



Measurably Different ... for Your Health!

LMH Offers Seasonal Flu Clinic



The upcoming 2010 flu season is quickly approaching, and Licking Memorial Hospital (LMH) will be offering a flu clinic at the Indian Mound Mall to meet the demand for flu immunizations. The 2010-2011 flu vaccine will protect against three different flu viruses: strains of influenza A, influenza B, and the H1N1 virus that caused so much illness last season. The flu vaccine will be given in a single injection.

The LMH Seasonal Flu Clinic will begin at the Indian Mound Mall in Heath (near Entrance B) on Tuesday, October 5, and will be open on Tuesdays and Thursdays, from 8:30 a.m. to 4:00 p.m., through November 30. The clinic will be closed on Thanksgiving Day, November 25. The cost of the vaccination is \$25 by cash, check or credit card. LMH also accepts Medicare or Medicare HMO, traditional Medicaid or Medicaid HMO (Molina or Caresource) or MedBen Insurance.

LMH Offers Seasonal Flu Clinic (continued on page 2)

Heart to Play Program Prevents Potential Tragedies

This past summer, nearly 1,000 students participated in Licking Memorial Health Systems' Heart to Play program that provides free screenings to Licking County middle and high school students in athletic or other physically demanding school activities. As a result of the electrocardiogram (ECG), two students were discovered to have potentially deadly heart rhythm abnormalities and were referred for corrective procedures.

"The two students who were discovered to have Wolff-Parkinson-White syndrome appeared to be healthy," commented Pediatrician Diane LeMay, M.D., who spearheaded the Heart to Play program. "However, their ECGs revealed abnormal heart rhythms that could have had deadly consequences under extreme physical exertion. We are so thankful that we were able to find these conditions before the students suffered any damage. With corrective surgery, they should be able to lead full, active and healthy lives."



Diane LeMay, M.D., reviews a student's ECG during the Heart to Play program.

Heart to Play Program Prevents Potential Tragedies (continued on page 2)

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

See pages 12-17 for Quality Report Cards in this issue.

COMMUNITY EDUCATION

Treatment Options for Heartburn

- Date:** Thursday, September 16
 - Location:** Conference Rooms A & B
 - Time:** 6:00 p.m.
 - Speaker:** David Subler, M.D.
- (continued on page 3)*

Student Athlete Health Risks

- Date:** Monday, September 27
 - Location:** Conference Rooms A & B
 - Time:** 6:00 p.m.
- (continued on page 8)*

Preventing Influenza with Vaccination

- Date:** Thursday, October 7
 - Location:** Conference Rooms A & B
 - Time:** 6:00 p.m.
 - Speakers:** Jeanne Emmons, B.S., M.T. (A.M.T.) C.I.C. and Jonathon Dye
- (continued on page 11)*

Breast Cancer Awareness and Screening

- Date:** Thursday, October 28
 - Location:** Conference Rooms A & B
 - Time:** 6:00 p.m.
 - Speaker:** Larry Pasley, M.D.
- (continued on page 17)*

LMH Offers Seasonal Flu Clinic (continued from front page)

The Advisory Committee on Immunization Practices (ACIP) recommends an annual immunization for adults who want to reduce the risk of becoming ill with influenza or who may transmit the disease to others. Those who are allergic to eggs or have had a strong reaction to a previous flu vaccine may not be able to receive an immunization.

“The flu vaccine is specially formulated to protect against the strains of influenza that are expected to arise each flu season. There is no danger that the inactivated virus in the vaccine could cause someone to catch the flu. It is important for individuals to be immunized each year, since the vaccine from the previous year may not offer protection against this year’s strains,” explained Debbie Young, Vice President Patient Care Services. “We anticipate that we will have a plentiful supply of vaccine for this flu season.”

Groups who are considered at increased risk for becoming infected with influenza and are encouraged to receive vaccinations include:

- Those who are 50 years or older
- Pregnant women
- Those with chronic pulmonary, cardiovascular, renal, hepatic, cognitive, neurologic/neuromuscular, hematological, diabetes or metabolic disorders
- Those with immunosuppression

- Patients in nursing homes
- Health care personnel
- Caregivers for young children, older adults or patients with medical conditions

In addition, the ACIP has expanded its recommendations for children’s vaccinations for those who are six months or older. Parents who would like to have their children immunized are advised to contact their pediatrician or family physician.

In June 2009, the H1N1 flu virus, commonly called the Swine Flu, was declared by the World Health Organization (WHO) to be a world-wide pandemic. The outbreak peaked in the fall of 2009, and by the end of the flu season in April 2010, an estimated 60 million Americans had been infected, resulting in an estimated 12,000 deaths. The WHO declared an end to the pandemic in August 2010, but cautioned that the virus persists in some areas of the U.S., and is likely to re-emerge nationwide as cooler weather returns and students return to school.

The LMH Seasonal Flu Clinic is open to the public for adults 18 years and over, and no appointment is necessary. More information is available by calling (740) 348-7091 for a pre-recorded message.

Heart to Play Program Prevents Potential Tragedies (continued from front page)

LMHS began offering free screenings to the county’s middle and high school students in 2006. In 2008, ECG screenings were added to the program to provide a more in-depth evaluation of each student’s risk. That year, the program was credited with saving the life of a 17-year-old Newark Catholic student who was also discovered to have Wolff-Parkinson-White syndrome.

“Each year, LMHS devotes approximately \$14,000 in actual expenses, and our physicians and staff donate many hours to provide the free Heart to Play program to our community,” stated Rob Montagnese, LMHS President & CEO.

“Although that is a major expenditure for our organization, it is absolutely worth the investment. It is impossible to put a price on the lives of three of our county’s students. I am so glad we were able to avert potential tragedies for their families.”

In 2009, two students were discovered to have cardiomyopathy during their Heart to Play screenings. Both students are under restricted activity at their cardiologists' advice. Of the 927 students screened during this year’s program, two additional students were found to have long QT syndrome, a delay in the heart’s electrical conduction, and were referred for future monitoring.

In addition to preventing sudden cardiac events through the Heart to Play program, LMHS is also protecting students' lives by ensuring that life-saving equipment is accessible at athletic events. The Health Systems donated 117 automatic external defibrillator (AED) devices to schools and law enforcement agencies around Licking County in 2008. The AED devices can detect a fatal heart rhythm and, if necessary, will deliver a reviving shock until the patient can be transported.

LMH SEASONAL FLU CLINIC

Have you received your flu shot this season?

Licking County residents 18 years of age and older are invited to attend the clinic. Parents of children needing flu vaccines should contact their pediatrician or primary care physician.

When
8:30 a.m. to 4:00 p.m.
Tuesdays and Thursdays
October 5 through November 30
(closed Thanksgiving Day)

Cost
\$25 by cash, check or credit card. LMH also accepts Medicare or Medicare HMO, traditional Medicaid, or Medicaid HMO (Molina or Caresource) or MedBen Insurance

Where
Indian Mound Mall in Heath,
located near Entrance B

For More Information
Call (740) 348-7091 for a pre-recorded message about the Licking Memorial Hospital Seasonal Flu Clinic



Licking Memorial Hospital



Vascular Lab Accreditation

The Vascular Lab at Licking Memorial Hospital (LMH) has received recognition for its commitment to providing a high level of patient care and quality testing for the diagnosis of vascular disease. The lab was recently re-accredited by the Intersocietal Commission for the Accreditation of Vascular Laboratories (ICAVL). In this triennium, the Lab applied for and received an additional accreditation in visceral vascular studies.

The re-accreditation results from LMH's voluntary participation with the ICAVL evaluation process in which every aspect of the Lab's daily operations and its impact on the quality of patient care is reviewed. Today's health care organizations are held to very high levels of accountability by peers, the general public, Medicare and other payers. ICAVL accreditation is a means by which noninvasive vascular laboratories can evaluate and demonstrate the level of patient care they provide. ICAVL accreditation is valid for a period of three years. Because of this, a long-term commitment to quality and self-assessment is developed and maintained. Laboratories may use ICAVL accreditation as the foundation to create and achieve realistic quality care goals.

Debbie Young, Vice President Patient Care Services, said, "The Vascular Lab has been ICAVL-accredited since 2006, and this renewal indicates LMH's attention to detail and continuous improvement. Vascular disease is one of the leading causes of death in the U.S., so it is vital to the community's health to have this high-quality service available."



Members of the LMH Vascular Lab team include (left to right): Larry Pasley, M.D., Karla Linton, R.V.T., Howard Reeves, D.O., David Lawrence, D.O., Sharyn Davis, R.N., R.V.T., Kim Higgins, RDMS, R.V.T., and Sandra Rapp.

Early detection of life-threatening vascular disease is possible at the Vascular Lab through the use of ultrasound and other noninvasive technology. There are five main types of noninvasive vascular procedures available, including arterial, venous, cerebrovascular, abdominal flow studies, and abdominal aortic aneurysm screening. Patients who have test results that indicate significant disease may then require more in-depth evaluation.



Education Programs at the Betsy Eaton O'Neill Health Resource Center

Community members are invited to the Licking Memorial Hospital (LMH) Betsy Eaton O'Neill Health Resource Center, located near the Main Lobby, for an upcoming series of education programs, which will cover a variety of medical care topics. No registration is required, and the events are all free. For specific program information, please visit our Web site, www.LMHealth.org, and click on the Classes and Events link on the right-hand side of the page.

