



# Community Connection

## Licking Memorial Health Systems

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



Volume 9, Issue 5

September/October 2012

Measurably Different ... for Your Health!

## Active•Fit Program Promotes Fun and Fitness at Events for Youth



LMHS and Newark Advocate Media kicked off the new Active•Fit campaign with a fun event at the Pataskala Health Campus in July. Future Active•Fit events will take place in Licking County. See page 2 for more details.

Licking Memorial Health Systems (LMHS) held its inaugural Active•Fit event on Saturday, July 21, at the Pataskala Health Campus. More than 250 children, ages 6 to 12, attended the free family event, which included health education, inflatable fun areas, games, and healthy snacks. During the event, many children registered online for the Active•Fit program, which will begin in September to coincide with the 2012-2013 school year. The event was followed by a free outdoor screening of Walt Disney's *The Lion King*.

*Active•Fit Wellness Program (continued on page 2)*

## LMH Receives Gold Seal of Approval from The Joint Commission

Licking Memorial Hospital (LMH) has received The Joint Commission Gold Seal of Approval™ for its commitment to high quality, safe patient care. This award of accreditation demonstrates LMH's willingness to be measured against the highest and most rigorous standards of performance. The Joint Commission is the leading accreditor of healthcare organizations in the U.S., evaluating the quality and safety of care in more than 3,000 hospitals nationally.



Licking Memorial Hospital recently received a three-year re-accreditation from The Joint Commission for compliance to high performance standards.

LMH received a three-year re-accreditation from The Joint Commission following an on-site survey in June. Over a four-day period, Joint Commission representatives performed a comprehensive inspection that included tours of the

*LMH Receives Gold Seal of Approval from The Joint Commission (continued on page 3)*

Check out our Quality Report Cards online at [www.LMHealth.org](http://www.LMHealth.org).

See pages 14-19 for Quality Report Cards in this issue.

## COMMUNITY EDUCATION

### Anxiety and Depression

**Date:** Thursday, September 13  
**Location:** LMH First Floor Conference Rooms  
**Time:** 6:00 – 7:00 p.m.  
**Speaker:** Timothy McNeish, Ph.D.  
*(continued on page 6)*

### Rotator Cuff Repairs

**Date:** Thursday, September 27  
**Location:** LMH First Floor Conference Rooms  
**Time:** 6:00 p.m.  
**Speaker:** Edward Westerheide, M.D.  
*(continued on page 6)*

### Breast Cancer Awareness and Screening

**Date:** Thursday, October 4  
**Location:** LMH First Floor Conference Rooms  
**Time:** 6:00 p.m.  
**Speaker:** Larry Pasley, M.D.  
Tim Argyle, OTR/L, C.L.T.  
*(continued on page 7)*

### Dining with Diabetes

**Date:** Tuesday, October 9  
Thursday, October 11  
Tuesday, October 16  
**Location:** LMH First Floor Conference Rooms  
**Time:** 5:30 p.m.  
**Speaker:** Annmarie Thacker, R.D., L.D., C.D.E.  
Shari L. Gallup, M.S.  
*(continued on page 9)*

### Losing Weight the Safe and Effective Way

**Date:** Thursday, October 18  
**Location:** LMH First Floor Conference Rooms  
**Time:** 5:30 p.m.  
**Speaker:** Aundrea Parker, R.D., L.D.  
Kerri Marks, P.T.  
*(continued on page 9)*

The Active•Fit Youth Wellness Program was created by LMHS and Newark Advocate Media in response to the continuous rise of childhood obesity in the United States. The Program aims to ensure healthy lifestyles and habits among Licking County youth. The goals of the Active•Fit program are as follows:

- Introduce the benefits of exercise, healthy eating, and proper rest.
- Motivate youth to create personal goals for fitness.
- Help youth develop a lifelong commitment to personal fitness.

“LMHS is dedicated to creating an exciting fitness experience for children,” said Rob Montagnese, LMHS President & CEO. “We believe that it is important to provide enjoyable fitness and learning opportunities for children in order to empower them to develop lifelong healthy habits.”

Participants in the Active•Fit Program will have the opportunity to choose eight fitness- and nutrition-related goals during each 4-month period. Those who complete their goals with the help of a parent, guardian, or mentor will be entered into a drawing to win prizes including a bicycle, an Xbox Kinect™ with a fitness game, an iPod Nano® with exercise software, and sports store gift cards.



Pat Smith (left) and Marilyn Klingler (right) showed Cassie Pidgeon some heart-healthy exercises.

Each 4-month period of the Active•Fit program will feature exciting events and opportunities for children to get active and learn about their health. On Saturday, October 13, from 4:30 to 6:30 p.m., children and their parents are invited to join LMHS for a guided historical and nature tour of Blackhand Gorge. The hike will begin at the Blackhand Gorge path entrance and parking area, which is located six miles east of Newark, off State Route 146, on Toboso Road.

Future Active•Fit events also will include a Wii Just Dance Party and a Junior Chef event, both of which will take place this winter. LMHS will continue to promote healthy lifestyles by providing fun activities at scheduled events, such as the LMHS Family Movie Night. Attendance at an Active•Fit event also counts as a goal achievement within the Program.



John Applegate, D.O., and Karen Richardson calculated children's body mass indexes.

Information regarding upcoming Active•Fit events will be publicized in the Newark Advocate Media publications, as well as other media outlets. Parents can also visit [www.ActiveFit.org](http://www.ActiveFit.org) for more information or to register their children for the Active•Fit program at any time throughout the year.



## Active•Fit Upcoming Events

### LMHS Movie Night (with Youth Activities)

Saturday, September 8, 7:30 p.m.

The Denison University Fine Arts Quad Grounds

### Blackhand Gorge Tour

Saturday, October 13, 4:30 – 6:30 p.m.

Blackhand Gorge

### Wii Just Dance Party

Saturday, December 8, 7:00 – 9:00 p.m.

Licking County Family YMCA Mitchell Center

facility, staff interviews and comprehensive reviews of:

- Hospital policies and procedures
- Accuracy and completeness of medical records
- Facility cleanliness and environmental safety
- Emergency preparedness
- Adherence to National Patient Safety Goals
- Coordination and delivery of patient care
- Infection control and prevention
- Staff training, education, and competency
- Leadership evaluation
- Physician quality
- Medication safety
- Patient Rights
- Additional areas that directly and indirectly impact the safety and care of patients

Not only did LMH successfully meet all Joint Commission standards evaluated during the on-site survey, the facility has exceeded national averages in many areas related to the treatment of medical conditions, including:

- Heart attack care
- Heart failure care
- Pneumonia care
- Infection prevention
- Hip joint replacement
- Knee replacement

Shepherd Hill, the behavioral health department of LMH, received its first accreditation from The Joint Commission specifically for its residential chemical dependency program. During the June visit, inspectors scrutinized Shepherd Hill's inpatient behavioral health and detoxification services, as well as the residential care program.

In addition, The Joint Commission also gave its Gold Seal of Approval to LMH Home Care Services. The choice to seek accreditation from The Joint Commission in Home Care agencies is optional in Ohio, and pursuit of accreditation reflects a commitment to ensuring that stringent quality and safety criteria are being met. After an on-site inspection in May, Joint Commission surveyors found that LMH Home Care Services met all The Joint Commission's standards for patient safety, including issues such as medication safety, reducing the risk of patient falls, prompt responses to changes in the patient's condition, and reducing risks associated with home oxygen usage. Being found in full compliance with these requirements demonstrates LMH Home Care Services' capability to provide high-quality care to patients in their homes throughout Licking County.

Licking Memorial Health Systems President & CEO Rob Montagnese said The Joint Commission's accreditation is an important indicator of LMH's level of quality. "The results of The Joint Commission's inspections demonstrate that our Hospital's employees and Medical Staff are putting forth their best efforts on a daily basis," he said. "Every patient deserves excellent care, and it is gratifying that The Joint Commission has recognized our continued achievement."

Approximately 82 percent of the nation's hospitals are currently accredited by The Joint Commission. For more information about Hospital Accreditation Standards or The Joint Commission's findings, please visit their Web site at [www.jointcommission.org](http://www.jointcommission.org).

## LMHS Employees and Active Medical Staff Committed to Serving Community and Beyond



Kevin Finley, M.D., and Katrina Timson, M.D., traveled to Calebesse, Haiti, where they established a temporary medical clinic and provided primary care to approximately 400 local residents.

Licking Memorial Health Systems' (LMHS) mission to improve the health of the community often extends beyond

the commitment to provide quality care to the Licking County area. LMHS regularly contributes medical supplies to Medical Missionaries, an organization comprised of more than 200 volunteer doctors, nurses and dentists who provide medical care and equipment to some of the world's most impoverished areas. In 2012 alone, Medical Missionaries has benefitted from two separate LMHS donations totaling more than \$47,500.

In addition, many LMHS employees and Active Medical Staff physicians volunteer their time and talent abroad. The following staff members recently completed a volunteer service trip, creating a positive impact in countries around the world.

### Hanna Abdelmessih, M.D.

Dr. Abdelmessih of Licking Memorial Pediatrics in Newark, spent almost two weeks in Amman, the capital of Jordan, and its surrounding cities at the end of March. She and another member of her church traveled as representatives of Spring Hills

*LMHS Employees and Active Medical Staff Committed to Serving Community (continued on page 4)*

Baptist Church in Newark. During their trip, they visited local women's ministries to contribute monetary donations and give them hope and encouragement. They also completed many home visits throughout the country, providing humanitarian aid and basic care to local residents, passing out medication when needed and helping to explain different symptoms and ailments. Dr. Abdelmessih also completed several local humanitarian missions when she resided in Egypt.



Elliot Davidoff, M.D., (left) traveled to Ho Chi Minh City, Vietnam, to provide ophthalmology and diabetic retinopathy treatments to area residents.

#### **Elliot Davidoff, M.D.**

Dr. Davidoff, an ophthalmologist at Center for Sight in Newark, traveled to Ho Chi Minh City, Vietnam, in May with SEE (Surgical Eye Expeditions) International, an organization that provides ophthalmic services to disadvantaged individuals worldwide with the goal of restoring sight and preventing blindness. He spent the week working in conjunction with a local ophthalmologist examining patients with diabetes and performing laser treatments for diabetic retinopathy when needed. Dr. Davidoff also recognized that, due to insufficient funding, the quality of local health care is hindered by the lack of adequate medical technology and equipment compared to the United States. As part of his service, he transported a diode laser for retinal photocoagulation procedures and also arranged for a slit-lamp machine to be provided to the Trung Vuong Emergency Hospital on extended loan, so that routine eye examinations can be performed. Previously, Dr. Davidoff has participated in numerous other service trips to China, Ethiopia and Ecuador.

#### **Nell Duffy, Licking Memorial Physician Center Manager**

Nell joined a group of 15 travelers from Family of Faith Community Church in Newark on a trip to Chiquimula, Guatemala, from June 24 through July 3, 2011. While there, Nell and the group provided assistance to local feeding centers and visited many local schools where she and her group performed a drama, played with the children and passed out candy. Nell has participated in a total of seven excursions in various areas within Guatemala, Honduras, Panama and Peru.

