



Community Connection

Licking Memorial Health Systems

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



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Measurably Different ... for Your Health!

Betsy Eaton O'Neill Health Resource Center Opens at LMH



A portrait of Betsy Eaton O'Neill graces the new Betsy Eaton O'Neill Health Resource Center that was dedicated in her memory at Licking Memorial Hospital.

Licking Memorial Hospital (LMH) has opened a new center to assist patients and visitors who are seeking health-related information. An event took place on April 11 to dedicate the Betsy Eaton O'Neill Health Resource Center, which is located off the Hospital's Main Lobby, near the front entrance.

The mission of the Betsy Eaton O'Neill Health Resource Center is to support and educate patients, family members, friends and professionals who are involved in the physical and emotional care of those with medical illnesses. The new Health Resource Center offers an abundance of medical resources free of charge, including: computers, Internet access, reference manuals, anatomically correct models of internal organs and health-related journals.

The Health Resource Center was made possible through a generous gift from the Jack and Betsy O'Neill family in memory of Betsy's passion for helping others throughout her entire life. "The Health

Betsy Eaton O'Neill Health Resource Center Opens at LMH (continued on page 2)

LMH Awarded Top Accreditation for Cancer Program

Licking Memorial Hospital (LMH) and Mount Carmel Health System of Columbus were recently honored for having the only two cancer programs in Ohio to receive the American College of Surgeons' Commission on Cancer (CoC) 2009 Outstanding Achievement Award (OAA). The award, which was developed in 2004, involves an on-site evaluation, and is presented to oncology programs that exceed expectations detailed in six quality standards, including: cancer committee leadership, research, data management, community outreach, and quality improvement. This year, 82 OAAs were presented to cancer treatment providers across the nation.



Jacqueline J. Jones, M.D., and Kaye A. Linke, M.D., utilize new research and technology in their treatment of cancer patients. The Oncology Department received top ratings to recognize its high quality of care.

Additionally, the LMH Oncology Department was recently reaccredited by the CoC. As part of the reaccreditation, the Department also received a number one overall rating in the Community Hospitals Cancer Program category. The rating

LMH Awarded Top Accreditation for Cancer Program (continued on page 4)

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

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

COMMUNITY EDUCATION

Skin Cancer Awareness

Date: Thursday, May 20 and Thursday, May 27

Location: Conference Rooms A & B

Time: 6:00 p.m.

Speakers: Bethany Wyles, D.O.
Laura Schaeffer, D.O.

According to the National Cancer Institute, 40 to 50 percent of Americans who live to age 64 will have skin cancer at least once. Experts say that the cumulative effects of the sun can begin during childhood years; therefore, development of early sun safety practices against UV radiation is critical. Because this type of cancer

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Tobacco/Smoking Cessation

Date: Thursday, June 24

Location: Conference Rooms A & B

Time: 6:00 p.m.

Speaker: Steve Gifford, M.Ed., P.C., LICDC, CTTS

According to the American Cancer Society, smoking is the leading preventable cause of death in the United States. Smokers who quit will, on average, live longer and decrease their risk for developing chronic health conditions.

Additionally, the American Heart Association cites that while more than 46 million Americans smoke

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Betsy Eaton O'Neill Health Resource Center Opens at LMH (continued from front page)

Resource Center will make it much easier for our patients to find information about their conditions and how to help in their own healing process," stated Rob Montagnese, President & CEO of Licking Memorial Health Systems. "Patients today want to be better informed about their health, and providing this Health Resource Center is one way we can fulfill our mission, To Improve the Health of the Community."

Jack and Betsy have been long-time supporters of Licking Memorial Health Systems as members of The Schaffner Society. They have also been generous contributors to the Newark and Licking County community for more than 60 years. The couple met in the undergraduate library at Yale University where Betsy was a nursing student and Jack was studying economics. They married in 1947, and raised five children: Nancy, Henry, John, Bill and Robert.

Bill Mann, Chairman of the Licking Memorial Health Foundation Board of Directors, said, "The Betsy Eaton O'Neill Health Resource Center is an outstanding addition to our Hospital and will truly help those who use it. Our community is so fortunate to have generous community leaders like the O'Neill Family who recognize the importance of making these types of gifts available. This gift is so appropriate since it exemplifies Betsy's values for education and health care."

In addition to Betsy's work as a nurse, she was instrumental in the opening of the Licking County Infant Development Program, the New Beginnings Women's Shelter in Newark, Hospice of Central Ohio and Kendal at Granville. She and Jack also established the John and Elizabeth O'Neill Scholarship to help deserving students attend the college of their choice. Betsy was a member of the LMH Board of Trustees from 1976 to 1980.

Jack O'Neill is the Chairman of the Southgate Corporation and a Director of the Park National Corporation. He is a life trustee at Denison University, and formerly served on the Newark

Campus Development Fund. He is also a Paul Harris Fellow of the Newark Rotary Club.

Jack said he is proud of the new Health Resource Center because it will continue Betsy's legacy of helping others in our community. "Betsy was especially committed to helping children and their families, and the Health Resource Center will continue her commitment to the community," he explained. "We had a wonderful life together – I was blessed to be with her for 62 years. Now, I hope the Resource Center will bless others in such a way that they have healthier lives."

Ellen and Alex O'Neill, two of Betsy and Jack's grandchildren, attended the dedication ceremony and said they think the Health Resource Center is a perfect way to memorialize their grandmother. "She was really involved with hospitals and helping others, so this is a good fit. She would have been thrilled about the Health Resource Center," Ellen commented.

Alex agreed. "She might have been a little embarrassed about all the attention, but I think she would have been very proud to be honored this way. Mostly, I think she would have been happy for all the patients and the opportunity they have now to learn more about their conditions," he said.

The Betsy Eaton O'Neill Health Resource Center is staffed by volunteers with clinical backgrounds who are ready to assist with research and answer questions. The volunteers are available from 8:00 a.m. to 4:00 p.m., Monday through Friday. Patrons of the Health Resource Center will also be able to relax with a fresh cup of coffee and a snack. LMH has opened Main Street Coffee next to the Health Resource Center on the first floor. The coffee shop features fresh-brewed Starbucks™ coffees and delicious baked treats, as well as a special version of "Grandma Betsy's Hot Chocolate."



Members of the Jack and Betsy O'Neill Family attended the dedication of the new Betsy Eaton O'Neill Health Resource Center at Licking Memorial Hospital on April 11. Pictured are (left to right): Carol Muranka, Bill O'Neill, Henry O'Neill, Nancy O'Neill, Charles Childress, Jack O'Neill, John O'Neill, Robert O'Neill, Alexa O'Neill, Ellen O'Neill and Alex O'Neill.

2010 Golf Gala

The Licking Memorial Development Council will sponsor the 2010 Golf Gala on Monday, June 21, at the Granville Golf Course, 555 Newark-Granville Road in Granville. Check-in and lunch are at 12:00 Noon followed by a shot-gun start at 1:00 p.m.

This year's honorary chairs are Patrick and Linda Jeffries of Newark. Pat is a member of the Licking Memorial Development Council's Executive Committee and also serves as Chairman of the Licking Memorial Hospital Board of Directors. He retired from State Farm after 39 years as a personnel director and manager of learning and development, and currently is a speaking and training consultant. He is Chairman of the Facility Governing Board of the Licking Muskingum Community Corrections Center, Host President of the Babe Ruth 16- to 18-Year-Old World Series, a board member of the Licking County YMCA, a member of The Woodland's Foundation Board of Directors, Past President of Newark City Board of Education, Past President of Newark Rotary, Past President and Past Campaign Manager of United Way of Licking County, and Past Chairman of Goodwill Industries Licking-Knox Board of Directors. Both are avid golfers, and Pat has served on the Development Council's Golf Gala Committee since its first year in 2002.

Pat and Linda have been married 43 years. In addition to being a homemaker, Linda is a member of Licking Memorial Hospital's TWIGS 8 and volunteers in the TWIGS Gift Shop to help raise funds for new programs and equipment at the Hospital. She is also a member of the PEO organization in Newark. Linda and Pat have two sons, Corey (Amy) Jeffries of Granville, and Mikal (Lori) Jeffries



Pat and Linda Jeffries are honorary chairs of the 2010 Golf Gala to benefit Licking Memorial Hospital.

of Cincinnati; and a daughter, Jennifer (Brent) Stokes of Newark. The couple has five grandchildren.

The Development Council is proud to acknowledge and thank our three Ace Sponsors for the 2010 Golf Gala: MedBen, Park National Bank and Turner Construction and five Eagle Sponsors for the event including: Guttridge Plumbing Inc., The Jerry McClain Companies, Limbach Company, LLC, Stedman Flooring, Inc. and Summit Custom Cabinets.

Additional sponsorships are available. Minimum donation for sponsors are as follows:

- Birdie – \$1,000
- Hole – \$500
- Cart – \$250

Participation is limited to the first 128 players who register. The cost is \$125 per person or \$500 per team. A prize package will be awarded to the winning team. Other prize categories include: Hole in One, Longest Drive, and Closest to the Pin.

Senior golfers, who are 65 years and older, are permitted to play from the white tees unless they are competing for the "Hole in One" prize, in which case they must play from the blue tee. Participants are invited to a buffet dinner and awards ceremony following the event.

Proceeds from the 2010 Golf Gala will be used toward new technology within Licking Memorial Hospital. For more information about the 2010 Golf Gala, please contact the Licking Memorial Development Office at (740) 348-4102.

Dr. Smith-Silone Becomes LMH Chief of Staff



Karen L. Smith-Silone, D.O.

Karen Smith-Silone, D.O., has been elected to serve as Chief of Staff at Licking Memorial Hospital. Dr. Smith-Silone is a gynecologist in private practice at Moundview Obstetrics and Gynecology, Inc., in Newark.

Dr. Smith-Silone received her Doctor of Osteopathic Medicine degree from the Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania, where she also completed her residency in obstetrics and gynecology and internship in traditional medicine. She is board certified in obstetrics and gynecology.

Originally from Phoenixville, Pennsylvania, Dr. Smith-Silone moved to Ohio in 1998. She and her husband, Ophthalmologist James Silone, Jr., D.O., have one daughter, Gabby.

