasty, which is a procedure I have assisted with many times as a nurse. As soon as the balloon made its way through my artery, the discomfort stopped."

In addition to the staff's clinical knowledge and skill, Tim was impressed by the way the staff anticipated his needs with personal touches. "When I was being transferred to the CCU, one of my grown daughters saw me with all the tubes and monitors attached. She panicked and started crying – I could hear her outside the room. As soon as I was placed in my new bed, the staff allowed my family to visit with me for a few minutes before they finished hooking me up to the equipment. I was able to reassure my daughters that nothing bad was going on. They treated my family very well throughout my stay."

"I could not believe the personal attention," Tim continued. "My first night in the CCU, I had one-on-one care. A nurse was actually assigned to stay with me in the room for the first six hours to make sure I did not have any problems. I was very impressed with my care – everyone was fantastic." After two and one-half days in the Hospital, Tim was released to recuperate at home. Due to his stressful work environment, he was advised to take two months' leave. During that time, he consistently regained his strength with no setbacks.

He wrote a letter to LMH, to thank the staff for his excellent care. He added a humorous note that somewhere between the golf course and the ED, his favorite black golf shoes had disappeared. To his delight, he received a phone call two days later that his shoes had been recovered. When he picked up the shoes, they were in a bag, along with a large prescription bottle that contained three new golf balls and a quip from the Hospital staff, "Take one each day."

Emergency Care – How do we compare?

Check out our Quality Report Cards online at www.LMHealth.org.

At Licking Memorial Health Systems (LMHS), 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 During 2010, there were 57,102 visits to the Licking Memorial Hospital (LMH) Emergency Department (ED).

	LMH 2008	LMH 2009	LMH 2010	Goal
Average length of stay in the ED	2 hrs. 55 min.	2 hrs. 53 min.	2 hrs. 38 min.	less than 3 hrs. 18 min. ⁽¹⁾
Average length of stay in the ED before being admitted	4 hrs. 6 min.	3 hrs. 55 min.	3 hrs. 36 min.	less than 4 hrs.
Patients in the ED for more than 6 hours	4.1%	3.1%	2.0%	less than 6%
Average arrival-to-physician time	1 hr. 11 min.	1 hr. 10 min.	59 min.	less than 56 min. ⁽¹⁾

2 In 2009, LMH opened Licking Memorial Urgent Care at the Pataskala Health Campus. Patients are encouraged to visit Urgent Care rather than the Emergency Department when they have illnesses and injuries that are not life threatening, but need immediate attention, such as ear infections, minor fractures and minor animal bites. Urgent Care visits usually require less time and lower costs than visits to the Emergency Department.

	LMH 2008	LMH 2009	LMH 2010	Goal
Urgent Care door-to-doctor time	N/A	32 min.	25 min.	less than 30 min.
Urgent Care average length of stay	N/A	1 hr. 3 min.	1 hr.	less than 2 hrs.

3 Emergency angioplasty restores blood flow in a blocked heart artery by inserting a catheter into the artery to implant a stent. The procedure has been proven to save lives during a heart attack, and it is most effective when performed within 90 minutes of the patient's arrival to the Emergency Department to minimize irreversible damage from the heart attack.

	LMH 2008	LMH 2009	LMH 2010	National	Goal
Average time to balloon	74 min.	67 min.	75 min.	66 min. ⁽²⁾	less than 90 min. ⁽³⁾
Time to balloon within 90 minutes	92%	94%	83%	89% ⁽⁴⁾	greater than 90%

4 For patients presenting with pneumonia, timing is critical for effective treatment. LMH tracks the time it takes to deliver antibiotics.

	LMH 2008	LMH 2009	LMH 2010	National ⁽⁴⁾
Pneumonia patients receiving antibiotic dose within 6 hours	98%	97%	99%	95%

5 Unscheduled returns to the ED may signal a problem in patient care, such as inadequate diagnosis or treatment during the initial visit, a patient's inability to understand or follow discharge instructions, lack of access to care in the community or other factors. Identifying patients at risk of an unscheduled return can reduce costs, minimize misuse of ED services, and allow for better care of those who need it.

	LMH 2008	LMH 2009	LMH 2010	Goal
ED patients who return to the ED within 24 hours of discharge	1.3%	1.4%	1.4%	less than 2%

6 An unscheduled admission to the Hospital within 72 hours after a visit to the ED, may signal a problem in patient care, such as inadequate diagnosis or treatment during the initial visit, patient non-compliance with discharge instructions or a patient's inability to understand or follow discharge instructions. Careful review of the data can help identify ways to improve care, and to work with community agencies and resources to reduce unnecessary use of ED services.

	LMH 2008	LMH 2009	LMH 2010	Goal
Patients admitted to the Hospital within 72 hours of ED visit	0.77%	0.74%	0.72%	less than 1%

7 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 rate shows how many registered nurse (R.N.) positions need to be filled.

	LMH 2008	LMH 2009	LMH 2010	Goal
R.N. vacancy rate in the ED	4%	3%	3%	less than 5%

Emergency Care – How do we compare? (continued on page 15)

8 Individuals sometimes leave the ED before seeing a physician or completion of treatment.

	LMH 2008	LMH 2009	LMH 2010	Goal
ED patients who left before treatment was complete	3.4%	4.0%	3.3%	less than 3%

9 Pain is sometimes called the “fifth vital sign.” Patients who visit the ED will be asked at triage to rate their level of pain. This will be completed by using the “faces” pain scale for children or the traditional range of 0 to 10 for adults. Both scales are excellent tools for communicating an individual’s level of pain.

	LMH 2008	LMH 2009	LMH 2010	Goal
Assessment of pain completed	95%	97%	98%	greater than 95%

Data Footnotes: (1) National Hospital Ambulatory Medical Care Survey: 2005 Emergency Department Summary. Number 386. (2) Comparative data from the Midas Comparative Database. (3) ACC/AHA Guidelines for the Management of Patients with ST-Elevation Myocardial Infarction, Antman et al. 2004. (4) Hospitalcompare.hhs.gov national benchmarks.

Preparing Older Patients for Visit to ED

As the average life expectancy in the U.S. has risen to 77.9 years, more aging patients are receiving care at home from a family member or other acquaintance. According to the Family Caregiver Alliance, an estimated 44 million adults are providing 37 billion hours of unpaid care each year for adult family members and friends with chronic illnesses or conditions. For these patients and their caregivers, a sudden illness or injury that requires a visit to the Emergency Department can cause confusion and anxiety. Fortunately, a small amount of preparation can be very beneficial during stressful emergent situations.



A small amount of preparation can make a visit to the Emergency Department less stressful for older adults.

case, it is important to respect the patient’s wishes.

In the event that the patient becomes unable to communicate, it is advisable to have Advance Directives prepared before an emergency occurs. Advance Directives include a Living Will, a Health Care Power of Attorney, Do-Not-Resuscitate Orders and a Donor Registry. By completing these forms in advance and having them on file at the Hospital, patients can ensure their wishes regarding their care will be followed even if they cannot speak for themselves. An Advance Directives packet is available online at www.lmhealth.org. Click on “Patient & Visitor Information”

May-Lee Robertson, D.O., Medical Director of the Emergency Department at Licking Memorial Hospital (LMH), recommends that every elderly patient have an emergency kit prepared at home and ready for use. “This kit should include a complete list of the patient’s medical history, allergy information, prescription medications, over-the-counter medications, physicians’ names and telephone numbers, insurance information, emergency contact numbers and any advance directives. Patients commonly have difficulty remembering the precise name or dosage of their medications in the midst of the Emergency Department’s commotion. It saves precious time to have that information at hand.”