Community Education – Treatment Options for Heartburn *(continued from front page)*



David Subler, M.D.

Gastroesophageal reflux disease (GERD), commonly referred to as heartburn or acid indigestion, is a condition that occurs when the esophageal lining comes in contact with acids and enzymes from the stomach, producing an unpleasant taste and discomfort in the throat and/or chest. According to the American College of Gastroenterology, GERD affects more than 60 million Americans at least once a month, and some statistics indicate that more than 15 million Americans experience symptoms of heartburn

every day. Licking Memorial Hospital (LMH) is offering a free educational seminar to inform community members about the causes of GERD, as well as medications and lifestyle changes that can improve symptoms.

David Subler, M.D., of Licking Memorial Gastroenterology, will discuss the symptoms and treatment options for GERD, during an educational session on Thursday, September 16, at 6:00 p.m., in Conference Rooms A & B on the first floor of LMH. Registration is required. To register, please call (740) 348-2527.

Record Attendance and Support for Licking Memorial Hospital's Annual Golf Gala

The Licking Memorial Hospital (LMH) Development Council held its annual Golf Gala on June 21, with a record attendance of 132 golfers. The golf tournament is an 18-hole, four-player, shotgun scramble, and proceeds are used to obtain and enhance state-of-the-art technology within the Hospital. Honorary chairs of this year's event were LMH Board of Directors Chairman Patrick Jeffries and his wife, Linda.

Golfers were provided with lunch and an opportunity to network with fellow attendees prior to an afternoon of golf. A total of 33 teams participated in the event, and the WNKO Radio team took home first place, with a score of 54. Members of the winning team included: Richard Day, Todd Harrold, Tom Swank, and Mark Walters. Each team member received a trophy and golfing package at the Longaberger Golf Course. The State Farm Insurance team, which included Dave Allen, Jim Maynard, Joe Montes, and Gordon Wilken, took second place with a score of 55, and each received golfing packages at Cumberland Trail Golf Course. In addition, prizes were awarded for closest to the pin, longest drive for women and men, and longest putt. Unfortunately, no one won the Hole-in-One prize, which was a new 2010 Honda Accord from John Hinderer Honda.



The winning team of the 2010 Golf Gala was WNKO. Members of the team were (left to right): Todd Harrold, Tom Swank, Mark Walters and Richard Day.

Following the golf game, participants enjoyed a barbecue dinner, as well as an awards ceremony, which featured raffle drawings and door prizes.

Rob Montagnese, Licking Memorial Health Systems President & CEO, expressed his gratitude for the terrific response by the community. "The support from our participants and sponsors is crucial to help us continue to Improve the Health of the Community. This event presents an excellent opportunity to raise funds and allow the Hospital to remain in the forefront of health care technology."

This year's Ace Sponsors (\$5,000 donation) included MedBen, Park National Bank, and Turner Construction Company. Eagle Sponsors (\$2,500 donation) included Gutridge Plumbing, Inc., Limbach Company, LLC, Summit Custom Cabinets, Stedman Flooring, Inc., and The Jerry McClain Companies.

The Licking Memorial Development Council was established in 1987 to increase charitable giving to Licking Memorial Hospital, and to enhance and promote meaningful community relations for the Hospital. Approximately 75 community volunteers serve on three committees: Annual Support, Education/Membership, and Community Relations.

2010 Golf Gala Sponsors

Ace Sponsors (\$5,000)

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Standard Textile
Thrivent Financial for Lutherans
Time Warner Cable

Comprehensive Medical Care Offered at LMH Wound Clinic

In 2004, Licking Memorial Hospital (LMH) formed the Wound Clinic to provide outpatient service for treatment of chronic or complicated wounds, and to ensure convenient and complete care services for the community. The Clinic provides care for patients using a variety of treatments, including skin grafting, application of specialized wound dressings, application of wound vacuum-assisted closure (VAC) devices, muscle and skin flaps for wound closure, management of open wounds around an ostomy (surgical opening for collection of body waste), and surgery. The Clinic's medical staff includes Ralph Napolitano, D.P.M., board-certified podiatrist, James Jeffries III, M.D., board-certified plastic surgeon, and a team of certified wound care nurses.

One of the primary goals of the Wound Clinic is to continue to decrease wound healing times – which are presently commensurate with national standards, while also promoting preventive care. “A small wound on a patient with diabetes may not appear to be life-threatening, but if left untreated, serious complications could occur,” said Dr. Napolitano. “Receiving prompt medical care for a wound can significantly impact the healing process. We encourage community members to be proactive about seeking wound care. This allows us to quickly assess the patient's health needs, and begin utilizing appropriate treatment methods to promote healing and prevent the possibility of developing complications. The Wound Clinic focuses on restoring our patients' quality of life while providing education pertaining to current wound treatments.”

Many of these treatments – such as skin grafting, have continued to evolve in order to accelerate the healing process. “A common misperception about grafting is that the skin must be procured from the patient's body,” Dr. Napolitano said. “Today, there are many advanced skin substitutes that provide excellent results. Products such as Apligraf® (a wound treatment created from human skin cells, and porcine xenografts) wound dressings produced from animal tissues, are alternatives that promote healing results comparable to the patient's own skin.”

In order to continuously enhance patient care, the physicians at the Wound Clinic also work closely with other specialists, such as vascular surgeons and dermatologists, to establish new treatment methods. Recently, the Wound Clinic and the LMH Occupational Therapy Department collaborated to develop a care plan for patients with lymphedema, a condition caused by a compromised lymphatic system which can result in swelling and fluid retention. This new treatment will combine massage therapy with specialized clinical care.



Podiatrist Ralph Napolitano, D.P.M., and Wound Clinic Nurse Terri Hazlett, R.N., C.W.S., display an advanced skin substitute, Apligraf®, which is applied on patients requiring skin grafts.

The Licking County community's response to the Wound Clinic has been positive – the clinical staff currently examines approximately 50 patients per week. “Many community members assume that they will need to travel out of the county to receive these specialized services. They are pleasantly surprised to discover that we offer treatment right here at LMH,” said Dr. Napolitano.

The Wound Clinic is located on the second floor of LMH. In most cases, patients are sent information regarding their first appointment, or they will be contacted by a clinical staff member to answer any questions. Patients may receive additional testing, such as vascular analysis or X-rays, to assess any further medical needs that may affect their care. The clinical staff works with each patient to design a treatment plan, and may collaborate with other specialists, as required.

LMHS “For Your Health” 5K Run and Fun Walk

Licking Memorial Health Systems’ 2010 “For Your Health” 5K Run and Fun Walk attracted more than 320 participants. The third annual event took place on August 7 along the Auto Tour at The Dawes Arboretum in Newark. Participants had the option of running or walking the entire 5K scenic route through The Dawes Arboretum’s renowned collections. Walkers also had the further option of following a shorter, one-mile route.

“We are proud to present the “For Your Health” 5K Run and Fun Walk as a way of fulfilling our mission, ‘to Improve the Health of the Community,’” stated Rob Montagnese, President & CEO of Licking Memorial Health Systems. “This year, our runners range from 8 to 70 years old, illustrating the fact that some form of exercise is important for people of all ages.”

Two of the participants, Jeff and Julie Branham of Pataskala, attended the event for the second year, however, their participation in 2010 was very different for them than it was in 2009. Jeff, owner of Heritage Construction, said, “Last year in July, I weighed approximately 350 pounds, and I decided it was time to turn things around. Fortunately, I did not have any serious health issues, but I did not want to wait until something such as diabetes developed before I made changes in my life.”

He recalled, “After I saw my physician, I started to walk a little every day. Then we heard about the upcoming “For Your Health” 5K Run and Fun Walk at The Dawes Arboretum in August. Julie and I already visited the Arboretum frequently, so we thought the 5K would be a good goal for our new exercise and diet regimen. We really enjoyed the event and began to attend other 5K races – getting a little stronger with each one. Last year, I walked the 5K course at the Arboretum, and this year, I was able to run the entire distance!”

“I have lost 120 pounds over the past year, and Julie has lost 32 pounds,” Jeff said. “I just wish I could help everyone to understand that if I can do it, they can, too. You just have to get started. Even if it means walking only 50 feet the first day, and then another 50 feet a little later – you will feel so much better if you exercise. I started my exercise in a slow and gradual manner, so I never suffered any injuries.”

On August 7, Jeff placed sixth in his age group (male, 45 to 49 years old) with a finishing time of 28:52. Julie placed third in her age group (female, 50 to 54 years old) with a finishing time of 35:02. “My goal now is to run a half-marathon,” Jeff said.

The honorary co-chairs of the 2010 “For Your Health” 5K Run and Fun Walk were Joseph and Jean Fondriest, along with their four children: Joe, Sara, Jacob and Steven. Joseph Fondriest, M.D., is a radiologist at Tri-County Radiology and serves as chair of the Licking Memorial Hospital (LMH) Radiology Department. All six members of the Fondriest family ran in the 5K and placed either first or second in their age groups. In addition, Sara was



On August 7, hundreds of runners and walkers participated in the third annual “For Your Health” 5K Run and Fun Walk at The Dawes Arboretum.

the second-place overall female finisher.

The overall female and male winners of the “For Your Health” 5K Run and Fun Walk included: first-place – Megan Bookless (20:19) and Hayden Moreau (17:44), second-place – Sara Fondriest (20:42) and Nathan Vaughn (17:59), and third-place Jessica Lenhart (21:30) and Patrick Merrilees (18:42).