#### **Kevin Finley, M.D.**

In June 2011, Dr. Finley of the Licking Memorial Emergency Department completed his fifth trip to Calebesse, Haiti, with a group from Marne United Methodist Church in Newark and Centenary United Methodist Church in Granville. While in Haiti, he established a temporary clinic and treated approximately 400 local residents. Dr. Finley is planning an additional trip to Calebesse in October.

#### **Owen Lee, M.D.**

Dr. Lee, a radiologist at Tri-County Radiology, completed two week-long service trips in 2011. In March, he traveled with a group from Calvary Bible Church in Hagerstown, Maryland, and the West Virginia University School of Osteopathic Medicine. The group established a temporary clinic to provide advanced primary care, dental care and prescription medication. In August, he joined another group from Calvary Bible Church to establish a temporary clinic in Nicaragua that would provide advanced primary care, prescription medication and eyeglasses to the residents.

#### **Jeff Smith, Director of Pastoral Care**

Jeff has served as a missionary for 15 years and has completed a total of 10 trips in Germany and the Philippines. Most recently, he traveled to Samal Island, Philippines, in January 2011, to provide encouragement and medical resources to the local population. During the trip, Jeff and a group from Spring Hills Baptist Church in Granville distributed vitamins, ibuprofen and antibiotic ointment. Jeff is planning his next mission for January 2013.

#### **Katrina Timson, M.D.**

Dr. Timson of Licking Memorial Family Practice – East, joined Dr. Finley's most recent trip to Calebesse, Haiti, with the group from Marne United Methodist Church and Centenary United Methodist Church. She assisted with the clinic, providing medical treatment to approximately 400 local residents. Although this was Dr. Timson's first mission trip, she is planning another trip for 2013.

## New Appointment



**Nadia K. Gill, M.D.,**  
has joined Licking Memorial  
Outpatient Psychiatric  
Services – Pataskala.

# LMH Offers Local Option for Lymphedema Therapy

Licking Memorial Hospital (LMH) prides itself on providing quality care close to home, and the LMH Occupational Therapy Department is no exception. When Oncologist Jacqueline J. Jones, M.D., recognized a growing need for lymphedema therapy in Licking County, and raised concerns about the hardships that traveling to Columbus or Zanesville caused patients, the Department immediately began steps to create a program at LMH. The program was officially implemented in 2010, and remains the only hospital-based therapy program in Licking County.

Lymphedema is most common in the arms and legs, but can affect other areas of the body, as well. The condition develops when the lymph vessels or nodes are missing or damaged. Lymph vessels collect fluid from the cells in the body. This fluid contains water, fat, protein and waste products. Lymph vessels expel this fluid to the lymph nodes where waste is removed and the fluid is returned to the blood stream. Without normal lymph drainage, fluid builds up beneath the top layers of skin. Surgery and radiation treatment for cancer are the most common cause of lymphedema, but sometimes the cause is unknown.

Lymphedema can be treated, but not cured. Symptoms vary from person to person, but swelling of the affected limb or body part is most common. If left untreated, however, pain and further damage, such as nerve injury, blockage of veins, strained ligaments due to increased limb weight, chronic infection and loss of limb also can occur over time.

The lymphedema treatment at LMH includes reconditioning, patient education and a complete lymphatic draining program. All LMH Lymphedema Therapists are certified in manual lymph drainage (Vodder Technique) and complete decongestive therapy by the Academy of Lymphatic Studies. The goal of the treatment program is to help patients reduce and control swelling. The program focuses on complete decongestive therapy (CDT), which has two phases. In Phase 1, the patient works with an LMH therapist to reduce the swollen limb to a normal or near normal size. Treatments, which occur daily for two weeks, include manual lymph drainage, compression therapy, exercises and skin care. In Phase 2, the patient works with the therapist to learn how to manage his/her own symptoms to improve the progress made during Phase 1. The second phase is lifelong to prevent lymphedema from worsening.

Patients must receive a referral from a physician to be eligible to participate in the program. The LMH Occupational Therapy Department is conveniently located at Tamarack Road, Building 4 in Newark. Please call (740) 348-4953 with questions or for more information.



## Judy Martin, LMH Lymphedema Patient

LMH Occupational Therapist Tim Argyle wraps Judy Martin's leg during her lymphedema treatment.

Judy Martin, of Newark, was diagnosed with lymphedema in her legs in 2008. After several years of at-home treatment, she was dissatisfied with the results and sought medical treatment due to recommendations from her friends. Her primary care physician, Jeremy R. Campbell, D.O., of Medical & Surgical Associates in Newark, referred her for lymphedema therapy. However, as Judy recalls, the closest clinic that Dr. Campbell was aware of was in Westerville. "I knew that lymphedema cannot be cured and that the condition requires lifelong treatment. I wanted to do what it took to get well, but I was dreading the repeated long trips that I knew were in my future," Judy said.

After her initial session, Judy expressed her frustrations to Darcy Nethers, the wellness coordinator for the LMH Wellness Center, during one of her semi-weekly visits. She then learned that the LMH Occupational Therapy Department offered lymphedema therapy. She immediately returned to Dr. Campbell's office, and requested a referral to LMH. Judy began her treatment in March, and with the help of Occupational Therapist Tim Argyle OTR/L, C.L.T., she has completed her Phase 1 treatment and is on her way to controlling her symptoms.

Despite being nervous to begin the self-treatment included in Phase 2, she left Tim's care committed to incorporating lymphedema therapy in her daily routine and was confident that she would be successful. "My legs feel great, and I feel like a new person," Judy said. "I am so thankful that I found this program."

Judy admits that without the treatment, guidance and education she receives at LMH, she knows that she would not be where she is today. Now, she is looking forward to re-indulging in some of her favorite hobbies including bowling, golfing and camping, and picking up some new ones – especially playing with her young grandson.

# LMHS Helps Local Mothers with Donation to Hebron Area Baby Pantry



Janae M. Davis, M.D., of Licking Memorial Women's Health (far left) and LMHS President & CEO Rob Montagnese (far right), presented a donation of various baby items to a group of volunteers from the New Life Baby Pantry in Hebron. Pictured are (left to right) Jennifer Shaffer, Valarie Hartsough, Deloras Noell, Matt Hartsough, Austin Hartsough and Pastor Brian Harkness.

More than 1,000 women give birth at Licking Memorial Hospital (LMH) each year, and Licking Memorial Health Systems (LMHS) is committed to providing quality care to each mother and baby. As part of that commitment, LMHS recently made a donation to the New Life Baby Pantry, an extension of the Hebron New Life United Methodist Church.

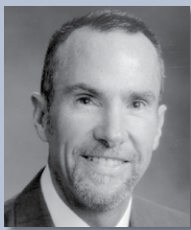
LMHS provided more than \$500 worth of baby lotion, baby wash, children's toothpaste, baby powder, diapers and formula to be distributed to local mothers in need of assistance.

"We believe that our mission to improve the health of the community goes beyond taking care of sick patients," said LMHS President & CEO Rob Montagnese. "Our goal is to provide quality care in all aspects of life, and we are proud to have the opportunity to support such a great local organization that exemplifies that commitment."

The New Life Baby Pantry is run by a dedicated group of volunteers and operates solely on donations. With more than 260 children served during the month of June alone, the Pantry is in need of additional help. In addition to the items donated by LMHS, the Pantry also accepts baby food, cereal, juices, wipes, clothing for children of all ages and other non-perishable baby items. Financial contributions also can be made by visiting the Web site at [www.hedied4.us/755764](http://www.hedied4.us/755764).

All Licking County residents in need of assistance are invited to visit the Pantry, located at 137 F West Main Street in Hebron. Patrons must provide a state identification, driver's license, proof of residency or a medical card. The Pantry is open on Wednesdays from 5:00 to 7:30 p.m., and Saturdays from 10:00 a.m. to 12:00 Noon. For more information about the New Life Baby Pantry, please e-mail [nlbabypantry@gmail.com](mailto:nlbabypantry@gmail.com).

## Community Education – Anxiety and Depression *(continued from front page)*



Timothy McNeish,  
Ph.D.

Stressful life events such as losing a loved one, getting fired from a job, going through a divorce and other difficult situations can result in a variety of emotions. Although these are normal reactions to life's stressors, some people experience these emotions daily for no apparent reason, making it difficult to function normally. Such individuals may have an anxiety disorder, depression or both.

Join Timothy McNeish, Ph.D., to explore the issue of depression and anxiety and its impact on the individual, family and community during an educational session for the community on **Thursday, September 13**, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. The program is free; however, registration is required. To register, please call (740) 348-2527.

## Community Education – Rotator Cuff Repairs *(continued from front page)*



Edward  
Westerheide, M.D.

Rotator cuff tears are a very common cause of debilitating shoulder pain. The rotator cuff is a group of muscles and their tendons that support the shoulder and allow the shoulder to move or rotate. The rotator cuff tendons are frequently torn either by traumatic injuries or through attrition due to the aging process. These injuries weaken the shoulder, causing even basic activities, such as combing hair or getting dressed, to become painful and difficult. When injuries fail to heal, surgical repair becomes the best option for eliminating pain and restoring shoulder function. Advanced arthroscopic surgical techniques continue to improve the effectiveness and viability of this type of surgery.

Join Edward Westerheide, M.D., of Orthopaedic Specialists & Sports Medicine Inc., to learn about the latest surgical options for rotator cuff tears during an educational session for the community on **Thursday, September 27**, 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.



## Camp Feelin' Fine Provides Asthma Education and Summer Fun

According to the Centers for Disease Control and Prevention, approximately seven million children in the United States have asthma. Whether a child has been recently diagnosed, or has had the condition for some time, it can be overwhelming to learn about treatments, physical limitations, and lifestyle changes that may be required. Licking Memorial Hospital (LMH) sponsors an annual summer event, entitled Camp Feelin' Fine, that provides an opportunity for children with asthma to learn more about the disease, explore techniques to manage symptoms, and interact with others who also have the condition. The Camp took place on June 8, at Infirmery Mound Park, south of Granville, with approximately 40 children in attendance.

Sasha Miller, 9, attended her third Camp Feelin' Fine this year. "Sasha loves Camp Feelin' Fine because it teaches her to be responsible for her asthma. She learns to be aware of when to take breathing treatments and her medicine, and how important it is to always know what symptoms to look for," said Sasha's mother, Lisa. Licking Memorial Pediatrician Richard Baltisberger, M.D., and members of the Licking Memorial

Respiratory Therapy Department, along with other members of the Hospital staff, teach youth participants ways to avoid common "triggers" of an asthma attack, such as allergens. Severe attacks can be life-threatening, if left untreated. Symptoms of an asthma attack can include: coughing, irregular or labored breathing, wheezing, frequent clearing of the throat and chest tightness.