Although the Emergency staff works diligently to provide services as expediently as possible, patients are seen in the order of the severity of their conditions. As a result, some patients may have a lengthy waiting room stay. To help ease the waiting process for elderly patients, it is helpful to bring reading material, needlework or some other activity to occupy their time. In case the patient is admitted to the Hospital, the emergency kit should also contain a complete change of clothing.

The patient may want to have a loved one stay close by during the Emergency Department visit. On the other hand, some patients may prefer to have privacy. In either

and scroll down to the section titled, “Making Your Wishes Known – Advance Care Planning.”

Symptoms that warrant an immediate trip to the Emergency Department are very similar between older patients and their younger counterparts. If any of the following warning signs develop, seek medical care right away:

- Shortness of breath
- Fainting or sudden dizziness
- Changes in vision
- Difficulty in speaking
- Uncontrolled bleeding
- Confusion or change in behavior
- Sudden, severe pain
- Severe vomiting or vomiting blood
- Severe diarrhea
- Thoughts of suicide or violence
- Any new symptoms or worsening of existing symptoms

The LMH Emergency Department is open 24 hours a day, seven days a week. It is staffed by a team of highly skilled, emergency medicine trained, board-certified/board eligible emergency medicine physicians, as well as nurses, paramedics, technicians, clerks and registrars.

Boards of Directors

Licking Memorial Health Systems Board of Directors

The Licking Memorial Health Systems (LMHS) Board of Directors oversees all aspects of LMHS' three corporations: Licking Memorial Hospital, Licking Memorial Professional Corporation and Licking Memorial Health Foundation. As volunteer community leaders, the Board Members serve to ensure LMHS provides the best care and services available.



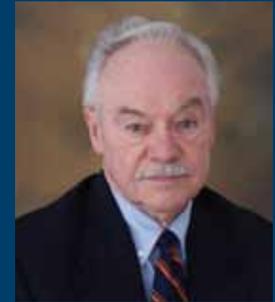
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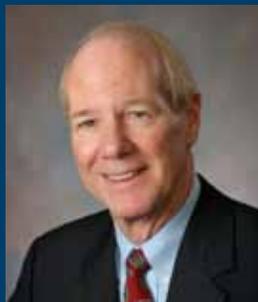
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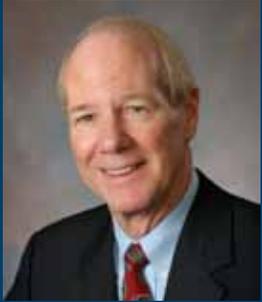
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In 1898, a small group of dedicated women opened a nine-bed hospital with donated furnishings in a converted house at the corner of Buena Vista and Everett Avenues in Newark to meet the needs of the community. After many evolutions throughout the past century, Licking Memorial Hospital now stands on West Main Street with 227 beds and state-of-the-art technology ready to serve the community. Today, like their predecessors, our Board of Directors is made up of dedicated individuals who volunteer their time to guide the operations and policies of the Hospital.



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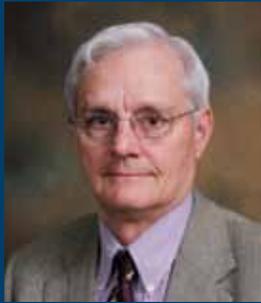
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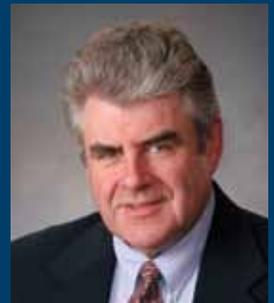
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Contributions to Licking Memorial Health Foundation are used toward new equipment and services at Licking Memorial Hospital. To learn more about giving opportunities, please call (740) 348-4101.

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Tom and Kathy Bradley
Angel S. Wilson

LMHS Recognizes Donors for Their Contributions to the Licking Memorial Health Foundation

During a meeting of the Licking Memorial Finance Committee in April, John and Mary Hinderer were recognized as the newest members of The John Alford Fellowship for their generous pledge to the Licking Memorial Health Foundation (LMHF). The John Alford Fellowship was created in 1996 by the Development Council of Licking Memorial Hospital (LMH) to memorialize the extraordinary commitment of the Hospital's long-time friend and supporter, John W. Alford. Membership is reserved for individuals who support the Licking Memorial Health Systems (LMHS) mission to improve the health of the community by pledging between \$25,000 and \$49,000 over a period of 10 years.

John and Mary Hinderer are both successful business owners. For the past 18 years, Mary has owned a fitness center, Fitness Dynamics, in Mount Vernon, Ohio. In 1991, John purchased a struggling Honda dealership in Heath, and developed it into a thriving campus that includes the John Hinderer Honda dealership and the Honda Power store, which sells motorcycles, all-terrain vehicles, watercraft, scooters and utility vehicles.

John is Past President of both the Columbus Auto Dealers Association and Newark Rotary. He is a member of the Central Ohio Honda Dealer Association, Ohio Auto Dealer Association, National Auto Dealer Association, Columbus YMCA, Columbus Touchdown Club, and the Athletic Club of Columbus. He previously served on the Licking Memorial Hospital (LMH) Board of Directors from 1999 to 2003, and was then appointed to the LMHS Board of Directors the following year.



Licking Memorial Health Systems President & CEO Rob Montagnese congratulated John and Mary Hinderer in recognition of their membership in The John Alford Fellowship.

Both John and Mary feel strongly about giving back to the community. Mary supports Susan G. Komen For the Cure's cancer research, and enjoys her work with adults through Mental Retardation and Developmental Disabilities in Knox County. Through the dealership, John supports more than 80 worthy causes, including LMHS, American Red Cross, Big Brothers Big Sisters, Licking County United Way and North Newark Little League.

LMHS Recognizes Donors for Their Contributions to the Licking Memorial Health Foundation (continued on page 19)

John has lived in Licking County since 2003, and Mary has lived here since October 2010, when the two married.

Mary has two adult children, Elizabeth and Jake. John has five children, Justin, Lindsay, Jonathan, John and Donna.

Angel S. Wilson, Director of Central Billing and Physician Center Manager for Licking Memorial Endocrinology and Internal Medicine, also was recognized for her membership in The William Schaffner Society at a meeting of the Licking Memorial Finance Committee in May.

Angel joined LMHS in 2002. She was named Manager of the Year in 2004, and was a member of the Quality Data Development Project Team that received the prestigious President's Award in 2007.

Angel has a degree in Accounting and also is a Certified Professional Coder. She is a C-TEC Advisory Board Member for the Medical Office Administration Program and is active in both the American and Columbus Academies of Professional Coders.

A lifelong resident of Licking County, Angel currently resides in Alexandria with her husband, Denny, and four children, Angel, Emmily, Bradley and Cole. In her spare time, she enjoys following her sons' activities in baseball, football and basketball.

The William Schaffner Society was created in memory of William Schaffner, who dedicated his life to assure the availability of quality health care services to our community. The William Schaffner Society is comprised of community



LMH Board Chairman Patrick M. Jeffries (left) and LMHS Board Chairman Gordon D. Wilken (right) congratulate Angel S. Wilson in recognition of her membership in The William Schaffner Society.

members and LMHS employees who have pledged a minimum of \$10,000 to LMHF over the course of 10 years. These contributions ensure that the Hospital can continue to provide excellent, quality health care to the community.