The “For Your Health” 5K Run and Fun Walk was co-sponsored by the LMH

Development Council, The Dawes Arboretum, Star Power Running and Licking County YMCA. The top three overall male and female finishers received medals and gift cards from Star Power Running.



In 2009, Jeff Branham walked the “For Your Health” 5K course at The Dawes Arboretum.



In 2010, Jeff Branham ran the entire distance after losing 120 pounds through diet and exercise.

LMHS Family Movie Night

Licking Memorial Health Systems (LMHS) presented a Family Movie Night at the Pataskala Health Campus on the evening of July 15. More than 350 community members were treated to a free screening of the 1981 Steven Spielberg adventure classic, *Raiders of the Lost Ark*, along with complimentary popcorn.

LMHS has scheduled an additional Family Movie Night at the Health Campus on Saturday, September 4. Community members are welcome to reserve seating on the campus grounds, starting at 7:30 p.m. A free screening of the original film version of *The Karate Kid* will begin at dusk.



LMHS FAMILY MOVIE NIGHT

Join LMHS for Family Movie Night as we present the 1984 original movie classic, *The Karate Kid*, in a FREE outdoor screening!

Date: Saturday, September 4

Location: The grounds of the Pataskala Health Campus, located at One Healthy Place, off Broad Street, in Pataskala

Time: Arrive at 7:30 p.m.
The movie will begin at dusk (approximately 8:30 p.m.)

- Free health screenings
- Free popcorn and bottled water 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
- Please note: this event is weather permitting - the rain date is Saturday, September 11



Licking Memorial
Health Systems



For more information, call (740) 348-1503

LMHS Night at Licking County Settlers Game

Licking Memorial Health Systems (LMHS) sponsored a third annual evening with the Licking County Settlers at Don Edwards Park in Newark. "LMHS Night" featured a cookout with door prizes and free admission to the Settlers vs. Stark County Terriers ballgame for Health Systems' employees. The Settlers won the game, 3-0.

LMHS' sponsorship and support of the Settlers was demonstrated throughout the evening. Richard Baltisberger, M.D., board-certified pediatrician with Licking Memorial Pediatrics, along with his son, Jacob, threw the ceremonial first pitch. Doug Predmore, a scrub technician in the Endoscopy Diagnostic Lab, sang the National Anthem.

The Licking County Settlers are a member of the Great Lakes wooden bat league. To be eligible for the team, a player must play collegiate baseball. Universities from several states are represented on the team. The Settlers formed in 2006 and played at Denison University during their first two seasons before establishing Don Edwards Park as their home field in 2008.



(Left to right) Vice President Development & Public Relations Veronica Link, Licking County Settlers Sponsor and President of First Financial Group Lou Mitchell, and LMHS President & CEO Rob Montagnese.



Licking Memorial Health Systems Pediatrician Dr. Rick Baltisberger and his son, Jacob, threw the ceremonial first pitch for the Licking County Settlers winning game against the Stark County Terriers.

Community Education – Student Athlete Health Risks *(continued from front page)*

With the fall sports season underway, it is important to be aware of health risks facing student athletes. Concussions, a mild form of traumatic brain injury (TBI), have been identified as a top health concern for young athletes. According to a recent study conducted by the Center for Injury Research and Policy at Nationwide Children's Hospital, only 42 percent of the nation's school athletic programs have certified trainers on staff with a background in concussion management. Last year, the National Federation of State High School Associations established "Suggested Guidelines for Management of Concussions in Sports," to aid coaches, parents, and athletes in identifying symptoms and ways to prevent concussion.

Another health consideration pertaining to student athletes involves the use of performance-enhancing drugs and

supplements. According to the Mayo Clinic, teen athletes often use these drugs as a result of poor body image and pressure from parents and peers.

The Licking Memorial Hospital (LMH) Development Council's Community Relations Committee is offering a free educational seminar to inform parents and students about ways to recognize, manage, and prevent concussions, and raise awareness concerning the dangers of performance-enhancing drugs. Julie Wilson, M.D., and Stephen Cuff, M.D., both of Nationwide Children's Hospital, will be the speakers at this program, to be held Monday, September 27, at 6:00 p.m., in the first floor conference room of Licking Memorial Hospital. Registration is required. To register, please call (740) 348-4102, or e-mail aberry@LMHealth.org.

Volunteer Spotlight: Polly Mitchen



Polly Mitchen

Licking Memorial Hospital (LMH) volunteer Polly Mitchen received excellent, state-of-the-art care at LMH during pivotal moments in her life, such as the births of her two daughters, and following a recent heart attack. “I have never forgotten the exceptional treatment I received at LMH. I felt that volunteering was a perfect opportunity for me to give back to the organization that saved my life, and help members of the community at the same time,” said Polly.

Last year, Polly joined the team of LMH volunteers, and serves at the reception desk in the Main Lobby one day each week. “I enjoy greeting patients and visitors of the Hospital, and appreciate the opportunity to help make their visit pleasant,” she said. “I also look forward to working with the other volunteers each week.”

Carol Barnes, Director of Volunteers, TWIGS and Events, said that Polly is a valuable member of the volunteer team. “Polly is such a caring person, and has a genuine interest in helping others. She is always willing to assist with any projects, and I enjoy working with her,” Carol commented.

The Harbor Hills resident retired 13 years ago from Lakewood Schools in Hebron as a middle school history teacher. Throughout her retirement, Polly has stayed active through traveling, including several cruises to the Caribbean, with her husband, James. Polly recently joined the Harbor Hills Women’s Club, and looks forward to participating in projects with the group to benefit the community. She also enjoys spending time with her adult daughters, Amanda and Megan, who both live locally, and her three grandchildren.

Student Volunteers Enhance Hospital Services

This summer, Licking Memorial Hospital (LMH) benefitted from the support received from 12 students who contributed a portion of their summer vacation by serving as volunteers at the Hospital. The student volunteers provided a variety of services, ranging from greeting visitors at the reception desk, to providing clerical assistance.

Students within the age group of 15 to 18 years are eligible to become LMH Volunteers with their parents’ or guardians’ consent. They must complete a volunteer application, background check and training prior to undertaking their responsibilities.

The following LMH Volunteers, who are attending high school or college classes this fall include:

Ashley Archer	Paul Hager	Annie Lake Osborne
Luke Baker	Drew Link	Puga Patel
Clay Beckholt	Danielle Lumbatis	Gabriel Pham
Jenna Gaudio	Aisha Mosquera	Emily Wagner
Genevieve Hager		

“The LMH Volunteer program is an excellent opportunity for students to gain career experience while serving the



Student volunteers pictured are (left to right): front row – Gabriel Pham, Clay Beckholt, Drew Link and Luke Baker. Back row – Danielle Lumbatis, Emily Wagner, Genevieve Hager, Annie Lake Osborne and Ashley Archer. Not pictured are: Jenna Gaudio, Paul Hager, Aisha Mosquera and Puga Patel.

community. Many student volunteers have an interest in health care, and are able to obtain first-hand experience during their service. Student volunteers also have the flexibility to set their own schedule and participate in work activities that correspond with their interests,” said Carol Barnes, Director of Volunteers, TWIGS and Events. “We appreciate their efforts and the energy that they bring to the volunteer team.”

Many rewarding volunteering opportunities are available at LMHS for teens and adults. To learn more, please call (740) 348-4079 or visit www.LMHealth.org, then hover the cursor over the “About Us” link, and select “Volunteers” from the drop-down menu.

LMHS Purchases Hartford Fair Steer



Licking Memorial Health Systems (LMHS) purchased the 1,316-pound grand champion market steer owned by Mariah Cherubini. Mariah is a member of Utica Beef It Up 4-H Club. LMHS plans to donate the beef from the Hartford Fair steer purchase to a local non-profit charitable organization.

Physician Spotlight – Tiffany E.D. Inglis, M.D.



Tiffany E.D. Inglis, M.D.

Tiffany E.D. Inglis, M.D., joined Licking Memorial Women's Health in August 2008. She practices both obstetrics and gynecology.

Dr. Inglis received her Medical Degree at the Medical College of Ohio in Toledo. She completed a residency in obstetrics/gynecology at Riverside Methodist Hospital in Columbus. She earned her Bachelor of Science degree in zoology at The Ohio State University.

She was born in Columbus and attended Bexley High School. She and her husband, Brian, are the parents of two children, Julia and Jack.

Dr. Inglis formerly coached volleyball with a central Ohio junior Olympic team. In her spare time, she now enjoys reading, spending time with her family and running.

Ask a Doc – Breastfeeding and Medications with Tiffany E.D. Inglis, M.D.

Question: I have been breastfeeding my 3-month old daughter to provide her with the best possible nutrition. However, I worry that the medications I need to take, might harm my baby. The Internet is full of conflicting reports. Where can I find reliable information?

Answer: You have a valid concern since many medications do appear in breast milk. You should ask your physician and your baby's pediatrician about the safety of any prescription medication you take.

Much of the information on the Internet is unreliable – and often completely false. Fortunately, Licking Memorial Hospital recently opened the Betsy Eaton O'Neill Health Resource Center to help patients find reliable answers to their questions. The Health Resource Center's collection of

reference books includes two volumes that address medication safety for breastfeeding mothers – *Medications and Mothers' Milk* by Thomas Hale, Ph.D., and *Drugs in Pregnancy and Lactation* by Gerald G. Briggs, Roger K. Freeman and Sumner J. Yaffe.