As Chief of Staff, Dr. Smith-Silone's responsibilities include:

- Helping to coordinate Hospital activities for patient care
- Representing the Medical Staff to the Hospital administration and Board of Directors
- Appointing committee members
- Presiding over Medical Staff meetings
- Membership on the LMH Executive Committee
- Upholding the Hospital's bylaws, policies and procedures

The Chief of Staff at LMH is elected to a two-year term by the Medical Staff. The Vice-Chief of Staff is Hospitalist Peter T. Nock, D.O.

is a comprehensive, three-year commendation based upon an on-site evaluation, and compliance with specific standards. To be eligible for consideration, a hospital or cancer program must compile extensive information, including patient data and treatment specifics, for a three-year period.

The LMH Oncology Department received top honors in all categories included in the accreditation. Standards incorporated in the survey are:

- Institutional and programmatic resources
- Cancer committee leadership
- Cancer data management and cancer registry operations
- Clinical management
- Research
- Community outreach
- Professional education and staff support
- Quality improvement

Patients who choose to receive care at a CoC-accredited facility can be assured that the cancer program has been reviewed and approved as a select treatment provider.

As a result, patients have access to the following:

- Comprehensive care including state-of-the-art services and equipment
- Multi-specialty, team approach to coordinate optimal treatment
- Clinical trials and new treatment options
- Cancer information, education and support
- A cancer registry that collects data including type and stage of cancers, treatment results, and offers lifelong patient follow-up
- Ongoing monitoring and improvement of care
- Quality care close to home

Licking Memorial Oncology provides comprehensive cancer care for patients. The Oncology program focuses on cancer prevention and early detection, diagnosis, pretreatment evaluation, treatment, rehabilitation, psychosocial support, and end-of-life care. Licking Memorial Oncology is one of a total of 98 accredited cancer programs accredited by the CoC in Ohio.

The CoC instituted a voluntary accreditation program in 1922 to assess cancer treatment facilities and hospitals throughout the United States and Puerto Rico, and ensure superior patient care. There are more than 1,400 cancer programs accredited by the CoC.



The American College of Surgeons' Commission on Cancer has awarded LMH's Oncology Department with top ratings for its treatment facility and programs.

Diabetes Self-Management Classes Offered

Have you been diagnosed with diabetes? Are you concerned about what you are "allowed" to eat or wonder how your medications work? Diabetes Self-Management Training is a series of four classes providing information on all aspects of diabetes. Instructors include registered nurses, dietitians and a pharmacist who have received extensive training in diabetes management. Registration and physician referral required. Classes are offered at Licking Memorial Hospital and the Pataskala Health Campus. To register for the series, call (740) 348-4722. For information regarding course fees, call (740) 348-4915. Fees vary depending on insurance coverage.



Licking Memorial Health Systems 1865 Tamarack Road, Newark

Tuesday Classes
Ongoing
9:00 to 11:00 a.m.

Wednesday Classes
Ongoing
1:00 to 3:00 p.m., or 7:00 to 9:00 p.m.

Pataskala Health Campus

One Healthy Place off Broad Street, Pataskala

Thursday Classes
June 3, 10, 17 and 24
9:00 to 11:00 a.m.

“Heart to Play” Protects Students’ Hearts

For the fifth consecutive year, Licking Memorial Health Systems (LMHS) is offering free pre-participation sports screenings to all student athletes in Licking County’s middle and high schools. Band members, Licking County All-Stars football players and students in the Criminal Justice, Fire and Physical Therapy programs at C-TEC are eligible, as well.

Pediatrician Diane LeMay, M.D., of Licking Memorial Pediatrics, spearheaded LMHS’ first pre-participation sports screenings in 2006. “The ‘Heart to Play’ program was developed in 2008 with LMHS’ support to add electrocardiogram (ECG) screenings for athletes in Licking County to detect potentially life-threatening silent heart conditions,” she said. “In the past 10 years, silent cardiac conditions in male athletes have increased by 10 percent, and in females by 30 percent. In the past, it was a rare event that you would hear of the sudden death of a young athlete, but now, it is in the media weekly. In the U.S., six young athletes die of sudden cardiac death every week. LMHS offers Heart to Play to try to prevent such a tragedy from happening in our community.”

The Heart to Play screenings will take place in May, June and July. Athletic directors at each participating school will have information about which evenings their schools are scheduled to attend. Middle and high school student-athletes who attend a Licking County school that is not participating are also eligible for the free screenings.

The Ohio High School Athletic Association (OHSAA) requires all student athletes to complete a screening history and screening examination annually. A parent or guardian must complete a questionnaire containing more than 50 questions, including a medical history and family history. The physical screening portion of the exam is to be completed by medical personnel.

ECG tests are offered free of charge to high school students who did not receive one last year. Some junior high athletes who are considered to be at risk for sudden death, based on their history or physical screening, will also receive the ECGs at no cost. The painless ECG shows the heart’s electrical impulses and can identify common heart conditions that place the athlete at risk for sudden cardiac death even when there are no symptoms. A satisfactory ECG result for each student is required before LMHS will give clearance for the student to participate in activities.

Dr. LeMay emphasized how effectively the ECGs can prevent a tragedy. “Hypertrophic cardiomyopathy is the most common cause of sudden cardiac death in athletes,” she said. “It is found in 1 out of 500 to 1,000 people. It can be detected by a simple ECG more than 90 percent of the time. Most athletes have no symptoms of this condition and have no findings upon physical exam. Other causes of sudden cardiac death are heart rhythm problems which are also easily detected by a simple ECG.”



Licking Memorial Health Systems’ Heart to Play program protects many junior high and high school students’ health through free pre-participation sports screenings and ECGs.

The ECGs will be performed by Licking Memorial Health Professionals on the night of the pre-participation sports screenings and read at no cost by a cardiologist. The student’s clearance will depend upon three factors: the history, the examination and the ECG test results. If a student does not clear any part of the process, a referral will be made for the student to return to the primary care physician for further evaluation and clearance. Students who receive satisfactory ECG results in the 9th or 10th grade do not need to repeat the ECG test until the 11th or 12th grade, unless advised by the screening physician.

If the athlete has had a checkup with a primary physician within the past year, the athlete may submit the OHSAA form to the primary physician’s office to have it signed. In that case, the athlete does not need to attend the Heart to Play screening as described. If the athlete has not had an ECG in the past, LMHS requires that one be performed to evaluate for silent heart problems.

Dr. LeMay cautions parents that the sports screenings required by OHSAA are not intended to replace a physician’s care. “Completing the OHSAA forms will detect only an estimated 3 to 5 percent of heart problems, so it is not the best way to evaluate athletes. The Heart to Play program is designed to be a more involved screening evaluation than that required by OHSAA. A preventive annual visit to the student’s physician is still the best place to provide comprehensive care to the athlete.”

“I am proud of the Heart to Play program and grateful for LMHS’ strong and continued support,” Dr. LeMay stated. “We have the opportunity to prevent a young person’s death, and the community has responded enthusiastically to our efforts. In the past two years, we have evaluated more than 2,000 athletes with pre-participation sports screenings, and completed 1,138 ECGs. Abnormal ECGs were found in only 3 to 4 percent of athletes tested. After evaluations by their physicians, three students in Licking County with abnormal ECGs were discovered to have potentially life-threatening heart conditions that were not previously diagnosed. I believe we have prevented three potential tragedies with the Heart to Play program in those two years.”

Parents should contact their school’s athletic directors if they are interested in participating in the free pre-participation athletic examinations offered by Licking Memorial Health Systems. Most athletic directors will have permission forms available for students. A completed permission form is required for the screening and ECG. For more information, please e-mail sportsphysicals@LMHealth.org.

Kyphoplasty Surgery Brings Immediate Relief from Back Pain

The large, state-of-the-art surgical facilities in the John & Mary Alford Pavilion at Licking Memorial Hospital (LMH) have made high-technology procedures possible that are available at few other hospitals in central Ohio. In particular, LMH has earned a reputation for leading in kyphoplasty surgeries to repair painful crushed vertebrae.

Owen Lee, M.D., has performed more than 300 kyphoplasties at LMH with excellent results. Dr. Lee first performed the procedure at LMH in 2004, and the Pavilion expansion in 2007 made the surgery even safer, quicker and more accurate than before. “The biplane equipment we have at LMH allows the surgeon to be very precise. Not many community hospitals in the entire nation have enough space or the finances for the equipment, so we are fortunate to have this technology. Our patients are very grateful that they can have this life-transforming operation performed so close to home.” he said.

Kyphoplasty repairs a crushed vertebra, also called a vertebral compression fracture (VCF), which often occurs as a result of osteoporosis. Bone tissue is porous, with many small cavities. When osteoporosis develops, the cavities become larger and weaken the bone structure. Even a simple fall or jolt can cause the weakened bone to collapse, causing one or more painful VCFs. Through minimally invasive kyphoplasty, the surgeon can inflate the injured bone with a special orthopedic balloon and fill the area with quick-setting bone cement.

“This surgery can have dramatic results,” Dr. Lee said. “In my own experience, patients have arrived at the Hospital in wheelchairs because they had too much pain to walk, and two days after the surgery, they were able to walk unassisted out of the Hospital without any pain. The improvement can be that remarkable.”

Doug Wheatley, a Newark resident, wrote Dr. Lee a thank-you note to let him know he was “100 percent better” after his kyphoplasty in 2009. Doug, a healthy 45-year-old welding distributor at Wince Welding Supply, fell down a flight of steps at home in 2006 during a playful romp with his pet dog. “I had terrible pain in my middle back and went to a health care facility. They told me I had simply pulled some muscles, so I just coped with it. Over time, the pain subsided, but I still noticed dull and sharp pain after working, exercising or riding in a car for a length of time,” he said.

A couple of years later, Doug visited his family practice physician, Jeremy Campbell, D.O., for a routine checkup. Dr. Campbell discovered an injury to Doug’s spine and referred him to Dr. Lee for further evaluation. A DEXA bone scan, performed at the Licking Memorial Women’s Center, revealed that Doug had osteopenia, a precursor to osteoporosis.



Radiologist Owen Lee, M.D., points out the L-5 vertebra, a common location for spinal injuries that can be relieved by the high-tech kyphoplasty procedure.