LMHS is proud to acknowledge those who make significant contributions to support the Health Systems' mission to improve the health of the community. Charitable contributions to LMH are dedicated toward purchasing equipment and funding programs, capital expenses and facility improvements. The contributions are not used for salaries or general operating expenses.

Zonta Members Continue Tradition of Giving

Since 1998, the community-minded members of the Zonta Club of Newark have made donations to Licking Memorial Health Systems (LMHS) to enrich patient care services. In past years, their donation was earmarked for the Oncology Department. On June 22, 2011, several members of the Zonta Club met with LMHS President & CEO Rob



The Zonta Club of Newark recently made a generous contribution to Licking Memorial Women's Health. Pictured are (left to right): Zonta Past President Becky Shoults, Zonta Member Wendy Danielson, LMHS President & CEO Rob Montagnese, Zonta Parliamentarian Joan Wine and Zonta President Nasie Gallagher.

Montagnese to present their generous donation of \$4,415 to Women's Health.

"We are appreciative of Zonta's continued support," said Rob Montagnese, LMHS President & CEO. "This contribution to Women's Health will benefit many women in our community through enriched services and programs at LMHS."

The Zonta Club of Newark formed in 1972. Membership currently includes 24 business and professional women who live or work in Licking County.

Zonta Club of Newark members raise money through several fundraisers, including the annual Champagne Luncheon and Fashion Show, a silent auction, Cookie Day sales and Ladies' Day shopping events. New members are welcome. For information about membership, contact Zonta President Nasie Gallagher at (740) 522-4663.

Zonta Club of Newark is part of Zonta International, which is comprised of 1,200 clubs in 67 countries and geographical regions. Club members work toward advancing the status of women by improving the legal, political, economic, educational, health and professional issues facing women worldwide.



The Dawes Arboretum Honors LMHS with Donation

Executive Director of The Dawes Arboretum Luke Messinger (right) presented a Limelight™ Panicle hydrangea shrub to Licking Memorial Health Systems President & CEO Rob Montagnese at a planting ceremony on April 29. The donation recognizes the long-standing collaboration of the two organizations and their commitment to the growth and well-being of the Licking County community. The hydrangea was planted outside the walkway in front of Licking Memorial Hospital's Cardiology Entrance.

Quilts for Chemotherapy Patients

Johnstown resident Irene Dickerson recently presented Licking Memorial Hospital (LMH) Oncologist Jacqueline J. Jones, M.D., with handmade quilts for chemotherapy patients at LMH. Irene, a melanoma cancer survivor, wanted to give back to the Hospital and her Oncologist, Dr. Jones, for their role in her recovery. To date, she has donated 25 quilts and plans to deliver additional quilts in the near future. Irene hopes that the donations will bring comfort and encouragement to those receiving treatment in the Chemotherapy unit.



Development Spotlight – David E. Doney



David E. Doney

David E. Doney, Radio Broadcaster and News Director at WNKO/WTHH Radio Station in Licking County, recently joined the Licking Memorial Hospital (LMH) Development Council, Annual Support Committee. David is involved with various community organizations including Big Brothers Big Sisters of Licking County, Our Futures in Licking County coalition and Licking County Crime Stoppers. He also is a member of the Newark Kiwanis Club and Licking County's Local Emergency Planning Committee.

As a Development Council Member, David plans to utilize his communication skills to promote Licking Memorial Health

Systems (LMHS) and its benefits within the Licking County community. "My goal is to educate the community on the excellent programs and services that LMHS provides and the importance of the Health Systems' partnership with the community," David said.

Before joining WNKO/WTHH in 2007, David was a radio sports reporter and news anchor in Akron, Ohio. David resides in Pataskala with his wife, Jodi, and two sons, David and Justin. In his spare time, he enjoys spending time with his family, playing golf and reading American history, political science and sports biographies.

LMHS FAMILY MOVIE NIGHT

Licking Memorial Health Systems invites you to enjoy a free family movie night! The Health Systems will be presenting *The SpongeBob SquarePants Movie* in a FREE outdoor screening.



Date: Saturday, July 23

Time: Arrive at 8:00 p.m.

The movie will begin at dusk

Location: Licking County Family YMCA Outdoor Pool,
off Church Street, in Newark

- Free swimming for all community members.
- Free health screenings will be available.
- Free beverages will be provided.
- Please bring lawn chairs or blankets.
- Children must be accompanied by an adult.
- Alcoholic beverages, tobacco products and pets are not allowed.

Note: This event is weather permitting – rain date for this event is Saturday, July 30.



**Licking Memorial
Health Systems**

For more information, call (740) 348-1503.

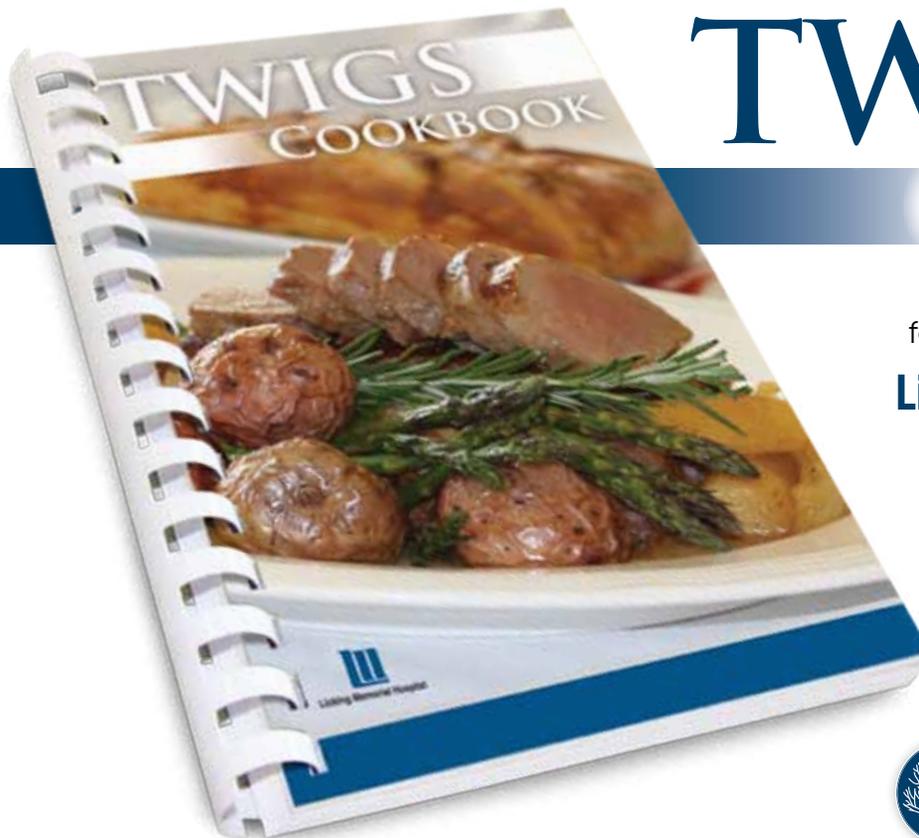
TWIGS Recognition Dinner

Licking Memorial Hospital (LMH) hosted a recognition dinner to honor the TWIGS (Togetherness, Willingness, Imagination, Giving and Sharing) groups that serve the Hospital. More than 80 TWIGS members attended the dinner on May 18. "In the past year, LMH TWIGS groups have raised more than \$98,365 for the Hospital, which will be used for renovations in the Hospital's Oncology Department," said Licking Memorial Health Systems President & CEO Rob Montagnese. "These contributions are greatly appreciated, and help support our mission to improve the health of the community."