Volunteers at the Betsy Eaton O'Neill Health Resource Center have clinical backgrounds and can assist with research on any medical condition. The Health Resource Center also has an online computer, anatomically-correct models of internal organs and health-related journals for patients' use, free of charge.

The Betsy Eaton O'Neill Health Resource Center is located on the first floor of Licking Memorial Hospital, off the Main Lobby. For more information, please call (740) 348-7720.

LMHS Night at the Babe Ruth World Series

Licking Memorial Health Systems (LMHS) was a proud sponsor of the Babe Ruth World Series, held from August 9 to August 13, at Don Edwards Park in Newark. LMHS employees were eligible to receive free tickets to LMHS Night, which was August 11. LMHS management staff volunteered to work various areas throughout the park, and Jeff Bare, D.O., Licking Memorial Hospital Emergency Department physician, threw the first pitch of the game.



(Left to Right) Jeff Bare, D.O., LMHS President & CEO Rob Montagnese, Scrubs, and LMH Board Chairman Patrick Jeffries.

Community Bids Farewell to Szekelys, Welcomes Walsh and Woskobnick

The Licking County community said their good-byes in August to two beloved family physicians who are relocating out of state. Keith Szekely, M.D., of Licking Memorial Family Practice – Newark, and Ken Szekely, M.D., of Licking Memorial Family Practice – Johnstown, who are twin brothers, first joined Licking Memorial Health Professionals in 1999. Along with their families, they made a joint decision to move back to their native Pennsylvania to be closer to their extended families.

On August 3, patients, coworkers and friends attended an open house for Dr. Keith Szekely and his successor, Family Practice Physician Vincent Walsh, D.O. Hundreds of Dr. Szekely's patients stopped by to thank him for his years of service to their families, and to meet Dr. Walsh.



An open house at Licking Memorial Family Practice – Newark gave patients an opportunity to say good-bye to Keith Szekely, M.D., and to meet Vincent Walsh, D.O.

friendly, and I look forward to providing medical services for their families for many years.”

“It was a bittersweet decision to move,” Dr. Keith Szekely said. “Although it will be wonderful for our children to be surrounded by their loving extended family members, I will miss the patients who have entrusted their care to me. I have grown very fond of my patients and the entire Newark community.”

Dr. Walsh received his Doctor of Osteopathic Medicine degree at Kirksville College of Osteopathic Medicine in Kirksville, Missouri. He completed an internship at Richmond Heights General Hospital in Richmond Heights, Ohio. He is board certified in family practice. “It was gratifying to receive such a warm welcome from my new patients,” Dr. Walsh said.

“Everyone seemed genuinely

One week later, on August 10, it was the Johnstown community's turn to say good-bye to Dr. Ken Szekely at an open house at the Woodgate Drive location.

Approximately 200 well-wishers attended the open house to express their deep appreciation to Dr. Ken Szekely and to greet his successor, incoming Family Practice Physician Robert Woskobnick, D.O.



Robert Woskobnick, D.O., and Ken Szekely, M.D., greeted coworkers, friends and patients at an open house in Johnstown.

Dr. Woskobnick received his Doctor of Osteopathic Medicine degree at Ohio University in Athens, Ohio.

He completed an internship and a residency in family medicine at The Ohio State University Hospitals in Columbus. He is board certified in family practice.

“I enjoyed the opportunity to meet many of my new patients,” Dr. Woskobnick said. “It is a blessing to serve such a hospitable community, and it is evident they are appreciative to have quality health care services in the Johnstown area.”

Dr. Ken Szekely said, “After serving my patients for more than a decade, I have become close to many of them and watched their families grow. It made leaving the community easier knowing that another physician had been secured for the Johnstown office. I am sure the community will show him the same warmth they have to me.”

Both Dr. Walsh and Dr. Woskobnick are accepting new patients. To make an appointment with Dr. Walsh, call (740) 348-1778. To make an appointment with Dr. Woskobnick, call (740) 348-1810.

Community Education – Preventing Influenza with Vaccination *(continued from front page)*



Jeanne Emmons,
B.S., M.T.
(A.M.T.) C.I.C.

Licking Memorial Health Systems (LMHS) is offering a free educational program to inform community members and employees about ways to safeguard you and your family from the flu, and provide useful information about the flu vaccine. However, even vaccination does not provide guaranteed protection against the flu.

Jeanne Emmons, LMHS Director of Infection Prevention, and Jonathon Dye, Emergency Preparedness Coordinator with the Licking County Health Department, will be the class instructors for the program on Thursday, October 7, at 6:00 p.m., in Conference Rooms A & B on the first floor of LMH. Registration is required. To register, please call (740) 348-2527.



Quality Reporting to the Community

Patient Story and Benchmarks for Diabetes Care



Patient Story – Larry Jacobs

When Larry Jacobs retired as the vice president of a forklift dealership in Michigan in 2004, he and his wife, Jacqueline, moved to Florida with dreams of an active senior lifestyle, full of golf outings and adventurous travel destinations. Larry had a couple of health concerns – he was diagnosed with “borderline” type 2 diabetes, and had two heart bypass surgeries. But Jacqueline passed away suddenly in 2006, and Larry’s dreams and health both became mired in grief.

Larry and Jacqueline had been married 52 years after meeting as teenagers on the Newark Courthouse Square. “It was difficult for me to lose my wife after all those years,” Larry said. “We used to enjoy traveling and being active together. That all came to a screeching halt when she died. I let myself go a little bit, and I did not feel like doing anything – I just wanted to sit around.” Grief-stricken, Larry decided to return to Newark, his original hometown.

As a former Army X-ray technician stationed at the 98th General Hospital in Germany, Larry uses the Veterans Affairs (VA) Community Based Outpatient Clinic. During a round of golf in the summer of 2009, Larry had trouble walking. “My legs locked up on me,” he said. “I returned home and checked my blood sugar. It was really high, so I called the VA right away.” Larry’s physician put him on insulin therapy and recommended that he begin visiting a Wellness Center to improve his health. “That was a big shock for me to begin taking insulin,” Larry remembered. “But I take just one injection of Lantus each night, and it has made a difference.”

“I also did a little research and learned about the Licking Memorial Hospital (LMH) Wellness Center right here in Newark,” Larry said. “Since it was so close and convenient, I decided to try it, and it has really paid off. I arrive early in the morning to exercise three days each week. I use several types of exercise equipment, including the Nautilus, treadmills, stationary bikes and arm bikes. Now, I look forward to my days at the Wellness Center. It gets me out of the house, and Darcy Nethers (Wellness Center coordinator) and the rest of the staff really know how to motivate people. I hate to miss a day.”

While at the Wellness Center, Larry met Sandy Gienger, a certified diabetes educator at LMH, who suggested that he attend



Larry Jacobs finds he feels much better after exercising vigorously three days a week at the Licking Memorial Wellness Center.

the four-part series of Diabetes Management Classes. “The classes helped me to understand how diabetes affects the body, and how I need to adjust my diet, insulin and other medicines to compensate for the fact that my body does not produce and use natural insulin the way it should,” he said.

In addition, he met with Registered Dietitian Annmarie Thacker for one-on-one nutritional counseling in a two-hour session. “My wife was always careful about watching her weight, so for more than 50 years, she cooked healthy meals for us. It is difficult to cook for one person. No one wants leftovers, so you tend to eat up all the extra food. The plastic food models that Annmarie used to show me the correct portion sizes were very helpful. You could read forever about what size of potato you should eat, but it will not mean as much to you as seeing it with your own eyes. Annmarie used the plastic models in different combinations on a plate to build meals, and now I have a mental picture of correct portion sizes. That was the biggest help I have had so far.”

Patient Story - Larry Jacobs (continued on page 17)

What Are the HbA1c and EAG?

Diabetes patients need to test their blood frequently at home according to their physicians’ instructions to monitor their blood glucose levels. In addition, patients should receive periodic lab testing that will evaluate long-term blood sugar control.

The hemoglobin A1c (HbA1c) test can measure the overall percentage of glucose in the bloodstream over the previous two to three months. It is considered a good indicator of how well a patient’s diabetes is being managed. The American Diabetes Association reports the ideal level is under 7 percent.

The estimated average glucose (EAG) is a new way of translating the HbA1c results that patients can relate to their home glucometer testing. For example, an HbA1c score of 6.5 would equal an EAG score of 140, comparable to an average home glucometer reading of 140.

Diabetes 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 health care choices.

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

- 1** Much of the care diabetes patients receive takes place in the outpatient or physician office setting. The physician offices of Licking Memorial Health Professionals (LMHP) measure the most critical indicators for diabetes.

	LMHP 2007	LMHP 2008	LMHP 2009	National ⁽¹⁾
LMHP diabetes patients receiving eye exam	68%	72%	71%	60%
LMHP diabetes patients having HbA1c test	91%	92%	87%	86% ⁽²⁾
LMHP diabetes patients having lipid profile	93%	95%	90%	82% ⁽²⁾
LMHP diabetes patients having microalbuminuria test	90%	92%	92%	80%
LMHP diabetes patients having foot exam	90%	91%	87%	80%

- 2** While having the testing done is important, the test results (or outcomes) indicate how well the physician, in collaboration with the patient, is managing the diabetes. The hemoglobin A1c (HbA1c) test is a simple lab test that shows the average amount of sugar (also called glucose) that has been in a person's blood over an extended period of time.