Doug had suffered three VCFs to his middle back; however, Dr. Lee recommended repairing only one of the crushed vertebrae – the one that was causing pain. Doug’s procedure was scheduled for January 27, 2009. “Everybody at the Hospital was great,” Doug recalled. “I had the surgery done under conscious sedation, and the anesthesiologist kept checking with me to make sure I was alright. I had absolutely no discomfort during the procedure. After the operation, the staff catered to my every need, and I had a private room. I felt just a little stiffness for a while, and the two tiny surgical holes healed up within a week. The pain relief was 100 percent better, and I could tell the difference immediately. I felt like I could have returned to work the next day, but I took it easy for a few days to comply with Dr. Lee’s instructions.”

“Doug was rather young for a kyphoplasty procedure,” Dr. Lee explained. “Typically, kyphoplasty patients tend to be older, but I have also performed the procedure on younger adults who have suffered a trauma, such as an auto accident. My youngest kyphoplasty patient has been 22 years old, and the oldest has been 96 years old.”

According to the American Association of Neurological Surgeons, approximately 750,000 American suffer VCFs each year. Although some degree of osteoporosis is common among senior citizens, many other conditions can also weaken bone tissue. Tumors, chemotherapy, steroid use, smoking, heavy drinking and diabetes are all possible underlying causes of VCFs.

LMHS Board of Directors Re-Elects Four Members

During the Licking Memorial Health Systems (LMHS) Board of Directors Annual Meeting in April, four board members were re-elected. Each member is permitted to serve up to three consecutive, three-year terms on the Board. This year, three members will be entering their final term: Lewis R. Mollica, Ph.D., P. David Shull, and Gordon D. Wilken. Judith B. Pierce was re-elected for her second term on the Board.

Rob Montagnese, Licking Memorial Hospital (LMH) President & CEO, said that Licking Memorial is fortunate to benefit from the vast experience and dedicated commitment provided by the Board of Directors. "Their outstanding leadership and vision enhance the Health Systems' ability to provide a high level of health care for the community. I am pleased to have the opportunity to continue to work with these four valuable members," he said.



Lewis R. Mollica,
Ph.D.

Lewis R. Mollica, Ph.D., is a retired educational administrator. He earned a Bachelor of Science degree in Education from Defiance College, Master of Education degree from Bowling Green State University and a Doctorate in Personnel Administration from Ohio University. Lew is the former superintendent of both Licking County Schools and Granville Village Schools and has 43 years of

experience in the education field. His civic involvement has included leadership positions with the Newark Area Chamber of Commerce, United Way, the Private Industry Council and the Granville Rotary. He is presently serving as the Community Impact Coordinator for Our Futures in Licking County. He and his wife, Jan, are the parents of four grown children – Anthony, Bettina, Lewis and Stephanie.



Judith B. Pierce

Judith B. Pierce is a retired cable television manager. Her education includes study at The Ohio State University, Ohio University and Steubenville Business College. She has served as a member and past president of the Ohio Telecommunications Association. Her civic involvement has included leadership positions in the Newark Area Chamber of Commerce and United Way.

She currently serves on the board of

directors of The Midland Theatre Association and on the governing board of The Licking County Foundation. She is a member of Newark Rotary and The Monday Talks. She and her husband, Robin, are the parents of four grown children – Karen, David, Amy and Emily.



P. David Shull

P. David Shull is a retired engineer from Owens Corning. He is a graduate of Alfred University, where he earned a Bachelor of Science degree in Ceramic Engineering. Dave is a member of the American Society of Quality Control – Certified Engineers, Newark Rotary, past senior warden of Trinity Episcopal Church, vice chairman of the Licking Memorial Development Council and past president of the Licking

County Family YMCA. He and his wife, Tickie, are the parents of two grown children – Jeffrey and Meredith.



Gordon D. Wilken

Gordon D. Wilken is a division claim manager for State Farm Insurance. The Illinois native is a graduate of Illinois Wesleyan University in Bloomington, Illinois, and is active in the First United Methodist Church. He is a member of the American Institute of CPAs and Illinois Society of CPAs. Gordon is a chartered property and casualty underwriter (CPCU), a chartered life underwriter (CLU), and chartered financial consultant (CFC). He and his wife, Ellen, are the parents of two grown children – Matthew and Paul.

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

DID YOU KNOW ... LICKING MEMORIAL HEALTH SYSTEMS INVESTS MORE THAN \$20 MILLION EACH YEAR TO IMPROVE THE HEALTH OF THE COMMUNITY?

Among other contributions, the Health Systems hosts Camp Feelin' Fine, a free one-day camp that gives children with asthma, ages 7-12, the opportunity to take part in an outstanding educational and recreational summer program. The camp counselor team consists of physicians, respiratory therapists, nurses, and other health care providers and volunteers.



Licking Memorial Health Systems – Measurably Different for Your Health.

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A Tribute to Mothers . . .

Licking Memorial Health Systems wishes a Happy Mother's Day to all moms of the babies born at Licking Memorial Hospital this past year.



April 2009

Aiden just celebrated his first birthday. He was born to Rebecca Lay on April 28, 2009.



May 2009

Brevin Riggleman is busy with her little boy, Traylin, who is all smiles and giggles.



June 2009

Corten is very excited to spend his first Mother's Day with mom, Nikkee Pyle.



October 2009

Twin baby girls, Kariann and Kayleigh, keep proud mom Mandy Thompson very busy.



November 2009

Heather Baker had a wonderful reason to give thanks when her son, Mason, was born on November 23.



December 2009

Audrey Bradford received an early Christmas present when her daughter, Hannah, was born on December 21.

The mother-and-baby groups above were randomly selected from the list of mothers who consented to release information about the births to the public. There were 1,076 babies born at Licking Memorial Hospital this past year.



July 2009

David gets a little sleepy when he snuggles up close to his mother, Melody Klontz.



August 2009

Rogan looks very handsome in his striped shirt with mom Julie Alexandrunas.



September 2009

Julie Loar and her daughter, Alysanne, dressed in matching shades of blue for a Mother's Day portrait.



January 2010

Angela Mason welcomed baby Cooper on January 18, which is also Licking Memorial Hospital's birthday.



February 2010

Alexander was born on a snowy day in February, just in time to spend Valentine's Day with mom Brittany Baughman.



March 2010

New mom Jessica Williamson, was pleased to welcome the arrival of her beautiful little boy, Kaileb.

Physician Spotlight – Diane M. LeMay, M.D., F.A.A.P.



Diane M. LeMay,
M.D., F.A.A.P.

Diane M. LeMay, M.D., F.A.A.P., joined Licking Memorial Pediatrics in 2001. She had previously been affiliated with private practices in Newark and New Albany.

Dr. LeMay earned her Medical Degree from Wright State University School of Medicine in Dayton, and received an undergraduate degree from The Ohio State University in Columbus, with a Bachelor of Arts degree in chemistry. She completed her internship and residency at Children's Hospital in Columbus, and is board-certified by the American Board of Pediatrics.

Dr. LeMay is a fellow of the American Academy of Pediatrics and a member of the Advisory Board of Big Brothers Big Sisters of Licking County. She is also a member of the

Central Ohio Pediatric Society and the Medical Reserve Corps. She is chairman for the Practice Management Committee for the Ohio Chapter of the American Academy of Pediatrics.

Dr. LeMay has a special interest in sports medicine and spearheaded the Heart to Play program, which is LMHS' pre-participation sports screenings and ECGs for student athletes. Dr. LeMay was named a Healthcare Hero by Columbus Business First in 2008, and the 2009 Woman of Achievement by Park National Bank and The Woodlands. In February 2010, the Licking County Health Department recognized Dr. LeMay for outstanding success in immunizing her young patients.

Ask a Doc – Physical Fitness for Children with Dr. LeMay

Question: My children love to play video games, but I worry they may not be active enough. How much exercise do children need?

Answer: You are right to be concerned because most children are not receiving nearly enough physical activity each day. The Ohio Department of Health recently published an alarming report that found that approximately one out of every six students in the third grade in Licking County is overweight.

In general, toddlers and preschoolers do not need much encouragement to exercise – you may have noticed they seem to be always “on the go.” However, I would recommend that parents severely limit the amount of television and video games for children in these age groups. In fact, the American Academy of Pediatrics (AAP) strongly recommends against any television viewing at all for children up to the age of two years. When children are watching television, they are more likely to begin unhealthy snacking habits, and they are not actively playing and learning how to interact with others. In addition, I suggest that parents limit stroller use for their toddlers. During long walks, allow the child some time to walk along beside you. This will help condition young children to be more active.

Children and teenagers should engage in moderate physical activity for at least 60 minutes on most days of the week. Many school-aged children become engrossed in playing video games for long periods of time. Parents should restrict television, computers, texting and video game usage (“screen time”) to no more than two hours each day.

I have definitely seen an increase in childhood obesity in my 19 years of practice in Licking County. Lack of exercise, increase in fast food consumption, lack of health education and gym classes year around in schools, along with an increase

in “screen time” all contribute to this epidemic in our country. If a child is at risk for obesity due to a sedentary lifestyle and genetic predisposition, by the age of 4 years, that child's risk is increased to 20 percent, and by the teen years, his/her risk is markedly increased to 80 percent for developing obesity.

Nationally, more than 12 percent of children aged 2 to 5 years, 17 percent of children aged 6 to 11 years, and 18 percent of youth aged 12 to 19 years are considered obese. A child is considered obese when his/her body mass index (BMI) is over the 95th percentile for that age. Children who are overweight are at a higher risk for developing asthma, diabetes, bone and joint disorders, high blood pressure, fatty liver disease, enlarged hearts and premature puberty. An estimated one in three children born in 2000 will be diagnosed with diabetes. In addition, overweight children are at a much higher risk for developing serious health problems as adults, including obesity, heart disease and stroke.

We must be proactive in the health of our younger children – their lives depend on it. Due to obesity, this generation of children will have more health care needs than any other generation. It has been estimated that these children will be the first generation who will not outlive their parents. We should be outraged at this and encourage healthy lives for our children. Activate Youth is a collaborative project with health care professionals and the YMCA in Licking County to help motivate children to eat more healthily and make exercise a lifestyle. Healthier diets and exercise comprise a lifestyle we must choose and expect. The American Academy of Pediatrics has proposed that BMI evaluations should become a care standard during every pediatric office visit. Licking Memorial Pediatrics has been evaluating children's BMI at every office visit since 2004.