During the recognition dinner, TWIGS member Sue Hanes was inducted into the 25-year Recognition Hall of Fame. Sue is a member of TWIGS 13, which raises funds by selling holiday greenery. The recognition award was created in 2000, when TWIGS celebrated their 50th anniversary, and began acknowledging current members who have provided more than 25 years of service. The Hall of Fame plaque is located by the LMH First Floor Conference Rooms, and has grown to more than 120 listed names.



Sue Hanes of TWIGS 13 was congratulated by LMHS President & CEO Rob Montagnese for her 25-year membership to TWIGS.



TWIGS COOKBOOK

Cookbooks are available for purchase at the cost of \$16 each at:

Licking Memorial Hospital Volunteer Office

Located on the ground floor of the Hospital.

All proceeds benefit Licking Memorial Hospital.



TWIGS of
Licking Memorial Hospital
Togetherness, Willingness, Imagination, Giving, Sharing



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Relay for Life – Mike Radabaugh Memorial

The annual Relay for Life – Mike Radabaugh Memorial event took place at the TJ Evans Sports Complex in Newark on June 3 and 4. The Relay for Life event includes 18 hours of continuous walking, with a goal of raising funds through sponsorships and donations to benefit cancer research. Approximately 750 community members, including cancer survivors, their families and supporters, attended the event,



The Relay for Life – Mike Radabaugh Memorial began on June 3 with the Survivor's Lap. Cancer survivors of all ages proudly walked around the track in honor of their fight against the disease.

During the opening ceremony, Larry N. Pasley, M.D., FACS, of Licking Memorial Surgical Services, addressed the participants with words of encouragement for the future. "The advances in cancer treatment have not developed quickly in a sprint, but have been the result of dedicated scientists, physicians and other medical team members who discovered something about cancer, and passed that knowledge on – much like a relay," said Dr. Pasley. "Therefore, it is fitting that we are gathered here for this Relay for Life – Mike Radabaugh Memorial. Together, we are honoring those who have been affected by cancer and have raised money to fund research that I believe will show us one day how to beat this group of diseases."

Licking Memorial Health Systems has been proud to serve as a corporate sponsor of the event since its inception in Newark. Licking Memorial Hospital (LMH) also collaborates with the American Cancer Society to offer the Patient Navigator Program, located in the LMH Oncology Department. The free Patient Navigator service is designed to assist cancer patients, survivors and their family members or caregivers in successfully addressing financial, logistical and emotional challenges that may arise following a cancer diagnosis. For more information about the Patient Navigator Program at LMH, please call (740) 348-1996, or toll free (888) 227-6446.

Patients Celebrate 75th Wedding Anniversary

Ralph and Mary Miller recently celebrated their 75th wedding anniversary during their visit to the Anticoagulation Clinic. The staff held a small celebration to commemorate their milestone. Pictured at the celebration are (left to right): seated – Mary and Ralph Miller. Standing – Lori Veits, Theresa Butler, Tina Roberts, Joleen Blacksten, Sue McPeek and Jean Glaser.



LMHS Goes to the Fair

A centerpiece of Licking County's culture, the Hartford Fair in Croton is an eagerly anticipated annual event. This year's 153rd fair will take place from Sunday, August 7, through Saturday, August 13.

Licking Memorial Health Systems (LMHS) will host a health education booth in the Merchants' Building. LMHS staff members will provide valuable health information on a variety of topics and conduct blood pressure screenings. Members of the public will also have an opportunity to register for a prize drawing.

Health topics at the LMHS booth will include: smoking cessation, urgent care, diabetes education, pediatrics, family practice medicine, oncology, medication safety and membership opportunities with Licking Memorial Hospital's TWIGS and Volunteers.

Health topics at LMHS' booth will change daily. Visitors are encouraged to visit the booth for an up-to-date schedule, or call (740) 348-4044 for more information.



Retiree Spotlight – Al Kanuch



Barbara and Al Kanuch

In 1980, Al Kanuch moved from Cleveland to the Central Ohio area looking for work as a licensed plumber. At the advice of a friend, he applied for a position at Licking Memorial Hospital (LMH), and was hired within the Plant Operations Department in 1982 as an assistant boiler engineer. After serving at LMH for two years, he worked as groundskeeper, and maintained the Hospital grounds for 16 years.

“It was my desire to make the grounds look nice and welcoming,” Al remarked. “Those visiting the Hospital need a comfortable, peace-filled environment when they first arrive.”

Al’s desire to make a difference for others was evident in many other ways throughout his career at Licking Memorial Health Systems (LMHS). While serving at LMHS, Al helped establish the Special Wish Foundation chapter for Licking and Knox Counties. He also served with a team of LMHS

employees in a volunteer effort, sponsored by the Health Systems, to provide Christmas gifts for local children through various fundraisers.

During the last five years of his career with LMHS, Al worked within the Engineering Services Department as a maintenance mechanic providing service for the LMHS off-campus locations. While reflecting on his years of service at LMHS, Al commented, “There was never a time that I did not want to get up and go to work; although, I confess that I do not miss the early morning or late night phone calls concerning maintenance requests. It was a real honor to be part of the Health Systems and to serve the community for 23 years.”

Since retiring from LMHS in 2004, Al and his wife of 22 years, Barbara, have continued to maintain an active lifestyle. In 2005, the couple were Honorary Chairs of the LMH Golf Gala. They both serve on the LMHS Development Council’s Community Relations Committee and are active at the 2nd Presbyterian Church in Newark. Al and Barbara spend their winters in Texas, golfing and working part-time jobs. The Kanuchs have five children and eight grandchildren.

Corporate Breakfast Participants Introduced to New Endocrinologist

Diabetes has become one of the top health concerns for Americans. The National Institute of Health reports that approximately 25.8 million people in the U.S., which is 8.3 percent of the population, are affected by diabetes. Unfortunately, 7 million of those people have not yet been diagnosed, so their conditions remain untreated. Diabetes, along with other chronic disorders of the body’s endocrine system, requires careful physician management to maintain good health and prevent long-term complications.

Licking Memorial Health Systems (LMHS) recently added a new specialty, Licking Memorial Endocrinology, staffed by board-certified Endocrinologist Jaime Goodman, M.D., to respond to the community’s growing need. At a recent Corporate Breakfast, hosted by the Licking Memorial Hospital Development Council, Dr. Goodman outlined the scope of her practice and the importance of vigilant care for endocrine system disorders.

“Endocrinology is the study of glands and the hormones they secrete,” Dr. Goodman explained. “The body’s hormonal qualities can change rapidly with significant impact on the patient’s health. In other cases, the hormonal changes may change so gradually that patients are unaware of how much their health has deteriorated. Our goal is to diagnose the cause



Jaime Goodman, M.D., explained the role of an endocrinologist at the recent Corporate Breakfast sponsored by the LMH Development Council.

of the hormonal imbalance quickly, begin treatment and monitor long-term care to restore the patient’s health and avoid possible complications.”

“We were fortunate that Dr. Goodman chose to join LMHS,” commented Rob Montagnese, LMHS President & CEO. “The demand for endocrinologists has surged in recent years, and our patients were previously required to travel out of the area to find the specialists, which are in short supply. By opening the Licking Memorial Endocrinology office in 2010, we can now help our patients obtain the care they need, right here in their community.”