	LMHP 2007	LMHP 2008	LMHP 2009	National ⁽¹⁾
LMHP diabetes patients with HbA1c less than or equal to 7%	58%	54%	48%	40%

- 3** People with diabetes are at high risk for heart disease. An elevated LDL ("bad") cholesterol test reveals if an individual has unhealthy fat levels, which increase the risk for heart disease, a very serious complication of diabetes.

	LMHP 2007	LMHP 2008	LMHP 2009	National ⁽¹⁾
LMHP diabetes patients with LDL less than or equal to 100 mg/dL	63%	63%	61%	36%

- 4** The Community Case Management (CCM) program at Licking Memorial Hospital (LMH) provides services to people in the community with diabetes. The American Diabetes Association recommends a person with diabetes have an HbA1c blood test at least every six months to monitor glucose levels. The two most frequent reasons a person with diabetes may not get an HbA1c are that the test is not ordered or that he/she did not go to the laboratory for the test.

	LMH 2007	LMH 2008	LMH 2009	Goal
CCM diabetes patients who obtained an HbA1c	87%	99%	99%	80%

- 5** LMH offers special classes and services for people with diabetes. Certified diabetes educators, registered nurses, dietitians and pharmacists teach classes and help participants set and meet personal goals.

	LMH 2007	LMH 2008	LMH 2009	Goal
Goals met by diabetes education graduates - within six months	92%	91%	91%	Greater than or equal to 80%

Data footnotes: (1) National Committee for Quality Assurance - Diabetic Recognition Program. (2) LMHP goal, determined by average of reported commercial, Medicare and Medicaid/Healthcare Effectiveness Data and Information Set measures.

Healthy Meal Planning for Diabetes Management

Foods contain many nutrients that provide the energy our bodies require. Carbohydrate is the nutrient that has the most significant effect on blood glucose levels, whereas protein and fat have much less impact. A balance of carbohydrate, protein and fat is needed for a healthy meal plan.

Many foods that contain carbohydrate, such as grains, starchy vegetables and fruit, contain additional nutrients and energy for the body's cells, and it is important to include some with each meal. On the other hand, desserts, sweets and soft drinks also provide carbohydrate, but they provide very few other nutrients. When the quantity of carbohydrate is controlled, the blood sugar can be more easily controlled. Women typically require about 30 to 60 grams of carbohydrate per meal and men require 45 to 75 grams per meal. Snacks should be limited to 15 to 30 grams of carbohydrate.

For properly balanced meals, it is important to include a good source of carbohydrate, lean protein and/or healthy fat. A simple way to plan healthy meals and control portion sizes is to use the "plate method," where one-half of the plate is filled with vegetables, one-quarter of the plate is filled with lean protein, and the remaining quarter of the plate is filled with

whole grain or starch. A serving of fruit and milk could also be included with the meal or included as part of a healthy snack. Make sure you are including lean meat, whole grains, fruits, vegetables and low-fat dairy foods daily to get all the nutrients you need.

Patients with diabetes have a much greater risk for developing heart disease, therefore, it is important for them to consume heart-healthy meals and snacks. Many favorite recipes can be modified to make them healthier by reducing the sodium content and using leaner meats and healthy fat. Here are some simple recipe substitutions that will make your meals more healthy:

Instead of:	Better to use:
1 cup cream	1 cup evaporated skim milk
1 egg	2 egg whites, or ¼ cup egg substitute
Pastry dough	Graham cracker crust, or phyllo dough
Butter, margarine or oil for sautéing	Cooking spray, chicken broth or dab of olive oil



Annmari Thacker, a registered dietitian at Licking Memorial Hospital, uses plastic food models to demonstrate the "plate method" of healthy meal planning.

Many reduced-fat or fat-free products are now available in the grocery store. Substituting the following products for the original versions can help you follow a heart-healthy diet:

- Lean turkey bacon
- Extra lean ground beef or ground turkey breast
- Fat-free sour cream
- Reduced-fat or fat-free mayonnaise
- Skim milk

However, be aware that some products, such as salad dressings, add extra sugar to their low-fat versions.

Many recipes can be improved by cutting back on the amount of sugar or fat. Experiment by adding a little less than what the recipe instructs. In many instances, you can reduce the amount of sugar in recipes by 25 percent without noticing a change in flavor.

Garlicky Green Beans

Try this delicious, healthy recipe to substitute for the standard, high-calorie green bean casserole:

- | | |
|--|--|
| 1-1/2 pounds green beans | 2 teaspoons fresh chopped thyme |
| 2 teaspoons olive oil | ½ teaspoon salt |
| 6 ounces sliced mushrooms | ¼ cup coarsely crushed multigrain croutons |
| 4 shallots, peeled and cut lengthwise in half, or 1 medium onion | ¼ cup canned french fried onion rings |
| 3 minced garlic cloves | |

Cook green beans in boiling water until tender, approximately 6 to 8 minutes. Drain.

Heat 1-1/2 teaspoons olive oil in a large, nonstick skillet. Add mushrooms and shallots (or onions). Stir occasionally until tender, approximately 6 minutes. Add garlic, thyme and salt, and stir constantly for 1 minute. Stir in the cooked green beans.

For topping, heat the remaining ½ teaspoon olive oil in a small nonstick skillet over medium heat. Add crushed croutons and french fried onion rings. Cook 1 to 2 minutes, stirring constantly, until lightly toasted.

Place green beans in a large bowl, sprinkle with topping.

Yield: 6 servings. Nutrition information for each serving – calories: 66, fat: 2g, saturated fat: 0g, cholesterol: 0g, sodium: 172mg, carbohydrates: 10g, dietary fiber: 3g, protein: 2g



Quality Reporting to the Community

Patient Story and Benchmarks for Cancer Care



Patient Story – Jay Dalgarn

Throughout two rounds of chemotherapy in the past two years, Jay Dalgarn of Pataskala has contributed to his own treatment by maintaining a positive attitude and staying active. The 70-year-old Pataskala resident is president of Dalgarn's Landscaping and Garden Center in Granville, a business he started in 1976. Despite a full schedule of physicians' visits and biweekly chemotherapy sessions, Jay continued to greet customers, manage the store and raise Hereford cattle.

Jay had no family history of colon cancer, but during a routine colonoscopy in November 2008, Licking Memorial Gastroenterologist Shakil Karim, D.O., found malignant lesions on the colon wall. In early 2009, General Surgeon Howard Reeves, D.O., performed bowel resection surgery to remove the malignant lesions on Jay's colon and implanted a "port" in his chest for chemotherapy infusions.

Several weeks later, Jay met with Licking Memorial Oncologist Jacqueline Jones, M.D. Jay said, "Dr. Jones carefully explained my disease and the treatment procedure. Fortunately, my cancer was a slow-growing type, and we caught it in the early stages. Dr. Jones prescribed a combination of chemotherapy drugs that was customized just for me, and we began 12 weeks of treatments."

Jay said the Licking Memorial Hospital (LMH) staff and the environment were a great help to him throughout his treatments. "The staff in the Oncology Department are absolutely fantastic," he said. "They are so cheerful and caring that it lifts your spirits to be there. Jeff Smith (Director of Pastoral Care) frequently stopped in to see me, and say 'hello.' At every visit, I also noticed how clean the Hospital is. It is reassuring to see how much effort the staff puts into the details."

The chemotherapy sessions took place every other week. "On Monday, I would be at LMH for approximately five hours. They gave me the chemotherapy through the port in my chest as I sat in a comfortable recliner chair. On Tuesday, I would be at LMH for approximately three hours, and went home with a chemotherapy pump overnight. On Wednesday, I returned to LMH to have the pump removed. Thursday, I had blood work



Oncologist Jacqueline Jones, M.D., consults with Jay Dalgarn of Pataskala before chemotherapy treatment at Licking Memorial Hospital.

done, and on Fridays, I would learn if my blood test results were good enough that I could have my next chemotherapy session on schedule."

Jay was able to avoid many of the difficulties associated with chemotherapy by working closely with the Oncology staff. "The chemotherapy itself was not painful, and physicians now have many medications and products they can use to control side effects. Fortunately, I never had the nausea that many people have. I did have sores in my mouth, but I found a mouthwash that helped." Jay said. He learned to deal with other symptoms by realizing they

would subside when the chemotherapy ended. "I felt really tired, and I also tended to have what I call 'fog brain.' I have trouble remembering people's names, even if I know them well."

Jay and his wife, Linda, have been married 38 years. (Linda is Vice Chairman of the LMH Board of Directors.) Their five grown children rallied to help with chores and offer encouragement. "Linda is a jack-of-all-trades – she is wonderful," Jay said. "Our children who live nearby come over and help with the store and the farm work. The others call frequently to check on me. It is so important to have that kind of support from family and friends – it keeps me going!" Jay said. "When you are going through chemotherapy, your attitude can make all the difference in your recovery."

The Dalgarns are active in their church, Tri Village Christian Church, where Jay serves as a deacon. "Our faith also plays a key role in getting through these challenging times," Jay commented.

In April 2009, after the end of Jay's chemotherapy, he received a PET scan that detected no traces of cancer in his body. However, the celebration was short-lived when a follow-up PET scan in September 2009 revealed a new malignancy on his liver. "This time, I did not have any surgery." Jay said, "and we got started on a second, stronger course of chemotherapy. With my first round of chemotherapy, I did not lose my hair, but I have started to lose it now."