LMH's 112th Birthday Gift for the Community

Licking Memorial Hospital (LMH) celebrated 112 Years of Caring on January 15, 2010. In observance of the Hospital's birthday, Licking Memorial Health Systems (LMHS) employees donated blankets, coats, gloves, hats, scarves, and monetary contributions to help needy individuals in Licking County. Departments throughout LMHS were combined into teams for a donation contest and, for the sixth consecutive year, more than 1,600 LMHS employees competed to see which team would contribute the most as measured by weight. This year's donations totaled 471.4 pounds. The winning team brought in 209.6 pounds of donated items. The team was comprised of Hospitalists, Anesthesiologists, LMHP Administration, Laboratory and Pathology.



Licking Memorial Health Systems' employees provided monetary donations, coats, blankets, gloves and other cold-weather items for charity as they celebrated the Hospital's 112th birthday.

"LMHS employees have always donated generously to help the people of Licking County. We are proud to have such dedicated employees who truly Improve the Health of the Community," said Rob Montagnese, LMHS President & CEO.

LMHS delivered the items to the Salvation Army of Licking County and the Center for New Beginnings. The Salvation Army of Licking County offers temporary shelter and support to the homeless. The Center for New Beginnings in Newark is a protective haven from domestic violence and offers

services for women and their children. The coats, blankets, clothes and monetary donations are provided to individuals who come to these organizations for assistance.

LMHS Leads Contributions to Food Pantry's Operation Feed Campaign

Licking Memorial Health Systems (LMHS) recently completed another successful Operation Feed campaign to benefit the Food Pantry Network of Licking County. The Food Pantry's Operation Feed Campaign provides LMHS and other area employers, churches and schools with the opportunity to help less-fortunate community members in the Licking County area. LMHS employees have been participating in the campaign for the past 20 years.

This year's campaign theme at LMHS was "Raining Pennies for Operation Feed," and employees were provided with several ways to contribute, including an option of donating cash or designating an automatic deduction from one paycheck. LMHS also hosted FEEDbay for a third year, raising additional funds for Operation Feed through an online auction that was posted on the LMHS Employee Portal for a two-week period. Employees donated more than 250 new and gently used items for the auction, and LMHS donated items such as exercise equipment and professional services including family portraits and landscaping. All proceeds from the auction were added to LMHS' overall campaign donation, totaling over \$23,000 for 2010. LMHS came in first place among all contributing organizations, with the largest donation to the Food Pantry.

Additionally, LMHS participated in the Food Pantry's Supermarket Sweep competition at Indian Mound Mall. Participating organizations were permitted to form and

sponsor as many two-person teams as desired. A portion of the mall was transformed into a mini grocery store for the day, and 28 teams competed in a 60-second shopping challenge as well as a tower-building contest. Although the LMHS two-person team of Bob Kaczor and Connie Gelfer was eliminated early in the competition, they enjoyed participating and supporting a great cause.



Bob Kaczor and Connie Gelfer represented Licking Memorial Health Systems in the 2010 Supermarket Sweep competition to benefit the Food Pantry Network of Licking County.



Patient Story – Newark Couple Kicks Habit Together

Newark newlyweds Teri and Anthony Erman wanted to start a family, but they wanted everything in their lives to be in order beforehand. First on Teri's to-do list was to quit smoking. "I was determined that I was not going to smoke while I was pregnant – not just for my health, but also for my baby's health," Teri said.

At the age of 22 years, Teri consulted with her family physician, Pattye Whisman, M.D., of Licking Memorial Family Practice, about giving up cigarettes. Dr. Whisman referred her to the new Quit for Your Health tobacco cessation program at Licking Memorial Hospital (LMH). Counselor Steve Gifford, M.Ed., P.C., LICDC, CTTS, provided education, counseling, nicotine patches and nicotine gum to help ease her through the nicotine withdrawal.

"I had been smoking up to one-half pack of cigarettes a day," Teri said. "I used both nicotine patches and gum as I cut back, and it was pretty gradual."

At the same time, Anthony decided it was time to quit smoking, too. "Teri had been talking to me about quitting, and I knew she was right, so I asked her to put me in touch with the Quit for Your Health program at the Hospital. I had used different forms of tobacco, but mainly I smoked cigarettes. I was going through two to three packs a week," he explained.

Anthony, a California native, and Teri, born at LMH, each began smoking cigarettes when they were 18 years old. They both said they were strongly influenced by their friends. Anthony recalled, "All my friends were doing it, so I just joined them."

Teri and Anthony were married in March 2009, and soon began making plans to have a baby. Anthony had tried to quit smoking "cold turkey" on his own in January 2009, but gave up after just three days. "It was really tough without a cigarette. I had lots of urges to go out and buy a pack, and it really put me 'on edge.' Cigarettes were just too addictive for me to give them up without some help."



Newlyweds Anthony and Teri Erman both stopped smoking through the Quit for Your Health program at Licking Memorial Hospital.

"I never seriously tried to quit before," Teri said. "I always made up excuses or thought that I would do it 'tomorrow.' But we wanted to have a baby, and there were no more excuses. So I buckled down and talked to my doctor about quitting. I refused to smoke while I was pregnant because I want my baby to be healthy."

After gradually decreasing his cigarette consumption with the help of the Quit for Your Health program, Anthony smoked his last cigarette on New Year's Eve. Teri also gradually decreased her consumption. She smoked her last cigarette on January 11, and found out on January 17 that she was expecting.

"I was so glad that I had already quit smoking when I learned I was pregnant," Teri said. "I felt like everything was falling into place, and I am proud that I was able to do this for our baby."

Anthony and Teri both admit they still get cravings for cigarettes sometimes. "If I am under a lot of stress, or if my friends step outside to smoke, I start wishing I had one. I am learning to talk myself through the cravings, and I do not go outside with my friends when they take a smoking break," Anthony said.

Teri agreed that she still fights the cravings at times. "During really stressful situations, I want a cigarette, but I tell myself that I have not had one in several months, and I am not going to ruin that accomplishment by having one now." Teri works as a manager at a fast-food restaurant in Newark, where most of her coworkers smoke. She explained, "Out of 35 employees, there are only about eight of us who do not smoke even though smoking is not permitted inside the restaurant. Employees who smoke must go outside in all kinds of weather to have a cigarette. A few of my coworkers have asked me for the phone number of the Quit for Your Health program because they have seen how well it has worked for me."

Anthony has also recommended the tobacco cessation program to many people. "I tell them I can actually breathe now," he said. At the young age of 24 years, he had been having

Respiratory Care – How do we compare?

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

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

1 In addition to causing cancer and many respiratory problems, tobacco smoking has been shown to increase the risk of complications for patients who have other serious illnesses. Licking Memorial Hospital (LMH) counsels inpatients who smoke to quit smoking and refers them to Quit for Your Health, LMH’s free tobacco cessation program. As part of the Hospital’s internal referral process, LMH’s Respiratory Department staff spoke about smoking cessation with more than 2,500 patients who smoke in 2009. This volume was increased slightly from 2008, when there were approximately 2,480 referrals conducted for the year.

| Smoking cessation education provided to: | LMH 2007 | LMH 2008 | LMH 2009 | National ⁽¹⁾ |
|--|----------|----------|----------|-------------------------|
| AMI patients | 92% | 90% | 100% | 90% |
| Pneumonia patients | 88% | 75% | 99% | 89% |
| Heart failure patients | 100% | 82% | 100% | 91% |
| Stroke patients | 85% | 82% | 100% | greater than 90% |

2 Smokers who receive advice from their physicians to quit smoking are more likely to give up smoking than those who do not, according to the National committee for Quality Assurance (NCQA). Licking Memorial Health Professionals (LMHP) Pulmonology assesses the smoking status of all LMHP Pulmonology patients during office visits and counsels those who are actively smoking to quit. The patients are offered referral to Quit for Your Health.

| | LMHP Pulmonology 2007 | LMHP Pulmonology 2008 | LMHP Pulmonology 2009 | National ⁽²⁾ | Goal |
|---|-----------------------|-----------------------|-----------------------|-------------------------|------------------|
| Smoking cessation for LMHP Pulmonology patients who smoke | 100% | 99% | 99% | 77% | greater than 95% |

3 Asthma medications help reduce underlying airway inflammation and relieve or prevent airway narrowing. Many asthma-related emergency room visits or hospitalizations can be avoided as well as missed work days or school days, if the appropriate primary therapy for long-term control of asthma is prescribed.

LMHP Pulmonology assesses each visiting asthma patient to ensure that they are being treated with the appropriate long-acting corticosteroid.

| | LMHP Pulmonology 2007 | LMHP Pulmonology 2008 | LMHP Pulmonology 2009 | National ⁽²⁾ | Goal |
|---|-----------------------|-----------------------|-----------------------|-------------------------|------------------|
| Asthma patients assessed for appropriate inhaled corticosteroid | 100% | 100% | 100% | 92% | greater than 95% |

4 Seriously ill patients in the Hospital may be placed on a ventilator. Use of a ventilator can lead to serious side effects, including the development of pneumonia, ventilator dependency, stomach ulcers and blood clots. The risk for these complications can be reduced by consistently following simple steps for all patients who are on a ventilator. These steps are referred to as “ventilator bundles,” and they include elevating the head of the bed, providing medications to prevent stomach ulcers and blood clots, and daily attempts to “wean” the patient off the ventilator.

| | LMH 2007 | LMH 2008 | LMH 2009 | Goal |
|---|----------|----------|----------|------------------|
| Complete ventilator bundle used for patients on ventilators | 88% | 96% | 95% | greater than 90% |

Data footnotes: (1) Hospitalcompare.hhs.gov national benchmarks. (2) National Committee for Quality Assurance 2008 commercial average.



Patient Story – Peyton Jones, D.O.

Peyton Jones, D.O., (not his real name) was accustomed to excelling at pretty much everything he tried. In 2002, he was enrolled in medical school, studying to be a family medicine physician. He earned excellent grades and considered himself to be a serious student and overachiever. He enjoyed being in control of his life, which was on track toward a solid future.