In addition to diabetes, some common disorders of the endocrine system include:

- Metabolic disorders
- Thyroid diseases
- Menopause complications
- Osteoporosis
- Hypertension
- Cholesterol disorders

Dr. Goodman is accepting new patients at her office, located at 120 McMillen Drive in Newark. Appointments can be made by calling (740) 348-7950.

Volunteer Spotlight – Julie Rausch



Julie Rausch

After serving in the healthcare industry in various roles for more than 44 years, Julie Rausch retired from The Ohio Healthcare Association where she served as Director of Regulatory and Quality Assurance. Immediately after retiring in 1998, Julie joined Licking Memorial Hospital (LMH) as a volunteer. “It was not my desire to leave my healthcare experience in the past,” Julie said. “I wanted to continue to use my experience

to benefit others. One of my first volunteer opportunities was conducting patient surveys to ensure that LMH was meeting the needs of the community.”

On Wednesday mornings, Julie continues to utilize her background in quality improvement through her work with the new volunteers. “Julie truly enjoys working with people and shows genuine concern for others as she performs her duties,” said Carol Barnes, Director of Volunteers, TWIGS and Events. “Her healthcare knowledge is valuable to the Volunteer Department as she is able to refer to her experience to train her fellow volunteers.”

Julie began her journey in healthcare when she graduated as a Registered Nurse from White Cross Hospital School

of Nursing in Columbus. While a student, she met her future husband, Ray, who was attending The Ohio State University (OSU). Upon graduation, the couple married in 1954. Ray was drafted into the United States Army soon thereafter, and was stationed in Tokyo. Julie accompanied her husband, and obtained a position as a nurse at the Tokyo Army Hospital.

The Rauschs moved back to the Central Ohio area in 1956, and then to Licking County when Ray accepted a teaching position within the Newark City Schools. Julie was hired at Newark City Hospital (renamed LMH in 1966), and later worked in the office of Frederick Karaffa, M.D., and Robert Raker, M.D. She attended OSU to obtain her teaching certificate in nursing, eventually becoming a Medical Assistant Instructor for the Joint Vocational School (now known as C-TEC) in 1976. While volunteering at LMH, Julie has had the opportunity to witness many of her past students serving within the Health Systems.

The Rauschs enjoyed 56 years of marriage before Ray passed away in 2010. Julie finds fulfillment through singing with Vintage Voices of Granville, walking, gardening and serving on the Health Ministry Team at Centenary United Methodist Church in Granville. She also enjoys spending time with her three children and three grandchildren.

Celebrating “Best Regional Hospitals” Award



CONGRATULATIONS
to all staff, physicians and volunteers!

U.S. News and World Report
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Licking Memorial Health Systems' 2011 MVPs

Licking Memorial Health Systems' 2011 MVPs were chosen for their consistent demonstration of LMHS values: compassion, accountability, respect and excellence.

Leanne Ballard



Position Title: Physician Center Clerk, Licking Memorial Family Practice – Doctors' Park 1

Personal Background: Leanne has served as a Physician Center Clerk with LMHS since 2008. She is a PRIDE member, a 4-H Advisor and also works at a local veterinary clinic. In her spare time, she enjoys

Zumba, photography and spending time with her family and friends. Leanne has three daughters, Nicole, Brittany and Erika, and a granddaughter, Riley.

Recognition: Vice President Physician Practices Christine McGee said, "Leanne works in one of our busiest practices. While her workload is heavy, she takes positive action to meet growing responsibilities. She displays a pleasant, cheerful disposition and is always willing to assist the patients."

Erin Bame, C.C.A.



Position Title: Physician Practice Coding Specialist, LMHP Coding

Personal Background: Erin joined the Licking Memorial Emergency Registration Department in 2008 before becoming a Coding Specialist for physician practices in 2009. She attended the Medical Coding program at C-TEC and earned her Certified Coding

Associate (C.C.A.) certificate in 2008. In addition, she is a member of the American Health Information Management Association. Erin currently resides in Newark with her husband, Rob, and son, Austin. She also has two grown children, Mindy and David. In her spare time, Erin enjoys camping and reading.

Recognition: "Erin is truly an asset to the Coding Department. She is detail oriented, dependable and possesses excellent coding skills. Erin's interactions with the physicians and her coworkers are always positive and professional," said Vice President Financial Services Cindy Webster.

Garth Bennington, M.D.



Position Title: Physician, Licking Memorial Family Practice – Newark

Personal Background: Dr. Bennington joined LMHS in 2005. He received his Medical Degree from The Ohio State University College of Medicine and Public Health, and completed a family practice internship and residency at Grant Medical

Center in Columbus. Dr. Bennington is board certified in family medicine and is a member of the American Academy of Family Physicians. He currently resides in Granville with his wife and two children. In his spare time, he coaches youth sports and served as the team physician for the Granville High School football team.

Recognition: Vice President Physician Practices Christine McGee said, "Dr. Bennington clearly serves the community by providing quality health care and preventive services to his patients. He displays compassion and caring for his patients by listening to their concerns and developing a plan of care based on their individual needs."

Helen Benson



Position Title: Registrar, LMH Registration

Personal Background: Helen joined Licking Memorial Health Systems in 2007, and currently serves in the Hospital's Registration Department. She attends First Baptist Church in Heath and enjoys going to yard sales in her spare time. Helen is a lifelong resident of Licking County,

and lives in Heath with her husband, Rick. They have two children, Jenny and Scott, and four grandchildren.

Recognition: "Helen does an excellent job of interacting with patients and is recognized by both patients and coworkers for her kindness and compassion. Helen's dedication makes her an instrumental member of the Registration team," said LMH Registration Manager Tammy Johnson.

Kristi Boley



Position Title: Point-of-Care Technician, Licking Memorial Women's Health – Newark

Personal Background: Kristi has served LMHS since 2003, most recently as a Point-of-Care Technician for Licking Memorial Women's Health – Newark. She is a graduate of Heath High School and also completed the Medical Assisting Program at the Licking County Joint Vocational School. She is an active member of the Vineyard Grace Fellowship Church in Heath and enjoys gardening and motorcycle racing in her spare time. Kristi lives in Newark with her husband, Rick. They have two children, Jessica and Ricky, and three grandchildren, Dominick, Tyana and Jordan.

Recognition: Vice President Physician Practices Christine McGee said, "Kristi has a tremendous amount of experience both clinically and with the business office, which makes her extremely valuable. Kristi also displays a caring, calming demeanor during patient care, which often affects the patient's experience in a positive manner."

James Cooper



Position Title: Hemodynamic Technician, Surgery

Personal Background: James has served Licking Memorial Health Systems since 2006, and is a Hemodynamic Technician in the Surgery Department. James was born in Columbus, Kansas, but has been a resident of Licking County for 12 years. He lives in Newark with his wife, Heather, and son, Gavin. In his spare time, James enjoys athletics, spending time with his friends and family, and outdoor activities including camping and fishing.

Recognition: Director of Surgical Services Greg Wallis said, "James is the model employee. He is hard-working, dedicated and detail-oriented, and is always willing to go above and beyond what is asked of him. James is greatly respected among his peers."