Dr. Baltisberger, known as "Dr. Rick" to the campers, incorporates asthma education with games and activities. "It is important to educate the children so that they are prepared to manage their symptoms successfully, and having fun during the process helps keep them engaged in the lessons," Dr. Baltisberger said. "This event makes a positive impact on the lives of children with asthma, and I have been pleased to be part of it over the years."

The Respiratory Therapy Department at LMH is staffed with respiratory care professionals licensed by the State of Ohio. Respiratory care professionals work under the direction of a physician and assist in the diagnosis, treatment and management of patients with pulmonary disorders.

## Community Education – Breast Cancer Awareness and Screening *(continued from front page)*



Larry Pasley,  
M.D.



Tim Argyle,  
OTR/L, C.L.T.

According to the National Cancer Institute, breast cancer affects one in eight women, and has the second highest mortality rate among women, with lung cancer being the first. There are a variety of risk factors for the disease, including 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, and Tim Argyle, OTR/L, C.L.T., of Licking Memorial Occupational Therapy, will discuss risk factors for breast cancer, as well as ways to decrease your risk of developing the disease, during an educational session to be held Thursday, October 4, at 6:00 p.m., in the LMH First Floor Conference Rooms. Following the program, the first 40 registrants will receive a free, private breast cancer screening. The program is free; however, registration is required, and space is limited. To register, please call (740) 348-2527.

# Annual Golf Gala Supports LMH

The Licking Memorial Hospital (LMH) Development Council hosted its annual Golf Gala on June 25, with 131 golfers in attendance. The golf tournament is an 18-hole, four-player, shotgun scramble. The honorary chair of this year's event was Walter C. Gemmell of Heath. Walt served on the LMH Board of Directors from 1999 to 2005, and is now a member of the Licking Memorial Health Systems (LMHS) Board of Directors, where he has served since 2005.



The 2012 Golf Gala first-place award went to The Tony Adams Agency. Posing with Scrubs, the Hospital mascot, are members of the winning team (left to right): Chuck Moore, Erika Goins, Scot Evans and Tony Adams.

Proceeds from the Golf Gala are used to obtain and enhance state-of-the-art technology and services within the Hospital. Proceeds from this year's event will be used to offset the cost of the Hematology/Oncology Department Renovation Project at LMH. This year's event raised \$68,690.58, an increase of more than \$11,000 compared to the 2011 event. LMHS President & CEO Rob Montagnese expressed his gratitude to the golfers for their participation in the event. "LMHS is committed to providing quality health care to our community, but to do that, we depend on your support," Rob said. "Your overwhelming support of this year's Golf Gala will help us fulfill our mission to improve the health of the community, and we are extremely grateful for that."

At the event, 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 Tony Adams Agency team secured a first-place victory with a score of 54.

Members of the winning team included Tony Adams, Scot Evans, Erika Goins and Chuck Moore. Each team member received a trophy and a round of golf at Longaberger Golf Course. The Kool 101.7/WNKO Radio team, which included Tom Swank, Richard Day, Todd Harrold and Mark Walters, took second place with a score of 56. Each member of the team received a round of golf at the Granville Golf Course. Following the golf game, participants enjoyed a barbeque dinner, as well as an awards ceremony featuring individual category awards. Unfortunately, there was not a winner for the Hole-in-One prize, a new 2012 Honda Accord Crosstour offered by John Hinderer Honda. Prizes were awarded for the following categories:

- Closest to the Pin – Tom Swank of the Kool 101.7/WNKO Radio team received two rounds of golf from Apple Valley Golf Club.
- Longest Drive for Women – Natalie Kessler of the Kessler/Medflight team received two rounds of golf from Kyber Run Golf Course.
- Longest Drive for Men – Rob Englert of the Webb Financial team received two rounds of golf from Kyber Run Golf Course.
- Longest Putt – Bruce Beebe of the Stedman Flooring, Inc. team received two rounds of golf from Eagle Sticks Golf Course.

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

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

## 2012 Golf Gala Sponsors

### Ace Sponsors (\$5,000)

MedBen  
Park National Bank  
Stedman Flooring, Inc.  
Turner Construction

### Eagle Sponsors (\$2,500)

CS Construction Group, Ltd.  
Gutridge Plumbing, Inc.  
Limbach Company, LLC  
Newark Advocate Media  
Summit Custom Cabinets  
Surgical Interventions, LLC  
The Jerry McClain Companies  
US Foodservice

### Birdie Sponsors (\$1,000)

Kaiser Aluminum

Med Flight of Ohio  
Old Trail Printing  
Peck, Shaffer & Williams  
PNC Bank

### Hole Sponsors (\$500)

APS Medical Billing  
Baker & Hostetler  
Barnes Advertising  
Big "O" Refuse  
Capital Wholesale Drug Co.  
Cintas Healthcare Solutions  
Dawson Insurance, Inc.  
Document Solutions  
Earthwork Recording Studio  
Gardner & White  
General Graphics

H. L. Art Jewelers  
Interim Healthcare  
Matesich Distributing Co.  
Mid City Electric  
Mountjoy Chilton Medley  
Newark Healthcare Centre  
Ohio Cancer Research  
Ohio Health  
Reese, Pyle, Drake & Meyer  
Robertson Construction  
Rotary Club of Newark  
State Farm Insurance  
Thyssenkrupp Elevator  
Time Warner Cable  
Welch Allyn

2012 Golf Gala Sponsors (continued on page 9)



**Cart Sponsors (\$250)**

Advantage Healthcare Solutions  
 Arlington Nursing Home  
 Bill's Bush Hog Mowing  
 Bricker & Eckler  
 Budget Blinds of Mid Ohio  
 Clean Innovations  
 Color Text  
 COTC/OSU Newark  
 Coughlin Automotive  
 Dynamix  
 Echo 24  
 George Lynch Controls, Inc.  
 Greenfield Lewis Investment Counsel  
 Heath Nursing Care Center  
 Heckman's Lawn Service  
 HMC Group  
 Home Instead  
 Kendal at Granville  
 Kessler Sign Company  
 LEPI Enterprises, Inc.  
 Liberty Jeep  
 Licking 387 Memorial & Education  
 Charity Fund, Inc.  
 Marsh USA  
 Mathews Ford  
 McLain, Hill, Rugg & Associates, Inc.  
 Newark Elks Lodge #391  
 Northpoint Ohio Architecture  
 Quadax, Inc.

Recharge It, Inc.  
 Red Vette Printing  
 Sanfillipo Produce Co., Inc.  
 Southgate Corporation  
 Standard Textile  
 The Energy Cooperative  
 The Newark Metropolitan Hotel  
 Tuscany Gardens  
 Velvet Ice Cream  
 Waste Away Systems

**Other Sponsors**

Attitudz Hair  
 Apple Valley Golf Course  
 Bellezza Spa  
 Buckeye Linen  
 Buckeye Winery  
 Cameron Mitchell Restaurants  
 Chase Bank - Granville  
 Cherry Valley Lodge  
 City BBQ  
 Courtyard by Marriott  
 EagleSticks Golf Course  
 Elements Restaurant  
 First Federal Savings and Loan  
 Granville Golfand  
 Granville Inn  
 Corina Hare  
 Hillcrest Golf Course  
 Hopewell Federal Credit Union  
 John Hinderer Honda

Kendal at Granville  
 Kessler Sign Company  
 Bill Kuhlwein  
 Kyber Run Golf Course  
 Traci Lautenschleger - Thirty-one Gifts  
 Longaberger Golf Course  
 Susan Lonsinger  
 MedFlight  
 New Day Spa  
 Pizza Cottage  
 PNC Bank  
 Putterz by Big League  
 Quizno's  
 Reflections  
 Roosters  
 Roots & Shoots  
 Sonic Restaurant  
 Spa on the Avenue  
 St. Albans Golf Course  
 Starbucks  
 The Aladdin Diner  
 The Broadway Pub  
 The Climbing Rose  
 The Newark Metropolitan Hotel  
 The Works  
 Village Coffee Company  
 Village Flower Basket & Gardens  
 Walmart  
 Whit's Frozen Custard  
 Wilson's Garden Center  
 YMCA

**Community Education – Dining with Diabetes** (continued from front page)



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



Shari L. Gallup,  
 M.S.

Making smart meal choices is important for diabetes management, but healthy eating can be challenging. Dining with Diabetes is a three-part cooking school program for individuals with diabetes and their families that offers healthy alternatives to food preparation. The program, led by Registered Dietitian Annmarie Thacker, M.S., R.D., L.D., C.D.E., and Shari L. Gallup, M.S., will include healthy meal demonstrations, taste-testing and discussions about carbohydrates, fats and vitamins. In addition, a three-course meal will be served at each session.

Dining with Diabetes is presented by Licking Memorial Health Systems in partnership with The Ohio State University Extension Office. Advanced registration is required to attend the three-part program. Please call (740) 670-5315 to register. The cost is \$10 for senior citizens (age 60 and over), \$20 for all other participants, and is due at the time of registration. Space is limited – please register by Tuesday, October 2.

**Community Education – Losing Weight the Safe and Effective Way** (continued from front page)



Aundrea Parker,  
 R.D., L.D.



Kerri Marks,  
 P.T.

The obesity epidemic in the United States has become a personal crisis to many, as individual attempts to quickly lose weight continue to fail. However, it is essential to remember that the healthiest way to lose weight is not through bursts of exercise or crash diets. Instead, the body needs slow changes to sustain permanent weight loss.

Licking Memorial Dietitian, Aundrea Parker, R.D., L.D., and Licking Memorial Physical Therapist, Kerri Marks, P.T. will discuss the importance of losing weight the safe and effective way during a free educational session for the community. The program will take place on Thursday, October 18, at 5:30 p.m., in the Licking Memorial Hospital First Floor Conference Rooms. The event is free; however, registration is required. To register, please call (740) 348-2527.



## 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 LMH Main Lobby, for upcoming education programs, which will cover a variety of healthcare topics. The programs are held at 1:00 p.m., and are free to the public; however, registration is required and space is limited. Please call (740) 348-2527 to register.

### Wednesday, September 26

**Smart Grocery Shopping** – Grocery shopping can be a frustrating and time-consuming task. With so many products to choose from, it is often difficult to make effective choices to eat healthier, live better, and save money. Join Licking Memorial Dietitian, Annmarie Thacker, R.D., L.D., C.D.E., for an informal program on how to make the most of your grocery shopping budget.

### Wednesday, October 10

**Medication for Diabetes** – Different types of medication are often required to manage the complexities of diabetes. Available medications vary widely with results and side effects. Knowledge is essential to ensure effective blood glucose control. Join Licking Memorial Pharmacist Jane Melin, R.Ph., for an informative discussion on the various types of medication used in the treatment of diabetes and the way these medications act and interact within your body.