Dr. Jones is now a practicing physician in northern Ohio, caring for patients in life-or-death situations. However, his success was nearly derailed when he developed a substance abuse disorder that began while he was in medical school, and continued until he received help from Shepherd Hill, a department of Licking Memorial Hospital.

“My problem started out as a combination of things,” Dr. Jones recalled. “Originally, I was a casual drinker and occasionally smoked marijuana. I was never really a person to go to parties – I often drank at home alone. It was more of a stress release for me than anything else, but it was a growing problem. Things escalated from there because I had no self-control on my marijuana use. I thought I could regulate my moods with chemicals, and I rationalized that since I was intelligent I would be able to control my use.”

Dr. Jones completed medical school, served an internship and residency, and began working as a family practice physician. He said, “I did not think I had a problem because I was still going to work every day. I have learned that one of the common traits among substance abusers is that they tend to keep the workplace ‘sacred,’ believing that if they can still perform at work, they do not have a real problem. Everything else in their lives can slide, but their work is the last area affected.”

However, Dr. Jones’ entire life, including his work, was being affected. On his days off, he began drinking in the morning, and remained intoxicated throughout the day. He often experienced “blackouts” where he would appear to be functioning, but could not remember events afterward. “One blackout spell lasted 36 hours, and I missed a day of work. That was the first time I thought I might have a problem. Then I started drinking even when I was on call. That is when I knew I might have a problem,” he said.

At the age of 29 years, Dr. Jones’ use of alcohol and drugs fortunately had not resulted in any harm to patients, but in



Shepherd Hill, a department of Licking Memorial Hospital, offers a variety of services to help patients fight alcohol and drug addiction.

2007, his former wife recognized that he was dangerously close to disaster. She coaxed him to seek help at Shepherd Hill. “I was willing to go,” Dr. Jones said, “because I was intoxicated. However, throughout the first couple of weeks, I thought it was a mistake, and I should not be there.”

The first day at Shepherd Hill, Dr. Jones was carefully monitored by an addiction medicine physician and treated with medications to ease him through the detoxification process. Withdrawal without medical

supervision can cause symptoms that are serious or even deadly in severe cases of alcohol and drug addiction. The detoxification program at Shepherd Hill is designed to keep patients safe and comfortable as their bodies readjust to the absence of addictive chemicals.

Shepherd Hill Counselor JR Abrahamsen began to help Dr. Jones understand the disease of addiction. Dr. Jones explained, “The worst part of recovery was having to live with myself during the early stages. I kept thinking that if I could just get back to work, everything would be fine. But JR seemed to be able to read my mind. With his help, I learned that I am not a weak person. My brain processes chemicals differently than other people. The neurotransmitters in my brain got ‘hijacked’ and the drugs and alcohol became my top priority – even more important than food, clothing and shelter.”

In addition to JR’s counseling, Dr. Jones found a great deal of encouragement from Shepherd Hill’s Caduceus Group, a unique support group made up of health care professionals who have battled substance abuse disorders.

Dr. Jones stayed at Shepherd Hill for a total of three months. Throughout the final two months, he was encouraged to make frequent visits home. “That was a really good experience for me,” Dr. Jones said. “It allowed me to make a transition back to home, and I was able to make Alcoholics Anonymous® (AA) contacts in advance.”

Drugs and alcohol took a toll on Dr. Jones’ home life. He and his wife divorced, and his medical license was suspended for six months. Still, he realizes the consequences could have been much worse. “Fortunately, I never harmed a patient, never received a DUI, and never had any legal issues. I truly had a life-changing experience at Shepherd Hill,” he said. “It has

Patient Story – Peyton Jones, D.O. (continued on page 16)

Behavioral Health Care – How do we compare?

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

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

1 Behavioral health is a broad term that refers to psychiatric and/or chemical dependency illnesses. Inpatient hospitalization for either condition is often necessary for effective intervention. Licking Memorial Hospital provides a wide range of services for people with behavioral health illnesses at its Shepherd Hill facility. One goal is to transition patients into outpatient settings where they can continue treatment, decreasing the need for readmission.

| | LMH 2007 | LMH 2008 | LMH 2009 | Goal |
|--------------------------|----------|----------|----------|----------------|
| Psychiatric readmissions | 1.7% | 0.5% | 2.4% | less than 5.6% |

2 Chemical dependency, also called addiction, is treated as a chronic, progressive and potentially fatal disease. Although Shepherd Hill staff members work with patients to develop individual treatment goals that will meet the patients' needs, the Shepherd Hill program is built around four consistent treatment goals: education, self-diagnosis, self-responsibility and self-treatment. Recovery is dependent upon completion of all goals, therefore, Shepherd Hill monitors when treatment is incomplete and why. When patients leave Shepherd Hill, staff members encourage continuity of care by referring them to other health care professionals as needed.

| | LMH 2007 | LMH 2008 | LMH 2009 | Goal |
|----------------------------------|----------|----------|----------|------------------|
| Patients with complete treatment | 70% | 79% | 78% | greater than 75% |

3 Outcome studies are conducted to monitor and measure the success of chemical dependence treatment. Our data show how patients are doing up to two years after completing the program. Information regarding abstinence one year after completing the program is self-reported by patients.

| | LMH 2007 | LMH 2008 | LMH 2009 | Goal |
|---|----------|----------|----------|------------------|
| Patients remaining abstinent | 83% | 83% | 82% | greater than 85% |
| Improvement in quality of relationships | 99% | 91% | 92% | greater than 85% |
| Improvement in overall physical and mental health | 98% | 93% | 91% | greater than 85% |
| Improvement in overall quality of life | 97% | 97% | 92% | greater than 85% |

4 Detoxification – the safe, medically supervised elimination of addictive substances from the body – is the most intensive care offered for chemical dependency patients. Acute withdrawal symptoms are managed by the appropriate medications for each patient's situation. The length of stay for detoxification depends upon the drug of choice and the severity of the withdrawal.

| | LMH 2007 | LMH 2008 | LMH 2009 | Goal |
|---|----------|----------|----------|------------------|
| Average length of stay – alcohol treatment | 2.6 | 2.4 | 2.6 | less than 3 days |
| Average length of stay – opiate treatment | 2.8 | 2.7 | 2.6 | less than 4 days |
| Average length of stay – tranquilizer treatment | 3.2 | 2.8 | 3.4 | less than 5 days |

5 Medication education is considered an essential component of providing complete behavioral health care. A thorough understanding of the medication's purpose, side effects and expected response leads to decreased relapse and readmission rates and increased long-term compliance with medication on an outpatient basis.

| | LMH 2007 | LMH 2008 | LMH 2009 | Goal |
|--|----------|----------|----------|------------------|
| Medication education provided for patients and/or family | 99% | 99% | 99% | greater than 97% |

6 Family participation is an important component in patients' recovery. For continuity of care, a licensed professional clinical counselor or a social worker will initiate contact with family members of Shepherd Hill psychiatric inpatients and encourage them to participate in a family meeting during the period of inpatient treatment.

| | LMH 2007 | LMH 2008 | LMH 2009 | Goal |
|--|----------|----------|----------|------------------|
| Social work/family meeting during patient stay | 74% | 99% | 97% | greater than 95% |

breathing problems during exercise. He explained, “After jogging or exercising a short time, I would have to stop because I was wheezing and trying to get some oxygen. Now I have much more endurance.”

“What I liked about LMH’s Quit for Your Health program was that the counselors really understand what you are going through,” Teri added. “They used to smoke, themselves, so they can really identify with how you feel, and they do not judge you. You have to be motivated to quit smoking. The nicotine patch helps, but it is not a ‘miracle patch.’”

Anthony is counting on Teri to stay motivated about smoking cessation for the sake of her health and their baby’s

health, even though he will not be home to provide his encouragement. He is slated to deploy with the U.S. Marines 3/25th Company to Afghanistan. “I hope she can keep it up – I know I am going to try to stay away from cigarettes while I am over there,” he said.

The free Quit for Your Health program at LMH is open to Licking County residents who want to discontinue using any form of tobacco. The program is located in the Cardiology Department on the main floor of the Hospital. For more information or to schedule an appointment with a counselor, call (740) 348-QUIT (7848).

7 Valproic acid and lithium are two common medications used to treat multiple behavioral health diagnoses. These medications can facilitate control of symptoms and assist in recovery, but both have potentially dangerous side effects. Licking Memorial Behavioral Health professionals monitor their patients’ blood at specified intervals to ensure therapeutic levels of the medications and to observe for toxicity or other negative effects on vital organs.

| | LMHP 2007 | LMHP 2008 | LMHP 2009 | Goal |
|---|-----------|-----------|-----------|------------------|
| Appropriate testing complete for patients taking valproic acid (Depakote) | 74% | 91% | 97% | greater than 90% |
| Appropriate testing complete for patients taking lithium (Lithobid) | 84% | 94% | 97% | greater than 90% |

changed my way of thinking about my patients, and it taught me how to ask for and receive help.”

Three years later, Dr. Jones is once again looking forward to a bright future. He is part of a busy emergency department at a hospital in northern Ohio, and finds that through his experience, he has a better understanding of his patients’ needs. Dr. Jones still attends AA meetings and travels to Newark for the Caduceus Group meetings whenever he can. He has remained sober since his treatment at Shepherd Hill and receives drug testing twice each month as part of his medical license reinstatement. In addition, he is engaged to be married soon.

Shepherd Hill is the behavioral health department of Licking Memorial Hospital in Newark, specializing in the treatment of chemically-dependent adults. It offers unique continuous care from inpatient detoxification, day treatment, extended residential treatment, intensive outpatient treatment, and aftercare. Family members are strongly encouraged to participate in the patient’s recovery process. For more information about Shepherd Hill, call (740) 348-4870 or (800) 223-6410. More information is also available by visiting www.shepherdhill.net.



“For Your Health”
5K RUN & FUN WALK
 August 7, 2010

Honorary Chairs: **The Fondriest Family: Joe, Jean, Joe, Sara, Jacob and Steven**

When: **Saturday, August 7, 2010, at 8:30 a.m.**

Where: **The Dawes Arboretum
 7770 Jacksontown Road
 Newark, Ohio 43055**

Sponsored by:



Depression Is More Than a Case of the Blues

Everyone feels sad, angry or melancholy at times. Those emotions are normal reactions to stressful situations. However, if those feelings persist for weeks at a time, they may indicate depression, a medical disorder that can be treated.