Kathy Craig



Position Title: Pharmacist, LMH Pharmacy

Personal Background: Kathy has served at Licking Memorial Hospital since 1974, and for the past 25 years, she has been responsible for maintaining the LMH Meditech Pharmacy Module. She earned her Bachelor of Science degree in Pharmacy from Ohio Northern University in 1974. She is an active member of the First Presbyterian Church in Granville and participates in the Festivo Handbell Choir. In her spare time, she enjoys tai chi, skiing and traveling. Kathy resides in Granville with her husband, Nicholas. The couple has one daughter, Bethany.

Recognition: Director of Pharmacy Jean Glaser said, "Kathy was instrumental in implementing the recent Computerized Physician Order Entry (CPOE) system in the Pharmacy. She consistently demonstrates a positive attitude, which has made her a pleasure to work with throughout this endeavor. I am very impressed with Kathy's dedication to her work."

Jeanette Carpenter, R.N., B.S.N.



Position Title: Registered Nurse, 5-South

Personal Background: Jeanette joined Licking Memorial Hospital in 2000 as a nurse on 5-South. She currently serves as charge nurse. She was born in Sorsogon City, Philippines, and earned a Bachelor of Science degree in Nursing (B.S.N.) from Bicol Christian College of Medicine in Legazpi City, Philippines. Jeanette currently resides in Granville, with her husband, Kendall, daughter, Sarah and son, John.

Recognition: "Jeanette does an excellent job, and is extremely knowledgeable. She is always available to assist her coworkers and precepts the majority of the new dayshift nurses. Jeanette is detail-oriented and provides excellent patient care," said Patient Care Manager Lisa Hayes.

Mike Cordle, R.N.



Position Title: Registered Nurse, Emergency Department

Personal Background: Michael joined LMHS in 2006 as a Registered Nurse in the Emergency Department (ED). He has an associate degree in nursing from Central Ohio Technical College, and recently applied to Ohio University to earn his Bachelor of Science in Nursing degree. In his spare time, he enjoys weightlifting, skiing, mountain biking and hiking. He is a lifelong resident of Licking County, and lives in Newark with his wife, Pamela, and three children, Darion, Madison and Sophia Grace.

Recognition: "Michael often fills in as charge nurse in the ED and is an exceptional leader. He is knowledgeable about the needs of critical patients and is able to utilize his skill set to provide the best possible outcome. Michael demonstrates a strong work ethic and is encouraging to others," said Brad Copley, Patient Care Manager for the ED.

Julie Crandall



Position Title: Registration Specialist, LMH Registration

Personal Background: Julie joined the LMHS Central Billing Department in 2005, but has worked as a Registration Specialist since 2009. Originally from Marysville, Ohio, she currently resides in Newark with her husband, Rob, and their four children. In her spare time, Julie enjoys working on home improvement projects, physical fitness and spending time with her family.

Recognition: LMH Registration Manager Tammy Johnson said, "Julie is always willing to accept new tasks and takes ownership of her responsibilities. She has been instrumental in process improvement and educating departments on pre-certification requirements. Her strong work ethic makes her a valuable employee."

Vicki Evans



Position Title: Lead Lab Assistant, Laboratory

Personal Background: Vicki joined Licking Memorial Hospital in 1975. She has served in the Laboratory since 1985, and currently manages the daily operations of Phlebotomy. She attended the Licking County Joint Vocational School, and is a

member of the LMHS PRIDE committee. She also teaches a phlebotomy class at C-TEC. Vicki is a lifelong resident of Licking County, and currently lives in Newark. In her spare time, she enjoys working in her yard and attending auctions.

Recognition: “As an employee with over 35 years of experience at LMH, Vicki is very dedicated and loyal to the Health Systems. She takes pride in her career and works with the Phlebotomy staff to look for opportunities to improve the many tasks that they perform,” said Director of Laboratory Lorei Reinhard.

Scott Fisher



Position Title: Senior Systems Analyst, Information Systems

Personal Background: Scott Fisher has served in the LMHS Information Systems Department since 2005. He has earned his Microsoft, A+ and Cisco certifications and has completed Global Knowledge Technical Training. In addition, he is a member of

the Moose Lodge and Newark Nazarene Church. Scott is a lifelong resident of Licking County, and currently resides in Newark with his wife, Tonya, and their son, Samuel. In his spare time, Scott enjoys golf and carpentry.

Recognition: “Scott was instrumental in the design and construction of the new Data Center, including the innovative high speed network. His hard work and dedication ensures that the computer network is available at all times to support our critical clinical applications,” said Vice President Information Systems Sallie Arnett.

Jennifer Hughes



Position Title: Senior Groundskeeper, Plant Operations

Personal Background: Jennifer joined LMH in 2005, and currently serves as the Senior Groundskeeper for the Plant Operations Department. She was part of the team that earned LMHS a Green Star Merit Award by the Professional Grounds Management Society in

recognition of LMHS’ outstanding landscape design and grounds maintenance. Jennifer and her husband, Don, reside in Newark. They have four children, Rebecca, Maxwell, Audrey and Tyler. In her spare time, Jennifer is an OSU Buckeyes fan, and enjoys attending Newark High School sporting events with her family.

Recognition: “Jennifer always demonstrates a ‘can-do’ attitude, and her staff often comments that they enjoy working with her. She is extremely knowledgeable about her work and does a great job of maintaining the beauty of the LMH grounds. Jennifer is a tremendous asset to LMH, and we are pleased to present her with an MVP award,” said Director of Engineering Services Jeff Kovalik.

Marcia Fisher, B.S.N., R.N.C.-M.N.N., IBCLC, T.T.S.



Position Title: Certified Lactation Consultant, Maternal Child

Personal Background: Marcia is a Registered Nurse Certified in Maternal Newborn Nursing and a Lactation Consultant who has been at Licking Memorial Hospital since 1996. She currently provides inpatient and outpatient services to breastfeeding mothers and babies in the community. She earned a Bachelor of Science degree in Nursing from Ohio University, and is a certified lactation consultant by the International Board of Lactation Consultant Examiners. She is a member of the International Lactation Consultant Association and Sigma Theta Tau International Honor Society of Nursing.

Recognition: Director of Maternal Child Services Karen Thompson-Snipes said, “Marcia has successfully implemented evidence-based best practices for all breastfeeding mothers at LMH, and provides comprehensive education to the community and Maternal Child staff. Her dedication to the nursing profession reflects the highest standard of the LMHS mission and vision.”

Bonnie Ghiloni, R.N., B.S.N., CTTs



Position Title: Certified Tobacco Cessation Counselor, LMH Tobacco Cessation

Personal Background: Bonnie began working for LMH in 1997, and became a Tobacco Cessation Counselor in 2010. She has a Bachelor of Science degree in Nursing from Edinboro State University in Pennsylvania, and received Certified Tobacco Treatment Specialist status from the Mayo Clinic in Minnesota. She is a member of the Association for the Treatment of Tobacco Use and Dependence, and the Licking County Wellness Coalition. Bonnie lives in St. Louisville and enjoys time with her husband, Steve, children, Philip, Christina, Christian and Joshua, and her two grandchildren.

Recognition: Director of Case Management Rhonda Maddern said, “Bonnie does an exceptional job working with individuals who are struggling with tobacco addiction, and has successfully increased the number of patients entering the Tobacco Cessation program. She is committed to helping those who want to quit smoking kick the habit successfully.”

Connie Jenkins, M.D.