*The Betsy Eaton O'Neill Health Resource Center offers numerous medical resources free of charge, including computers, Internet access, reference manuals, anatomical models, and health-related journals. The Health Resource Center is staffed by volunteers, many with clinical backgrounds, and is open to the community, Monday through Friday, from 8:00 a.m. to 4:00 p.m.*



## Active•Fit Receives Boost from Gannett Foundation

To support Licking Memorial Health Systems and Newark Advocate Media in their new Active•Fit campaign, the Gannett Foundation has generously donated \$2,500 to help defray expenses. The Active•Fit campaign seeks to reduce the childhood obesity rate in Licking County by promoting healthy diet and active lifestyles.

Bill Albrecht, President and Publisher of The Advocate, said the donation gives Active•Fit a well-timed boost. "It is an opportunity to make an impact on an issue that affects the whole community. Making healthy lifestyle changes is a relevant issue that is growing. From an economic standpoint, it makes sense to teach healthy habits to children at a young age when we can have the greatest impact on their long-term health," he said.

Newark Advocate Media, a subsidiary of the Gannett Company, Inc., is partnering with LMHS to promote the new program to Licking County's youth, ages 6 to 12 years. In addition, there are plans to publish stories in The Advocate that demonstrate ways that families can become more fit together.



## For Your Health 5K

Over 600 individuals recently took advantage of the beautiful weather and scenery at The Dawes Arboretum in Newark during the Licking Memorial Health Systems (LMHS) 2012 “For Your Health” 5K Run and Fun Walk. The fifth annual event, which encourages healthy lifestyles, took place on August 4. Participants had the option of running or walking the entire 5K scenic route through the Arboretum’s renowned botanical collections. Walkers also had the option of following a shorter one-mile route. The honorary co-chairs of the 2012 “For Your Health” 5K Run and Fun Walk were Marcia and Jonathan Downes of Granville, Ohio.

“We are proud to present the annual ‘For Your Health’ 5K Run and Fun Walk to encourage exercise and good health for all age groups,” said Rob Montagnese, LMHS President & CEO. “This is an excellent event that supports our mission to improve the health of the community.”

The “For Your Health” 5K Run and Fun Walk was co-sponsored by the LMH Development Council, The Dawes Arboretum, the Licking County Family YMCA, and Park National Bank (PNB). The overall female and male winners of the “For Your Health” 5K Run and Fun Walk included: first place – Sally Price (19:50) and



More than 130 LMHS and PNB employees trained for the “For Your Health” 5K run through a program called “Couch to 5K. Pictured prior to the race are (left to right): Frances Scono, Vonda Welch, Carrie Scono, Sherry Hatfield, Bethany Kerr, Pam Thacker, Nancy Higgins and Megan Higgins.

David Briggs (17:41), second place – Sara Fondriest (21:17) and Patrick Merrilees (18:33), and third place – Brittany Lang (21:58) and Scott Davies (18:37). The top three overall female and male finishers received medals and gift cards to Dick’s Sporting Goods. Medals also were awarded to those who finished first in their age and gender groups.

Prior to the “For Your Health” 5K Run and Fun Walk, more than 130 LMHS and PNB employees also took part in a Couch to 5K program. This 9-week program was designed for individuals who were not experienced runners, and featured specific exercise plans to assist them in training for the 5K. Group workout sessions also were offered to LMHS employees three times per week. LMHS and PNB participants in the Couch to 5K program were honored at a celebratory cookout on Thursday, August 2.



The overall winner of this year’s race was David Briggs with a time of 17:41.

# LICKING MEMORIAL HEALTH SYSTEMS FAMILY MOVIE NIGHT

LMHS and John W. Alford Center for Service Learning  
at Denison University invite you to enjoy Family Movie Night

The feature film will be the 1987 classic film, *The Princess Bride*, in a FREE outdoor screening.

**Date:** Saturday, September 8

**Time:** Arrive at 7:30 p.m.  
The movie will begin at dusk.

**Location:** The Denison University  
Fine Arts Quad Grounds,  
off Broadway Street,  
in Granville



- Free health screenings will be available.
- Free popcorn and 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: In the event of rain, the movie will be shown in the Mitchell Recreation and Athletics Center on the Denison University Campus.*



*In partnership with the Denison Community  
Association 9/11 Day of Service*

*Participation at this event will count  
toward your Active Fit program goals  
- join the activities prior to the movie.*



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

# Physician Spotlight – John Applegate, D.O.



John Applegate,  
D.O., FACOP

John Applegate, D.O., FACOP, joined Licking Memorial Pediatrics in 2001. He serves as a pediatric physician in Pataskala. Dr. Applegate earned his bachelor's degree in biology from Wright State University, and received his Doctor of Osteopathic Medicine degree from Kirksville College of Osteopathic Medicine in Missouri. He completed his pediatric residency training and an internship at Doctors Hospital in Columbus. Dr. Applegate is a member of the American Osteopathic Association, the American Academy of Pediatrics, and the American College of Osteopathic Pediatricians. He is board certified in pediatrics. Dr. Applegate lives in Newark with his wife, Melinda, and their five children. He enjoys playing golf and attending church activities in his free time.

Dr. Applegate is accepting new patients at his office, located at One Healthy Place, Suite 203, in Pataskala. To schedule an appointment, please call (740) 348-1925.

## Ask a Doc – Healthy Habits for Youth with John Applegate, D.O.

**Question:** I have two children in elementary school who are not physically active. I want to help them develop good lifestyle habits now so they will enjoy better health as adults. Any suggestions?

**Answer:** It is important to be concerned with your children's habits at such a young age. Research has shown that unhealthy habits developed in childhood, along with the negative consequences of those habits, are likely to persist or even worsen in adulthood. Fortunately, healthy habits can be equally influential. In addition to proper nutrition and rest, exercise is a crucial aspect of a healthy lifestyle.

The Centers for Disease Control and Prevention (CDC) recommends that children and adolescents participate in at least 60 minutes of physical activity every day. Those 60 minutes are divided into three different types of activity: aerobic, muscle-strengthening, and bone-strengthening. Many physical activities involve more than one of these categories, making it possible for children to incorporate all three into their healthy lifestyles. Examples of each type of activity are as follows:

### Aerobic

- Hiking
- Running and walking
- Skateboarding
- Jumping rope
- Bicycle riding
- Many organized or team sports

### Muscle-Strengthening

- Tug-of-war
- Rope or tree climbing
- Bodyweight exercises, such as push-ups or sit-ups
- Swinging on playground bars
- Gymnastics

### Bone-Strengthening

- Skipping and jumping activities, such as hopscotch or jumping rope
- Some sports, such as gymnastics, basketball, volleyball, and tennis
- Running

As a parent, there are several ways to encourage your children to take an interest in trying new activities. Set a positive example for your children by integrating physical activity into your family's daily routine. For example, instead of watching television after dinner, encourage the entire family to go for a walk or play an active game.

Look for recreational sports opportunities in your area within your community. Team sports are a great way for your children to get active while having fun, making new friends, and forming important cooperation skills.

In addition to promoting physical activity, parents also can support their children's healthy lifestyles by limiting time in front of the television to no more than 1-2 hours per day. Parents also should ensure that children get at least 10 to 12 hours of sleep per night, and eat balanced meals and healthy snacks.

Licking Memorial Health Systems (LMHS) and Newark Advocate Media have recently created the Active•Fit youth wellness program, which promotes such healthy habits. The Active•Fit program offers youth, ages 6 to 12, an opportunity to choose four goals each from two categories: Active (exercise and activity) and Fit (dietary). When the total of eight goals is completed for each 4-month period, the participant will be entered into a drawing to win incentive prizes. Each period also will feature exciting Active•Fit events, during which your children can participate in active games and learn more about their health.

The Active•Fit Web site features many helpful resources to assist you and your children in forming healthy habits, including lists of local parks and recreational sports leagues, sample exercises, and healthy snack and meal ideas. Visit [www.ActiveFit.org](http://www.ActiveFit.org) for more information or to register your children for the upcoming program.



## Patient Story – Ray Podesta

Ray Podesta tried different methods to control his diabetes for more than 40 years. He knew the important role that exercise and diet play in managing his high blood sugar levels, yet his test results consistently revealed that his diabetes was not well controlled. At the beginning of 2012, Ray began using an insulin pump and finally attained the tight control he needs to deter future complications.

In the early 1970s, Ray taught physical education at Illinois State University. An athletic 23-year-old, he felt physically fit and enjoyed playing lots of basketball and golf, but noticed a curious development. “I was always thirsty,” Ray recalled. His increased thirst was so evident that an acquaintance who had diabetes recognized the symptom and urged him to see a physician.

Ray was shocked to learn that he had type 1 diabetes, meaning that his pancreas was not producing the insulin that his body needed to break down the sugar molecules in food. Although type 1 diabetes often has no hereditary link, Ray learned that his grandmother had diabetes. “I was very young when she died. All I remember is that she had lost a leg up to the knee, and was in a wheelchair. After my diagnosis, my father told me that she had diabetes.”

Ray immediately set about managing his blood sugar. He stayed active and learned how to inject insulin and eat a healthy diet. A couple of years later, he changed careers and joined State Farm Insurance. He and his wife, Kristi, moved to Newark in 1984 so that he could transfer to the Ohio regional office.

Since his blood sugar levels continued to run high, Ray visited a nutrition counselor at Licking Memorial Hospital (LMH). The counselor showed him how to count carbohydrates, a method to determine how much insulin he needed to metabolize his meals. “After explaining the basic concept of ‘carb counting,’ the counselor handed me three cookies and asked me how much additional insulin I would need to take if I ate them,” Ray said. “I asked, ‘You mean I can have cookies now?’ I cannot eat sweets every day, but it was nice to know that I could have them once in a while. I can adjust my insulin accordingly.”

In 1998, Ray suffered a heart attack at the age of 50, and he was flown by MedFlight to Columbus to have a stent



Ray Podesta (left) and his younger son, Michael, posed for a photo on Father's Day 2012.

implanted. He had a second heart attack in 2009, but by that time, LMH's Cardiology Department had expanded, and he was able to remain in Newark for surgery. Since 1998, he estimates that he has had 15 or 16 angioplasties to treat collapsed arteries. “My high blood sugar was surely a contributing factor, but I also have a family history of heart disease,” he said. “My father had a heart attack when he was 50.”

At the end of 2011, Ray visited Endocrinologist Jaime Goodman, M.D., of Licking Memorial Endocrinology.

He was frustrated that his efforts had been unsuccessful, and his family practice physician had suggested that an insulin pump might help. Dr. Goodman agreed that Ray was a good candidate for an insulin pump, and in January 2012, he made the switch.

To Ray's dismay, the pump system was not an instant success for him. “For the first two or three weeks, I could have thrown the thing out the window!” he said. “I was ready to go back to the injections, and did not care if my blood sugars were high. But Dr. Goodman gave me a pep talk. She was very patient and said it was going to take a little time to get everything adjusted correctly.” After speaking to Dr. Goodman and a representative from Medtronic (the pump's manufacturer), Ray changed to a different infusion set, and found it to be a much better match for him.