Depression can be caused by different factors, and in some cases, a single cause cannot be identified. In other cases, depression is linked to a chemical imbalance or a traumatic event, such as the death of a loved one, difficulty in a relationship, birth of a baby, loss of a job, or financial problems. Recently, so many people in the U.S. have suffered from depression after losing their jobs or encountering financial problems that a new phrase, “recession depression,” has emerged.

Psychiatrist Michael M. Kassur, M.D., of Licking Memorial Outpatient Psychiatric Services, has seen how the economy has affected patients in Licking County. “Losing one’s job usually leads to financial hardship. I have seen people having to make drastic changes in their lifestyles, sometimes losing their homes and their sense of security and safety,” he said. “This leads to feelings of worthlessness, depression, irritability and other symptoms. It affects one’s relationships, thus increasing the sense of isolation, and the individual slowly falls into the abyss of hopelessness. Fortunately, there is help available.”

Depression is a medical condition, just like diabetes or hypertension, and it can usually be successfully treated with antidepressants, anti-anxiety medications and counseling. “It is important to begin treatment early, as the outcome is better,” Dr. Kassur explained. “Best results are achieved when cognitive behavioral therapy is combined with medications. It typically takes two to four weeks to achieve a full remission. Engaging in a regular exercise routine, avoiding unhealthy foods, and staying busy are also very helpful. I always tell my patients that depression is an illness that drives one to isolation and inactivity. Anything you can do to counteract that makes you play an active role in fighting it and helps restore your sense of control.”

Depression is more common among women than men. According to the National Institute of Mental Health, this may be due to hormonal fluctuations in a woman’s body. Women with depression are more likely to report feelings of sadness, worthlessness and guilt. In comparison, men with depression are more likely to report fatigue, irritability, apathy and problems with sleeping. Children and teenagers who are depressed may be clingy or irritable, and may fake an illness to avoid school.



Depression is a medical condition that often requires treatment for full recovery.

Older adults may avoid seeking treatment for depression if they mistakenly believe that it is a normal part of aging. Depression is not normal at any age. It can sometimes be the result of medication or an underlying medical condition, such as heart disease. Older adults who have these problems usually respond well to treatment.

Some people may be reluctant to seek medical help for depression because they are having financial difficulty. Dr. Kassur explained there are resources available to

assist uninsured patients. “Some pharmaceutical manufacturers offer patient assistance programs, and some pharmacies have low-cost generic prescriptions,” he said. “We can help match patients with a program that will make the cost of treatment affordable to them. We want to ensure that anyone who is depressed is not discouraged from receiving treatment due to the additional stress of finding financial assistance. We also help patients find other services that are available to promote their recovery, such as nutritional counseling.”

If you suspect that someone you know is depressed, it is important to have that person visit a physician for evaluation and possible medical treatment. You may also help by suggesting an enjoyable activity, and being ready to listen if your friend or loved one wants to talk. Never ignore any comments about suicide. If medical treatment does not appear to be helping the patient after two months, a follow-up visit to the physician is warranted to seek an alternate approach.

Licking Memorial Outpatient Psychiatric Services has two locations in Licking County – 200 Drive Messimer Drive in Newark, and One Healthy Place in Pataskala. The practice specializes in providing outpatient psychiatric care for adults, ages 18 years and older. Patients can talk with a psychiatrist or counselor by calling for an appointment at (740) 348-4870 in Newark, or (740) 348-1930 for the Pataskala office.

Physicians Honored on National Doctors' Day

The Medical Staff at Licking Memorial Hospital (LMH) received special tributes in March from their patients and the entire staff of Licking Memorial Health Systems (LMHS). The recognitions were part of National Doctors' Day, established by President George H.W. Bush in 1990 to honor all physicians in the U.S.

LMHS President & CEO Rob Montagnese said, "We are always thankful for our physicians, and National Doctors' Day allows us a way to express our appreciation. We have a special, caring group of professionals who devote their lives to ensure that we, and our loved ones, enjoy better health. The Doctors' Day recognitions are a small way to offer our thanks for their services."

At LMHS, the celebration began on March 22, as the Health Systems' staff began wearing lapel pins to express appreciation for the physicians' dedication to the community. All members of the LMH Medical Staff were invited to a

catered gourmet lunch at the Hospital. During the event Pediatrician William E.C. Knobloch, M.D., presented a program about childhood obesity.

On Doctors' Day, March 30, the physicians were treated to an honorary breakfast and free massages. The Health Systems publicly thanked the LMH Medical Staff through an advertising campaign, and many members of the community joined the celebration by making a donation to the Licking Memorial Health Foundation (LMHF) in their physicians' names. The honorary donations will be used toward new technology at the Hospital.

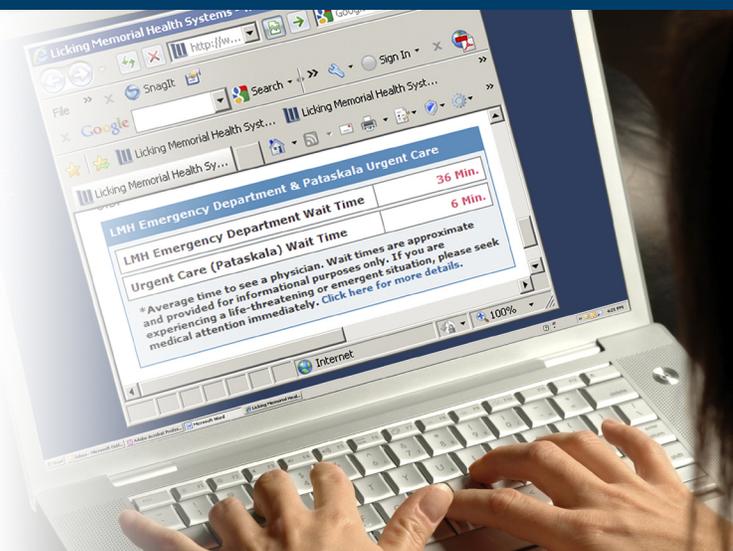
The LMH Medical Staff includes approximately 150 Active Medical Staff physicians and approximately 45 consulting physicians who care for the community. Throughout the year, anyone who would like to make a donation to LMHF to honor their physician is invited to call the Development Office at (740) 348-4102.



William E.C. Knobloch, M.D., presented a program on childhood obesity during the Doctors' Day lunch at Licking Memorial Hospital.

Emergency Department Wait Times Now Available Online

Are you in need of immediate, non-emergency medical attention, but unsure about the wait time in the Emergency Department? Visit the Licking Memorial Health Systems Web site at www.LMHealth.org. The site now provides current wait time information for both the Emergency Department and Licking Memorial Urgent Care. If your condition is not life-threatening, visit Licking Memorial Urgent Care, located on State Route 16, at the Pataskala Health Campus, open from 12:00 Noon to 8:00 p.m., Monday through Saturday, and from 12:00 Noon to 6:00 p.m., on Sunday.



1320 West Main Street • Newark, Ohio 43055 • (740) 348-4000 • www.LMHealth.org

Check out our Quality Report Cards online.



LMHS Celebrates National Hospital and Healthcare Week

Licking Memorial Health Systems (LMHS) will celebrate National Hospital and Healthcare Week during the second week of May. From Sunday, May 9, to Saturday, May 15, employees will be honored with various events and recognitions.

“We set aside National Hospital and Healthcare Week each year as a time to recognize our staff’s dedication,” said Rob Montagnese, LMHS President & CEO. “Every day they put themselves on the front line of caring for our community with no expectations of recognition. We are extremely proud of our staff, and their selfless devotion to our patients. During Healthcare Week, we offer thanks to our employees for their excellent work.”

LMHS hosts an annual Employee Recognition Dinner during national Hospital and Healthcare Week each year. Staff members who are observing five-year employment anniversaries are honored at a special dinner. With more than 1,600 staff members, LMHS is Licking County’s largest employer.

More than 1,600 employees at Licking Memorial Health Systems will celebrate National Hospital and Healthcare Week the week of May 9 through 15.

Community Education – Skin Cancer Awareness *(continued from front page)*



Bethany Wyles, D.O.

is so prevalent, Licking Memorial Hospital (LMH) is offering free educational sessions to inform community members about the sun’s damaging effects and how to prevent dangerous exposure.

Bethany Wyles, D.O., and Laura Schaeffer, D.O., of Licking Memorial Dermatology, will discuss the value of skin protection to



Laura Schaeffer, D.O.

prevent skin cancer. Two sessions of the skin cancer awareness program are scheduled for Thursday, May 20, and Thursday, May 27, at 6:00 p.m., in Conference Rooms A & B on the first floor of LMH. Mole and skin lesion screening will be available to the first 40 registrants. Registration is required. To register, please call (740) 348-2527 and indicate which session is preferred

Community Education – Tobacco/Smoking Cessation *(continued from front page)*



Steve Gifford, M.Ed.
P.C., LICDC,
CTTS M.D.

cigarettes, most are actively seeking to quit. Studies have also shown that tobacco cessation treatment doubles a smoker’s success rate for quitting. Licking Memorial Hospital (LMH) is offering a free educational session to provide community members with methods to promote lasting smoking cessation.

Steve Gifford, M.Ed., P.C., LICDC, CTTS, Tobacco Cessation Counselor with LMH’s Quit for Your Health

program, will discuss effective ways to eliminate tobacco use, as well as the numerous benefits of quitting, during a seminar to be held on Thursday, June 24, at 6:00 p.m., in Conference Rooms A & B on the first floor of LMH. Registration is required. To register, please call (740) 348-2527.

Web Site Tip – Online Bill Pay



Upon receiving a bill for health care services provided by Licking Memorial Hospital (LMH) or Licking Memorial Health Professionals (LMHP), patients have the option to make payments online. Online bill payment is quick and easy and requires no additional charge. Using the information printed on the bill, enter the statement date, statement account number, patient's full name and payment amount, and click the “Make Payment” button to be directed to www.paypal.com. Credit and debit card information is securely processed, and it is not necessary to have a PayPal account to complete the transaction.