Patient Story - Jay Dalgarn (continued on page 17)

Cancer 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 health care choices.

Check out
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at www.LMHealth.org.

- 1** If you have a mammogram, you want to be confident that it is interpreted accurately. Specificity is a measure of the accuracy of mammography interpretation related to normal (negative) results. Sensitivity is a measure of the accuracy of mammography interpretation related to abnormal (positive) results.

	LMH 2007	LMH 2008	LMH 2009	Goal ⁽¹⁾
Specificity	99%	99%	97%	greater than 90%
Sensitivity	96%	96%	98%	greater than 85%

- 2** Sometimes a radiologist will recommend a biopsy after a mammogram is read. To be accredited for mammography, health care organizations are required to look at the number of cases recommended for biopsy that result in cancer diagnoses – called the positive predictive value. This helps monitor the accuracy of the radiology interpretations.

	LMH 2007	LMH 2008	LMH 2009	Goal ⁽¹⁾
Positive predictive value	39%	28%	38%	25% to 40%

- 3** Chemotherapy drugs are toxic and could be dangerous if not prepared correctly. Therefore, LMH follows a rigorous five-step safety procedure to prevent chemotherapy errors.

	LMH 2007	LMH 2008	LMH 2009	Goal
Number of chemotherapy medication errors negatively impacting patients	0	0	0	0

- 4** When a person is either diagnosed with or treated for cancer, the person is entered into the Cancer Registry. It is then the responsibility of the accredited organization to follow up with the person for the rest of his/her life on an annual basis to encourage appropriate care. The staff in the Cancer Registry may contact the primary care physician or the patient to do this.

	LMH 2007	LMH 2008	LMH 2009	Goal
Cancer patients with follow-up	94%	93%	92%	greater than 90%

- 5** Clinical research ensures that patient care approaches the highest possible level of quality. There is no minimum requirement for how many patients are placed in cancer-related clinical trials in a community hospital cancer program; however, to provide maximum service, LMH offers access to national clinical trials to patients as a member of the Columbus Community Clinical Oncology Program.

	LMH 2007	LMH 2008	LMH 2009	Goal
Newly diagnosed and/or treated patients in clinical trials	2.6%	3.1%	3.7%	greater than 2%

- 6** In an effort to prevent and promote early detection and treatment of cancer, the physician offices of Licking Memorial Health Professionals (LMHP) measure and track results of cancer screening tests for breast cancer, cervical cancer, colorectal cancer and prostate cancer for all active patients. Active patient population is defined as patients seen within the last three years.

	LMHP 2007	LMHP 2008	LMHP 2009	National Average ⁽²⁾
LMHP patients who received screening tests for:				
Breast cancer	85%	84%	85%	76%
Cervical cancer	85%	85%	85%	83%
Colorectal cancer	61%	64%	64%	42% ⁽³⁾
Prostate cancer	76%	77%	75%	55%

Data footnotes: (1) Quality Determinates of Mammography, *Clinical Practice Guide #13, AHCPR Publication No. 95-0632*. (2) Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2008. (3) The Behavioral Risk Factor Surveillance System (BRFSS) national average for adults aged 50 and over who have had a sigmoidoscopy or colonoscopy is 62.2 percent, while the average for those who have had an occult blood stool test is 21 percent. We compare ourselves to the average of the two national statistics, which is 42 percent.

Larry's new regimen of diet and exercise has greatly improved his health and sense of well-being. In 2009, his HbA1c was 11.9 (under 7 is considered very good for patients with diabetes). One year later, his HbA1c had dropped to 7.4. A lower HbA1c level is an indicator of good long-term blood glucose control which can help to prevent complications from diabetes.

"I feel pretty good," he said. "I've been active all my life, so I feel so much better after my days at the Wellness Center. It has really helped me get back in the groove. The one piece of equipment that I have not used very much is the elliptical machine that works the arms and legs at the same time. I get

exhausted on it after just a few minutes. One man who comes to the Wellness Center uses it at a full run for 40 minutes at a time. He is my hero! My goal is to work on it for a 10-minute stretch – I will get there."

Larry is taking advantage of his renewed energy by enjoying the activities and culture his boyhood home offers. He plays golf whenever possible and enjoys theater and symphony performances. He has also become a big fan of the LMH diabetes education program and urges his friends and family to take advantage of the classes, nutritional counseling and Wellness Center.

Patient Story - Jay Dalgarn (continued from page 15)

Jay also has type 2 diabetes, but with careful monitoring, the condition has not been adversely affected by the cancer treatment. "I watch my diet, and I exercise at the Licking Memorial Wellness Center. They have me test my blood sugar levels before and after exercising to ensure the levels are in the safe range, and they also monitor my blood pressure. It is good to work out – it keeps me going all day. I also recently had the A1c blood test, which had a result of approximately 6, which is really good," Jay said. "My friends at the Wellness Center help keep our spirits up by sending cards and calling occasionally to see how we are doing."

Most customers who stop by Dalgarn's Landscaping and Garden Center are unaware that Jay is undergoing treatment for cancer. "You have to keep a positive attitude," he said. "It is so important to enjoy life and stay away from anger. If you can relax and have a loving and forgiving spirit, it will help you through this trying time."

Most common cancer incidences in Licking County compared to the state and nation⁽¹⁾

Per 100,000 residents – rounded to whole numbers

Type	Licking County	Ohio	U.S.
Bladder	23	22	21
Brain/Central Nervous System	9	7	7
Breast(female)	124	122	126
Cervix	8	8	8
Colon/Rectum	53	53	51
Kidney/Renal	13	14	13
Leukemia	11	11	12
Liver/Bile Duct	3	4	6
Lung/Bronchial	71	75	64
Melanoma	23	17	19
Non-Hodgkins	5	19	20
Oral/Pharynx	9	9	10
Ovary	13	12	13
Pancreas	9	11	12
Prostate	138	146	163
Stomach	4	6	8
Thyroid	7	8	9
Uterus	24	26	23

1. Ohio Cancer Facts & Figures 2009, The American Cancer Society and Ohio Cancer Incidence Surveillance System, pages 35-36.

Community Education – Breast Cancer Awareness & Screening (continued from front page)



Larry Pasley, M.D.

According to the National Cancer Institute, breast cancer affects one in eight women, and has the second highest mortality rate in women, with lung cancer being the first. There are a variety of risk factors for the disease, including using hormone replacement therapy, taking birth control pills, and having a child after age 35. There are also several factors that may increase cancer risk that cannot be altered, such as age, genetics, and certain breast conditions.

Licking Memorial Hospital (LMH) is offering a free educational seminar to inform community members about screening, diagnosis and treatment of breast cancer. Larry Pasley, M.D., of Licking Memorial Surgical Services, will discuss risk factors for breast cancer, as well as ways to decrease your chance of developing the disease, during an educational session to be held Thursday, October 28, at 6:00 p.m., in Conference Rooms A & B on the first floor of LMH. Following the program, the first 40 registrants will receive a free, private breast cancer screening. Registration is required. To register, please call (740) 348-2527.

Welsh and McGaughy Receive OHA Nominations

Because of their outstanding records of service to Licking Memorial Health Systems (LMHS), two Newark residents were nominated to represent LMHS at the recent Ohio Hospital Association (OHA) Award ceremony in Columbus. The annual OHA Awards recognize individuals who have made extraordinary contributions to health care in their communities.



Elnora Welsh

Elnora Welsh, a point-of-care technician in the Licking Memorial Hospital (LMH) Cardiology Department, received a nomination for the Albert E. Dyckes Health Care Worker of the Year Award to recognize her 50-plus years of employment. “Elnora has provided dedicated work at LMH since 1959,” said LMHS President & CEO Rob Montagnese.

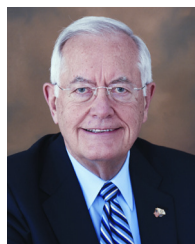
“She is an inspiration to her coworkers

through her example of unwavering commitment and longevity. She is also a comfort to cardiology patients who are pleased to see a familiar face and to know that she is always there for them.”

Pataskala Relay for Life

The annual Pataskala Relay for Life event took place on July 16, at 7:00 p.m., through July 17, at 1:00 p.m., at the Watkins Memorial High School track. Relay for Life, the signature event of the American Cancer Society, features 24 hours of continuous walking, with a goal of raising funds through sponsorships and donations to benefit cancer research. Many attendees also participated in an honorary Survivors Lap to recognize those who have won the fight against cancer, and a Luminaria Ceremony honoring those whose lives have been impacted by cancer or have lost a loved one.

During the opening ceremonies, Rob Montagnese, Licking Memorial Health Systems (LMHS) President & CEO, offered words of appreciation to the attendees. “Every year, there is progress. As we continue to learn more about cancer, we move closer to conquering it. LMHS is proud to be a part of this special weekend, and reaffirm our support of the American Cancer Society.”



Robert H. McGaughy

Robert H. McGaughy, who retired in 1999 as Vice President Human Resources at LMHS, was nominated for the OHA’s Meritorious Service Award. Bob was nominated for his service and accomplishments during his 25-year career at LMHS, and beyond. After retiring, Bob has remained a strong presence at LMH by serving on the LMH Board of Directors and the LMH Development

Council. Rob Montagnese said, “Even in retirement, Bob continues to provide invaluable service with his knowledgeable experience, dynamic personality and passion for improving the community.”