“Before using the insulin pump, I had been taking five shots of insulin every day – now I change the needle's location only two or three times each week,” he said. “Going to the insulin pump was the greatest move I ever made. It has changed my life as far as my blood sugar levels are concerned.”

Ray visits Dr. Goodman every three months for a checkup, and sends her glucometer results every two weeks. He explained, “It is really simple. When I take my blood sugar readings, the results are automatically recorded in my pump. I upload the readings to a secure Web site, which Dr. Goodman can access. She checks the readings, and we discuss any adjustments that should be made. She is very thorough, and I realize that she is spending a significant amount of time evaluating my results between my office visits.”

# 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 healthcare choices.

Check out our Quality Report Cards online at [www.LMHealth.org](http://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 2009	LMHP 2010	LMHP 2011	National
LMHP diabetes patients receiving eye exam	71%	70%	71%	57% <sup>(1)</sup>
LMHP diabetes patients having HbA1c test	87%	97%	97%	88% <sup>(1)</sup>
LMHP diabetes patients having lipid profile	90%	94%	95%	83% <sup>(1)</sup>
LMHP diabetes patients having microalbuminuria test	92%	90%	92%	82% <sup>(1)</sup>
LMHP diabetes patients having foot exam	87%	90%	92%	80% <sup>(2)</sup>

**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 2009	LMHP 2010	LMHP 2011	National <sup>(1)</sup>
LMHP diabetes patients with HbA1c less than or equal to 7%	48%	54%	57%	35%
LMHP diabetes patients with HbA1c less than or equal to 8%	67%	68%	79%	56%

**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 2009	LMHP 2010	LMHP 2011	National <sup>(1)</sup>
LMHP diabetes patients with LDL less than or equal to 100 mg/dL	61%	62%	64%	44%

**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 that a person with diabetes should have an HbA1c blood test at least every six months to monitor glucose levels. LMH staff members work closely with patients and their doctors to ensure that this test is performed as recommended in order to manage each patient’s condition better.

	LMH 2009	LMH 2010	LMH 2011	Goal
CCM diabetes patients who obtained an HbA1c test	99%	98%	100%	Greater than 80%

**5** Licking Memorial Hospital offers special classes and services for people with diabetes. Certified diabetes educators, registered nurses, dietitians and pharmacists provide one-on-one education to patients and work closely with them to set their own meaningful personal goals for improving their health and well-being.

	LMH 2009	LMH 2010	LMH 2011	Goal
Goals met by diabetes education graduates – within six months	91%	90%	93%	Greater than or equal to 80%

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



## Patient Story – Barbara Garman

Barbara Garman and her family are not strangers to cancer. Her grandmother passed away from brain cancer, her nephew was diagnosed with cancer at the age of three and has been in remission for four years, and her grandfather also battled cancer. However, in September 2011, the primary concern on Barbara's mind was hosting her husband Bill's birthday party. That weekend, she came down with what she thought was the stomach flu, and by Monday when she still had not recovered, she scheduled an appointment with her family physician. Suspecting that it was her appendix, he referred her to the Licking Memorial Hospital (LMH) Emergency Department, where she was scheduled for an appendectomy. Barbara was nervous, but she felt at ease in the hands of her surgeon, Howard L. Reeves, D.O. The routine procedure went smoothly, and Barbara returned to LMH for her follow-up appointment in early October feeling much better.

At that appointment, Dr. Reeves informed her that he had noticed some potential abnormalities when he removed her appendix, and decided to order some additional laboratory work. The results were devastating for Barbara. At the age of 38, she was diagnosed with stage 3 appendiceal cancer. "I remember being in shock," Barbara said. "Dr. Reeves informed me that there was only a one in 1,000 chance that my appendix would be cancerous, and it was."

Dr. Reeves referred Barbara to a specialist in Columbus. The cancer had spread to other areas of her body, so over the next few weeks, she underwent numerous surgeries to remove part of her bowel and some lymph nodes. She also had a complete hysterectomy. In mid-December, Barbara had her initial chemotherapy treatment in Columbus, but she was struggling with fatigue and nausea and quickly realized that the long drive would be difficult to make in her condition. As a lifelong Newark resident, she had heard great things about the Hematology/Oncology Department at the Hospital and decided to transfer her care to LMH in January.

"At that time, my grandfather was having his chemotherapy treatment at LMH. I saw how wonderful the staff was, and I



The Garman family – Bill, Barbara, and their daughters Katelynn and Cristen, are thankful for the compassion that the staff, nurses and physicians of the LMH Hematology/Oncology Department demonstrate when providing care.

knew that I would be in good hands," Barbara said. "Transferring to Licking Memorial to receive my care was the best decision I ever made."

At LMH, Barbara was treated by Oncologist Aruna C. Gowda, M.D., and received biweekly chemotherapy treatments. Barbara admits that while she struggled with her sudden diagnosis, the exceptional treatment that she received from Dr. Gowda and the LMH staff helped her both physically and emotionally. "Everyone treated me more like family than a patient," Barbara said. "Dr. Gowda took the time to see me before every treatment and really listened to what I was telling her. Everything happened so fast, so I was feeling sad and overwhelmed. Dr. Gowda recognized my depression and not only prescribed treatment, but also offered me continual encouragement and support each time we talked," Barbara said.

Throughout this difficult time, Barbara knew she could depend on her close friends and family for help. Her mother, Jean Ennis, took her to each of her appointments, and all of her close friends and family helped care for her two young daughters, Katelynn, now 9, and Cristen, now 6. However, her greatest burden was observing the disease's negative impact on her family, especially her daughters. "I was very nervous about the chemotherapy treatments. I did not know what to expect, and I did not want to be sick in front of my girls. When I expressed this to the staff, they were remarkable. They took extra time to walk me through the procedure and the side effects, and I was able to be more at ease knowing what to expect," she said.

Barbara has many stories to recount of the wonderful care that she received during the five months that she underwent chemotherapy, but one prime example occurred in late June during her last chemotherapy appointment. While she was excited to complete her treatment, she also felt bittersweet to be leaving the nurses and staff who had taken such good care of her. In particular, one of her regular nurses was on vacation that week, and she was disappointed that she would not have the opportunity to say goodbye. During her appointment, however, Barbara was surprised to receive a text message



# Cancer Care – How do we compare?

Check out  
our Quality  
Report Cards online  
at [www.LMHealth.org](http://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 healthcare choices.

**1** Statistics are collected for all screening mammograms to assess the accuracy of the testing. Some parameters that are determined include the probability that any individual case of breast cancer will be identified by the mammogram and the probability of the mammogram correctly identifying patients that do not have cancer.

	LMH 2009	LMH 2010	LMH 2011	Goal
Percentage of cancers correctly identified by the mammogram	NA <sup>(1)</sup>	NA <sup>(1)</sup>	95.5%	78% <sup>(2)</sup>
Percentage of patients without cancer correctly identified by the mammogram	NA <sup>(1)</sup>	NA <sup>(1)</sup>	99.7%	90% <sup>(3)</sup>

**2** So as not to miss cancers, mammography can suggest malignancy when in fact no cancer is present. If the mammogram is suggestive of cancer, the radiologist may recommend a biopsy and many biopsies subsequently are negative for cancer. Because of this, another parameter we measure is the percentage of cases for which biopsy is recommended that are positive for cancer.

	LMH 2009	LMH 2010	LMH 2011	Goal
Percentage of cases with radiologist recommended biopsy that actually had cancer	NA <sup>(1)</sup>	NA <sup>(1)</sup>	33%	24 to 40% <sup>(4)</sup>

**3** Screening mammograms are conducted to detect breast cancer before the patient has any noticeable symptoms. Breast cancer is most easily and most effectively treated when it is diagnosed in its early stages. Although the results from most screening mammograms are negative, meaning no cancer was detected, for patients who are found to have breast cancer, the screening mammogram may have been life-saving technology. Licking Memorial Hospital (LMH) tracks the number of screening mammograms that have positive interpretations, meaning that the tests detected cancer that may have remained unnoticed until it was more advanced.

	LMH 2009	LMH 2010	LMH 2011	Goal
Cancer detection rate with positive interpretations (per 1,000 screening mammograms)	3.0	4.2	3.0	2 to 10 <sup>(4)</sup>

**4** 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 2009	LMH 2010	LMH 2011	Goal
Number of chemotherapy medication errors negatively impacting patients	0	0	0	0

**5** 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. Cancer Registry staff may also contact the primary care physician to ensure the health of the patient.

	LMH 2009	LMH 2010	LMH 2011	Goal
Cancer patients with follow-up	92%	94%	94%	greater than 90%

**6** 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 2009	LMH 2010	LMH 2011	Goal
Newly diagnosed and/or treated patients in clinical trials	3.7%	5.6%	3.8%	greater than 2%

**7** 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 and colorectal cancer for all active patients. Active patient population is defined as patients seen within the last three years.

	LMHP 2009	LMHP 2010	LMHP 2011	National Average <sup>(5)</sup>
LMHP patients who received screening tests for:				
Breast cancer	85%	85%	84%	<b>65%</b>
Cervical cancer	85%	85%	83%	<b>73%</b>
Colorectal cancer	64%	64%	64%	<b>52%</b>

**Data footnotes:** (1) While LMH has been tracking this information for many years, data collection guidelines changed in 2011. As a result, data collected prior to 2011 cannot be used for comparison purposes. (2) Kolb TM, Lichy J, Newhouse JH. Comparison of the performance of screening mammography, physical examination, and breast US and evaluation of factors that influence them: an analysis of 27,825 patient evaluations. *Radiology*. 225(1):165-75, 2002. Oestreicher N, Lehman CD, Seger DJ, Buist DS, White E. The incremental contribution of clinical breast examination to invasive cancer detection in a mammography screening program. *AJR Am J Roentgenol*. 184(2):428-32, 2005. (3) Bassett LW, Hendrick RE, Bassford TL, et al. Quality determinants of mammography: Clinical practice guidelines, No. 13. Agency for Health Care Policy and Research Publication No. 95-0632. Rockville, MD: Agency for Health Care Policy and Research, Public Health Services, US Department of Human Services, 1994. (4) D’Orsi CJ, Bassett LW, Berg WA, et al, BI-RADS: Mammography, 4th Edition in: D’Orsi CJ, Mendelson EB, Ikeda DM, et al: Breast Imaging Reporting and Data System: ACR BI-RADS – Breast Imaging Atlas, Reston, VA, American College of Radiology, 2003. (5) Percentages are compiled by averaging Commercial, Medicare and Medicaid data as reported in “The State of Health Care Quality 2011,” National Committee for Quality Assurance.

*Patient Story – Ray Podesta (continued from page 14)*

For many years, Ray’s hemoglobin A1c (HbA1c) test results had remained approximately 9 percent. The HbA1c test is used to reveal long-term blood sugar control, and most physicians agree the goal is below 7 or even 6.5 percent. In June, just five months after Ray began to use an insulin pump, Dr. Goodman reported his latest results. Ray said, “When she told me that my HbA1c was 6.4 percent, I asked, ‘Are you sure?’ I had not changed a thing about my diet or exercise. The only difference was the pump.”