More information about online bill payment is available at www.LMHealth.org. For further assistance or questions about paying your bill, please contact the LMH Billing Office at (740) 348-4500 or LMHP Central Billing Office at (740) 348-4499.

County's Clergy Attends LMH Pastoral Care Dinner

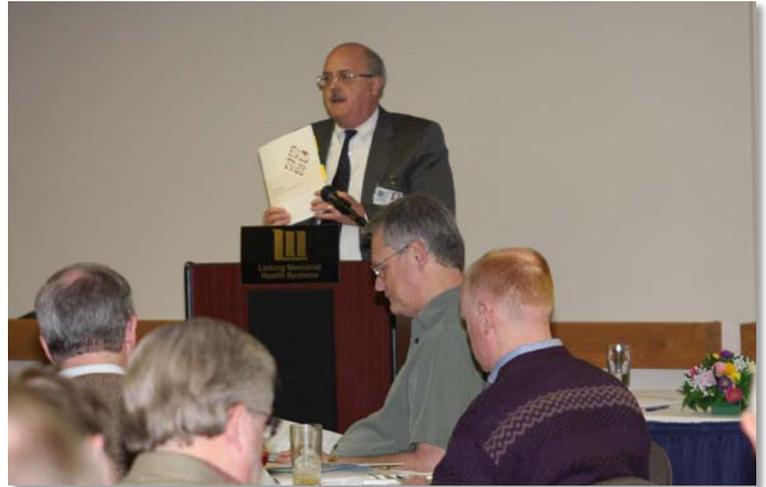
Licking County clergy, representing many denominations, attended a Pastoral Care Dinner at Licking Memorial Hospital (LMH) on March 9. The topic of the evening's speakers was end-of-life issues.

Jeff Smith, Director of Pastoral Care at LMH, explained the topic was chosen in response to requests from area church leaders. "The physicians are very appreciative of pastoral support because it allows them to focus more on clinical care. However, some ministers had questions about how they should partner with the physicians to provide spiritual guidance," Jeff said.

Eric Pacht, M.D., spoke about "Ethical Decision Making/ Clergy and Physician Partnership." In addition to being a pulmonologist, Dr. Pacht is the Department Chief of Medicine at LMH. He told the clergy members that they play an especially important role when patients and families are facing an impending death. "The most important thing you can do is to be available," Dr. Pacht said. "Most people do not talk about death with their families while they are healthy. You can help to guide that conversation in a way that the physicians cannot."

Licensed social worker Mary Klark, L.S.W., discussed the importance of end-of-life planning. She advocated family discussions about what medical procedures would be wanted in case of tragedy. "Americans plan for nearly everything – vacations, weddings, the color of their babies' eyes – but not for how they want to be cared for at the end of their lives," she said. "Everyone should start talking to their families about the medical care desired in the event you are unable to speak for yourself. Tell them what you want. Tell them what you fear. This will save your family the stress of wondering if they are caring for you in the way that you would want."

Chris Meyer, a Newark attorney and a member of the LMH Development Council, said that a Living Will allows the patient to specify which medical procedures should not be performed if the patient is in a persistent vegetative state or terminal condition, terms defined in the statute and on the Living Will Form. Durable Powers of Attorney for Healthcare have a broader application and allow you to designate another person or persons to make end-of-life decisions for you,



At the Licking Memorial Hospital's Pastoral Care Dinner in March, Newark attorney Chris Meyer explained Advance Directives forms to clergy members from Licking County.

as well as other health care decisions, in the event that you are incapacitated. A Do Not Resuscitate Order is discussed with your physician, who then ensures that it is documented in your medical records. These orders (there are two types) generally instruct health care providers not to initiate CPR and other aggressive medical resuscitation procedures, while assuring you are medicated for pain and receive other comfort care. Without a documented order, these procedures will be automatically performed if you call the squad or go to the emergency room.

Forms for Advance Directives are available on the Licking Memorial Health Systems' Web site at www.LMHealth.org. Click on "Patients & Visitors," scroll down to "Making Your Wishes Known – Advance Care Planning" and click on the "Advance Directives Package" link. For more information about the forms, call (740) 348-7710.

LMH's Pastoral Care Department provides religious and spiritual services to patients and their families, visitors and staff members. The department also serves as a liaison between the Hospital and local clergy.

Funeral Directors Breakfast

The Licking Memorial Hospital (LMH) Development Council hosted a conference for Licking County's funeral directors on March 2. The conference provided an opportunity for LMH administrators to address any questions the funeral directors had about Hospital policies. In addition, Mark Kassouf from the Ohio Department of Health's Office of Vital Statistics gave a presentation about the changing role of statistical documentation in government offices. Chris Meyer, attorney and Development Council member, discussed the Ohio Revised Code provisions relating to cremation and the development of cultural practices and the law in this area, from the time of ancient Rome.

The LMH Development Council was formed in 1987 to increase charitable giving at the Hospital and to advance meaningful community relations. The Development Council is comprised of approximately 75 active members of the community.



The annual Funeral Directors Breakfast at Licking Memorial Hospital provided an opportunity for the funeral directors to learn more about Hospital procedures.

Donors

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

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In honor of Craig Cairns, M.D.
by: LMHS Senior Management
Neal Avenue United Methodist Church

In honor of Elliot Davidoff, M.D.
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Richard Reed

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In honor of Leslie Laufman, M.D.
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by: Paul and Vicki Kiser

In honor of Diane LeMay, M.D.
by: Rob Montagnese

In honor of Kaye Linke, M.D.
by: Debbie Nichols

In honor of Mark Mitchell, M.D.
by: Craig and Karen Cairns
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Paul, Veronica and Drew Link
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In honor of May-Lee Robertson, D.O.
by: Craig and Karen Cairns
Rob Montagnese

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In honor of Douglas Schram, D.O.
by: Bill and Joan Kuhlwein

In honor of Andrew Seipel, M.D.
by: Thaddeus and Cindy Webster

In honor of Shahin Shahinfar, M.D.
by: George Mackey

In honor of Richard Simon, M.D.
by: Jack and Bev Crockford

In honor of Karen Smith-Silone, D.O.
by: Craig and Karen Cairns
Rob Montagnese

In honor of Mary Testa, D.O.
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Lauren Montagnese

In honor of Pattye Whisman, M.D.
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SHEPHERD HILL SCHOLARSHIP FUND

By: Dave and Camille Smith

Support LMHS at The Grill on Twenty-First

Eric Mason, owner of The Grill on Twenty-First, recently pledged support for Licking Memorial Health Systems (LMHS) by offering to host a series of benefit events at the restaurant. The Grill will donate a portion of the total proceeds of all lunch and dinner sales, from 10:30 a.m. to 10:00 p.m., to LMHS on the third Monday of each month for the remainder of the year. "We are fortunate to have a first-rate Hospital in our community, and I am pleased to provide this fundraiser for LMHS," said Eric.

Veronica Link, Vice President Development & Public Relations, said, "It is my hope that local residents will join us at The Grill and help raise funds for Licking Memorial Health Systems at these Monday events for lunch or dinner." "We certainly appreciate Eric Mason for making this opportunity available."

The Grill on Twenty-First, located at 1671 N. 21st Street in Newark, serves a variety of appetizers, pizzas, sandwiches, one-of-a-kind entrées and gourmet desserts in a comfortable atmosphere. The Grill also offers catering services on-site or at a preferred venue for events, such as weddings, birthdays and corporate gatherings. In addition to their location on 21st Street, the Mason family also operates The Grill Works Deli, located at 50 South 2nd Street in Newark, as well as Skyline Chili in Heath. In November 2010, they plan to open a new restaurant, The Water Front Grill, at Buckeye Lake.

The GRILL
ON • TWENTY • FIRST

Visit The Grill on Twenty-First on the following dates to support LMHS:

Monday May 17
Monday, June 21
Monday, July 19
Monday, August 16
Monday, September 20
Monday, October 18
Monday, November 15
Monday, December 20

Paving the Future of LMH

Licking Memorial Hospital's (LMH) Development Council is offering a distinctive way to recognize a family member, special friend or organization with a specialized tribute. Commemorative bricks are now available for personalization and will be placed in one of the following four Hospital walkways of your preference: the Front Circle (Garden Area), Pavilion Walkway, Cardiac Rehab Walkway and the Employee Entrance Walkway.

Veronica Link, Vice President Development & Public Relations, said that the commemorative brick project is a unique opportunity for patients, visitors and supporters to leave a lasting impression at LMH. "This program allows donors an opportunity to recognize special individuals and contribute to the growth of the Hospital," she said. "Contributions to the Hospital provide for state-of-the-art equipment purchases, facility improvements, services and programs that may otherwise go unfunded."



Personalized commemorative paver bricks will be placed along walkways at Licking Memorial Hospital. To learn more about contributing a brick, please call (740) 348-4102.

The commemorative bricks are available in two sizes: 4" x 8" and 8" x 8". The personal brick (4" x 8") is \$250 and can fit up to 20 characters per line, including spaces and punctuation, with three lines per brick. The corporate brick (8" x 8") is \$500 and can fit up to 20 characters per line, including spaces and punctuation, with five lines per brick. Another option for the corporate brick is to include 20 characters per line, three lines per brick, and a corporate logo.

Upon receipt of your donation, a letter of acknowledgement will be sent to you or your designated honoree(s), and you will receive a confirmation letter upon installation of the brick. Gifts are also tax deductible to the extent allowed by law. For more information on the commemorative brick program, please call (740) 348-4102.

Development Spotlight – Judy Edwards



Judy Edwards

Judy Edwards, Village Manager of Johnstown, recently joined the Licking Memorial Hospital (LMH) Development Council, Community Relations Committee. “I thought this would be a great opportunity to collaborate with local leaders to enhance community relations for LMH, and promote the Hospital’s numerous health-related benefits,” said Judy.

Judy looks forward to serving on the Community Relations Committee through her abilities and professional experience. Prior to accepting her current position with the Village of Johnstown in May 2009, she served as a Planning

Administrator, Assistant Ohio Attorney General, Licking County Assistant Prosecutor, and Township Administrator.