The OHA is the nation’s first state-level hospital association and currently represents 169 hospitals and 18 health systems throughout Ohio. The OHA works with member hospitals to meet the health care needs of their communities and to create a vision for the future of Ohio’s health care environment.



The Pataskala Relay for Life took place on July 16 and 17. The primary goal of the annual event is to raise awareness and funds for cancer research.

Licking Memorial Hospital (LMH) 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 at (888) 227-6446.

Community Events – Dining with Diabetes *(continued from back page)*



Annmarie Thacker, R.D., L.D., C.D.E.

A three-part cooking school program, Dining with Diabetes, will be offered to share healthier ways of preparing food for patients with diabetes, their family members and others. Topics will include food preparation, demonstrations, taste-testing, and lectures on carbohydrates, fats and vitamins. The class dates are September 21, 23 and 28, from 5:30 to 7:30 p.m., each evening, which includes dinner.

Dining with Diabetes is presented by Licking Memorial Health Systems in conjunction with The Ohio State University Extension. Registered Dietitian Annmarie Thacker, R.D., L.D., C.D.E., and Shari L. Gallup, M.S., CFLE, will be the class instructors.

Advanced registration is required for the program. Please call (740) 670-5315 to register for the program. The cost is \$10 for senior citizens (age 60 and over), \$20 for all other participants, and includes three sessions. The cost is due at the time of registration. Space is limited, and the deadline to register is Tuesday, September 14.

LMHS Hosts Dinner for Retirees

As they dedicate their careers to improving the health of the community, many Licking Memorial Health Systems (LMHS) employees form strong relationships with the staff members they work alongside every day. LMHS is proud to honor retirees for their years of service and to offer them opportunities to maintain the bonds they formed through the years.

On July 21, approximately 95 retirees returned to Licking Memorial Hospital (LMH) for the annual LMHS Retiree Dinner. LMHS President & CEO Rob Montagnese addressed the retirees and thanked them for the role they played in establishing LMH as one of the best community hospitals in the nation.

Rob said, “LMH has been awarded the Thomson Reuters 100 Top Hospitals Award a total of 10 times, more than any other medium-sized U.S. hospital. LMHS is fortunate to have state-of-the-art equipment and technology, but even more than that, we have a highly-skilled, compassionate staff that delivers individualized care. This did not happen overnight. Our ability to provide such a high level of excellence was made possible by the base you constructed in your years of employment. Every patient at LMHS continues to benefit from your endeavors.”

With more than 1,550 employees, LMHS is Licking County’s largest employer, encompassing the Hospital and its physician office locations. The Health Systems was named

as a Best Place to Work in 2009 by Columbus Business First Magazine. To learn more about employment at LMHS, please visit www.LMHealth.org.



Former coworkers (left to right) Fran Weethee, Rich Clark, Charlotte Fitzgerald and Irene Porter enjoyed the opportunity to reminisce during the annual LMH Retiree Dinner.

Retiree Spotlight: Pam Wheeler



Pam Wheeler

Pam Wheeler joined Licking Memorial Health Systems (LMHS) in 1978 as a Laboratory Technician, and served in the position for seven years. During her service in the Laboratory, Pam developed an interest in the growing field of information technology (IT), and decided to pursue educational training in that area. She earned a bachelor’s degree from Otterbein

University in Business Administration in 1988, and continued her education by receiving a Master of Business Administration degree, with a focus in IS, from The Ohio State University in the early 1990s. “I have always enjoyed learning, and gained an appreciation for the valuable role of information technology in the health care industry. The LMHS administration supported my educational goals, and helped me to be successful in my career,” said Pam.

While working toward her bachelor’s degree, Pam was assigned a project to evaluate and discuss current health care technology. She spoke with LMHS administration regarding the use of information systems in use within the Health Systems, as well as the MEDITECH (Medical Information Technology)

system, which was still in the early stages of implementation throughout the industry. She received high marks for her report, and was subsequently asked to join the LMHS Information Systems (IS) Department as a Hospital IS Coordinator. She later organized the extensive implementation process for the MEDITECH system, within LMHS, in an unprecedented 13 months. “I had the opportunity to work with a phenomenal team, and their dedication helped to make this project a success,” said Pam.

During her career at LMHS, Pam was honored with numerous performance awards, including the prestigious President’s Award in 1987, for her coordination of the MEDITECH system. This award is not given every year, and is reserved for employees who have demonstrated a high level of commitment to LMHS and the community.

Pam retired from her role as Senior Systems Analyst at LMHS in 2007, and has since remained active by traveling, including a trip to Australia and an Alaskan cruise with her husband, Jerry. She also enjoys volunteering with her church, Pataskala United Methodist, and spending time with her children, Gerald and Sara, and two grandchildren.

LMH Development Council Executive Committee

The Licking Memorial Hospital (LMH) Development Council, which falls under the auspices of the Licking Memorial Health Foundation, was established to conduct charitable giving activities for the benefit and support of LMH, and facilitate educational programs, roundtable discussions, and forums to enhance the Hospital's relationship with the community.

The LMH Development Council is governed by the Executive Committee, whose primary responsibility is to oversee and approve initiatives developed by the other committees, including Annual Support, Community Relations, and Education & Membership. Executive Committee leadership includes Chairman Robert McGaughy, who retired after more than 20 years of serving as LMH Vice President Human Resources, and became involved in the Development Council in 2002, and Vice Chairman David Shull, a retired Owens Corning engineer who joined the Council in 2003.

The Executive Committee is also charged with selection of the Licking Memorial Health Foundation's primary awards – the Lifetime Achievement Award and the Building a Healthier Community Award, which are both presented at the Lifetime Achievement Reception, held annually in the fall. The Lifetime Achievement Award recipient is chosen based upon

nominations received by Development Council members, and the Building a Healthier Community Award winner is selected from nominations submitted by members of the community for individuals, groups or organizations. The Executive Committee selects the winners of both awards.

In May 2004, the Executive Committee strengthened its focus in the area of community relations, by initiating a number of additional community outreach programs. "The Development Council's revitalization process has been a great success. The Council's work during this process has allowed us to continue to strengthen our relationship with the community while enhancing the Hospital's ability to continuously stay at the forefront of technology, as a result of the Council's fundraising efforts," said Veronica Link, Vice President Development & Public Relations.

The LMH Development Council was established in 1987 to increase charitable giving to LMH, and to enhance and promote meaningful community relations for the Hospital. Approximately 75 community volunteers serve on the three committees as Hospital ambassadors.

2010 LMH Development Council Executive Committee



Robert McGaughy
Chairman



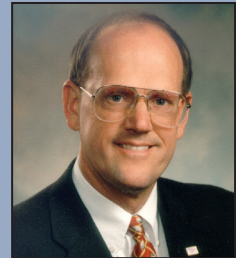
P. David Shull
Vice Chairman



Glenn Abel



Thomas Cummiskey



John Gard



Thomas Hall, M.D.



Patrick Jeffries



Bonnie Manning



Mary Jane McDonald



Robert O'Neill



Stuart Parsons



Cara Riddel



Cindy Steen

Community Shred Day Benefits LMH

Park National Bank Chairman Dan DeLawder (left) and Shred-It President Steve Elsass (right) presented Licking Memorial Health Systems President & CEO Rob Montagnese with proceeds from the recent Community Shred Day at Park National Bank in Newark. More than 300 county residents brought documents to be shredded and donated more than \$1,200 for equipment and services at Licking Memorial Hospital.

PARK NATIONAL BANK



LEARNING MORE ABOUT COSMETIC PROCEDURES

True or False?

Breast reduction surgery is considered a cosmetic procedure, and is never covered by insurance.

FALSE. For women with female breast hypertrophy, or breasts that are beyond normal proportions, breast reduction surgery has been shown to consistently improve physical symptoms and quality of life. There are differing opinions between the medical community and insurance companies about how to characterize, and ultimately fund the surgery.

For a patient who is not experiencing negative effects due to large breasts, and is seeking breast reduction surgery to improve her overall appearance, the surgery would be considered cosmetic. Because it is a cosmetic procedure, it would not be covered by insurance.

For women who have not received relief from conservative measures for symptoms such as back, neck, and shoulder pain, rashes and headaches, the procedure would be deemed a medically necessary, reconstructive procedure. In this case, the surgery would be covered by insurance.

Dr. James Jeffries is a board-certified member of the American Board of Plastic Surgery, and a fellow of the American College of Surgeons. He specializes in a variety of services, including:



James M. Jeffries III, M.D., F.A.C.S.

- Breast surgery
- Abdominoplasty (tummy tuck)
- Liposuction (SmartLipo™)
- Blepharoplasty (eyelid surgery)
- Botox®, Juvéderm®, Radiesse®, and Latisse®
- Lesion removal
- Wound care management



Licking Memorial
Reconstructive & Cosmetic Services

Donors

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.