Because diabetes has a genetic link, Ray has ensured that his three grown children, Ray, Jennifer and Michael, are informed about the warning signs, such as excessive thirst, frequent urination, unexplained weight loss, extreme hunger, fatigue and irritability. There is no known cure for diabetes.

Ray has noticed a remarkable improvement in supplies and consumer products for diabetes over the years. “The wide variety of sugar-free products in stores, and improvements in insulin therapies make it much easier to manage my diabetes than when I was diagnosed four decades ago,” he commented.

Ray is grateful for the dedicated help from Dr. Goodman and her staff, as well as the Medtronic representative, and Kristi. He credits their support for bolstering him through difficult times and helping him maintain a positive attitude. As Ray sees it, his newly found blood sugar control is a sweet victory for all of them.

*Patient Story – Barbara Garman (continued from page 16)*

from that nurse expressing congratulations for her completed treatment and wishing her luck in her continued recovery.

“It is really something special that she cared enough to think about me during her vacation,” Barbara said. “When I was first diagnosed with cancer, I was scared. I felt like I had taken life for granted, but the nurses, staff and physicians at the Hospital were so caring, I found renewed hope.”

Barbara gratefully credits the excellent care that she received at LMH with her recovery. Several months after her treatment

concluded, she is feeling much better and is focused on regaining her health. She and her family just returned from a week-long vacation to Marblehead, Ohio, where they spent time relaxing on the coast of Lake Erie and visiting the African Wildlife Safari in celebration of her recovery. Currently, Barbara is working to get back into her old routine of spending time with her family and cheering for The Ohio State University Buckeyes.

## Insulin Pumps Can Improve Blood Glucose Control

Before the use of insulin to lower blood sugar levels was discovered nine decades ago, patients with diabetes were advised to consume an extremely low calorie diet of 450 calories each day. The patients, near starvation, usually did not live long after their diagnosis. In 1921, the medical community hailed the development of an insulin extract as a miraculous discovery. Although insulin therapy was effective in saving lives, patients were required to follow regimented routines, check their blood sugar levels and self-inject insulin multiple times each day. In the late 1970s, technology

emerged that is now allowing many patients with diabetes to delegate much of the insulin therapy to a sophisticated pump delivery system, freeing them to lead more flexible lives.

“Many of my patients have been unable to achieve the tight blood sugar control they need to prevent complications,” commented Endocrinologist Jaime T. Goodman, M.D., of Licking Memorial Endocrinology. “An insulin pump system

*Insulin Pumps Can Improve Blood Glucose Control (continued on page 19)*

can take much of the guesswork out of determining how much insulin is needed, and when to take it. It also eliminates the necessity to take injections every day. I have seen quite a few instances where the use of an insulin pump has dramatically improved a patient's ability to achieve and maintain good blood glucose levels."

Diabetes is a condition where the body either does not produce enough insulin, or has become resistant to the insulin that is produced. Insulin is a hormone that is produced in the pancreas to break down glucose (sugar) in the bloodstream to provide fuel for the body's cells. With diabetes, glucose builds up in the bloodstream.

There are three main types of diabetes: type 1 diabetes is often called "childhood diabetes," but it can be diagnosed at any age. Type 2 diabetes is often called "adult onset diabetes," however, it is increasingly affecting children, as well. Type 2 diabetes is strongly linked to obesity and lack of exercise. The third type, gestational diabetes, can develop in women who are pregnant. It is typically a temporary condition that resolves by itself after the baby is born; however, women who are diagnosed with gestational diabetes are at higher risk for developing type 2 diabetes in later life.

All three types of diabetes require regular check-ups by a physician to prevent possible complications, such as coronary disease, circulation problems, blindness, numbness in the extremities, pain in the extremities, sexual problems and diabetes ketoacidosis. Treatment usually includes a combination of diet control, exercise, losing excess weight, oral medication and insulin therapy through short-acting (quick releasing) and/or long-acting (slow releasing) insulin.

Under normal circumstances, the body's pancreas produces a small, constant (basal) amount of insulin throughout the day. When a person eats, the pancreas reacts to the rising blood glucose level by creating a surge (bolus) of additional insulin. Diabetes patients who self-inject insulin must estimate when their blood sugar levels will rise, and coordinate their insulin injections to peak at the same time. Insulin pumps were developed to mimic the pancreas' natural action by releasing small basal amounts of insulin during the day and allowing the patient to deliver a bolus boost when eating to prevent the rise of blood sugar levels.

Dr. Goodman explained, "Just like cell phones, insulin pumps are constantly becoming 'smarter' and smaller. The first insulin pumps that were developed in the late 1970s were carried in a backpack. Modern insulin pumps are about the size of a pager, and have different features to accommodate patients' needs."

Insulin pumps are programmed to deliver small amounts of insulin during the day. The delivery rates can be changed for different times of day when the patient may be more resistant to the insulin or more active. Before meals, the patient conducts a blood sugar check, and the pump can help make recommendations as to how much insulin to bolus, based on



The small insulin pump automatically delivers insulin according to a programmed rate that is customized to each individual patient, and allows the patient to bolus when additional insulin is needed.

the current blood sugar level and how much carbohydrate will be consumed. Some patients also have a continuous glucose monitor that measures the interstitial fluid every five minutes and alert the patient if blood sugar levels are rising or falling.

Although insulin pump designs vary according to the manufacturer, they all use a cannula (needle) that is placed under the skin to automatically release insulin. The pumps have a reservoir that contains up to 315 units of insulin. The pumps are worn externally, and are often connected to the cannula by a long, thin tube. The patient wears the insulin pump 24 hours a day, although it may be disconnected from the cannula for a short period of time, such as for bathing, with the physician's permission. The cannula location must be changed every two to three days.

Dr. Goodman joined Licking Memorial Endocrinology in 2010. She said that during her two years of serving patients in Licking County, she has seen dramatic improvements in patients who began using an insulin pump. "I have both type 1 and type 2 diabetes patients who were quite frustrated about being unable to control their blood sugar levels for years. Within just a few months of using an insulin pump, their blood sugars are often well managed, and they feel much better. Early research is indicating that long-term use of insulin pumps to achieve near-normal blood sugar levels may reverse some complications of diabetes, such as neuropathic foot pain, and that is very encouraging."

Most insurance plans now cover insulin pump expenses. To discuss whether an insulin pump would be right for you, or any other endocrinology concern, appointments can be made with Dr. Goodman by calling Licking Memorial Endocrinology at (740) 348-7950. The practice is located at 1272 W. Main St., Building 2 (upper level), in Newark.

# LMH Supports National Mammography Day with Free Mammogram Program

Licking Memorial Hospital (LMH), Licking Memorial Women's Health, the Licking County Health Department, and Tri-County Radiologists, Inc., will offer free mammograms to qualifying low-income women on Thursday, October 18, and Friday, October 19, to promote the importance of breast cancer screening awareness. The screenings are in recognition of National Mammography Day on Friday. Tests will be performed from 7:00 a.m. to 6:30 p.m. 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 150.

In order to be eligible to participate in this program, women must meet the following criteria:

- Must reside or work in Licking County
- Must be at least 40 years old
- Must not have insurance, or be eligible for Medicare or Medicaid
- Must have a physician's referral
- 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 the last 12 months

The free tests apply only to screening mammograms. The X-rays will be interpreted by Tri-County Radiologists, including Joseph Fondriest, M.D., Owen Lee, M.D., Subbarao Cherukuri, M.D., Timothy Lifer, D.O., Edward Del Grosso, M.D., 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. However, financial assistance programs are available if follow-up is required. Information regarding the Hospital Care Assurance Program can be obtained at the LMH Cashier's Office.



The Women's Imaging Center at LMH offers high-tech digital mammography for more precise diagnoses.

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 also partners with the Licking County Health Department to provide screening mammograms for residents who are under-insured or uninsured. These services are available year-round through the Screening and Survivor Support (SASS) Breast Cancer program. Information about SASS is available online at [www.lickingcohealth.org](http://www.lickingcohealth.org), or by calling the Health Department at (740) 349-6535.

## Dave Alianiello Receives OHA Nomination



Dave Alianiello,  
P.T., CSCS

Physical Therapist Dave Alianiello, P.T., CSCS, of Licking Memorial Physical Therapy, was recently honored by the Ohio Hospital Association (OHA) as one of the 62 nominees chosen to represent their hospitals and health systems for the OHA's prestigious Albert E. Dyckes Health Care Worker of the Year Award. Nominees are selected in recognition of their leadership, values and track record of going above and beyond the call of duty to give back to the community.

Dave has served as a physical therapist at Licking Memorial Hospital (LMH) since 1989. He graduated from The Ohio State University with a Bachelor of Science in physical therapy. He is a member of the National Strength and Conditioning Association and has been a certified strength and conditioning specialist since 1990. He is a member of

the International Weightlifting Association, and is certified in senior strength training, and strength and conditioning training.

"Dave has exceptional 'people skills' that help him connect with his patients," commented Rob Montagnese, President & CEO of Licking Memorial Health Systems (LMHS). "As a result, the Health Systems regularly receives enthusiastic feedback from Dave's patients about his knowledge and encouragement. He was honored with the LMHS President's Award earlier this year to recognize his outstanding contribution, and we are proud that he represents the organization on the state level with this nomination."

Dave and his wife, Lisa, have two daughters, Jessie and Kelley. In his spare time, Dave is an assistant self-defense and martial arts instructor at the Reynoldsburg United Methodist Church Martial Arts Ministry, training under-privileged youth and adults in self-defense.



## LMHS Participates in Annual Pataskala Relay for Life

The annual Pataskala Relay for Life event took place at the Watkins Memorial High School track from 7:00 p.m. on July 13, through 1:00 p.m. on July 14. Relay for Life, the signature event of the American Cancer Society, features 18 hours of continuous walking, with the goal of raising funds to benefit cancer research through sponsorships and donations. This year's event featured 151 registered walkers, some of whom were cancer survivors themselves, in addition to the many friends, caretakers, and family members whose lives have been impacted by cancer. Together, they raised over \$20,000 for cancer research. Some attendees also participated in an honorary Survivors Lap to recognize those who have won the fight against cancer, as well as a Luminaria Ceremony in remembrance of lost loved ones.

During the opening ceremony, Rob Montagnese, Licking Memorial Health Systems (LMHS) President & CEO,

offered words of appreciation to the attendees. "LMHS has been inspired by the participants of Relay for Life who have contributed so much to the fight against cancer, not just at this event, but in their everyday lives, as well. You've inspired us to invest \$1.5 million to renovate the Licking Memorial Hospital (LMH) Hematology/Oncology Department in order to provide patients with state-of-the-art technology, as well as a more comfortable, healing atmosphere. We are in this fight with you."

LMHS is dedicated to the early detection and treatment of cancer. In addition to excellent patient care, the Health Systems provides free community education programs, such as "Prostate Cancer and Men's Health Issues," educational opportunities in the Betsy Eaton O'Neill Health Resource Center, and cancer screenings including free mammograms to qualifying women with financial need.