Position Title: Physician, Licking Memorial Outpatient Psychiatric Services – Pataskala

Personal Background: Dr. Jenkins joined LMHS in 2006, and previously provided interim adult psychiatry coverage at Shepherd Hill. She received her Doctor of Medicine Degree from the University of Cincinnati College of Medicine, and completed her psychiatry residency at the Cleveland Clinic Foundation in Cleveland. She is board certified in psychiatry. Dr. Jenkins grew up in Newark, and is a graduate of Newark High School. She currently serves on the Board of Trustees at her church, and in her spare time, she enjoys practicing Yoga.

Recognition: Vice President Physician Practices Christine McGee said, “Dr. Jenkins truly displays a harmonious, cooperative spirit, and is always willing to add a patient who is in need to her full appointment schedule. It is clear that she puts patients above herself and provides quality, compassionate care to those with mental health issues.”

Brian Klima, M.D.



Position Title: Physician, Licking Memorial Pediatrics – Newark

Personal Background: Dr. Klima joined LMHS in 2008. He received his Medical Degree at Wright State University School of Medicine in Dayton, Ohio. He completed a pediatric residency at Nationwide Children's Hospital in Columbus. Dr. Klima is board certified in pediatrics and is a member of the American Academy of Pediatrics. In his spare time, he enjoys running, playing golf and spending time with his wife, Jenn, and daughter, Avery.

Recognition: "Dr. Klima provides quality care to the pediatric inpatient population at Licking Memorial Hospital. He is always willing to help serve pediatric patients in the Emergency Department, and accepts additional shifts to maximize the availability of pediatric services at the Hospital. We appreciate the generosity of his commitment to LMHS and the community," said Vice President Physician Practices Christine McGee.

Shay Marmie



Position Title: Environmental Services Assistant, Environmental Services

Personal Background: Shay joined the Environmental Services Department at Licking Memorial Hospital in 2007. He is a lifelong resident of Licking County and a graduate of Newark High School. Shay lives in Heath and enjoys a wide range of outdoor activities including softball, basketball and hunting, as well as spending time with his family and friends.

Recognition: "Shay is an outstanding worker with a positive attitude who is dedicated to successfully completing all tasks assigned to him. He is always willing to assist his coworkers, and frequently rearranges his schedule to accommodate the needs of the Department. Shay has maintained perfect attendance during his years of service," said Director of Environmental Services Jim O'Bryan.

Greg McDaniel



Position Title: Electronics Technician, Engineering Services

Personal Background: Greg began working for the LMH Engineering Services Department in 2002. He earned a Digital Electronic Certificate from DeVry University in Columbus, and has an associate degree in Electronic Engineering from Hocking College in Nelsonville, Ohio. He and his wife, Carol, reside in Logan, and have a son, Tyler. In his spare time, Greg enjoys gardening and playing golf.

Recognition: "Greg has a vast knowledge of electronics and mechanical devices, and is a tremendous asset to the Hospital's Biomed staff, as well as the entire Health Systems. He is always willing to assist fellow employees with any unexpected issues that may arise and can be counted on as a leader, especially in time-critical situations. Greg is very deserving of the 2011 MVP Award," said Director of Engineering Services Jeff Kovalik.

Debra Lyday



Position Title: Patient Account Representative, Patient Accounting

Personal Background: Debbie has served Licking Memorial Health Systems as a Patient Account Representative since 2002. She is responsible for posting the cash and electronic remittance statements that are sent to LMHS. Debbie has lived in Newark for the past 24 years. She enjoys shopping and spending time with her grown children, Heather and Zeke, and her grandchildren.

Recognition: Director of Patient Accounting Janet Bush said, "Debbie is dedicated both to her job and LMHS, and has served in an important role on the Patient Accounting team for almost nine years. Her positive attitude and exceptional work ethic are only two of her outstanding attributes as an excellent employee."

Vicki Mays



Position Title: Point-of-Care Technician, 5-South

Personal Background: Vicki has served LMH as a Point-of-Care Technician on 5-South since 2002. She is a lifelong resident of Licking County and currently resides in Newark with her husband, Bill. She has two sons, Buddy and Brandon Brockman, and four grandchildren, Caden, Emma, Bennett and Hendrix. She also has five pets – three dogs and two cats. Vicki enjoys spending time with her family, non-fiction books, music and movies.

Recognition: Patient Care Manager Lisa Hayes said, "Vicki is dedicated to providing excellent patient care. As an experienced POCT, she educates her peers and is always a team player. Vicki is a very hard worker who strives to ensure that she successfully meets all patient needs."

Matt Miller, R.N.



Position Title: Registered Nurse, Intensive Care Unit

Personal Background: Matt joined LMH in 2008 as a staff nurse in ICU, and serves as the charge nurse and preceptor on the night shift. He is a graduate of Central Ohio Technical College and a resident of Newark. He is an active member of Spring Hill Baptist Church and enjoys camping, fishing and spending time with his family and friends.

Recognition: Kristi Blust, Director of Emergency and Critical Care Services, said, "Matt is a very kind nurse who provides high quality care to his patients. He is a resource to other Critical Care nurses in his role as charge nurse and preceptor. Matt is a leader among his peers, and we are fortunate to have him on our team."

Shannon Price



Position Title: Food Service Supervisor, LMH Food Service

Personal Background: Shannon has served in the Food Service Department since 2008, and is responsible for managing the evening staff. He is a lifelong resident of Licking County, and a graduate of Newark High School and the Licking County Joint

Vocational School. He currently resides in Newark with his wife, Helena, and children, Jessica, Alisha, Nicole and Justin. In his spare time, Shannon enjoys athletics, movies and gaming.

Recognition: “Shannon is a dedicated professional with an innate ability to provide outstanding customer service, both to guests and coworkers. His consistent, team-oriented approach sets an excellent example for others to follow,” said Chef Brian Merritt, Director of Food Service.

Erin Rummings



Position Title: Point-of-Care Technician, Licking Memorial Family Practice – Pataskala

Personal Background: Erin began working at LMHS in 2005 as a Point-of-Care Technician in the LMH Laboratory prior to transferring to Licking Memorial Family Practice – Pataskala. She is currently working to earn her associate degree in nursing from

Chamberlain College of Nursing in Columbus, and is a volunteer at the Western Branch of the Licking County Family YMCA. She resides in Pataskala, enjoys fishing, and spending time with her husband, Anthony, son, Lucas, and daughter, Emily.

Recognition: “Erin can be counted on to be consistent, reliable and dependable in a demanding, busy practice. She displays a strong sense of purpose in meeting the needs of patients and is currently pursuing a degree in nursing to better serve patients in the community,” said Vice President Physician Practices Christine McGee.

Pamela Thacker, RDMS



Position Title: Imaging Specialist, Radiology

Personal Background: Pam has served in the LMH Radiology Department since 1991. She is a registered diagnostic medical sonographer (RDMS), has an associate degree in diagnostic medical sonography from Central Ohio Technical College (COTC) and graduated cum laude from Mount Vernon Nazarene

College with a bachelor’s degree in business administration. She is a member of Faith Fellowship Church in Granville. In addition, she is an officer of the Central Ohio Ultrasound Society, serves on the COTC Advisory Board and volunteered at the Pregnancy Decision Health Center for eight years. Pam enjoys spending time with her husband, John, and four children, Amanda, Melissa, Bethany and J.T., as well as scrapbooking and shopping.

Recognition: “Pam is extremely intelligent and strives to teach the staff something new each week. She works well with her patients and treats them with the utmost respect. Pam is a team player, and her pleasant attitude fosters a great working environment,” said Director of Radiology Leslee Arthur.