2010 LMH GOLF GALA

AAA Auto Club
Glenn and Alice Ann Abel
Adornetto's Italian Restaurant
Mary Albright
AMF Valley Lanes
Apple Valley Golf Club
Attitudz Hair
Bake-N-Brew
Baker & Hostetler, LLP
Barnes Advertising Corporation
Bellezza Salon
Bob Evans Restaurant
Brews Café
The Brick Oven
Buckeye Linen
Karen Burger
The Buxton Inn
Cameron Mitchell Restaurants
Cherry Valley Lodge & Coco Key Water Resort
Cincinnati Zoo & Botanical Garden
Coca-Cola Company
Courtyard by Marriott, Newark
Crimson Cup Coffee & Tea
CVS Pharmacy
Dairy Queen
Damon's Grill
Dawson, Coleman & Wallace Insurance Agency, Inc.
Document Solutions – Xerox
Don and Sue's Pizza
Donatos Pizza
Easton Town Center
Echo 24, Inc.
Elm's Pizza
Family Video
Rob Fish
Kim Fleming
Forever Flowers Gift Basket Express
Gardner & White
Goumas Candyland
Granville Golf Course
Granville Golfland
Granville Inn
Hillcrest Golf Course
Hollywood Cinema
Hometown Deli and Lunch Box Café
Pat and Linda Jeffries
Scott Jolly, D.O.
Harold Kelch, M.D.
Kessler Sign Company
Bill Kuhlwein
Kyber Run Golf Course
Leghorns Restaurant
Licking County Family YMCA
Susan Lonsinger
Louie's Pizza

Lowe's
Luikart Heating & Cooling
Bill Mann
Bonnie Manning
Nelson McCray, Ph.D.
Mid-City Electric Company
Rob Montagnese
Chuck Moore, The Food Pantry Network of Licking County
Mountjoy Chilton Medley, LLP
New Day Spa
Newark Healthcare Centre
Peter Nock, D.O.
Nutcracker Family Restaurant
Ohio Cancer Research Associates
Olive Garden
Diane Paetz
La Paloma
Park Lanes Bowling Center
Peck, Shaffer and Williams, LLP
Pepsi Cola
Pitney Bowes
Pizza Cottage
Pizza Hut
Jeanetta Pyle
Quiznos
Raccoon International Golf Course
Roosters
Roots & Shoots
Rotary Club of Newark
Andrew Roth
Ruby Tuesday
St. Albans Golf Club
Sanfillipo Fresh Fruits & Vegetables
Karen Schenk
Skin Solutions, Corina Hare, L.M.T.
Sonic Restaurant, Inc.
Spa on the Avenue
Standard Textile Company
State Farm Insurance
Steak-N-Shake
Stypula Bros. Landscaping
Subway
Surgical Interventions, LLC
Texas Roadhouse
Time Warner Cable
The Tony Adams Agency
Erin Tschanen
Tumbleweed Southwest Grill
Village Flower Basket
WesBanco Bank, Inc.
Wilson Garden Center
Thom Wood, M.D.
The Works

CAPITAL IMPROVEMENT FUND

TWIGS 8

COMMUNITY CORNERSTONE

Dennis and Donna Abend
Donna and Robert Carpenter
Jack and Virginia Dean
Elliott and Barbara Gerber
Miss Clarissa Ann Howard
Shirley James
Mr. and Mrs. Patrick Jeffries
Ms. Christine Lindskog
Stephen and Linda Linham
Randy and Kim Lust
Jim and Jean Nealon
Fred and Diane Paetz
Jon and Barbara Quackenbush
James Riley
Lila Saunders
Dave and Tickie Shull
John and Julia Uible
Michael and Heather Whitehead
David B. Wills & Associates

GENERAL FUND

Timothy Balance
Licking County Foundation
Hazel J. Morgan
Newark Area Club of Zonta International 704
Park National Bank
Marvin and Terry Snow
State Farm Companies Foundation
Twentieth Century Club

HONORARY DONATION

In honor of Colleen Smith, M.D.
by: Charles and Martha West

JOHN ALFORD FELLOWSHIP

Sharon Hively
Mr. and Mrs. J. Gilbert Reese

MEMORIAL

In memory of Andrew Haley Poulson
by: John and Marah Derzon

In memory of Carl Swank
by: Susan Lonsinger

PAVING OUR FUTURE

Lowell and Barbara Anstine
Buckeye Linen Service
Chapel Grove Inn

Jay and Linda Dalgarn
Dynamix Engineering, Ltd.
Jerry and Sandy Graft
Ronald and Margaret Graft
John Hinderer Honda
Hopewell Federal Credit Union
Cindy Kikeli
Chang Sup Lee, M.D.
Licking Rural Electrification, Incorporated
Limbach Company, LLC
Dean W. Markle
Geraldine D. Marston
Matesich Distributing Company
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Judith and Robin Pierce
Jeanetta Pyle – TWIGS 6
Mrs. Geraldine Renard
Mavis Reynolds
Bill and Cheryl Rose
Mr. and Mrs. Guy F. Sitler, Jr.
State Farm Insurance
John D. Wells, D.O.
Verna W. Zelein

PRIDE CORNERSTONE BRONZE

Michelle Carr
Sonia Cohron
Carla Hammer
Melissa Shaw
Steven Zima

WILLIAM SCHAFFNER SOCIETY

Glenn and Alice Ann Abel
Jay and Linda Dalgarn
The Estate of Mrs. Carol Schaffner

LMH Supports National Mammogram Day with Free Mamogram Program

Licking Memorial Hospital (LMH), Licking Memorial Women's Health and Tri County Radiologists, Inc., will offer free mammograms to qualifying low-income women on National Mammography Day, which is Friday, October 15. The tests will be performed at the Women's Imaging Center at LMH, and Licking Memorial Women's Health, located at 15 Messimer Drive in Newark. The number of free mammograms will be limited to 75.

Criteria to receive a free mammogram at LMH include:

- Must be a Licking County resident
- Must be at least 40 years old.
- Must not have insurance.
- Must be referred by the patient's physician.
- Should be low-income (determined by the patient's physician).
- Should have no symptoms of breast cancer.
- Must not have received a free mammogram from LMH in 2009.

The free tests apply only to screening mammograms. The X-rays will be interpreted by Tri County radiologists, including Joseph

Fondriest, M.D., Yoon S. Kim, M.D., Owen Lee, M.D., Subbarao Cherukuri, M.D., Donald McBride, M.D., Timothy Lifer, D.O., and Sean Choice, M.D. If the results of the screening mammogram indicate that the patient needs further testing, the follow-up mammogram will not be covered under the free program.

Any woman who is interested in receiving a free mammogram at LMH should contact her physician for more information and a referral. Patients may schedule their own appointments (after obtaining the physician's orders) by calling Central Scheduling at (740) 348-4722. Patients may also ask their physician's office to schedule the appointment for them.

LMH has also partnered with the Licking County Health Department to provide screening mammograms for residents who are at least 50 years old and are under-insured or uninsured. Screening and Survivor Support (SASS) for Breast Cancer program information is available online at www.lickingcohealth.org, or by calling the Health Department at (740) 349-6535.



Zonta Donation

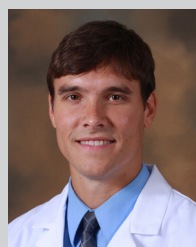
The Zonta Club of Newark Area recently presented a \$4,000 contribution to the LMH Oncology Department. Club members raised the money through their annual Fashion Show, along with a silent auction. Pictured are (left to right): LMH Patient Care Manager Patricia Banks-Chester, Zonta member Becky Shoults, and LMH Director of Outpatient Services Sharyn Davis.



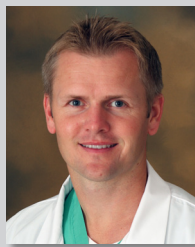
State Farm Donation

Sarah Bandsuch, a claim representative at State Farm, delivered 12 handmade lap blankets to LMHS President & CEO Rob Montagnese. During a recent Family Craft Night, State Farm employees gathered with their families to work together on hands-on projects. Several families created the soft, fleece blankets that will be given to LMH patients.

New Appointments



Matthew C. Bromley, D.O.



Petter A. Vaagenes, D.O.



Vincent I. Walsh, D.O.



Robert C. Woskobnick, D.O.



Jeanine Fisher, J.D.

Matthew C. Bromley, D.O., has joined Licking Memorial Emergency Medicine.

Petter A. Vaagenes, D.O., has joined Licking Memorial Emergency Medicine.

Vincent I. Walsh, D.O., has joined Licking Memorial Family Practice – Newark.

Robert C. Woskobnick, D.O., has joined Licking Memorial Family Practice – Johnstown.

Jeanine Fisher, J.D., has been named Vice President Corporate Compliance.



**Licking Memorial
Health Systems**
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this issue of **Community Connection**.

You'll once again see why
Licking Memorial Health Systems is
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Visit us at www.LMHealth.org.

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advice as each individual circumstance is
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consult your physician. Entire publication
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Community Events

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

Dining with Diabetes

September 21, 23 and 28
Licking Memorial Hospital, Conference Rooms A & B
5:30 p.m. to 7:30 p.m.
(continued on page 18)

First Impressions – Maternal Child Classes

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

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

Ask the Doc

Saturdays, from 9:00 to 10:00 a.m. No charge.
Shepherd Hill, 200 Messimer Drive
A physician knowledgeable in the field of chemical
dependency will answer questions. Open to the public.
Call (740) 348-4878 for more information.

Diabetes Self-Management Classes

Licking Memorial Diabetes Learning Center
1865 Tamarack Road, Newark
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.

Pataskala Health Campus, One Healthy Place off Broad Street,
Thursday evening classes Thursday morning classes
September 9, 16, 23 and 30 October 7, 14, 21 and 28
6:00 p.m. to 8:00 p.m. 9:00 a.m. to 11:00 a.m.

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

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