## LMHS Night at Licking County Settlers Game

Licking Memorial Health Systems (LMHS) sponsored the fifth annual evening with the Licking County Settlers at Don Edwards Park in Newark on Monday, July 9. "LMHS Night" featured a cookout with door prizes and free admission to the Settlers vs. the Hamilton Joes baseball game for all Health Systems' employees and their families.

LMHS' sponsorship of the Settlers was demonstrated throughout the evening. Bill Mann, LMHS Board of Directors Chairman, 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.

# LMHS Promotes New Licking Valley Physician at The Red, The White, The Blue ... Kaboom

Licking Memorial Health Systems (LMHS) recently participated in Licking Valley's annual celebration, The Red, The White, The Blue ... Kaboom. During the parade, LMHS introduced Licking Memorial Family Practice Physician, Andrew C. Seipel, M.D., to the community. Dr. Seipel will now be providing patient care at the Licking Valley Medical Center, located at 2181 W. High Street, N.E., in Hanover.



## Hartford Fair Projects Receive LMHS Support

Licking Memorial Health Systems (LMHS) purchased the 1,307-pound grand champion market steer owned by Cole Foor. Cole is a member of Boots-n-Buckles 4-H Club. LMHS plans to donate the beef to the Salvation Army of Licking County.



# Active•Fit

## YOUTH WELLNESS PROGRAM

The Active•Fit program promotes healthy lifestyles for youth ages 6 to 12.

Visit [www.ActiveFit.org](http://www.ActiveFit.org) to register. Participants who complete the free program will be entered into a drawing to win prizes!

Newark  
Advocate  
A GANNETT COMPANY Media

Licking Memorial  
Health Systems

For more information, visit [www.ActiveFit.org](http://www.ActiveFit.org)

# 19th Masonic District Promotes Education and Literacy Through Charitable Giving

On June 12, Veronica Link, Vice President Development and Public Relations, accepted a generous donation of more than 100 children's and young adult books on behalf of Licking Memorial Hospital (LMH). The books were donated by the 19th Masonic District of the Grand Lodge of Free & Accepted Masons of Ohio, which is comprised of lodges in Licking, Knox and Coshocton Counties. Each year, the Grand Lodge of Ohio chooses a different charity or cause to support. This project was inspired by Grand Master of Ohio Kevin Todd and his wife, Pam, as part of an initiative to promote education and literacy across Ohio.

The books will be distributed to pediatric patients in LMH's Surgery Department. Adam Wilson, President of the 19th Masonic District Association, said the district values the opportunity to partner with such a worthy local organization to put the books to good use.



*Pictured are (left to right):* (Front row) Paul Phillips, 19th Masonic District President Adam Wilson, Richard Beard, Mike Morris and Licking Memorial Health Systems Vice President Development and Public Relations Veronica Link. (Back row) Ross Barry, John Patrick, Richard Lewis, Kenneth Levea and Chester Vance.



## Zonta's Tradition of Giving Benefits Licking Memorial Women's Health

The Zonta Club of Newark has made annual charitable contributions to Licking Memorial Health Systems (LMHS) since 1989 with the goal of enriching patient care services. This year, Director of Development Sheila Wayland (left) and Physician Center Manager Judy Nolette (right) accepted a \$3,500 donation to benefit Licking Memorial Women's Health from Zonta Club President Jo Ann Darnes (center right) and Immediate Past President Nasie Gallagher (center left). The funds were raised through the Zonta Club's Annual Champagne Luncheon, Silent Auction and Style Show, which were held in May.

## FIRST IMPRESSIONS MATERNAL CARE

FEATURING PRIVATE SUITES FOR MOTHERS AND NEWBORNS

At Licking Memorial Hospital, new parents can expect to receive caring, high-tech maternal care close to home. Our Maternal Child Department has been enhanced with the recent addition of new mother-baby suites, to ensure that parents are able to enjoy the private intimacy of their newborn's first hours. Our maternity experience also features:

- Complete in-room entertainment center
- Private bathroom with shower
- Custom gourmet meal prepared by our on-site chef
- Massage therapy
- Newborn care and breastfeeding education



1320 West Main Street • Newark, Ohio 43055 • (740) 348-4000 • [www.LMHealth.org](http://www.LMHealth.org)

View our Quality Report Cards online.

# Donors Recognized for Contributions to the Licking Memorial Health Foundation

New donors were recognized recently for their generous contributions to the Licking Memorial Health Foundation (LMHF). These contributions ensure that Licking Memorial Hospital (LMH) can continue to provide excellent, quality health care for the community with state-of-the-art technology and capital expansions.



LMHS Board Member and Vice Chair of the LMH Development Council Executive Committee David Shull (left) and LMHS President & CEO Rob Montagnese (right) recognize Doug and Beverly Donaldson for their generous commitment to support LMHF.

## Beverly and Doug Donaldson

Beverly and Doug Donaldson were honored for their recent commitment to the John Alford Fellowship. Membership is reserved for individuals who support the Licking Memorial Health Systems (LMHS) mission to improve the health of the community by pledging a minimum of \$25,000 to LMHF over a period of 10 years.

Born in Newark, Beverly attended Licking Valley High School. She graduated from Central Ohio Technical College (COTC) with a degree in Nursing Science, and later was honored with COTC's Outstanding Alumni Award. As a registered nurse, Beverly is certified in gerontology and closely monitors Ohio Department of Health regulations.

Beverly is a member of the National Assisted Living Federation and has contributed to the development of 20 assisted living facilities in Ohio. She also is an active member of the Ohio Assisted Living Association Board of Trustees, on which she has previously served as Chairperson.

Doug, also born in Newark, is a home and commercial real estate broker, specializing in locating markets and sites for McClain Assisted Living Facilities. Doug attended Newark Catholic High School and COTC, and is a member of the National Association of Realtors and the Licking County Elks Lodge.

Beverly and Doug have been married for 35 years and are lifelong residents of Licking County. They have two grown children: daughter Jamie (husband Jim) and son Trevor (wife Brooke), as well as four grandchildren. Beverly and Doug are members of The Church of the Blessed Sacrament in Newark,

where Beverly serves as Eucharistic Minister. Both enjoy traveling, spending time with their grandchildren and watching baseball, especially the Cincinnati Reds.

The John Alford Fellowship was created in 1996 by the LMH Development Council to memorialize the extraordinary commitment of the Hospital's long-time friend and supporter, John W. Alford. By joining the John Alford Fellowship, a donor affirms John W. Alford's belief in the need for quality health care at the local level.

## Khanh V. Dang, M.D.

Khanh V. Dang, M.D., was honored for his recent commitment to the Caduceus Society. Membership is reserved for Licking Memorial Active and Honorary Medical Staff who support the LMHS mission to improve the health of the community by pledging a minimum of \$10,000 over a period of 10 years.

Dr. Dang serves as a Hospitalist at LMH. He received his Medical Degree from The Ohio State University College of Medicine in Columbus. He completed his residency at Akron City Hospital/Summa Health System in Akron, Ohio. Dr. Dang is board certified in internal medicine and is a member of the American College of Physicians. In his spare time, he enjoys traveling, running, hiking and watching movies.

The Caduceus Society was created in 1990 by the LMH Development Council to give special recognition to active and honorary medical staff members who support LMH through charitable contributions. This group of physician leaders continues the tradition of healthcare excellence by providing funds for the latest medical technology.

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.



LMHS President & CEO Rob Montagnese (right) presents Khanh V. Dang, M.D., with a glass recognition piece in front of the LMH Donor Wall to recognize his recent membership in the Caduceus Society.



# Donors

Contributions to Licking Memorial Health Foundation in 2012 are used toward the Hematology/Oncology Renovation Project at Licking Memorial Hospital. This section highlights our donors and their very generous gifts received in May and June 2012.

## 2012 GOLF GALA

Mr. Glenn Abel  
Mr. Tony Adams  
Ms. Mary Albright  
Mr. Donn E. Alspach  
Baker & Hostetler, LLP  
Big "O" Refuse  
Mr. Craig Baldwin  
Ms. Carol Barnes  
Ms. Mary Jane Carrier  
Mr. Thomas Cummiskey  
Dawson Insurance, Inc.  
Paul Del Valle, M.D.  
Echo 24, Inc.  
Mr. Scot Evans  
Ms. Kim Fleming  
Mr. Donald Guilbert Jr.  
Ms. Sally W. Heckman  
Hospice of Central Ohio  
Ms. Clarissa Ann Howard  
Mr. Patrick Jeffries  
Mr. Charles Johnston  
Harold E. Kelch, M.D.  
Mr. Robert Kent  
Kessler Sign Company  
Kool 101.7 / WNKO Radio  
Mr. Willard Kuhlwein  
Mr. Thomas S. Kulka  
Lepi Enterprises, Inc.  
Brad Lewis, M.D.  
Ms. Kim Lust  
Mr. William Mann  
Ms. Bonnie Manning  
Manningstead Associates  
Matesich Distributing Co.  
Nelson McCray, Ph.D.  
Ms. Mary Jane McDonald

Med Flight of Ohio  
Mr. Tim Mercer  
Ms. Eloise Miller  
T. Thomas Mills, M.D.  
Mountjoy Chilton Medley  
Mr. Chuck Moore  
Mr. Thomas Mullady  
Zdravko Nikolovski, M.D.  
Mr. John J. O'Neill  
Mr. Robert O'Neill  
Mr. Stuart Parsons  
Peck Shaffer & Williams, LLP  
Mr. Scott Peterson  
PNC Bank  
Andrew Roth, CRNA  
Mr. John Row  
Ms. Donna Shipley  
Mr. P. David Shull  
Mr. Bob Sparks  
Mr. Russell Suskind  
The Energy Cooperative  
Thyssenkrupp Elevator  
Tony Adams Agency  
Gregory Wallis, R.N.  
Mr. Gary R. Walters  
Ms. Sheila Wayland  
Webb Financial Group

## CAPITAL IMPROVEMENT FUND

TWIGS 6  
TWIGS Executive Board

## COMMUNITY CORNERSTONE CLUB

Ms. C. Ann Howard  
Mr. and Mrs. Patrick Jeffries  
Mr. and Mrs. Jim Nealon  
Mr. James Riley

Mr. and Mrs. P. David Shull  
Mr. and Mrs. Russell Suskind  
Mr. and Mrs. John Weaver  
Mr. and Mrs. Michael Whitehead

## FOUNDATIONS

State Farm Companies Foundation

## GENERAL

Colorado Business Group on Health  
Hospice Service of Licking County, Inc.  
Newark Area Club of Zonta International  
Park National Bank

## GRANTS

Gannett Foundation

## MEMORIAL

In memory of Martha Anspach  
by Mr. and Mrs. Mathew Bailey  
Ms. Elaine Clum and Family  
Mr. and Mrs. Larry Hiles  
Licking Memorial Hospital  
Ms. Norma Ortman  
Mr. Larry Roberts

In memory of Don Day  
by Licking Memorial Hospital

In memory of Vickie Ford  
by Licking Memorial Hospital  
Ms. Debbie Weekley

In memory of Clarence Morgan  
by Licking Memorial Hospital

In memory of Lois Pharis  
by Press and Tim Norpell

## Development Spotlight – Bill Albrecht



Bill Albrecht

Bill Albrecht recently joined the Licking Memorial Hospital (LMH) Development Council and serves on the Community Relations Committee. Bill serves as the President and Publisher of the Newark Advocate and President of the Media Network of Central Ohio, which operates ten media companies throughout Ohio, and is part of Gannett U.S. Community Publishing. He joined Gannett in 1998 as the Advertising Director of the

Argus Leader in Sioux Falls, South Dakota, and later was named President and Publisher of the St. Cloud Times in St. Cloud, Minnesota. Under his supervision, the St. Cloud Times was selected as a Gannett Gold Media newspaper in 2005. That same year, Bill was awarded a Gannett President's Ring for outstanding performance. In addition, he worked in sales and marketing for Knight-Ridder, Inc., Woodward Communications and Lee Enterprises, prior to joining Gannett.