In addition to serving on the Development Council, Judy has been active in her numerous university alumni associations following the completion of her education. She earned a Bachelor of Science from The Ohio State University, a Master of City and Regional Planning from Clemson University in Clemson, South Carolina, and a Juris Doctor from the University of Dayton, School of Law. She also is a member of the Ohio State and Columbus Bar Associations, and volunteers her time at her son’s school and at her church. A native of Franklin County, Judy has lived in Licking County for the past four years, is an avid bicyclist and enjoys hiking and traveling.

Volunteer Spotlight: Bob Kaczor



Bob Kaczor

As a high school English teacher for 35 years, Bob Kaczor has always enjoyed working with people. When he retired from Newark City Schools in 2008, he knew he wanted to continue to stay active by helping others. Bob decided to begin volunteering at Licking Memorial Hospital (LMH) shortly after he retired. He works at the Hospital at least 16 hours per week, and has provided over 700 hours of volunteer service at

LMH. Bob assists several departments, and has volunteered at several Hospital-sponsored events, such as The Heart Truth: A Red Dress Event and Supermarket Sweep to benefit the Operation Feed campaign.

Bob has valued all of his experiences while volunteering at LMH. He said, “The time I have spent here has been very positive. I have great respect for the Hospital staff. They all work so hard and really care about people.”

Carol Barnes, Director of Volunteers, TWIGS and Events said, “Bob is a wonderful member of our volunteer team. He is always willing to jump in to help with new projects, and is such a kind person.”

In addition to donating his time to the Hospital, Bob also volunteers at the Midland Theatre in Newark. Theater has always been an integral part of Bob’s life. From 1979 to 1989, Bob served as Managing Director of his own summer community theater group called The Granville Players, and produced and directed over 80 shows. Bob is also an avid collector of English literature and memorabilia, and has a home library filled with his collection. Throughout his teaching career, Bob advised the Newark High School’s English honorary society for senior students, known as “Cup and Chaucer,” and organized and led seniors on nearly 25 educational trips to Europe. Although he plans to visit his favorite European city, London, in the future, Bob enjoys staying close to home. “The Newark community is so warm and friendly. It is really a wonderful place to be,” he said.

Retiree Spotlight: Mary Tebben



Mary Tebben

When Mary Tebben, R.N., retired from Licking Memorial Hospital (LMH) in 2003, she had more than 30 years of nursing experience to her credit. As a busy mother with six children at home, Mary worked weekends and summers part-time while her husband, Joseph, a professor at The Ohio State University, cared for the family.

“I enjoyed my involvement in health care and helping others,” said Mary of her nursing career. She was promoted to Nursing Supervisor in 1985, and had the opportunity to oversee nursing operations in various parts of the Hospital. “I had many great experiences at LMH. I miss serving patients and families and continuously honing my nursing skills,” said Mary.

Mary left the Hospital for a brief time when her husband was temporarily transferred to Illinois for work, but she had hoped

to return to LMH in the future. Upon returning to Ohio, she applied to rejoin the Hospital team, and was enthusiastically welcomed back among the nursing staff. Mary primarily worked as a nurse in 4-South, 5-South and post partum areas. She has many fond memories and loved the variety of responsibilities she held in each of the departments. “I had the opportunity to mentor almost all of the new nurses while I worked at LMH. I really enjoyed working with them and sharing their passion for nursing,” said Mary.

Mary and her husband currently live in Newark and stay active with travel and volunteerism. They enjoyed a trip to Scotland during their 40th wedding anniversary and regularly visit their children who live throughout the country. Mary donates her time to the new Betsy Eaton O’Neill Health Resource Center at the Hospital, the Licking County Library and her church. She loves to sew, and is currently working on a quilt to donate to her grandchild’s school.

Community Shred Day

Park National Bank (PNB) and Shred-it will host their fourth annual Community Shred Day in Newark on Saturday, May 22, from 8:00 a.m. to 12:00 Noon, to provide shredding and recycling services to the public. The services are free of charge, but donations will be accepted and provided to Licking Memorial Health Foundation to use toward new equipment, programs and expanded services at Licking Memorial Health Systems (LMHS).

The public is invited to bring paper items to the rear parking lot of PNB's downtown office, located at the corner of Church Street and Third Street for immediate shredding. Truck-mounted equipment from Shred-it will perform the shredding on-site, cross-cutting the documents and materials into pieces no larger than 5/8 inch in size – much like paper confetti. All the shredded materials will be recycled.

“This program has had great success in the community,” explained PNB Administrative Officer Cindy Hollis. “We purposely plan this event each year shortly after tax season to encourage residents to discard their sensitive documents properly. It is a good reminder to everyone that personal information should not be sent to the landfill to lower the risk of identity theft. From the numbers of people who turn out each year, we can tell this is a much-needed service.”

Items that can be accepted for shredding include paperwork, receipts, tax forms and medical records. Staples and paper clips do not need to be removed; however, papers must be removed from notebooks and binders. CDs, floppy disks and



Park National Bank and Shred-it will host a Community Shred Day on Saturday, May 22, in Newark. Donations will benefit Licking Memorial Health Systems.

VHS cassettes will also be accepted for shredding offsite. No more than five standard-sized boxes will be accepted per household. Materials from businesses or organizations will not be accepted.

PNB staff members will be available at the Community Shred Day's drive-thru to help unload items from vehicles. If paper bags or cardboard boxes are used to hold recyclables, the bags and boxes can be accepted, as well. The staff members will remove the recyclable items from the vehicles and place them directly into the Shred-it trucks with the shredding equipment.

Participants are invited to park to the side to watch their documents being shredded.

LMHS Vice President Development & Public Relations Veronica Link stated, “We strongly support PNB and Shred-it with this community service. LMHS is very careful with confidential medical records, and we encourage private citizens to be just as cautious with their own documents.”

Shred-it is a security company based in Canada, with 140 branches around the world. The local Shred-it operation is headquartered in Gahanna, Ohio, and is an independent locally owned franchise of the Shred-it Corporation. Shred-it associates are FBI background-checked and fingerprinted.

Based in Newark, PNB is the leading community bank in Ohio. It operates 18 full-service offices in Licking and Franklin counties, and has a staff of more than 500 associates. For more information about Community Shred Day, call (740) 349-3724.

Easter Bunny Visits Pediatric Patients



Shown with the Easter Bunny at Licking Memorial Pediatrics – Newark are (left to right): Licking Memorial Health Systems President & CEO Rob Montagnese, Jennifer and Avery Klima, and Deputy Tim Caldwell.

The Easter Bunny made an early stop this year at Licking Memorial Pediatrics in Newark to provide springtime cheer to young patients on March 31. LMHS and the Licking County Sheriff's Office are members of The Easter Bunny Foundation, a national non-profit organization designed to encourage children to develop a positive and trusting relationship with law enforcement officers. The foundation was developed in 1995 in Orlando, Florida, and for the past 15 years, the Easter Bunny has visited hospitalized children on Easter Sunday throughout Central Florida and around the country. Young patients at Licking Memorial Pediatrics had an opportunity to be photographed with the Easter Bunny, and each received a plush toy as a gift.

Local Quilters Honor Baby Born at LMH

To celebrate their special day of recognition, the Heart of Ohio Quilters Guild donated a homemade quilt to a baby boy born at Licking Memorial Hospital (LMH) on March 20. The third Saturday of March is designated as National Quilting Day. Each year, the Guild honors the first baby born at LMH on that day with a commemorative quilt.

Baby Dimitrius became LMH's National Quilting Day baby when he was born at 5:54 a.m., on March 20, to Arielle Bowles and Jeffrey Allen, both of Newark. Heart of Ohio Quilters Guild member Debby Warthen presented Arielle with a crib-sized patchwork quilt. "We wanted to present you with this quilt so that your baby will always have a reminder that he was born on National Quilting Day," Debby said.

"The quilt is so beautiful, and I love the colors," Arielle said as she looked over the intricate stitching. "We will always cherish this wonderful gesture."

The quilt was made by Guild member Barb Whyte. A label on the back provided a place to personalize the quilt with Dimitrius' name and birth date.



Jeffrey Allen cradles his newborn son, Dimitrius, as Heart of Ohio Quilting Guild member Debby Warthen presents a commemorative quilt to new mother Arielle Bowles. Dimitrius was honored as the first baby born at Licking Memorial Hospital on National Quilting Day.

LEARNING MORE ABOUT COSMETIC PROCEDURES

True or False?

All plastic surgeons are board certified.

FALSE. Not all plastic surgeons are board certified. Find out if your physician is certified by the American Board of Plastic Surgery, the only Board of the 24 approved by the American Board of Medical Specialities to certify physicians in plastic surgery of all areas of the body.

This certification ensures that plastic surgeons have:

- Graduated from an accredited medical school
- Completed a minimum of five years of surgical training, and two years of plastic surgery residency training
- Passed comprehensive oral and written exams

To maintain certification, physicians must continue their medical education, including annual patient safety instruction. Additionally, they must perform procedures only in accredited, state-licensed or Medicare-certified surgical facilities.

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



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

- Abdominoplasty (tummy tuck)
- Breast surgery
- Liposuction (SmartLipo™)
- Blepharoplasty (eyelid surgery)
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Visit us at www.LMHealth.org.

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

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 2010 Licking Memorial Health Systems. All rights reserved.



Community Events

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

Skin Cancer Awareness and Screenings

Thursday, May 20 – 6:00 p.m., or
Thursday, May 27 – 6:00 p.m. No charge.
Conference Rooms A & B, first floor, Licking Memorial Hospital

Participants have their choice between two class dates.
Registration is required. Call (740) 348-2527 to register.
See story on front cover for program details.

Tobacco/Smoking Cessation

Thursday, June 24 – 6:00 p.m. No charge.
Conference Rooms A & B, first floor, Licking Memorial Hospital

Registration is required. Call (740) 348-2527 to register.
See story on front cover for program details.

Ask the Doc

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

A physician knowledgeable in the field of chemical dependency will answer questions. Open to the public.
Call (740) 348-4878 for more information.

Diabetes Self-Management Classes

Licking Memorial Diabetes Learning Center
1865 Tamarack Road, Newark
Tuesday classes Wednesday classes
9:00 to 11:00 a.m. 1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.

Licking Memorial Pataskala Health Campus
One Healthy Place, Pataskala
Thursday classes
June 3, 10, 17 and 24
9:00 to 11:00 a.m.

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

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