Tina Roberts, R.N.



Position Title: Registered Nurse, Anticoagulation Clinic

Personal Background: Tina has served Licking Memorial Hospital as a registered nurse since 1985, and currently works in the Hospital’s Anticoagulation and Anemia Clinics. She earned her associate degree in nursing from Central Ohio Technical College in Newark.

Tina resides in Frazeytsburg with her husband, Chris. They have two sons, Chad and Joshua. Tina is an active member and usher at Family of Faith Community Church in Newark. She enjoys gardening, deer hunting, and raising ducks, chickens and rabbits.

Recognition: Director of Pharmacy Jean Glaser said, “Tina has clearly demonstrated her expertise in the Anticoagulation and Anemia Clinics. She offers the pharmacists a unique perspective on physical assessment skills, and provides assistance when possible. Tina is positive and full of energy, and she is beloved by patients in the Clinic.”

Justin Sturgill



Position Title: Senior Systems Analyst, Information Systems

Personal Background: Justin joined the LMHS Information Systems Department in 2002. He is a native of Kentucky and has taken various courses at the University of Kentucky in Ashland, Kentucky, Kentucky Tech – Ashland Regional Tech Center in

Ashland, Kentucky, and Central Ohio Technical College. Justin enjoys spending time with his wife, Traci, and son, Connor, as well as fishing, and collecting and playing guitars.

Recognition: Vice President Information Systems Sallie Arnett said, “Justin’s hard work and dedication was crucial to the design and construction of the Hospital’s new Data Center. He was closely involved in monitoring the progress of the construction and is instrumental in ensuring the availability of the network to support clinical applications that are critical to the LMHS mission.”

Beth Vogelmeier, R.N.



Position Title: Registered Nurse, 5-South

Personal Background: Beth began working at Licking Memorial Hospital in 1978 and currently serves as a charge nurse and preceptor on 5-South. She is a graduate of Central Ohio Technical College and a supporter of both Hand Me Down Dobes, Inc. and Doberman Rescue of Central Ohio.

Beth is a lifelong resident of Licking County and currently lives in Thornville with her husband, Randy. Beth enjoys reading, craft-store shopping, and spending time with her family and friends.

Recognition: “Beth is a strong charge nurse with great experience and skills. She takes ownership of her unit, mentors new nurses and consistently strives to provide excellent patient care,” said Patient Care Manager Lisa Hayes.

Mike Walker



Position Title: Public Relations Specialist,
Public Relations

Personal Background: Michael has served LMHS Public Relations since 2010 and is responsible for digital photography, designing marketing materials and assisting with community events. He has a Bachelor of Science degree in Visual Communications

Design from The Ohio State University and has been published in various magazines and books for environmental graphic design and signage. In addition, Michael is newly engaged to be married, and also plays ice hockey for the Newark Ice Hockey Association.

Recognition: “Mike is an excellent addition to the Public Relations team. He has a very positive attitude and demeanor, and is an excellent representative for the Health Systems. He is always eager to assist others, and consistently produces high caliber marketing and public relations materials,” said Vice President Development & Public Relations Veronica Link.

Annie Ward, R.N.



Position Title: Registered Nurse, 4-North

Personal Background: Annie joined Licking Memorial Health Systems in 1997, and worked in various physician practices before transferring to 4-North in 2004, where she currently serves as the day shift charge nurse. She graduated from The Ohio State University in 2001, and Central Ohio Technical College in 2006, and is currently working to earn her medical/surgical certification. Annie enjoys playing volleyball and kayaking.

Recognition: Heather Burkhart, Director of Medical Surgical Nursing and Respiratory Therapy, said, “Annie is a great leader on the unit and a resource for others. She provides excellent quality care and service to her patients. She also participates on the Medical Surgical Unit Council as a liaison between the staff and management team. She routinely receives compliments from patients, and she is also routinely recognized by her peers. Annie is a great asset to the 4-North team.”

Nancy Wright



Position Title: Respiratory Therapist

Personal Background: Nancy joined the LMH Respiratory Therapy Department in 2007. She earned her bachelor’s degree from The Ohio State University in 1998 and is a volunteer for the Meals on Wheels program in Gahanna. She and her husband, Leo Stewart, have seven children, Thomas, Avery, Tres, Iris, Jacob, Caleb and Logan. In her spare time, Nancy enjoys spending time on Lake Erie with her family and friends.

Recognition: “Nancy is proficient in providing care to patients in all environments within the Hospital setting and excels in the Critical Care Unit. She is always willing to take on new challenges and expand her skill set. Nancy always puts others first and provides her patients with great quality care and service. We are certainly fortunate to have Nancy in the LMH Respiratory Therapy Department,” said Heather Burkhart, Director of Medical Surgical Nursing and Respiratory Therapy.

Main Street Coffee

Licking Memorial Hospital proudly offers Main Street Coffee, a neighborhood coffee shop open to the community. Main Street Coffee, located near the Hospital front entrance lobby, features Starbucks® specialty coffees including traditional, espresso and iced blended coffee drinks. Teas, muffins, cookies and other delicious bakery items are also available.



Licking Memorial Hospital

Hours of Operation

Monday through Friday
6:00 a.m. to 7:00 p.m.

Saturday and Sunday
8:00 a.m. to 2:00 p.m.





Licking Memorial Health Systems

1320 West Main Street
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You'll once again see why Licking Memorial Health Systems is measurably different ... for your health!
Visit us at www.LMHealth.org.

A publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (740) 348-1572 to receive future mailings.

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Community Events

For more information about any LMHS event, please call (740) 348-1572, or visit www.LMHealth.org

Prostate Cancer and Men's Health Issues

Thursday, July 28, 6:00 to 7:00 p.m.

No charge

Licking Memorial Hospital – First Floor Conference Rooms

Registration is required, and space is limited. Call (740) 348-2527 to register. See story on front cover for more details.

Heartsaver® CPR

Saturday, August 6, 8:30 to 11:00 a.m.

Cost: \$35 per person, includes course materials

Licking Memorial Hospital – First Floor Conference Rooms

A certified BLS instructor teaches basic cardiopulmonary resuscitation skills. The course provides employee training for designated first responders, credentialed training for those with job or regulatory requirements and select departments or an entire workplace. To register, call (740) 348-4343.

Obsessive-Compulsive Disorder

Thursday, August 25, 6:00 to 7:00 p.m.

No charge

Licking Memorial Hospital – First Floor Conference Rooms

Registration is required, and space is limited. Call (740) 348-2527 to register. See story on front cover for more detail

Ask the Doc

Saturdays, from 9:00 to 10:00 a.m.

No charge. Open to the public.

Shepherd Hill, 200 Messimer Drive

A physician will answer questions about chemical dependency. Call (740) 348-4877 for more information.

Diabetes Self-Management (a four-class series)

Licking Memorial Diabetes Learning Center, 1865 Tamarack Road

Tuesday classes

Wednesday classes

9:00 to 11:00 a.m.

1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.

Registration and physician referral are required. To register for the four-part series of classes, call (740) 348-4722. For information regarding course fees, call (740) 348-4915. Fees vary depending on insurance coverage.

First Impressions – Maternal Child Classes

- Childbirth Education Classes
- Maternity Tour
- Stork Tour
- Breastfeeding Class
- Infant and Child CPR
- Sibling Preparation Class
- Newborn Basics Class

For more information or to register, call (740) 348-4346 or e-mail: firstimpressions@LMHealth.org.