As a member of the Community Relations Committee, Bill plans to use his connection to the community to engage Licking County residents in the mission of Licking Memorial Health Systems (LMHS). "I believe that my experience with marketing and promotion will result in positive contributions to the Health Systems," Bill said. "Because I believe in the LMHS mission, I will strive not only to provide real feedback to the organization, but also to foster a genuine relationship that will benefit both LMHS and the community."

Bill is a native of Dubuque, Iowa, and a graduate of Dubuque Hempstead High School. He earned his Bachelor of Arts degree in mass communications from the University of South Dakota. He is a member of the United Way of Central Ohio board and also serves on the Our Futures in Licking County Committee. Bill and his wife, Lisa, reside in Newark, and have two sons, Nate and Max.

# Retiree Spotlight – Darlene Carr



Darlene Carr

In 2004, Darlene Carr began serving at Licking Memorial Health Systems (LMHS) as an Environmental Services Assistant. Her main area of responsibility included cleaning patient rooms and public waiting room areas within the Hospital. In 2007, Darlene was selected as one of the Health Systems’ MVP award recipients, an honor presented yearly to recognize employees who consistently demonstrate the LMHS values of compassion, accountability, respect, and excellence.

“While serving at LMH, I enjoyed the interaction with patients,” Darlene shared while reflecting back on her years of

service. “Being part of a community hospital has allowed me to form new acquaintances and reconnect as our paths crossed again. There is something special about caring for those you encounter in the community.”

Since retiring in 2011, Darlene’s schedule has been kept full by her family. She has four sons and one daughter, along with eight grandchildren all of whom reside in Central Ohio. She enjoys entertaining her family and grandchildren at her home. Darlene and her husband, Jim, have been blessed with the task of raising a second family, their great-nieces and great-nephew. Her retirement has greatly aided with this new responsibility. The Carrs are members of the Church of God at God’s Acres where Darlene teaches Sunday school, story hour, and sings in the choir.

# Volunteer Spotlight – Janice Banks



Janice Banks

Each Thursday afternoon, Licking Memorial Hospital (LMH) Volunteer Janice Banks offers a cheerful greeting and assistance to Hospital visitors. Stationed at the LMH Main Entrance Reception desk, she has provided information to patients and visitors for more than three years.

Janice was born and raised in Cincinnati. Throughout her entire life, she has

dedicated her time to providing numerous service opportunities within the communities where she resided. She volunteered at Bethesda Hospital on the north side of Cincinnati, donated time to the local school athletic boosters and PTA, served as an elementary school tutor in Mason, and a remedial reading aide in Maumee. The Banks were members of St. Paul United Methodist Church in Madeira, Ohio, where Janice served as United Methodist Women President along with several other

leadership roles. Janice relocated to Newark to be closer to family when her husband, Harold, passed away after 40 years of marriage. She began volunteering at LMH in 2009.

“Janice always gives her best effort serving in the main reception area at the front entrance of the Hospital. She is a natural at helping and caring for those who enter LMH,” said Carol Barnes, Director of Volunteers, TWIGS and Events. “She extends her kind words to all who have questions, and comforts people with her smile.”

Aside from volunteering, Janice keeps her schedule full with family commitments and numerous activities. She has three sons and five grandchildren. She enjoys reading, gardening, traveling, swimming and exercising at the Advantage Club as part of the Silver Sneakers group, and attending First United Methodist Church of Newark. Over the years, Janice has found enjoyment in home-decorating and has used that talent to serve others.

## LMH TWIGS 6 Granville Thrift Shop

Granville Thrift Shop has reopened for the fall and winter season for consignment and donations.

	Business Hours	Consignment Hours
Monday	CLOSED	CLOSED
Tuesday	1:00 to 6:00 p.m.	1:00 to 5:00 p.m.
Wednesday	1:00 to 4:00 p.m.	1:00 to 3:00 p.m.
Thursday	CLOSED	CLOSED
Friday	1:00 to 4:00 p.m.	1:00 to 3:00 p.m.
Saturday	10:00 a.m. to 1:00 p.m.	10:00 a.m. to 12:00 Noon
Sunday	CLOSED	CLOSED

All proceeds benefit Licking Memorial Hospital.



# Students Support LMH Through Summer Volunteer Program



Student Volunteers are (left to right): Front row – Haley Harris, Courtney Harris, Kate Hunt and Heather Pintz. Back row – Maxwell Hughes, Joshua Harris, Jacob Fondriest, Trey Zangmeister, Ryan Shepherd, Aaron Link and Laura Zima. Not pictured – Carly Argyle, James Ballenger, Jack Fowler, Sarah Glaser, Genevieve Hager, Andrew Hedstrom, Drew Link, Renata Sucha, Alannah Veverka-Ogg and Rachel Whitaker.

This summer, 19 high school- and college-aged students spent a portion of their summer vacation serving as volunteers at Licking Memorial Hospital (LMH). The student volunteers provided support to LMH through a variety of services ranging from greeting visitors at the reception desk to providing clerical assistance.

Students between the ages of 15 and 18 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.

## LMHS Retirees Return for Annual Gathering

After dedicating their careers to improving the health of the community, many Licking Memorial Health Systems (LMHS) retirees want to stay in touch with their former coworkers. LMHS is proud to offer retirees an opportunity to maintain their friendships and their relationship with the Health Systems through the annual LMHS Retiree Dinner each summer. In July, approximately 100 retirees, from as far away as Florida, gathered at Licking Memorial Hospital to enjoy dinner and catch up with one another.

In addition to the annual dinner, LMHS retirees are invited to two luncheons each year, as well as the Employee Holiday Party in December. The Health Systems keeps retirees abreast of new developments by sending them the biweekly employee newsletter.

With approximately 1,600 employees, LMHS is Licking County's largest employer. The Health Systems has received the "Best Places to Work" Award from Columbus Business First for the past three years.

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

- Carly Argyle
- Jimmy Ballenger
- Jacob Fondriest
- Jack Fowler
- Sarah Glaser
- Genevieve Hager
- Courtney Harris
- Haley Harris
- Joshua Harris
- Andrew Hedstrom
- Maxwell Hughes
- Kate Hunt
- Aaron Link
- Drew Link
- Heather Pintz
- Ryan Shepherd
- Renata Sucha
- Alannah Veverka-Ogg
- Rachel Whitaker
- Trey Zangmeister
- Laura Zima

Many of the student volunteers have an interest in health care, and are assigned to duties accordingly. A goal of the program is to provide first-hand experience and opportunities to participate in work activities that correspond with their interests. "We are very fortunate to have such a great group of student volunteers," said Carol Barnes, Director of Volunteers, TWIGS and Events. "Each student is goal-oriented, hard-working and committed to supporting LMH."

Many rewarding volunteering opportunities are available at LMH for teens and adults. To learn more, please call (740) 348-4079, or visit [www.LMHealth.org](http://www.LMHealth.org) and select "About Us" then "Volunteers" from the drop-down menu.



LMHS retirees (left to right) Barb Weaver, Shari Hively, Bobb Townsend and Daryl Shriver attended the annual Retiree Dinner to catch up with former coworkers.



## Licking Memorial Health Systems

1320 West Main Street  
Newark, Ohio 43055

Please take a few minutes to read this issue of **Community Connection**.

You'll once again see why Licking Memorial Health Systems is measurably different ... for your health!  
**Visit us at [www.LMHealth.org](http://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.

The articles contained in this publication should not be considered specific medical advice as each individual circumstance is different. Should you need medical advice, consult your physician. Entire publication copyrighted 2012 Licking Memorial Health Systems. All rights reserved.

Non-Profit Org.  
U.S. Postage  
**PAID**  
Columbus, Ohio  
Permit No. 8757



# Community Events

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

## 5th Annual Pink Strides Trail Run & Wellness Walk

Sponsored by Licking County Health Department, Screening and Survivor Support (SASS) for Breast Cancer, and Licking Memorial Hospital

Saturday, October 20 – Registration/check-in at 8:00 a.m. The 5K trail run/walk begins at 9:00 a.m. Infirmery Mound Park, Granville. Open to all ages. Strollers and leashed dogs are welcome.

Pre-registration is available at [www.lickingcohealth.org](http://www.lickingcohealth.org). Registration may also be completed at the event. Cost is \$25 per person until October 5, and \$30 thereafter. Children under 10 are free. T-shirts will be given to paid registrants. Post-race refreshments will be provided. Top 5 male and female finishers will receive awards. Call Kate White at (740) 349-6535 for more information.

## LMHS Family Movie Night (and Active•Fit Event) Presenting "The Princess Bride" Rated PG

Saturday, September 8  
The Denison University Fine Arts Quad Grounds,  
off Broadway Street in Granville  
7:30 p.m. The movie will begin at dusk. No charge.

The community is invited to watch a movie under the stars. Bring your own blanket or lawn chairs for seating. Complimentary popcorn and beverages will be provided. Please, no pets, tobacco products or alcoholic beverages.

## Betsy Eaton O'Neill Health Resource Center Education Programs (See page 10 for details.)

Licking Memorial Hospital – First floor, off main lobby.  
1320 West Main Street, Newark

Reservations are required. Call (740) 348-2527 to register.  
1:00 p.m. No charge.

- **Smart Grocery Shopping** – Wednesday, September 26
- **Medication for Diabetes** – Wednesday, October 10

## Community Blood Pressure and Diabetes Management Screenings

Licking Memorial Wellness Center at C-TEC  
150 Price Road, Newark  
1:00 to 3:00 p.m. No charge.

Second Thursday of each month: blood glucose screenings  
Fourth Thursday of each month: blood pressure screenings  
No appointment required. Call (740) 364-2720 for more information.

## Ask the Doc

Saturdays, from 9:00 to 10:00 a.m.  
No charge. Open to the public.  
Shepherd Hill, 200 Messimer Drive, Newark

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